## Seniors



## PROGRAMME PLANNER

Some great activities and ideas to use with your group over the next term:

WEEK	THEME / ACTIVITY	DESCRIPTION	LOCATION	ACTIVITY AREAS / AWARDS
02/01/2023	<b>VEGAN</b> Themed Programme	More and more people are choosing to explore a vegan lifestyle, as a way of reducing their carbon footprint. Use our themed programme to discover what veganism is about, debate the pros and cons, and try some vegan products and recipes for yourself.	Indoors	Get Creative, Get Involved, Get Learning, Get into the Bible
09/01/2023	Seniors Forum	Come together as a group of Seniors and have a discussion on the activities, opportunities, trips and awards that you want to experience and work towards. Use this activity to plan out the Spring term and beyond.	Indoors	Get Involved
16/01/2023	SHAPING THE ADVENTURE Essentials Card	Complete our 'Shaping the Adventure' activity, allowing children and young people to express their feelings about their BB journey so far, whilst looking at how they shape the future of that adventure too.	Indoors	Get Involved
23/01/2023	MASTERCHEF Activity	Can you handle the heat of the kitchen? Plan a two-course meal on a budget and then get in the kitchen to bring that menu into reality. Who will succeed and be crowned your 'MasterChef 2023'?	Indoors	Get Creative
30/01/2023	ME & MY MONEY Themed Programme	Budgets, debt, bank accounts, interest rates and the world of money can seem quite daunting. Develop some valuable money skills with this themed programme, helping you to prepare for managing your money in the future.	Indoors	Get Learning, Get Active, Get into the Bible
06/02/2023	WELLBEING JENGA Activity	It's good to talk, but sometimes it can be difficult to find the right setting or time. Use this adapted game of Jenga to help address important topics of conversations around mental health and wellbeing. Link to Children's Mental Health Week (6th to 12th February).	Indoors	Get Active
13/02/2023	Top Team	Top Team is a national competition run by The Boys' Brigade and is open to Companies across the UK & Rol. The challenges will see you take on a range of activities, each producing a score for your team. Submit your results to BBHQ to find your place on our leaderboard. For more information, visit https://boys-brigade.org.uk/top-team-challenge	Indoors	Get Active, Get Learning



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20/02/2023	FEARLESS & CRIME Activity	Reporting crime can be challenging. We all have choices on if we report a crime or not, and those choices have consequences. How can we make the right decision? A partnership activity card with Fearless, part of Crimestoppers.	Indoors	Get Involved
27/02/2023	Fairtrade Fortnight	Get involved with Fairtrade Fortnight (27 <sup>th</sup> February to 12 <sup>th</sup> March) and consider the benefits of Fairtrade products and what we can all do to support them. Visit https://www.fairtrade.org.uk for more information.	Indoors	Get Involved, Get Learning
06/03/2023	MY SELF-WORTH Activity	Are we addicted to chasing likes and follows on social media, so much so that our self-worth is negatively impacted? If God judges us based on our hearts, rather than our Insta grid, why should we judge others differently?	Indoors	Get into the Bible
13/03/2023	ME & MY FAITH Themed Programme	Faith is a small word with a massive amount of meaning behind it. Explore what is meant by 'Faith' and how we can put our faith into action as we continue on our own faith journeys.	Indoors	Get into the Bible, Get Active
20/03/2023	<b>STRIKE!</b> Activity	Head out of your meeting space to a night of ten-pin bowling. Along the way learn a little more about the sport as well as take on some mini competitions during the activity.	Indoors	Get Adventurous
27/03/2023	COMMUNICATION SKILLS Themed Programme	An important skill to have in all walks of life is good communication. Take on some communication challenges as you explore good and bad ways to communicate and what makes a good communicator.	Indoors	Get Learning, Get Active, Get into the Bible, Get Creative
03/04/2023	Easter	Celebrate Easter and Jesus' resurrection with some Easter themed activities. Head to https://boys-brigade.org.uk/easter for some inspiration.	Indoors	Get into the Bible, Get Creative, Get Active
10/04/2023	Sunset Hike	Find somewhere in your local area that creates an impressive sunset and take a hike to that location. Can you make it before the sun disappears? What impressive sunset photos can you capture? W/C 10 <sup>th</sup> April sunset is approximately 7:45pm to 8:15pm, depending on your location.	Outdoors	Get Adventurous
17/04/2023	THE DREAM TEAM Activity	A good team is made up of team members who all bring something useful to the table. Consider who would make your 'Dream Team' and what skills you'd want. You'll need to be selective though, as there are only five spaces in your Dream Team, so pick wisely!	Indoors	Get Learning
24/04/2023	The King's Coronation	Get ready for King Charles III's Coronation (Saturday 6 <sup>th</sup> May) with some activities centred around the King, the United Kingdom and the Royal Family. More resources to support this will be released in Spring 2023.	Indoors	Get Learning, Get Creative, Get Active