








# GLOW IN THE DARK

## THEMED PROGRAMME

### AIM

Light up a dark night with a glow in the dark themed programme. Use glowsticks to light up the darkness and complete activities such as bowling, parachute games and treasure hunts in a completely different way!

### ACTIVITIES

-  Glow Stick Jewellery
-  Glow Bowling
-  Let Your Light Shine
-  Glow Stick Hunt
-  Glow Stick Noughts and Crosses
-  Glow Jars
-  LED Balloon Parachute Games

# GLOW IN THE DARK

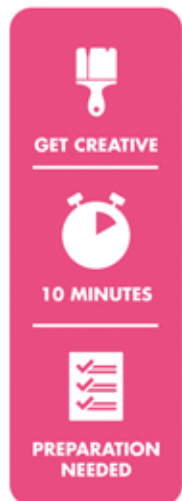
## » INTRODUCTION

Glow sticks are a great way of taking some of your normal activities and transforming them into something completely new.

To take part in this themed programme, you'll need to purchase glow sticks. Glow sticks come in a wide range of colours. Most pound shops (or similar) sell packs of 10-20 for roughly £1. The more glow sticks you have, the better the experience will be for the children taking part.

## ? DID YOU KNOW?

- Glow sticks were first made in the 1960s when a scientist, Edwin Chandross, tried to copy fireflies.
- A chemical reaction happens in the tube when you snap it. It's the mixing of the two liquids inside that makes the glow stick glow.
- The chemical reaction that takes place in a glow stick tube is called 'Chemiluminescence'. That's a pretty cool word, right?!
- Green and yellow glow sticks are the brightest.



## GET CREATIVE: ARTY & CRAFTY GLOW STICK JEWELLERY

Throw yourself into the glow in the dark themed programme by creating wearable pieces of jewellery to help light up the room and the children taking part.

- 1 Give each child some glowsticks. The more glow sticks used the more items of jewellery each child will be able to make.
- 2 Crack the glow sticks, so they activate.
- 3 Using the connectors, encourage children to create bracelets, necklaces, hats, glasses and more.
- 4 Let the children wear the pieces of jewellery as you then complete the other activities in the evening.



## GET ACTIVE: PLAYING GAMES GLOW BOWLING

Create a homemade glow in the dark bowling alley, using just some water bottles and glow sticks.

- 1 Each water bottle should have a small amount of water in the bottom, to help give the pins a little bit of weight.
- 2 Place 2-3 glow sticks in each water bottle, to make the pins glow.
- 3 Arrange the water bottles into a bowling pin formation.
- 4 A few metres away, place a bowling line from where children will need to bowl the balls.
- 5 Taking turns children should roll the balls, seeing how many pins they can knock over with the two balls. Can they score a strike or a spare?
- 6 Rotate the children around, letting each child have a go. You could then play a second and third round if you have time. Keep a track of the scores and see who can score the most points overall.



### What you'll need:

- 10 Water Bottles
- Glow Sticks
- 2 Balls



## GET INTO THE BIBLE: DEVELOPING MY FAITH LET YOUR LIGHT SHINE

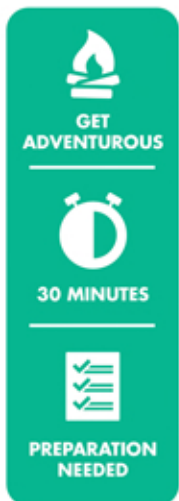
- 1 For this activity you'll need two torches. Cover one torch's end in tape so it isn't able to let any light through. Show the group both torches.
- 2 Ask the group to imagine they were about to go and walk through a dark forest. There were rumours that the forest was haunted and had wild animals in it too. Which torch would they choose to go in the forest with and why? How would they feel if they had to use the covered torch? How would their feelings change with the uncovered torch?
- 3 The torch without any tape on is clearly the better torch for guiding you through a dark situation. It would make you feel safer and more secure, knowing that you could see the way and some of the darkness was being lit up.
- 4 These two torches can also remind us about something Jesus said in the Bible.



**'You should be a light for other people. Live so that they will see the good things you do. Live so that they will praise your Father in Heaven.' Matthew 5 v 16**

If we let Jesus into our lives, but then keep him all to ourselves by not shining that light onto other people, we are like the covered-up torch. We'd have this impressive and powerful light inside us, but we wouldn't be sharing it with anyone. We wouldn't be using that light to help others around us.

- 5 However, if we live our lives in a way that openly shows people how much we love God, by doing good things and helping others, then we are sharing God's love with everyone and letting everyone benefit from the light that is inside us.
- 6 Finish in prayer asking God to help us shine our bright light of Jesus to all those around us.



## GET ADVENTUROUS: EXPLORING THE WORLD AROUND ME GLOW STICK HUNT

Head out on an adventure, hunting for glow sticks along the way. Will you be able to find them all?

- 1 Beforehand a leader will need to decide where the 'Glow Stick Hunt' will take place. This should ideally be outdoors and in the dark. Somewhere such as the streets surrounding your building (if appropriate) might work best.
- 2 A leader should then create a map, or set of instructions, for groups to follow. Hide glow sticks along the route for children to discover. The glow sticks will need to be placed along the route (i.e. stuck to lamp posts, street signs, walls, railings etc) no more than an hour before the activity, to ensure they are still glowing bright for the groups to find.
- 3 Split into two or more groups and send them out with leaders to follow the map / instructions, trying to find as many of the glow sticks as they possibly can. Groups should make a note of where each glow stick was found, but leave it in place for the next team to find.
- 4 Once everyone is back, let the groups compare how they got on. Were all the glow sticks found? Which group found the most?

After the activity, please make sure to collect all the glow sticks back up and dispose of them appropriately.

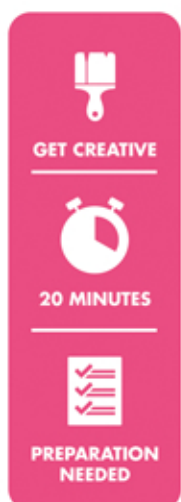
If you are unable to head out into your local area, this activity could be adapted to your Church grounds or even inside your building. You may just need to hide the glow sticks more, to increase the difficulty.



## GET ACTIVE: PLAYING GAMES

# GLOW STICK NOUGHTS AND CROSSES

- 1 Using glow sticks and their connectors, create a nought and crosses grid.
- 2 Make noughts by fixing two glow sticks together into a loop. Crosses can be made by using two glow sticks, with a little bit of tape to fix them into a cross. You'll need 3 of each shape.
- 3 Split into two teams. Place the grid at one end of the meeting space and sit the teams at the other end.
- 4 On 'go', one person from each team should race to the noughts and crosses grid and place their nought or cross in the position they think is best. Immediately they should run back to their team and tag the next person into play. They too should race to the grid and repeat the process.
- 5 The game is won when a team has noughts or crosses in a line of three (vertical, horizontal or diagonal).
- 6 If there hasn't been a winner after the third nought / cross then the next person to go can run to the grid and instead move one of their shapes to a new position to try and win the game. This can continue to happen until a winner has emerged.
- 7 Reset the game and play another round. Keep a track of the scores as you go.
- 8 If playing with larger groups, split into 3 or more teams and play a tournament or winner stays on.



## GET CREATIVE: ARTY & CRAFTY

# GLOW JARS

Make an impressive glowing jar, ideal for leaving on the bedside table at night.

- 1 Give each child a jar. A glass jam jar (or similar) works well.
- 2 Using a long paintbrush (that can easily get inside the jar) dab little dots of the glow in the dark glue or paint around the inside of the jar. This works best as dots, rather than trying to paint shapes etc.
- 3 Allow to dry and then expose the jar to bright light before turning out the lights. The dots will glow brightly and then fade over time. How bright they shine depends largely on the glue or paint used. For this activity it pays to use a good quality glow in the dark paint / glue.

### What you'll need:

- Jars
- Glow in the Dark Glue / Paint
- Paintbrushes



## GET ACTIVE: PLAYING GAMES

# LED BALLOON PARACHUTE GAMES

Buy some LED balloons and use these to play parachute games. LED balloons can be purchased online, as well as at some supermarkets, including brands such as Illooms and Balloominate. Inflate the balloons and then play one of the below.

**Countdown:** Place all the balloons (the more the better) onto the parachute. Give the group a countdown (i.e. 60 seconds) to remove all the balloons by shaking the parachute as much as they can.

**Team v Team:** Split the children into two teams. Stand around the parachute, with one team on the left-hand side and the other on the right-hand side. Place a balloon on top and everyone should start shaking the parachute. The aim is to try and get the balloon to fly off the other side of the parachute (i.e. by a member of the opposite team). Score a point for every time this happens. The team with the most points wins.