

# I'M A CELEBRITY


## THEMED PROGRAMME



### AIM

'I'm a Celebrity... Get Me Out of Here' is a huge TV show shown on ITV each Autumn. Experience what it is like to be on the show as you take on some bushtucker trials, create some gruesome eating challenges, face your fears and even have the chance to become Ant and Dec.

### ACTIVITIES

-  Bushtucker Trials
-  Fear
-  Disaster Chef
-  Dingo Dollar Challenge
-  Becoming Ant and Dec

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## » INTRODUCTION

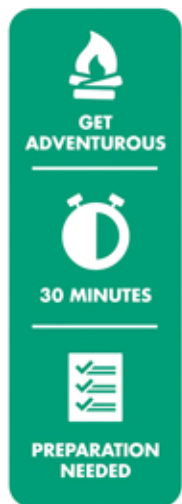
I'm a Celebrity is a British survival reality show that features well-known faces. These celebrities must live together in the Australian jungle with basic equipment and food rations, competing in daily challenges to win food for their campmates.

These challenges (bushtucker trials) are often terrifying and gruesome. Past trials have included being buried alive, eating live insects and being in chambers with snakes, rats, scorpions and more.

The programme is presented by Ant and Dec.

## ? DID YOU KNOW?

- The first series aired in 2002 and there have been 20 series since.
- Normally the programme is filmed in the Australian jungle. The 2020 series was filmed in a castle in Wales due to COVID.
- Over 250,000 cockroaches, 153,000 crickets, 2.5 million mealworms, 500 rats, 400 spiders and 30 snakes are used each series.
- An average of 12 million people watched the 2020 series.



## GET ADVENTUROUS: ADVENTURE ACTIVITIES BUSHTUCKER TRIALS

Here are three Bushtucker trials for you to take on, each one designed to put your bravery to the test.

### Wobbly Madness

**Preparation:** Bowls of jelly will need to be created. You'll need at least one per team. At the bottom and within the jelly you should place several plastic (or candy) stars (can be purchased online) or similar.

**The Trial:** Split into teams, you'll want at least two to make it into a competition. One person from each team should be nominated to play (unless playing with multiple bowls of jelly – enough for everyone to have a go). Those playing should be given a pair of goggles. On go, team members must dip their head into the jelly and pull out the stars using just their mouth. The quickest team to retrieve all their stars wins.

### Slippery Feet

**Preparation:** Fill a large bucket or box with spaghetti, oil and other grewsome objects you can find. Place several plastic stars into the bottom of the bucket / box too.

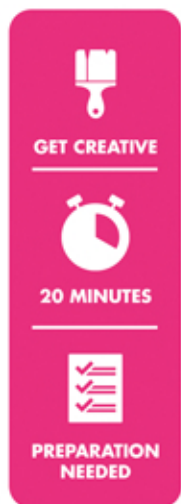
**The Trial:** One person from each team should take turns to sit on a chair next to the bucket and try to retrieve the stars using just their feet. Make the trial even more difficult by blindfolding the person attempting the challenge too. Time each attempt. The quickest team to retrieve their stars wins.

### A Touch of Fear

**Preparation:** Set up some boxes in advance with different things in them. These could include rice pudding, cooked pasta, baked beans, wet tissues, slime, feathers, cotton wool and other items. Place a plastic star in each box too. These boxes should remain hidden until the trial.

**The Trial:** Team members must be blindfolded before the box comes out. Place your hand inside the box and have a feel around. The aim is to find the star (1 star) and to correctly identify the substance inside the box (1 star). The team with the most stars at the end of the trial is the winner.





## GET CREATIVE: IN THE KITCHEN DISASTER CHEF

Some of the most popular bushtucker trials to watch on I'm a Celebrity are the eating trials. These are the challenges that look the worst and cause people, both in the jungle and those watching at home on their sofas, to feel sick and uncomfortable. Turn your hand at trying to create a gruesome eating challenge for the rest of the group to try. Be careful though, as you'll need to try your own creation too, so don't get too enthusiastic with the ingredients!

**What to do:** Split into teams or work individually. Have a selection of ingredients to work with (tinned food, cold custard, food colouring, cooked pasta, cold soup and so on). Create a gruesome looking dish (or drink) themed around the jungle and some of the creatures found in there. The dish **must** be edible and remain hygienic, but should look horrific and have an equally horrendous name.

**The Trial:** Sit down as a group. Each individual / team should present their dish and explain what is in it and what it is called. A nominated player from each team should then come forward to have a turn at eating some of the dish. One star is awarded to each team who eat their share of the dish. Should an individual / team not be able to eat **their own** creation, a star should be taken away from that individual / team. This is to make sure the dishes that are created aren't too gruesome. The team with the most stars at the end of the challenge win.



## GET LEARNING: PROBLEM SOLVING DINGO DOLLAR CHALLENGE

Dingo Dollar challenges are challenges that celebrities take part in during their time in the jungle to earn treats. These challenges often require logical thinking, problem solving and teamwork. Take on our own Dingo Dollar challenge, to put your teamwork to the test.

**Preparation:** Print out two identical images of the I'm a Celebrity logo, cast photo, photo of the jungle set or similar. If working with a large group, you'll need to split into teams, with each team having a set of images. Cut one of the images into pieces. Roughly 10-15 would be ideal. Place the completed image at one end of the room, behind a screen (curtain, / large box etc) and the cut-up image at the other end of the room. In the middle of the room place a cone. One person should be stood at each of the below stations and remain at the station throughout the challenge.

**Completed image:** They can see and talk but can't lift the image.

**Middle cone:** They can see and talk, but can't face the completed image station. They are allowed to see the person working on the cut up image station, but shouldn't be very close to them (about half way between).

**Cut up image:** The person at this station should be blindfolded. They cannot see. They are allowed to talk and hold up the pieces for the middle cone person to see.

Between the three (or more) people playing, you must assemble the pieces of the cut image to create the complete picture. The quickest team to complete the challenge wins. If there is only one team, then set a time limit to try and beat.



## GET INTO THE BIBLE: DEVELOPING MY FAITH FEAR


Many of the Bushtucker trials seen on the ITV show are designed to cause fear and anxiety in the celebrity, all in order to create great TV. From the things you've seen of the show which challenges, animals, or situations would make you the most worried and afraid?

As we all know, we don't have to be in a jungle or castle on TV to experience fear. It's a common emotion we all struggle with from time to time. As a group discuss some of the things you were scared of as a child (or even still now). Who has the funniest fear? Is there a common fear in the group? Does anyone have a good story of overcoming their fears? How about an embarrassing story when their fear caused a major drama? Share some stories and have a laugh.

It can be good to have a laugh about some of these 'fears', but fear can often go much deeper than spiders and snakes, clowns and heights. All of us will experience other fears that are much more difficult to talk about and can keep us up at night with worry.

What does my future hold? What if I fail my exams? What if I don't get into university / the job I applied for? What if people don't like me? What if that special person doesn't love me back?

Fear is a strong emotion that can cause us worry and pain and it can make us do strange things. We see characters in the Bible who experienced fear. Can the group think of any examples?

 **'Don't panic. I'm with you. There's no need to fear for I'm your God. I'll give you strength. I'll help you. I'll hold you steady, keep a firm grip on you.'** Isaiah 41 v 10

God can't just take our fears away on his own, we have to make the active choice to give them to him in the first place and ask for help. We have to choose to have faith and trust him, knowing with our hearts that he is there to protect and strengthen us. Are you ready to hand over your fears? Are you ready to show your faith and benefit from the strength of God?



## GET INVOLVED: SHAPING OUR WORLD BECOMING ANT AND DEC

Enjoyed your I'm a Celebrity themed programme? Take the basics of this and organise and present a similar bushtucker trial filled session with another age group in your Company. Things to consider would be:

**Which age group?** Who would be your best audience for this? How many of them are there?

**What activities?** Pick some used in this programme or create your own to suit the group.

**What equipment do I need?** Once the activities are set, think about what you'll need to run it.

**Who will take on which responsibilities?** Presenters? Setting up? Scoring?

**What safety precautions do I need to take?** Keeping everyone safe is important. Is there anything you need to keep an eye on or make participants aware of?