

CAVING



GET
ADVENTUROUS



45 MINUTES



PREPARATION
NEEDED



GETTING INTO THE ACTIVITY

Use items from around your house and your imagination to bring the adventure of caving to your home.

You'll need an area with a bit of space, a garden would be ideal. Use furniture and boxes to create tunnels for your cave. The bigger the cave, the better! All good caves have tight gaps to squeeze through and tricky sections to manoeuvre - so make sure you build these into your tunnels. You'll also need an entrance and an exit. Once you are happy, cover everything with duvets and blankets to make the cave as dark as possible.

Ask a family member to secretly hide a small toy somewhere inside the cave. Your job is to crawl through the cave's tunnels to find the toy, retrieve it and get out. Time yourself and see how quickly you can do it.

Take a photo of your cave and share it with your BB group or post on social media using #BBatHOME.



WHAT YOU'LL NEED

- Blankets
- Duvets
- Boxes
- Blindfold
- Furniture



NOTES FOR PARENTS & CARERS

All activity should be supervised by an adult. Please ensure the space and equipment used is appropriate. An adult should initiate any contact with the BB group and/or share on social media.