

იუნიორებს

იუნიორებს BIG SLEEPOVER



JUNIORS BIG SLEEPOVER

Join us for a very special sleepover, as we bring Juniors from across the country together on the same weekend 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

-  BIG Sleepover Record Breakers
-  Glow Stick Disco
-  BIG Sleepover's Got Talent!
-  Light Shines in the Darkness
-  Blessing Bags
-  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 3rd to 5th October 2025, 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 3rd or Saturday 4th 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 close to 1,000 Juniors from across the UK to be coming together for our Juniors BIG Sleepover.
- Sleepovers will be taking place in over 50 locations across the UK, including at our hosted sleepovers at Gulliver's Theme Parks (Milton Keynes & Warrington), Flip Out Trampoline Park (Glasgow) and Innoflate (Dundee).
- Towns and cities where sleepovers will take place include Gloucester, Inverness, Nottingham, Ayr, Grimsby, London, Glasgow, Birmingham and more!
- The Boys' Brigade has 'Nights Away' badges to help recognise children and young people taking part in residentials. 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	 BIG Sleepover Record Breakers
4:00 – 5:00pm	 The Juniors BIG Sleepover Quiz
5:00 – 5:30pm	Free Time (i.e. Board Games)
5:30 – 6:00pm	Dinner
6:00 – 7:00pm	 BIG Sleepover's Got Talent!
7:00 – 7:30pm	 Light Shines in the Darkness
7:30 – 8:00pm	Online Gathering
8:00 – 8:45pm	 Glow Stick Disco
8:45 – 10:15pm	Film Night
10:30pm	Lights out
9:00 – 10:00am	 Blessing Bags
10:00 – 10:30am	Games & Sports
10:30am	Church service (if Sunday) or head home

Evening & Morning

5:00pm	Arrival
5:15 – 5:45pm	 BIG Sleepover Record Breakers
5:45 – 6:30pm	 The Juniors BIG Sleepover Quiz
6:30 – 7:00pm	Dinner
7:00 – 7:30pm	 Light Shines in the Darkness
7:30 – 8:00pm	Online Gathering
8:00 – 8:45pm	 Glow Stick Disco OR
	 BIG Sleepover's Got Talent!
8:45 – 10:15pm	Film Night
10:30pm	Lights out
9:00 – 10:00am	 Blessing Bags
10:00 – 10:30am	Games & Sports
10:30am	Church service (if Sunday) or head home



GET ACTIVE: PLAYING GAMES

BIG SLEEPOVER RECORD BREAKERS

Which of your Juniors has what it takes to become a record breaker? Take on our simple to play games with the aim of trying to set the highest score possible. Submit your scores to BBHQ and find out if you can be crowned the overall BIG Sleepover record breaker!

HOW TO PLAY

- 1 For this activity you could take on the challenges one at a time, with children each having a go at the challenge and seeing what score they can record. Alternatively, you could set up the three challenges at stations around the room, with children rotating around each one.
- 2 If playing as one big group (i.e. one challenge at a time), then consider turning this into a game show feel, with a 'record breaking' attempt area (i.e. a table at the front), with children sat on chairs facing it. A leader could then host the activity as children take turns attempting the record, with others cheering them on.
- 3 A leader should record the best score for each challenge. The best score so far should be shared with children, so they know what score they are trying to beat.
- 4 If you have enough time, then consider letting children have a couple of attempts at each challenge, so they can try and set the best score possible.
- 5 At the end of the activity announce the winning scores. We've provided medals in your activity pack which can be awarded to the winner of each challenge.
- 6 Submit your best score for each challenge to BBHQ, to help us to find our overall record breakers!

GAME 1: I LIKE TO MOVE IT, MOVE IT!

- 1 For this activity you'll need a bag of marshmallows, two bowls and some chopsticks. We've provided some chopsticks in your activity pack for you to use.
- 2 Place the marshmallows in a bowl on a table. A leader should make sure these are all separate and none have been stuck together. Place another bowl about 30cm away.
- 3 For this attempt, children need to transfer as many marshmallows as possible from one bowl to the other in 60 seconds.
- 4 Children may only use the chopsticks to do this and may only use one hand. Only one marshmallow can be moved at a time. Children are not allowed to 'stab' the marshmallows to pick them up, but must instead use the two chopsticks to carefully pick each one up.
- 5 A leader should time the 60 seconds for the challenge. Only marshmallows that are in the second bowl after the time has finished can be counted.



GAME 2: KEEP IT UP!

- 1 This activity is all about trying to keep three balloons in the air for as long as possible. How long can you survive?
- 2 Beforehand, a leader will need to blow up three balloons. We've provided some in your pack for you to use. It may be sensible to have a couple of spare balloons inflated too, in case some pop.
- 3 Nominate an area of the room for this activity. It should be an open space, free of obstacles and with no other people in it.
- 4 The child taking on the challenge should be handed three balloons.



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- 5 On **GO**, they must push all three balloons into the air. After this, the child must then attempt to keep all three balloons in the air for as long as possible. This should be timed, with the timer stopping once one of the balloons hit the floor or another surface (i.e. a wall, table, chair etc).
- 6 Children can use any part of their body to hit a balloon up into the air. They cannot hold onto the balloon (i.e. catch or hold it) at any point, otherwise the challenge is over.

GAME 3: THROW IT AWAY

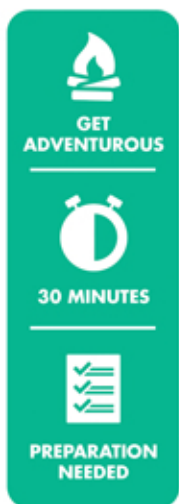
- 1 You will need a bucket and three pieces of A4 paper that have been scrunched into balls.
- 2 Mark a throwing line on the floor using a cone or tape (or similar). 2 metres away from this you should place the bucket. For consistency the opening of a bucket should be roughly 30-40cm.
- 3 Children must start by standing behind the throwing line. On 'GO' children have 60 seconds to try and throw as many balls of paper into the bucket as possible. Balls must be thrown one at a time. After all three balls have been thrown, the child can collect all three and then return to the throwing line to continue playing, however the time does not stop during this, so children will need to collect the balls quickly!
- 4 The child's score is the number of balls that successfully land in the bucket during the 60 seconds.



SUBMIT YOUR SCORES

Make sure to submit your score to us at BBHQ, as we'll be collating the best scores from all the sleepovers across the UK. We'll then announce who our overall Juniors BIG sleepover record breakers are. Will you be one of them?

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



GET ADVENTUROUS: ADVENTURE ACTIVITIES GLOW STICK DISCO

Get ready to light up the night! With glowing jewellery, pumping music, and dazzling lights, your Glow Stick Disco is about to become the ultimate sleepover party!

SETTING UP

Create an exciting glow stick disco, with a few simple steps.

- **Glow Sticks:** Make sure to buy a couple of packs of glow sticks to help bring your disco to life. These can be used by children to make glow stick jewellery (i.e. bracelets and necklaces), which they can wear to help glow both themselves and the room up. A small number of glow sticks have been included in your pack to help you get into this, they could also be used as prizes.
- **Music:** Another essential item for a glow stick disco is some good music. Make sure you have some good speakers that can be used for this. A playlist of appropriate kids disco songs will also be required. If you have Spotify/Apple Music/YouTube (or similar), then try searching for 'Kids Disco' in the search bar.
- **Lighting:** If you're able to get your hands on some disco lights or a glitter ball, then these would really take your glow stick disco to the next level. Don't worry if you can't though, maybe just consider if you can lower the light level a little bit, to help make your glow sticks glow even better!

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GLOW STICK DISCO GAMES

Here are some ideas for games that you could play, as part of your Glow Stick Disco.

Pass the Glow Stick Dance Off: Create a circle, with everyone facing inwards. Play some music, with everyone dancing on the spot, or clapping along. Give two children one of the foam glow sticks each (included in your pack). Whilst the music is playing, these glow sticks should be passed around the circle. When the music stops, the two children holding the glow sticks, should come into the centre of the circle and have a dance off. Afterwards, a leader should decide the winner and give them a small reward (i.e. a mini bag of Haribo). The game can then be repeated, with hopefully new children being chosen for a dance off.

Follow the Glow Leader: Stand in a circle, with everyone facing inwards. Play some music for everyone to dance to. Give one of the children the foam glow stick (included in your pack). They are the dance leader, meaning that everyone must copy their dance moves. After 20-30 seconds, the foam stick should be passed to a new child, who then becomes the new leader. Everyone must follow these new dance moves. Continue this, until everyone has had a chance to be the leader. After the game, a leader could then award a couple of prizes for categories such as 'best dance leader', 'most inventive moves', 'funniest dance leader' etc.

Glowing Statues: Play a classic game of 'musical statues', but with a glow stick twist. Everyone should be given 1 or 2 glow sticks to dance with. When the music stops, they must pause as a statue, looking to pose in the best way possible with their glow stick. Who can create the most impressive (but very still!) statue each time the music stops? This could be played just for fun, or you could play as an elimination game across several rounds until you have a winner.

Make sure to take some photos of your Glow Stick Disco 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.



GET CREATIVE: SINGING, ACTING, DANCING BIG SLEEPOVER'S GOT TALENT!

Welcome to BIG Sleepover's Got Talent! Tonight's your chance to step into the spotlight, show off your amazing skills, and cheer on your friends in a talent show full of laughs, surprises, and star performances.

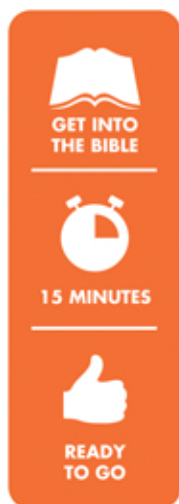
- 1 Introduce the Activity:** Explain to the children that 'BIG Sleepover's Got Talent' is their chance to show off a skill, trick, or performance. Emphasise that it's about having fun and giving it a go, not being the best.
- 2 Sign-Up:** Invite children to come forward and let you know their act. You could share this activity in advance of the sleepover, so children have time to think and prepare an act. Performances could be group acts as well as solos. We recommend that leaders also put on an act!
- 3 Get Ready to Perform:** Give the children 10-15 minutes to rehearse, practice, or get props ready. While waiting, leaders can help suggest quick and easy ideas for anyone unsure.

Ideas for quick talents:

- Jokes or riddles (tell two or three favourites).
- Singing a song or lip syncing (on their own or as a group).
- Dancing (make up moves to a song).
- Magic/Card trick (e.g. "guess which hand" game).
- Impressions (animals, cartoon characters, leaders!).
- Tongue twisters (say them three times fast).
- Sports or circus skills (keepy-uppies, throwing & catching tricks, juggling).

RUNNING THE SHOW

- 1** Choose a leader to act as host (introducing each act and keeping the energy up).
- 2** Have a small panel of fun judges (i.e. leaders who give positive, encouraging feedback).
- 3** Encourage applause after every performance.
- 4** At the end, celebrate everyone with a round of applause, and if you like, give out certificates, sweets, or prizes for things like:
 - Funniest act
 - Best group act
 - Most creative act
 - Loudest applause



GET INTO THE BIBLE: PRAYER LIGHT IN THE DARKNESS

- 1 Start by asking the children what they couldn't live without? Suggestions might include food, clothing, homes, or even TV / games. Did any of them say light?
- 2 Explain that light is one of the most important things we rely on. Not only does it give us day and night, but it also helps us see and it helps our plants grow. Without light we would be in a world of darkness.
- 3 The Bible talks a lot about light. Jesus says that he is the light of the world, and that the people who follow him will not live in darkness. It also talks about how as followers of Jesus, we are like a light that should not be hidden.
- 4 To demonstrate this to your group, take a torch and a bowl. Turn the torch on and turn the lights off in your meeting space. The room will now be lit up by the torch. However, if you put a bowl over that torch the bowl is full of light but the room is full of darkness.
- 5 In the same way that the torch to light up the room shouldn't be hidden, the light of Jesus shouldn't be hidden. Each of us can carry the light of Jesus to those around us.
- 6 Now, hand out a copy of the prayer cards to each child. We've included these in your activity packs, but more can be printed from the website.
- 7 Explain to the group that they can use these cards to help them pray for people to receive the light of Jesus and give thanks for the people who show us the light of Jesus. Talking to God and Jesus through prayer is an important part of our relationship with them.
- 8 Talk through each of the torches on the sheet, helping them to understand things they could write down:
 - **Places in the world that need Jesus' light:** Think of places around the world where this is conflict, or that have suffered natural disasters, or just places close to the hearts of the children
 - **People in our lives that need Jesus' light:** Think of the important people in our lives, that we love.
 - **Ways in which we can share Jesus' light:** Think of ways we can share Jesus' light to the people and our communities around us.
 - **People who show Jesus' light to us:** Give thanks for the people in our lives, such as our BB leaders, who share Jesus' light to us
- 9 Children should spend a few moments thinking about what they would like to write on each of their torches. This could be in the form of sentences, words, or pictures
- 10 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.



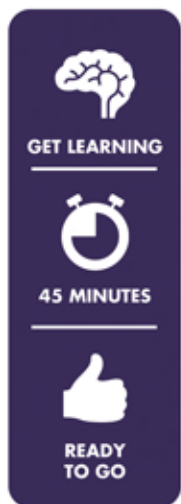
GET INVOLVED: HELPING OTHERS BLESSING BAGS

While we get cosy indoors for our sleepover, we're going to create something really special—Blessing Bags! These bags are a simple but powerful way we can share God's love and kindness with people in our community.

- 1 In preparation for this activity, either gather the resources to put in your blessing bags, ask the children to bring them in, or a combination of the two. Also beforehand, research local charities or ministries you can donate the bags to.
- 2 The Bible talks about how we are blessed to be a blessing, and one way we can do that is by blessing and being generous to those around us.

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- 3 Talk to your Juniors about how, while we are having a sleepover inside in our halls and meeting places, there are people who are not as fortunate as we are who spend night after night sleeping outside.
- 4 As a group we can be generous and show the love and light of Jesus to our communities by preparing some blessing bags which can be gifted to charities and ministries to be given out to those currently living on the streets.
- 5 Start by giving each young person a bag and in the middle of the table place the things that they can put into the bags. Some suggested items could be: hats, scarfs, gloves, socks, deodorant, toothbrush, toothpaste, hand sanitiser, granola bars, sweets.
- 6 Once every child has backed up their bags, get them to attach their blessing bags tag to the bag. We've included these in your activity packs, but more can be printed from the website.
- 7 Finish up, praying over the bags and that they may be a blessing to those who receive them.



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?



- 1  Download our 'Juniors BIG Sleepover Quiz' PowerPoint. Display this using a projector or large TV.
- 2 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.
- 3 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.
- 4 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.
- 5 Submit the scores for your teams using our online form. We'll be updating the leaderboard throughout the weekend, so 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**. They 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 Get into the Bible message, allowing sleepovers across the UK a chance to hear an engaging message and pray together.

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**
- **Record Breakers Updates**
- **BIG Sleepover's Got Talent & Glow Stick Disco Photos**
- **The 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 residential 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 residential) 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>

