

140
JUNIORES

140



SLEEPOVER

THE BOYS' BRIGADE

JUNIORS 140 SLEEPOVER



LET'S CELEBRATE!

Join us for a very special sleepover, as we bring Juniors from across the country together on the same evening to celebrate our 140th birthday. Get involved with some of our programme activities, submit your photos and scores, and see if you can make it onto our 'Wall of Fame' and leaderboards.

ACTIVITIES

-  140 Sleepover Minute to Win It
-  Toasting Marshmallows
-  140 Pizza Party
-  The Sleeping Bag Prayer
-  Community Litter Pick
-  The Juniors 140 Sleepover Quiz

JUNIORS 140 SLEEPOVER

➔ INTRODUCTION

Welcome to our Juniors 140 Sleepover programme. We're bringing hundreds of Juniors from across the country together on Saturday 7th October, to help celebrate our 140th anniversary. Within this programme you'll find everything you'll need to help put your sleepover together.

Our programme of activities includes lots of opportunities to share pictures, scores and results throughout the sleepover, helping you to stay connected with events across the country.

Make sure to also join us at 7:30pm on Saturday 7th October for our **Online Gathering**, where we'll be connecting everyone up for a special time of celebration.

? DID YOU KNOW?







- The Boys' Brigade was founded in Glasgow on 4th October 1883 by Sir William Alexander Smith.
- The Juniors age group began in 1917, originally called the Boy Reserves. In 1926 it became known as the Life Boys and, in 1966, the Junior Section.
- Today The Boys' Brigade can be found in communities across the UK & RoI and also in over 70+ countries around the world.
- On Saturday 7th October, Juniors up and down the country will be holding sleepovers to celebrate our 140th anniversary. This includes in towns and cities such as Glasgow, London, Belfast, Birmingham, Aberdeen, Liverpool, Stirling and many more!

HOW TO RUN THE JUNIORS 140 SLEEPOVER

We've created a programme of activities for you to choose from for your sleepover. These activities feature all six of our Activity Areas and help provide a varied programme for your Juniors. The programme has been created for leaders to 'pick & mix' the activities to create their own programme, depending on the time, space and numbers for your sleepover.

You are welcome to start and finish your sleepovers at times that best suit you. We've created a couple of suggested timetables below to help guide your planning.





Saturday

| | |
|----------------|---|
| 3:00pm | Arrival |
| 3:00 – 3:30pm | Games & Sports |
| 3:30 – 4:30pm |  Minute to Win It |
| 4:30 – 5:00pm |  Community Litter Pick |
| 5:00 – 6:00pm |  140 Pizza Party |
| 6:00 – 7:00pm |  The 140 Sleepover Quiz |
| 7:00 – 7:30pm |  The Sleeping Bag Prayer |
| 7:30 – 8:00pm | Online Gathering |
| 8:00 – 8:30pm |  Toasting Marshmallows |
| 8:30 – 10:00pm | Film Night |


Sunday

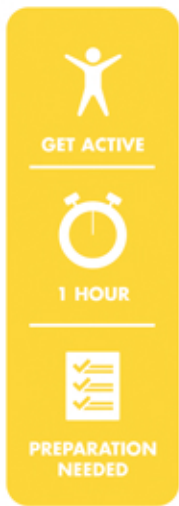
| | |
|-----------------|--------|
| 10:30 – 11:30am | Church |
| 12:00pm | Home |

Saturday

| | |
|----------------|--|
| 5:00pm | Arrival |
| 5:00 – 5:30pm | Games & Sports |
| 5:30 – 6:30pm |  140 Pizza Party |
| 6:30 – 7:30pm |  Minute to Win It or |
| |  The 140 Sleepover Quiz |
| 7:30 – 8:00pm | Online Gathering |
| 8:00 – 8:30pm |  Toasting Marshmallows |
| 8:30 – 10:00pm | Film Night |

Sunday

| | |
|-----------------|---|
| 9:30 – 10:00am |  The Sleeping Bag Prayer |
| 10:30 – 11:30am | Church |
| 12:00pm | Home |



GET ACTIVE: PLAYING GAMES

140 SLEEPOVER MINUTE TO WIN IT

Go head-to-head in teams to battle it out across our five challenges. Who will be your sleepover Minute to Win It champions and can you make it onto our Juniors 140 Sleepover 'Wall of Fame'?

HOW TO PLAY

- 1 Split into two or more teams. Have a table and a complete set of equipment for each team.
- 2 For each challenge, introduce the challenge and then ask for a volunteer from each team to take part. They should come and stand behind their team's table, facing the rest of the group.
- 3 Play the Minute to Win It game as per the rules. Most of the challenges are about scoring as many points as possible in 60 seconds.
- 4 The person who wins the head-to-head challenge should be awarded a point for their team. You can keep a record of the scores using our 'Sleepover Minute to Win It' score sheet.
- 5 If you have time, repeat the challenge two or three times, allowing a different child from the teams to compete at that challenge and attempt to score a point for their team.
- 6 When ready, move on to the next challenge. After all five games have been completed, the team with the most points can be crowned Minute to Win It champions. You could use our **140 Sleepover Certificates** to award to the winners.

SLEEPOVER MINUTE TO WIN IT 'WALL OF FAME'

We're looking to find our highest scorers from each of the games to place on our 140 Sleepover 'Wall of Fame'. Submit your best score for each of the individual games to BBHQ, via our online form, and see if you can make it to our wall of fame. We'll be updating the website throughout Saturday 7th October, so keep checking back to see if your scores are some of the best across the country.

Submit your scores online at <https://boys-brigade.org.uk/juniors-140-sleepover>



GAME 1: KEEP THE PARTY GOING

- 1 You'll need one inflated balloon per team.
- 2 Set up two cones 3 metres apart. Each person taking part should stand behind the first cone with their inflated balloon.
- 3 On **GO**, the balloon should be hit into the air, with each child trying to travel across the room to the other cone, keeping the balloon in the air the whole time. The balloon cannot be caught or held at any point during the 60 seconds.
- 4 On reaching the cone 3 metres away, they should then turn around and attempt to travel back to the first cone again, always keeping the balloon in the air. If the balloon hits the floor, the child should have a 3 second time penalty, before hitting the balloon into the air again and carrying on.
- 5 Each time the child makes it to a cone, they score a point. The child with the most points after 60 seconds wins and gains a point for their team.

GAME 2: PUT THE PARTY TOGETHER

- 1 You'll need copies of the '**Put the Party Together**' jigsaw, provided in your pack. Cut the image along the lines to create the jigsaw pieces.
- 2 Spread the jigsaw pieces face up on each team's table, making sure the pieces are in a mixed-up order. Ask for a volunteer from each team to take on the challenge.
- 3 On **GO**, children should attempt to put the picture together as quickly as they can, aiming to complete it in 60 seconds.
- 4 A point is awarded for every connected puzzle piece that is in the correct position after 60 seconds. The person with the most points is the winner and gains a point for their team. If more than one person completes the puzzle, then whoever did it in the quickest time receives the win.

GAME 3: IT'S PARTY TIME!

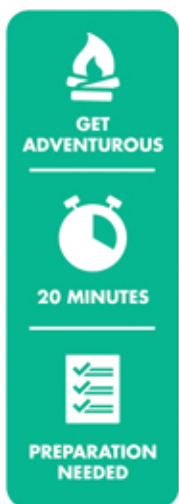
- 1 You'll need to have 10 or more plastic/paper cups and a party blower for each team.
- 2 Position the cups in a line, roughly 60cm from the end of a table. Ask for a volunteer from each team to come to the table to take on the challenge.
- 3 On **GO** they must try to push the cups off the table, by blowing into their party blower and knocking the cups forward. The cups must travel across the 60cm table length before falling off. Only one cup can be knocked off the table at any time.
- 4 The person who knocks the most cups off the table in 60 seconds wins and gains a point for their team. Cups may need to be placed back on the table during the challenge by a leader, if the person taking part blows all 10 cups off in under 60 seconds.

GAME 4: CELEBRATING 140 YEARS

- 1 You'll need a copy of our '**Celebrating 140 Years**' sheet, provided in the pack.
- 2 Place the sheet on the table, alongside a bowl filled with Smarties (approximately 1-2 tubes per bowl) and a teaspoon. Ask for a volunteer from each team to take on the challenge.
- 3 On **GO**, the children taking part must use the teaspoon to scoop one smartie at a time from the bowl and carefully place it within the white outline of the number '140'. The Smarties can be placed on any of the numbers, but **MUST** be fully within the lines of the number. Smarties can be re-arranged when on the page, but this must be done using the spoon.
- 4 This challenge should be timed, with a leader calling time after 60 seconds.
- 5 The child who has managed to place the most Smarties on the sheet and within the lines wins and gains a point for their team.

GAME 5: CANDLES ON THE CAKE

- 1 You'll need a copy of our '**140 Birthday Cake**' sheet, provided in the pack.
- 2 Place the sheet at the end of a table. Ideally it will need to be stuck down using tape, to help secure it in place. You will also need 3 tealights, LED candles or coins for each team too.
- 3 On **GO**, the child taking part for each team will need to slide the candle/coin down the length of the table, with the aim of trying to land the candle/coin within one of the scoring zones.
- 4 Any candle/coin that is 50% or more inside the scoring zone secures the child those points.
- 5 Candles/coins can continuously be collected and rethrown in order to score as many points as possible.
- 6 A leader should call time after 60 seconds. The child with the most points at the end of the 60 seconds wins and scores a point for their team.

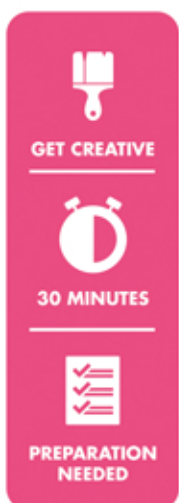


GET ADVENTUROUS: ADVENTURE ACTIVITIES

TOASTING MARSHMALLOWS

Take your sleepover programme outdoors at some point during the evening, with an opportunity to toast marshmallows over a fire.

- 1 You'll ideally need a firepit or disposable BBQ to toast the marshmallows on. Set this up in an outdoor area, suitable for the activity. Make sure to have a bucket of water (or similar) nearby, just in case.
- 2 Light the fire a short while before you want to begin the marshmallow toasting.
- 3 Hand children a wooden skewer and a marshmallow. Children should push the skewer through the marshmallow, ready for toasting.
- 4 A couple of children at a time should be invited to stand close to the fire and carefully hold their marshmallow above the flames. Leader supervision and guidance is essential at all times.
- 5 After a while the marshmallow should start to look toasted and gooey. When this happens, remove the marshmallow from the heat and allow it to cool for a minute.
- 6 Once cooled down, the marshmallow is ready to eat. This could be done straight from the skewer, or children may prefer to sandwich the marshmallow between two chocolate digestives to create a s'more.



GET CREATIVE: IN THE KITCHEN

140 PIZZA PARTY

Get creative for our 140th with your pizza toppings, as part of the evening meal at the sleepover.

- 1 This activity could be delivered as part of one of your meals for the sleepover. Alternately it could be used to create a snack part way through the day/evening.
- 2 The aim of the activity is to design pizzas that celebrate our 140th. These can be achieved by creating custom pizzas, using the toppings to make a design on the pizza. Designs might spell out '140', create an Anchor or celebrate our special anniversary in a creative way.
- 3 Pizzas could be made from shop bought pizza bases, alternatively wraps, pittas breads, baguettes etc could be used too. Make sure to have some sauces and cheese for the base and then toppings such as pepperoni, peppers, sweetcorn, mushrooms, pre-cooked chicken, ham etc.
- 4 Grill/cook the pizza, to make sure the cheese is melted and golden and then tuck in and enjoy.
- 5 You could run this activity as a competition, using one of our **140 Sleepover Certificates** as a prize.
- 6 Submit your photos to BBHQ using our online form. We'll select our favourites and place them online throughout the day and evening. Make sure to check back throughout the day to see if your pizzas have made it into our collection. Photos can also be shared on social media using **#BB140**.
- 7 After the weekend is over, we'll have a prize to award for the best designed pizza. Will your pizza be the winning design?





GET INTO THE BIBLE: PRAYER

THE SLEEPING BAG PRAYER



Put together a prayer of thanks, themed around a sleeping bag.

- 1 Hold up a sleeping bag and ask what it is? What is the job of a sleeping bag? How can it make you feel inside when you get tucked up for bed?
- 2 After a long day, getting tucked into a sleeping bag can make many people feel relaxed, warm and safe. A bit like a giant hug, being all wrapped up!
- 3 That feeling inside a sleeping bag can sometimes remind us how God's love can feel like being inside a sleeping bag - wrapped up, protected and safe.
- 4 Explain to the group that we're going to use the design on a sleeping bag, with its different sections, to help us to write a prayer of thanks for all the love and protection that God gives us.
- 5 Hand out copies of **'The Sleeping Bag Prayer'** sheet to each child, along with a pen. Additional copies are available to print from the Programme Hub.
- 6 Explain that the sheet shows five different sections of a sleeping bag, with each section suggesting a different thing to thank God for in prayer.
- 7 For each box there are two bullet points. Encourage the children to write two things in each box that they would like to thank God for.
- 8 Once everyone has completed their sheets, come back as a group and bring the prayers together. This could be led by a leader, or children may wish to read out their prayers themselves.

Take it Further: If you're joining a Church service on the Sunday morning, could children share these prayers within the service?

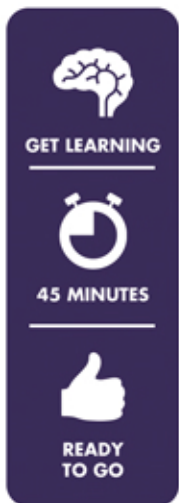


GET INVOLVED: PROTECTING OUR WORLD

COMMUNITY LITTER PICK

Help to leave your community in a better state than how you found it, with a community litter pick.


- 1 Our planet is a precious gift given to us by God. Sadly not everyone treats it with the respect and care it deserves. Good citizens aim to leave the world in a better state than how they found it. This is one way we can show love to the people around us.
- 2 Put that love into action with a community litter pick, as part of your sleepover programme. Find half an hour in your programme where you can take a walk around your local area, collecting litter along the way. How many pieces of litter will you be able to collect?
- 3 You'll need bin bags for this activity. Litter pickers and/or disposable gloves would also be recommended. Encourage children to leave sharp items, glass and large objects alone, instead focusing on rubbish such as crisp packets, cans, plastic bottles etc.
- 4 Share a photo of your litter pick on social media using **#BB140** and we'll share some of the best pictures on our Juniors 140 Sleepover webpage. Check out all the best photos at <https://boys-brigade.org.uk/juniors-140-sleepover>



GET LEARNING: ME & MY WORLD

THE JUNIORS 140 SLEEPOVER QUIZ

Put your knowledge to the test with our 140 Sleepover Quiz. Who will be your quiz champions and how will your score compare to the other sleepovers taking place across the country?

-  Download our **'Juniors 140 Sleepover Quiz'** PowerPoint. Display this using a projector or large TV.
- Split into two or more teams. An ideal team size is 3-5 per team. Sit each team at their own table, facing the projector/TV. Each team should have pens and paper.
- We've produced a quiz with five rounds. Go through each of the rounds, asking the questions and giving children time to write down their answers. After each round, go through the answers, awarding a point for each correct answer.

Round 1: It's a Party!

Round 2: General Knowledge

Round 3: The Missing Lyric

Round 4: 140 Years

Round 5: What Did You Just See?

- At the end of the quiz total up the score for each team. The team with the highest score is the quiz winner for your sleepover. You could use our **140 Sleepover Certificates** to award to the winners.
- Submit the scores for your teams to BBHQ using our online form. We'll be updating the leaderboard throughout Saturday 7th October, so make sure to keep checking back to see how your teams have got on. Who will be our national champions?

Submit your scores online at <https://boys-brigade.org.uk/juniors-140-sleepover>

JOIN US FOR OUR ONLINE GATHERING!

We'll be bringing sleepovers from across the country together for a very special **'Online Gathering'** on Saturday 7th October at 7:30pm.

The online gathering will last 30 minutes and during that time we will be checking in with different sleepovers, setting some on the spot challenges and providing updates on some of the challenges within the sleepover programme. We will also come together for a message from Christian magician Paul Brown, who will be sharing a fantastic illusion with an impactful message for our Juniors.

The link to join the online gathering will be provided to groups in the run up to the sleepover weekend. We hope your sleepover can join us, as we gather Juniors from across the country for this special moment in our programme.



SHARING YOUR JUNIORS 140 SLEEPOVER

A big part of the Juniors 140 Sleepover is about the event taking place simultaneously across the country with hundreds of Juniors involved. We therefore are encouraging you to share updates and pictures from your sleepover throughout the weekend. These will then be shared on social media and on our dedicated Juniors 140 Sleepover page on our website.

We'd love to see group photos of your Juniors at the events, as well as photos of children taking on some of the challenges, games and activities within the programme.

We'll have a **£50 prize for the Company that sends the best photo** in from the sleepover weekend, so make sure you send in your photos for a chance to win.

Share your pictures on social media using **#BB140** or send them in to us online using the form on our dedicated Juniors 140 Sleepover webpage at <https://boys-brigade.org.uk/juniors-140-sleepover>

STAY CONNECTED

We will be updating our Juniors 140 Sleepover webpage throughout the sleepover weekend. This will be your go to place to stay connected and updated with other sleepovers taking place across the country, and to see if you have made it into some of our highlights. This will include:

- **Juniors 140 Sleepover Map**
- **Minute to Win It 'Wall of Fame'**
- **Juniors 140 Sleepover 'Quiz Leaderboard'**
- **140 Pizza Party Gallery**
- **140 Sleepover Photo Updates**

To share your updates and to check out what the rest of the country is up to head to our Juniors 140 Sleepover webpage at <https://boys-brigade.org.uk/juniors-140-sleepover>

JUNIORS 140 SLEEPOVER EVENT BADGE

To help children to remember and commemorate taking part in this celebration of our 140th anniversary, we have a special 'Juniors 140 Sleepover' badge that you can apply for.

The badge will be available to order immediately after the sleepover weekend. To apply for your badges you'll need to complete our online form, including providing a group photo taken at the sleepover (you can only apply for the number of badges based on those in the photo). There will be a charge of £1.50 per badge.

Apply for your badges at <https://boys-brigade.org.uk/juniors-140-sleepover>




CELEBRATING

1440

YEARS

MINUTE TO WIN IT

SCORE SHEET

|  | Put the Party Together | It's Party Time! | Celebrating 140 Years | Keep the Party Going | Candles on the Cake | Total Points |
|--|------------------------|------------------|-----------------------|----------------------|---------------------|--------------|
| Team 1 | | | | | | |
| Team 2 | | | | | | |
| Team 3 | | | | | | |



10
POINTS

5
POINTS

5
POINTS

140

2
POINTS

2
POINTS

1
POINT

THE SLEEPING BAG PRAYER

God,

Thank you for keeping me safe and protected each day, and for the love you always show me. Today I particularly give thanks for

MY FAMILY:

-
-

MY FRIENDS:

-
-

PROVIDING ME WITH:

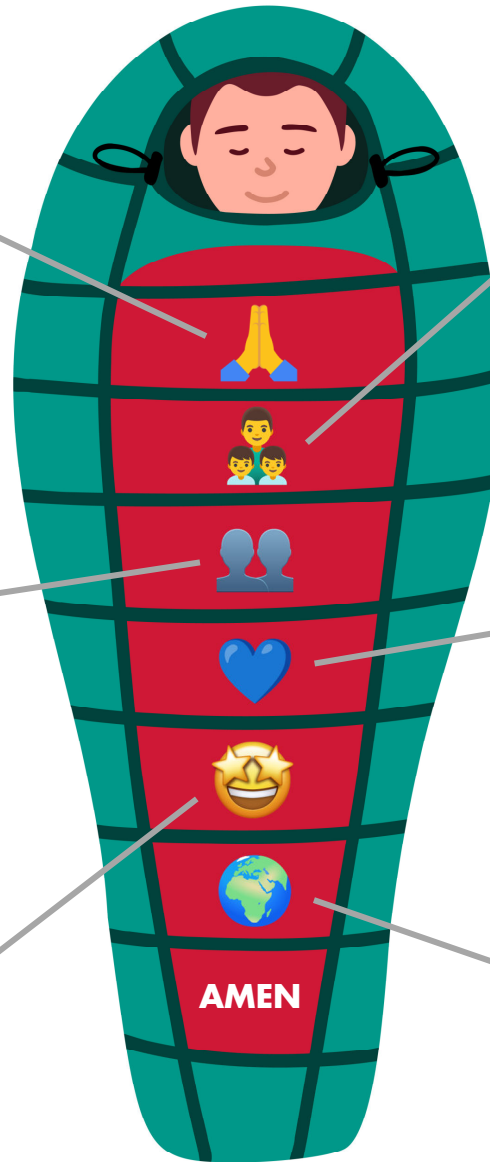
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THE FUN THINGS I DO:

-
-

THE WORLD I LIVE IN:

-
-



AMEN