juniors

PANCAKES

THEMED PROGRAMME

AIM

Celebrate Shrove Tuesday with a pancake themed programme. As well as getting the opportunity to make and eat pancakes, you'll also get to play some fun games and consider why we have pancake day in the first place.

ACTIVITIES

- Pancake Recipe Game
- Pancake Races
- Pancakes
- Pancake Memory Games
- Lent
- Eggs, Milk & Flour

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PANCAKES

INTRODUCTION

Shrove Tuesday or 'Pancake Day' is celebrated with the making and eating of pancakes. Shrove Tuesday is a Christian celebration, linked with Lent and Easter.

Traditionally during Lent, Christians would give up rich, tasty foods such as butter, eggs, sugar and fat. Shrove Tuesday was the last chance to eat them – and what better way to do so than with a delicious pancake!

DID YOU KNOW?

- Pancake Day is always 47 days before Easter.
- It's estimated that the UK use an incredible 52 million eggs on Pancake Day. That's 22 million more than an average day.
- The largest ever pancake was 15 metres wide and had to be flipped using a crane.
- In France and America, Pancake Day is called Mardi Gras which means 'Fat Tuesday'.
- The world record for the most pancake flips in a minute is a huge 140!

GET LEARNING

15 MINUTES

PREPARATION NEEDED

GET LEARNING: MY SKILLS FOR LIFE

PANCAKE RECIPE GAME

1. Print the 'Pancake Recipe Game' sequence cards. These will need to be cut into the individual cards and a set will be needed for each team. The cards are in order on the sheet (left to right).
2. Split the group into at least two teams. Sit the groups at one end of the meeting space and place the cards, one set for each team, at the other end of the meeting space in piles. You could then place some obstacles or challenges in the middle.
3. On 'GO' one person from each team should run to the card pile, completing obstacles / challenges along the way, and retrieve one of the cards. They should then return immediately to their team and tag the next person to go. Continue this until all the cards have been collected.
4. Once all the cards have been collected, the teams should race to place the 8 cards in the correct order, showing the stages of how to cook a pancake. The first team to complete the game is the winner.

GET ACTIVE

15 MINUTES

PREPARATION NEEDED

GET ACTIVE: WORKING AS A TEAM

PANCAKE RACES

Split into two or more teams and sit them at one end of the meeting space. Each team should have a frying pan. The teams will also need a 'pancake' in their pan. You could use real pancakes, or large cardboard discs.

Flipping Sprint: Team members must make it from one end of the meeting space and back again as quickly as they can, whilst flipping their pancake at least 5 times along the way.

Pass the Pancake: All team members should stand in a line. The first person should perform a pancake flip (i.e a full 180 degree rotation) and then pass the pan to the next person in the line, who must also flip the pancake before they can then pass the pan on. This should continue until all players in the team have completed the challenge. The quickest team wins.

Pancake Obstacles: Set up an obstacle course from things found in your cupboard. There should also be pancake flipping markers (cones), where children stop and complete a pancake flip before moving on. Children should take on the course one at a time, with the quickest team the winner.

GET CREATIVE

20 MINUTES

PREPARATION NEEDED

GET CREATIVE: IN THE KITCHEN
PANCAKES

Get in the kitchen creating your own pancakes and deciding how to top them. This activity can be completed in several different ways.

Cooking Pancakes: Make some pancakes from scratch. Following a simple pancake recipe, allow children to measure out the ingredients, mix them in a bowl and then add the mixture to the frying pan. Don't forget the most important job of all – flipping the pancake during the cooking. Note: This activity will require increased leader supervision and support, particularly when cooking.

Pancake Creators: Have a leader cook the pancakes or buy some ready-made pancakes. Have a wide range of toppings for children to choose from (lemon, sugar, chocolate spread, fruit, sweets, sauces etc). Encourage children to top their pancakes with the ingredients, to create their ideal pancake. Who will come up with the best pancake topping?

Pancake Portraits: Use freshly cooked or shop brought pancakes and transform them into self-portraits. Give children a range of toppings to create a self-portrait. This might be by using slices of bananas for eyes, smarties for a mouth, chocolate spread for hair and a grape for a nose. Let children get creative and see what they can use to create an image of themselves.

GET LEARNING

15 MINUTES

PREPARATION NEEDED

GET LEARNING: PROBLEM SOLVING
PANCAKE MEMORY GAMES

Take on one or more of the pancake memory games below. For this activity you'll need to download and print a copy of the Pancake Memory Games activity sheet.

Pancake Pairs (Easy): Print out two sets of the pancake cards play a game of pairs with the pancake designs. The pair / team with the most matching pairs at the end of the game wins.

Which Pancake is Missing? (Medium): Place the 18 pancake pictures on a table. Ask the children to study the pictures for a minute. Now ask all the children to face away from the table. Remove one of the pancakes and then mix up the remaining pancakes. Ask the children to face the table again. Who can identify which pancake has been removed? Play multiple rounds of this game to see who can identify the most missing pancakes.

Pancake Order (Hard): Place all 18 pancake pictures on the floor, spread out a little bit and facing upwards. Split the group into small teams. One person from the first team should stand by one of the pancakes and then sit down. Now someone from the second team should go and stand by that same pancake and then walk to a second pancake before sitting down. A player from the next team should walk to each of the first two pancakes before walking to a third pancake. The game continues, with more and more pancakes being added to the order. The aim of the game is to remember the correct order of the pancakes as the number of pancakes gets greater. If a team gets the order wrong, they are out of the game. The last team standing is the winner.

GET INTO THE BIBLE

10 MINUTES

READY TO GO

GET INTO THE BIBLE: CELEBRATING
LENT

Take a moment to look at what Lent is and why people often give up things during this time.

1. Ask the group if any of them can tell you what Lent is and how it is linked to Pancake Day? Lent is a time when Christians prepare their hearts and minds for Easter, remembering the sacrifice that Jesus made for each one of us. The first day of Lent is called 'Ash Wednesday' which falls the day after Pancake Day (Shrove Tuesday).
2. Lent is based around the time that Jesus went into the desert to fast and pray and was tempted by the devil. Explore this story in **Matthew 4 v 1-11** or by watching 'The Temptation of Jesus' by Saddleback Kids (**https://youtu.be/mc-x4qKY6Wc**).
3. During Lent a lot of people choose to give up something and go without. This is a way of them acknowledging and appreciating what Jesus sacrificed for us. Have a discussion as a group about things you could give up for Lent. Does the group believe they have the willpower to last the whole of Lent without the food / item / habit or do they think they might be tempted to give in? What could help them to resist the temptation?
4. Lent is about getting closer to God and getting ready for Easter. Finish with a prayer thanking God for Jesus' sacrifice for us and the message of hope that Easter brings.

GET ACTIVE

15 MINUTES

IN THE CUPBOARD

GET ACTIVE: PLAYING GAMES
EGGS, MILK & FLOUR

Teams must try to get past the chef to steal the ingredients needed to make some pancakes.

1. Place 3 buckets at one end of the room. Inside each bucket should be coloured items of the same colour (i.e. ball pits balls, bean bags etc). Each bucket should have a different colour (i.e. Blue items in one bucket, red in the second bucket and green in the third). These buckets represent the three main ingredients for Pancakes (eggs, milk & flour). You could label each bucket with a sign.
2. Split into two or more teams. Sit the teams at the opposite end of the meeting space to the buckets.
3. Nominate one person to be the 'chef'. They aren't in a team. The chef should stand at the end of the meeting space with the buckets. The chef's job is to guard the buckets with his/her 'ingredients' inside.
4. On 'GO', one person from each team should attempt to steal one of the ingredients (coloured item) from one of the buckets and bring it back to their team. The chef's job is to try and tag the intruders to stop them getting his/her ingredients. If tagged, the person must return to their team empty handed, sending out the next player to try.
5. The winning team is the first team to collect one of each ingredient (i.e. a blue, red & green object) to make a pancake.
6. Increase the difficulty of the game by adding more chefs to guard the ingredients or asking teams to get 2 or 3 of each ingredient before winning the game.

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PANCAKE RECIPE GAME

GATHER YOUR INGREDIENTS

MIX TOGETHER THE DRY INGREDIENTS

ADD THE WET INGREDIENTS AND MIX

ADD A LITTLE BUTTER OR OIL TO THE HOT PAN

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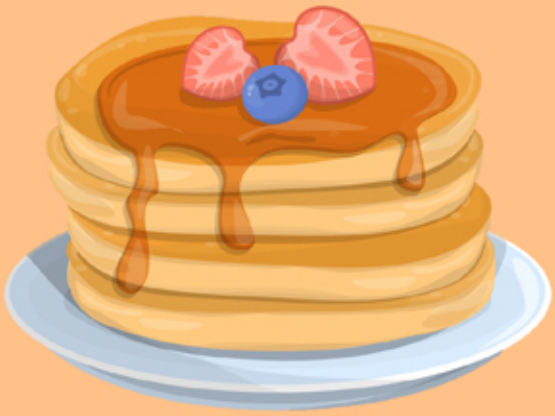
PANCAKE RECIPE GAME

ADD A DOLLOP OF MIXTURE TO THE PAN

COOK UNTIL BUBBLY ON TOP

FLIP AND CONTINUE COOKING UNTIL GOLDEN



PUT ON A PLATE AND ADD YOUR TOPPINGS

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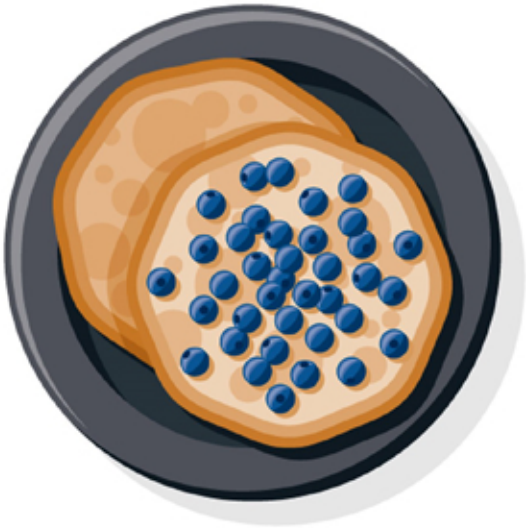
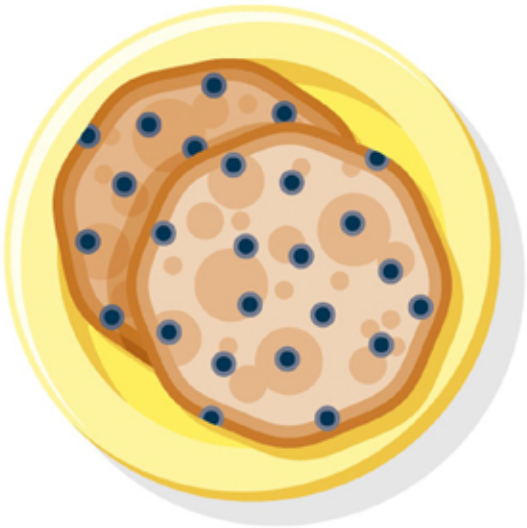
PANCAKE MEMORY GAME





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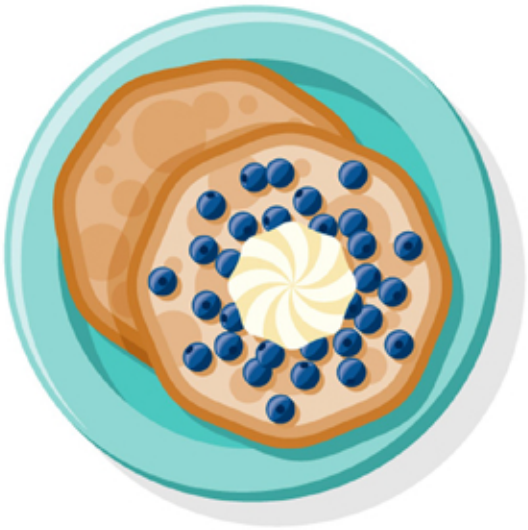

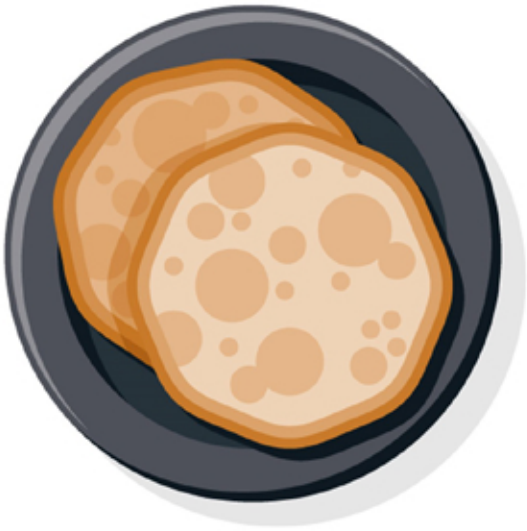

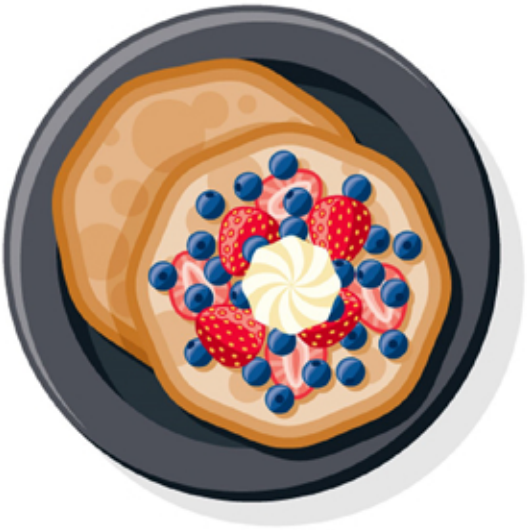

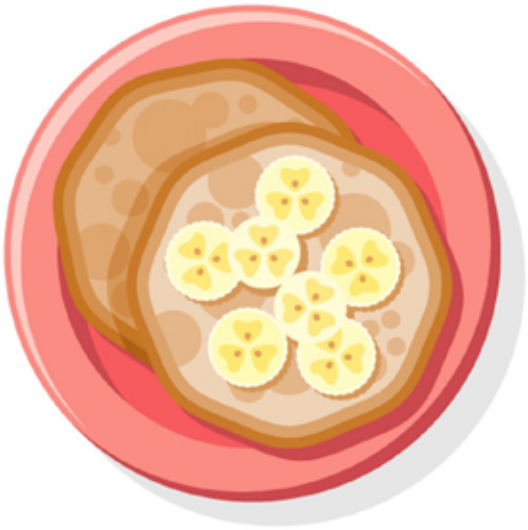

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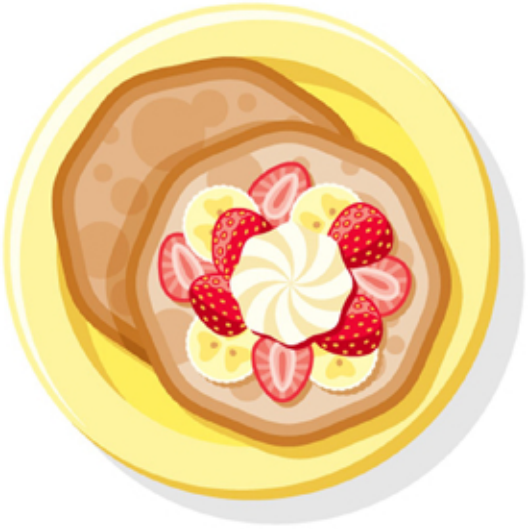

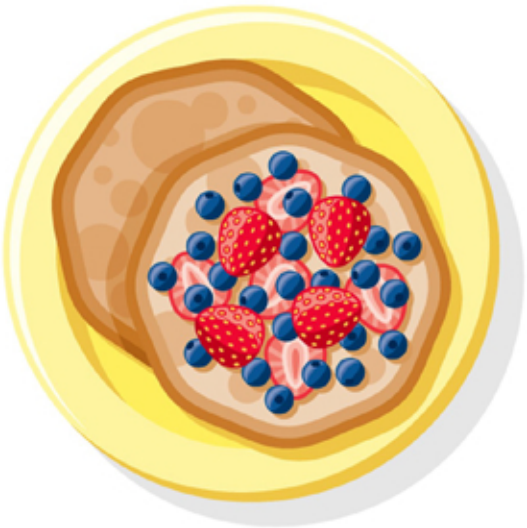

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