

ქართული







ქართული BIG SLEEPOVER



JUNIORS BIG SLEEPOVER

Join us for a very special sleepover, as we bring Juniors from across the country together on the same evening for our Juniors BIG Sleepover. 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

-  Juniors BIG Sleepover Letter Game
-  Building an Indoor Campsite
-  Juniors BIG Sleepover Cake Off
-  Good Night God
-  Domino Kindness
-  The Juniors BIG Sleepover Quiz

JUNIORS BIG SLEEPOVER

➔ INTRODUCTION

Welcome to our Juniors BIG Sleepover programme. We're bringing hundreds of Juniors from across the country together on the weekend of 4th to 6th October 2024, to get involved with our national sleepover. 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 either Friday 4th or Saturday 5th October for our **Online Gathering**, where we'll be connecting everyone up and checking in with sleepovers across the UK.

? DID YOU KNOW?







- We're expecting over 1,200 Juniors from across the UK to be coming together for our Juniors BIG Sleepover.
- Sleepovers will be taking place in over 60 different locations, in all four countries that make up the UK.
- Towns and cities where sleepovers will be taking place include Swansea, the Isle of Skye, Ballymena, Glasgow Science Centre, Hull, Bath and many more!
- The Boys' Brigade has 'Nights Away' badges to help recognise children and young people taking part in residential. Find out more and order yours at <https://boys-brigade.org.uk/nights-away>

HOW TO RUN THE JUNIORS BIG 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.

Afternoon, Evening & Morning

3:00pm	Arrival
3:00 – 3:30pm	Games & Sports
3:30 – 4:00pm	 Juniors BIG Sleepover Letter Game
4:00 – 5:00pm	 Juniors BIG Sleepover Cake Off
5:00 – 5:30pm	Free Time (i.e. Board Games)
5:30 – 6:00pm	Dinner
6:00 – 7:00pm	 The Juniors BIG Sleepover Quiz
7:00 – 7:30pm	 Building an Indoor Campsite
7:30 – 8:00pm	Online Gathering
8:00 – 8:15pm	 Good Night God
8:30 – 10:00pm	Film Night
9:00 – 10:00am	 Domino Kindness
10:00 – 10:30am	Games & Sports
10:30am	Home

Evening & Morning

5:00pm	Arrival
5:00 – 5:30pm	 Juniors BIG Sleepover Letter Game
5:30 – 6:00pm	 Juniors BIG Sleepover Cake Off (decorating only)
6:00 – 6:30pm	Dinner
6:30 – 7:30pm	 The Juniors BIG Sleepover Quiz
7:30 – 8:00pm	Online Gathering
8:00 – 8:30pm	 Building an Indoor Campsite
8:30 – 8:45pm	 Good Night God
8:45 – 10:15pm	Film Night
9:00 – 10:00am	 Domino Kindness
10:00 – 10:30am	Games & Sports
10:30am	Home



GET ACTIVE: PLAYING GAMES

JUNIORS BIG SLEEPOVER LETTER GAME

Hunt around your meeting space for the hidden sleepover letters, before using them to complete our trivia challenge. Which team will score the most points overall?

HOW TO PLAY

- 1 For this activity you'll need to use the **'Juniors BIG Sleepover Letters'** found in your activity pack. There is a red version and a blue version, so you can split into two teams. Cut both sets into their individual letters. Should you require additional copies, these can be downloaded and printed.
- 2 Hide the letters around your meeting space, so children can find them as part of the first activity. How well you hide these letters will determine how difficult the challenge is and how much time you'll need to allow for all the letters to be found.
- 3 Split the group into two teams and nominate one team as the 'Blue' team, with the other team being the 'Red' team.
- 4 There are three potential activities you can play as part of this game, the instructions for each game are below.



GAME 1: FIND THE BIG SLEEPOVER

- 1 Explain to the teams that the letters for 'Juniors Big Sleepover 2024' have been hidden around your meeting space. Their task is to be the first team to find all 23 letters/numbers and bring them back to their team base.
- 2 Teams can only collect letters of their team's colour. Each team will find their team's colour (i.e. red or blue) around the outside of each letter.
- 3 This activity could be run with all children looking for the letters at the same time, or with teams only sending out one child at a time to look for a letter, as a relay.
- 4 Once all 23 letters/numbers have been found, the team should then race to put the letters into the correct order, so it spells out 'Juniors BIG Sleepover 2024'. The first team to do this is the winning team.

GAME 2: WORD GENERATOR

- 1 Remain in the same teams. Children should have all the letter tiles in front of them.
- 2 Challenge the group to come up with as many unique words, using the letter tiles, as they can.
- 3 The group must spell out the word using the tiles, for a leader to see, before they can then start on the next word. Once a word is created, those letters can go back into the pile and can be used in future words that are made.
- 4 A leader should keep a tally of how many words the team create.
- 5 Give the teams 5 minutes to try and come up with as many unique words as possible.
- 6 After the 5 minutes are up, both teams can share some of their best words with each other, before the leaders should announce how many words each team created.
- 7 The team that managed to create the most unique words is the winner.



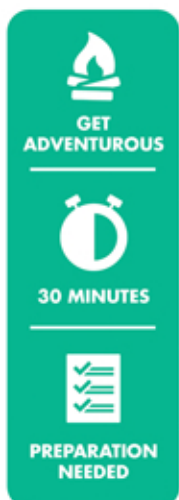
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GAME 3: TRIVIA LETTER CHALLENGE

- 1 Teams should place all their letters at one end of the room and then sit at the other end of the room.
- 2 In the middle of the room place a couple of obstacles that can be used within this game (i.e. hoop to step through, parachute to crawl under, bench to walk over etc).
- 3 Explain to the group that a leader will read out a trivia question. Each team needs to try and answer the question by using the letters that are at the other end of the room.
- 4 Letters/numbers can only be retrieved one at a time. Teams can only send one child at a time to take on the obstacle course, retrieve one letter and then return to their team.
- 5 For example, 'What year is it?'. To answer this question, the team would need to retrieve the numbers '2', '0', '2' & '4'.
- 6 The first team to retrieve the correct letters/numbers and form the word/number on the floor using the tiles, win a point.
- 7 Continue through the activity, using as many of the trivia questions as you wish. If you run out of questions, then you could create questions of your own.
- 8 The team with the most points at the end of the challenge is the winning team.

TRIVIA CHALLENGE QUESTIONS

- What animal does bacon traditionally come from? **Pig**
- What colour is 'Disgust' in the film 'Inside Out'? **Green**
- Pork, Apple, Shepherds and Steak & Ale are all types of what? **Pie**
- How many days are there in 6 weeks? **42**
- In winter you might wear these to keep your hands warm? **Gloves**
- What colour is Dory in the film 'Finding Nemo'? **Blue**
- This person turned water into wine, fed 5,000 people and walked on water? **Jesus**
- How many players on the pitch during a football game? **22**
- The season between winter and summer? **Spring**
- A word beginning with U that describes all of time and space and everything within it? **Universe**



GET ADVENTUROUS: ADVENTURE ACTIVITIES BUILDING AN INDOOR CAMPSITE

Bring the excitement and adventure of camping indoors, by creating your own campsite experience for your sleepover.

- 1 This activity is all about encouraging the group to create a camping or festival feel to their sleepover, by using equipment and decorations to transform your room into a campsite. This activity can be achieved in a number of ways. Suggestions on how to do this include:
 - **Tents:** Do you have access to some freestanding tents that you could put up in your meeting space, for children to sleep in as part of their sleepover?
 - **Dens:** If you don't have tents, then could you use blankets and sheets to create the feeling of tents & dens that children could sleep under.

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- **Fairy Lights:** Bring a festival vibe to your indoor campsite, by putting up some fairy light (or similar) to help give the campsite a cozy feel.
- **Bunting & Decorations:** Encourage the group to create some decorations and bunting that can be placed around your indoor campsite. We've included some sheets to help you to design your own bunting. Let children create their design, cut the bunting out, and then bring them all together with string or ribbon.
- **Firepit:** In the centre of your indoor campsite you could create a pretend firepit to really bring the campsite to life. Place some LED candles into the firepit to help generate the glow of the 'fire'.

- 2 Make sure to take some photos of your Juniors and their indoor campsite and share them on social media using **#JuniorsBigSleepover**. Photos can also be sent into BBHQ using our online form, where we'll be adding the best photos to our sleepover page on the website throughout the weekend.



KEEPING EVERYONE SAFE

When building the indoor campsite, safety should be considered throughout. Please ensure that children can walk through the indoor campsite safely, particularly at night, without tripping. Consider what lighting you will need throughout the night to support this.

GET CREATIVE: IN THE KITCHEN

JUNIORS BIG SLEEPOVER CAKE OFF

All good sleepovers have some tasty snacks and treats to enjoy throughout the evening! Get creative in the kitchen to make your sleepover treat, designing an irresistible cake that looks just as good as it tastes.

- 1 This challenge can either be done from scratch, with children baking their own cakes from the raw ingredients. If doing this, use your favourite sponge recipe and allow time after baking for them to cool, before decorating. Alternatively, you may choose to start with shop bought cakes for this challenge.
- 2 Children should have a mixture of icing and decorations that they can use for our 'cake off'. Decorations could include sweets, chocolates, sprinkles, icing tubes, edible glitter etc.
- 3 Allow them time to carefully decorate the cakes. Encourage children to be as creative as they can, thinking about what design, theme or look they are hoping to achieve.
- 4 Once everyone has finished designing their cake, place them all on a table, ready for judging.
- 5 A leader(s) should take on the role of judge(s). Consideration should be given to overall design, effort and ambition.
- 6 Announce your winning cake and congratulate the winner. Use one of the certificates in the activity pack to award to your winner.
- 7 Make sure to take some photos of your Juniors and their cakes and share them on social media using **#JuniorsBigSleepover**.
- 8 Submit your winning cake to our overall 'Juniors BIG Sleepover Cake Off' competition, to be in with a chance of winning the overall competition. Please only submit your winning cake at your sleepover. All entries must be received by Monday 7th October.



GET CREATIVE



1 HOUR



PREPARATION
NEEDED



GET INTO THE BIBLE: PRAYER GOOD NIGHT GOD



- 1 Hand a copy of the 'Good Night God' cards to each child. We've included these in your activity pack, but more can be printed from the website.
- 2 Explain to the group that the cards can be used to help them to put together a prayer for the end of the day, before they head to bed. Talking to God through prayer is an important way to make sure we have a strong relationship with God.
- 3 Talk through each of the clouds on the sheet, helping them to understand what sort of things they could talk to God about for each cloud.
 - **Thank you for:** What has been the highlight of your day? Is there anything you were really grateful for? Make sure to thank God for all the good things you've experienced today.
 - **Sorry for:** Is there anything that you've said or done today which might not have been you at your best? Say sorry to God about these things and ask him to help you do better going forwards.
 - **Help me with:** Is there anything that's worrying you at the moment or something that you could do with God's help and wisdom with? Put these worries to God and ask for his support.
 - **Please look after:** This is a chance to look out for other people. Are there family and friends that need a bit of God's love at the moment? How about people around the world that you might not know, but you want to pray for (i.e. homeless, people living in poverty, those in countries with wars going on)?
- 4 Children should spend a few moments thinking about what they would like to write onto their clouds. This could be in the form of sentences, key words or pictures.
- 5 Once everyone has created their prayers, come together and finish the activity in prayer. This could be led by a leader, or some of the Juniors may wish to take the lead, using their prayer card to do so.



GET INVOLVED: HELPING OTHERS DOMINO KINDNESS


Kindness is contagious. Use this activity to think about how one act of kindness can lead to a domino effect, making a positive impact on your community.

The BIG Sleepover Domino Challenge: Individually or in small teams, challenge the group to create a domino run. Let them be creative with it, encouraging the group to be as imaginative and inventive with the shape and design of their domino run. How long can they make it? Will all the dominoes fall as they have planned?

Domino Kindness: Ask how a domino run works. It's a chain reaction, where one domino has an impact on all dominos in front of it. How might this work in real life with kindness? After discussing, watch '**Kindness Boomerang**' on YouTube (<https://youtu.be/nwAYpLVyeFU>). Talk about times the group have been kind to others or when others have been kind to them.

Pay it Forwards: The video shows examples of people paying kindness forwards. The first man started a chain of kindness, but by the end of the video that kindness had come back around to help him. In the meantime, lots of other people benefited from that chain reaction. Without realising it, he had a big impact on his community.

Consider what you could do to start a kindness domino chain off. If you are holding your sleepover at your Church, is there anything you could make that could be left for the Church congregation on Sunday morning, as an act of kindness? Alternatively, is there an act of kindness you could do during your sleepover that will benefit your community (i.e. litter pick, donating some care packs to a care home or hospital etc)?


 **"So love your enemies. Do good to them, and lend to them without hoping to get anything back. If you do these things, you will have a great reward. You will be sons of the Most High God. Yes, because God is kind even to people who are ungrateful and full of sin." Luke 6:35**



GET LEARNING: PROBLEM SOLVING

THE JUNIORS BIG SLEEPOVER QUIZ

Put your knowledge to the test with our Juniors BIG Sleepover quiz. Who will be your quiz champions and how will your score compare to the other sleepovers taking places across the UK?

-  Download our 'Juniors BIG 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 5 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.
- 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 'Juniors BIG 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 the weekend, so make sure to keep checking back to see how your teams have got on. Who will be our UK champions?



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

JOIN US FOR OUR ONLINE GATHERING!

We'll be bringing sleepovers from across the UK together for a very special 'Online Gathering'. With sleepovers taking place on both the Friday & Saturday evenings, you'll be able to choose which evening to join us online.

Both online gatherings will take place 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 UK for this special moment in our programme.



SHARING YOUR JUNIORS BIG SLEEPOVER

A big part of the Juniors BIG 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 BIG 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 **#JuniorsBigSleepover** or send them in to us online using the form on our dedicated Juniors BIG Sleepover webpage at <https://boys-brigade.org.uk/juniors-big-sleepover>

STAY CONNECTED

We will be updating our Juniors BIG 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 BIG Sleepover Map**
- **Indoor Campsite Photos**
- **Juniors BIG Sleepover Cake Off Winners**
- **Juniors BIG Sleepover Quiz Leaderboard**
- **Other Juniors BIG Sleepover Photo Updates**

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

NIGHTS AWAY AWARDS

The Boys' Brigade has 'Nights Away' badges that can be awarded to children and young people to recognise them participating in sleepovers, camps and other residentials throughout their time in The Boys' Brigade.

The Nights Away awards operate across all age groups (except Anchors who are not permitted to take part in residentials) with members moving up through the awards which range from 1 to 100 nights.

The awards available are for 1/3/5/10/20/30/40/50/75/100 nights away. Awards can be presented at any time during the session.

To find out more and to order your badges, visit <https://boys-brigade.org.uk/nights-away>





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GET ADVENTUROUS:
INDOOR CAMPSITE BUNTING



Thank you for

Sorry for

GOOD NIGHT
GOD

Help me with

Please look after

THE BOYS'
BRIGADE
> the adventure begins here

