



OUTDOOR TASTER PROGRAMME

WEEK	LOCATION	ACTIVITY 1	ACTIVITY 2	ACTIVITY 3	ACTIVITY 4
1	Your Church Grounds (or similar)	 OUTDOOR CINEMA Get Adventurous	 OUTDOOR COOKING Get Adventurous		
2	Woodland / Forest	 ASSAULT COURSE Get Adventurous	 CAPTURE THE FLAG Get Active	 CAMOUFLAGE Get Creative	 SCRAPHEAP CHALLENGE Get Learning
3	Your Local Area	 ON YOUR BIKE Get Active OR  WHAT 3 WORDS CHALLENGE Get Adventurous			
4	Park / Green Space	 WATER GAMES / SLIDE Get Active	 FOOTGOLF Get Active	 ROUNDERS Get Active	 GOLF (PITCH & PUTT) Get Active



Some of the activities included in the Outdoor Taster Programme are part of our **Go Wild Challenge**. This is a series of activities designed to help get children and young people outdoors and adventurous, whilst working towards Bronze, Silver and Gold Awards. For more information and to take a look at all the challenges, head to <https://boys-brigade.org.uk/programme/go-wild>

OUTDOOR TASTER PROGRAMME

SUGGESTED LOCATION: CHURCH GROUNDS (OR SIMILAR)

Use the activities below to create a session located in your Church grounds or similar. If you don't have the time / space to complete all the activities, then pick and choose the ones which work best for your group and location.

ACTIVITY	DESCRIPTION	RESOURCES
Arrival & Welcome	Welcome young people to the session and use the few minutes whilst everyone is arriving to catch up with each other or have a game/sport to play.	
Activity	<p>OUTDOOR CINEMA (Get Adventurous) Enjoy a movie in the open air with an outdoor cinema. Set up a screen and speakers, alongside some beanbags and cushions and put on the group's favourite film. Don't have time for a full movie? Put an episode of one of their favourite comedy series on instead.</p> <p>AND / OR</p>	<ul style="list-style-type: none"> Go Wild: Outdoor Cinema - https://boys-brigade.org.uk/go-wild/outdoor-cinema Projector, screen, speakers Beanbags, cushions, chairs etc
Activity	<p>OUTDOOR COOKING (Get Adventurous) Fire up a BBQ or build your own fire and then try out cooking some mouth-watering snacks or meals on top. Decide whether to cook a burger from scratch, grill a fish, have a BBQ or just cook some quick and easy snacks. Perfect to eat whilst enjoying the movie.</p>	<ul style="list-style-type: none"> Go Wild: Outdoor Cooking - https://boys-brigade.org.uk/go-wild/outdoor-cooking BBQ / Fire Kit Cooking Utensils Food
Devotions	<p>GET INTO THE BIBLE An opportunity for young people to pause and reflect and for a leader to share a devotion / thought for the day. An ideal opportunity to also have a drink too.</p>	<ul style="list-style-type: none"> Get Into the Bible Activity (for inspiration check out 100's of 'Get into the Bible' activities on the Programme Hub - https://boys-brigade.org.uk/programme-bb-leaders)
Finish & Goodbye	Bring your session to a close, share any notices and let the group know what activities they can look forward to next week. Say goodbye and safely hand young people back to their parent/carer.	

OUTDOOR TASTER PROGRAMME

SUGGESTED LOCATION: WOODLAND / FOREST AREA

Use the activities below to create a session located in a woodland / forest area or similar. If you don't have the time / space to complete all the activities, then pick and choose the ones which work best for your group and location.

ACTIVITY	DESCRIPTION	RESOURCES
Arrival & Welcome	Welcome young people to the session and use the few minutes whilst everyone is arriving to catch up with each other or have a game/sport to play.	
Activity	CAMOUFLAGE (Get Creative) Learn the art of camouflage and challenge young people to use paints, clothing and natural items to blend into their surroundings. Once camouflaged up, put their hard work to the test with a camouflage challenge. Who will be able to stay hidden?	<ul style="list-style-type: none"> Go Wild: Camouflage - https://boys-brigade.org.uk/go-wild/camouflage Camouflage paint, clothes and natural items
Activity	ASSAULT COURSE (Get Adventurous) Now camouflaged up and ready for battle, set up a gruelling assault course in the woodland / forest to put the group's agility, strength, and determination to the test. This could be pre-designed by a leader or created by the young people themselves.	<ul style="list-style-type: none"> Go Wild: Assault Course - https://boys-brigade.org.uk/go-wild/assault-course Assault course obstacles e.g. rope, nets etc Natural obstacles e.g. logs, fallen trees, puddles etc
Devotions	GET INTO THE BIBLE An opportunity for young people to pause and reflect and for a leader to share a devotion / thought for the day. An ideal opportunity to also have a drink too.	<ul style="list-style-type: none"> Get Into the Bible Activity (for inspiration check out 100's of 'Get into the Bible' activities on the Programme Hub - https://boys-brigade.org.uk/programme-bb-leaders)
Game	CAPTURE THE FLAG (Get Active) Split into teams and create bases for each team. Capture the flag can be played in many different ways, but ultimately it's a battle to invade another team's base, steal their flag and return it back to your base. A game of tactics, speed and teamwork.	<ul style="list-style-type: none"> Go Wild: Capture the Flag - https://boys-brigade.org.uk/go-wild/capture-the-flag Flags, bibs, cones
Activity	SCRAPHEAP CHALLENGE (Get Learning) A problem solving challenge, using items found in a forest / wooded area. This activity sees young people work in teams to create a device to solve a problem. However the groups are only able to use the natural items they can find around them.	<ul style="list-style-type: none"> Go Wild: Scrapheap Challenge - https://boys-brigade.org.uk/go-wild/scrapheap-challenge Natural Items String (optional)
Finish & Goodbye	Bring your session to a close, share any notices and let the group know what activities they can look forward to next week. Say goodbye and safely hand young people back to their parent/carer.	

OUTDOOR TASTER PROGRAMME

SUGGESTED LOCATION: YOUR LOCAL AREA

Use the activities below to create a session located in your local area or similar. If you don't have the time / space to complete all the activities, then pick and choose the ones which work best for your group and location.

ACTIVITY	DESCRIPTION	RESOURCES
Arrival & Welcome	Welcome young people to the session and use the few minutes whilst everyone is arriving to catch up with each other or have a game/sport to play.	
Activity	<p>ON YOUR BIKE (Get Active) Head out on a bike ride around your local area. This should ideally be a route away from busy roads, that instead uses cycle paths or similar. Plan the route to be appropriate for the time you have and the ability of your group. Could the route be planned to include places of interest or beauty?</p> <p>Aim to include a pit stop along the cycle route. This could be near a shop to get an drink / ice cream.</p> <p>OR</p>	<ul style="list-style-type: none"> Go Wild: On Your Bike - https://boys-brigade.org.uk/go-wild/on-your-bike Bikes & helmets
Activity	<p>WHAT 3 WORDS CHALLENGE (Get Adventurous) A navigation challenge that combines technology and map reading. Split young people into small teams, each having the same challenge to complete. Which team will come out on top and be the quickest around the route? This activity uses the mobile app 'What 3 Words'. Give the groups a series of three words, which relate to locations nearby. Teams then need to locate the locations on the map and navigate the quickest route there.</p> <p>Aim to include a break during the challenge. This could be near a shop to get an drink / ice cream.</p>	<ul style="list-style-type: none"> Go Wild: What 3 Words Challenge - https://boys-brigade.org.uk/go-wild/what-3-words-challenge Mobile Phone Maps
Devotions	<p>GET INTO THE BIBLE An opportunity for young people to pause and reflect and for a leader to share a devotion / thought for the day. An ideal opportunity to also have a drink too.</p>	<ul style="list-style-type: none"> Get Into the Bible Activity (for inspiration check out 100's of 'Get into the Bible' activities on the Programme Hub - https://boys-brigade.org.uk/programme-bb-leaders)
Finish & Goodbye	Bring your session to a close, share any notices and let the group know what activities they can look forward to next week. Say goodbye and safely hand young people back to their parent/carer.	

OUTDOOR TASTER PROGRAMME

SUGGESTED LOCATION: A PARK / GREEN SPACE

Use the activities below to create a session located in a park / green space or similar. If you don't have the time / space to complete all the activities, then pick and choose the ones which work best for your group and location.

ACTIVITY	DESCRIPTION	RESOURCES
Arrival & Welcome	Welcome young people to the session and use the few minutes whilst everyone is arriving to catch up with each other or have a game/sport to play.	
Game	WATER GAMES / SLIDE (Get Active) Take advantage of the warmer weather (hopefully!) and set up some water games and/or a water slide to enjoy. These games could test teamwork and co-operation, or they could just be an opportunity to have fun and soak each other.	<ul style="list-style-type: none"> Go Wild: Water Games / Slide - https://boys-brigade.org.uk/go-wild/water-games Water games equipment / slide Water Towels
Game	ROUNDERS (Get Active) No trip to the park is complete without a game of rounders. An easy to set up and play team game that gets young people active, having fun and working together. Larger groups could set up a mini tournament, with teams battling it out to be crowned champions.	<ul style="list-style-type: none"> Rounders Equipment (Cones, ball, bat etc)
Devotions	GET INTO THE BIBLE An opportunity for young people to pause and reflect and for a leader to share a devotion / thought for the day. An ideal opportunity to also have a drink too.	<ul style="list-style-type: none"> Get into the Bible Activity (for inspiration check out 100's of 'Get Into the Bible' activities on the Programme Hub - https://boys-brigade.org.uk/programme-bb-leaders)
Activity	FOOTGOLF (Get Active) Create a footgolf course and then give it a try, competing against each other to find the course champion. Footgolf just needs a hole/target and some footballs. Make the game more difficult by introducing obstacles to navigate around.	<ul style="list-style-type: none"> Go Wild: Footgolf - https://boys-brigade.org.uk/go-wild/footgolf Footballs Target (i.e. large bucket, flag etc)
Activity	GOLF (PITCH & PUTT) (Get Active) Use plastic practice golf balls to safely learn some golf skills at the park. Take on either a pitching challenge or a putting challenge and enjoy trying out this popular sport.	<ul style="list-style-type: none"> Golf Activity Cards (Pitching) - https://boys-brigade.org.uk/driving-range-activity-card Golf Activity Cards (Putting) - https://boys-brigade.org.uk/putting-activity-card
Finish & Goodbye	Bring your session to a close, share any notices and let the group know what activities they can look forward to next week. Say goodbye and safely hand young people back to their parent/carer.	