

#CLAPFORTHENHS VIDEO



GET INVOLVED



20 MINUTES



PREPARATION
NEEDED

▶▶ GETTING INTO THE ACTIVITY

Each week the nation pauses, standing on their doorsteps to applaud the NHS and other keyworkers for all they are doing. Create a video of your street's clap and send it to your local hospital.

You'll need to have a camera phone to record the video on. You'll also need to think about where is best to stand to get a good view of the people in your street and to hear them applaud. Make sure you are ready a few minutes before, so you don't miss the start.

Once you've filmed the #ClapForTheNHS, if you are able to, edit the video to make it look even better. You can now email it to your local hospital or message it to them via social media, so all the NHS workers can see how your street have been applauding their efforts – helping to give them a moral boost.

Share your video with your BB group or post on social media using #BBatHOME and #ClapForTheNHS.



WHAT YOU'LL NEED

- Camera Phone
- Editing Software (optional)



NOTES FOR PARENTS & CARERS

Please respect social distancing guidelines when filming the video. An adult should initiate any contact with the BB group and/or share on social media.