

African Evening

Programmes *on a plate*



This programme on a plate is designed to last a whole evening. You do not, however, have to use all of the activities suggested and they can be tailored to suit.

Estimated Time:

Arrival Activity

African Countries Wordsearch – copy template onto card

10 minutes

Craft

Elephant Catch

30 minutes

Game

Bucket Relay

10-15 minutes

Game

The Snake

10-15 minutes

Devotions

Show photographs and talk about the situation in Africa. Discuss areas such as poverty, drought, famine etc. Relate this to our own situation at home and ask the boy to think about what they take for granted.

Prayer, thanking God for all that we have, and ask for help for people who are less fortunate than us.

20 minutes

Song: Kum Ba Yar

Elephant Catch



No maximum number
depending on adequate
supervision



10 minutes

Aim: To give the boys something that they can take home to remind them of the African evening

Equipment:

- Template
- Card
- Pencils
- Felt tip pens, colouring pencils
- Scissors
- String – thin string or thread, approx 25cm per elephant
- Hole punch

Instructions:

- Photocopy the template onto card, thicker card works best.
- Cut out the Elephant figure and also the hoop, leaders might need to help with the hoop.
- Colour in the elephant and hoop using felt tip pens and pencils.
- Using a hole punch make a hole just under the eye of the elephant and in the ring.
- Through this put the string, on the other end of the string attach the hoop.
- On completion hold the elephant in your hand and try to flick up the hoop onto the trunk.



This activity requires the
use of scissors. Leaders
should exercise
appropriate caution

Bucket Relay



Aim: To help boys to understand how lucky they are to have access to clean running water, and to see the trouble that some people have to go to, to obtain clean water

Equipment:

- Beanbags
- Buckets

Preparation:

Prior to the game talk to the boys about the problems with dirty water and that many children of their age and younger in Africa have to walk a great distance every day just to get clean running water. Explain that the game they play is a little bit of fun but it has more meaning.

Instructions:

- Divide boys into teams.
- Place beanbags evenly in a straight line in front of each member of the team.
- The bucket should be placed next to the first boy.
- On the starting signal the first boy picks up the bucket, puts it on his head and runs to the first beanbag, puts it into the bucket and runs back to his team. He hands the bucket to the next boy and he does the same.
- The game is repeated until all boys have had a turn and thus all beanbags are in the bucket.
- When this has happened the person who went first now takes back one of the beanbags and places it back where it came from. The game now repeats itself in reverse with all of the beanbags getting put out.
- The winner is the team who sits down with all of their beanbags in front of them.



No maximum number depending on adequate supervision



10-15 minutes



When doing active sessions like this it is essential that the area in which the boys play is clear of tripping hazards or other dangerous hazards



No maximum number
depending on adequate
supervision



10-15 minutes

Aim: To give boys a taste of the sort of games that children in Africa might play

This is a game that is commonly played in African countries among young children. It should help the boys to see that although they are more privileged compared to children in Africa they still have things in common. This is something you may wish to discuss with the boys before or after playing the game.

Instructions:

- One player is chosen to be the head of the snake.
- This 'snake head' tries to catch another player, and once they do, that other player becomes the 'snake tail' and they hold hands.
- The 'snake head' and 'snake tail' chase the other players, and tagging them from either end, thus making a new head or a new tail as another player is caught.
- The game continues until all the players are part of 'the snake'.
- Once a snake is becoming large the leader may wish to 'break off' a boy to become a new snake.



Ensure when playing
active games such as this
that there is a clear area
in which the game takes
place

Animal Evening



This programme on a plate is designed to last a whole evening. You do not, however, have to use all of the activities suggested and they can be tailored to suit.

Arrival Activity

Animal Wordsearch – copy template onto card

Craft

Pen Top Snake

Game

Animal Safari

Game

Observation Game

Activity

Another idea that will go down well with all boys is to invite someone from the local pet shop or garden centre to visit one evening and to bring an animal that the boys will be interested in e.g. snake, lizard, etc.

Devotions

Talk: Tell the story of St Francis of Assisi in your own words. The story is readily available on the internet or in book shops. St Francis gave up a wealthy lifestyle to follow the teachings of Jesus.

Song: Who's the King Of The Jungle? (Junior Praise, 289)

Prayer: Thank God for animals. Think about the animals that have become endangered because of man.

Estimated Time:

10-15 minutes

30 minutes

15 minutes

15-20 minutes

10 minutes



Pen Top Snake



No maximum number
depending on adequate
supervision



30 minutes

Equipment:

- 1" pom-poms
- Chenille stems
- Foam sheets
- Pencils
- Double-sided sticky tape
- Goggle eyes (available from craft shops)
- Scissors (preferably decorative edged)
- Stapler
- Glue

The equipment for this activity should be available from a hobby/craft shop.

Instructions:

- The equipment for this activity should be available from your nearest hobby/craft store.
- Cut snake's head and tongue out of the foam.
- Plait or twist chenille stems together. You'll need 3 per boy.
- Place two strips of sticky sided tape across the head and make a hole as shown (in the middle). This is best done using a sharp pencil and performed by a leader.
- Pass the chenille stems through the hole to secure them in place. They need to be secured on the same side as the sticky tape.
- Remove the backing off the sticky tape and place 2 pom-poms on either side of the chenille stems. Fold over the foam head (in half) and secure the tongue in place with a little sticky tape at the tip of the head.
- To hold the head in the folded position (trapping the pom-poms and tongue) you will need to staple though both pieces of foam.
- Turn the head over so the staple ends are facing upwards and cut a small piece of foam using the fancy edge scissors and stick down with the double-sided tape so as to cover the staple ends. You may wish to put another strip of foam on the other side of the head to keep it as symmetrical as possible.
- Glue the goggle eyes on either side of the head (to the pom-poms).
- Take the other end of the chenille stems and fold them over about 1.2 cms in.
- Starting about halfway down the pencil coil the chenille stems tightly around the pencil. This should represent the snake's body.
- Finally bend the head over into place.



This activity requires the
use of scissors and glue.
Leaders should exercise
appropriate caution

Animal Safari



Instructions:

- This game is very simple but great fun.
- Ask the boys to form into a circle.
- Give them each an animal name, action and noise. E.g. elephant, use arm to waggle trunk and make trumpeting noise.
- One animal starts by making their actions/noises and passes on to another by making their actions and noises.
- This boy then responds by making his actions/noises and passing on to another boy.
- Start each boy with a set amount of points (around 10). Boys lose points when they fail to do their actions/noises or by passing it straight back to the person who passed it to them.



No maximum number
depending on adequate
supervision



15 minutes

Observation Game



No maximum number
depending on adequate
supervision



15 minutes

Equipment:

- TV/Video cartoon of Jungle Book or similar showing animals
- List of questions from the 10 minute clip

Instructions:

- This activity will require some forward planning. Before the session you will need to prepare a 10 minute clip from the Jungle Book or another film or cartoon showing animals.
- Ensure you know what happens in the clip and set questions on what happens in the clip.
- Ideal questions will test the boys' observation e.g. what colour were a certain animal's eyes?
- Before showing the clip to the boys tell them they need to be watching closely for all the things that happen and how things look. You can give them clues if you think they need to watch out for certain things.
- Once the clip has finished you can either give the boys pen and paper and get them all to write down responses to your question (which you will need to read out) or you can ask the questions and ask the boys to put their hands up.

Colours Evening



This programme on a plate is designed to last a whole evening. You do not, however, have to use all of the activities suggested and they can be tailored to suit.

Arrival Activity

Find the Rainbow

Craft

Marzipan Traffic Lights

Activity

Colour Alphabet or Colour Wordsearch – copy template onto card

Game

Coloured Relay

Game

Smarties Pick Up

Devotions

Talk: Joseph's Coat of many colours

Tell the story to the boys in your own words. Look at the theme of envy and jealousy. What are we envious of? Ask the boys.

Song: Colours of Day dawn into the mind
(No. 28 in Junior Praise)

Prayer: Thank God for colours

Estimated Time:

10 minutes

20 minutes

20 minutes

15 minutes

10 minutes

10-15 minutes



No maximum number
depending on adequate
supervision



10 minutes

Find the Rainbow

Aim: For the boys to go exploring in the church and help them become more aware of their surroundings

Equipment:

- Pens
- Paper

Instructions:

- The boys, in groups or on their own, produce a table with two columns and eight rows.
- At the top of the left hand column write 'colour' and the top of the right hand column write 'object'.
- Now, down the colours column ask the boys to fill in all the different colours of the rainbow, red, orange, yellow, green, blue, indigo, violet.
- The boys then go off around the Church or in a designated area and try to find one object for each of the colours that they have listed.
- The team or individual who returns with the table completed first is the winner and should receive a prize.

Marzipan Traffic Lights



6-8 depending upon supervision



20 minutes

Aim: To make something that the boys can take home and eat

Equipment:

- Block of marzipan
- Food colouring – red, yellow, green
- Cooking chocolate
- Paper plates
- Clingfilm

Instructions:

- Divide the marzipan into 3 equal parts.
- Knead it until soft.
- Put a few drops of food colouring into each piece (different colour in each piece) and continue to knead until it is all mixed in.
- Roll the marzipan out into long pieces, approximately 1/2 inch thick.
- Place 2 colours alongside each other and the other on the top in the middle to form a triangle shape.
- Melt the chocolate (either in a bowl in the microwave or in a bowl over a saucepan of hot water).
- Spread the chocolate over the marzipan and ensure it is completely covered.
- When the sides are dry, run a knife underneath.
- Turn over and do the same on the other side.
- When dry cut into 1-inch pieces. You should end up with a triangle of three colours coated in chocolate.
- Unless the boys have already eaten them, several pieces could be put onto a small paper plate, wrapped in clingfilm and taken home.



When working in the kitchen it is important that all boys are supervised and that they don't use any dangerous equipment without appropriate supervision. Leaders should be aware of any boys with nut allergies



Colour Alphabet



Groups of 3-4 boys



20 minutes

Aim: To help the boys to think about all of the different names that colours have that are less common from the ones they are used to

Equipment:

- Pens
- Writing paper

Instructions:

- Boys should be split into groups of around three or four.
- Each group is given a sheet of paper and a pen. Down the left hand side of the piece of paper the boys should write the alphabet or selected letters depending on time available.
- In their groups they must quietly come up with a colour for each letter in the alphabet.
- The scoring works as follows: for each colour a group fills in they receive one point if another group has the same colour, and two points if it is a colour that no one else has.
- The scores should be added up at the end and the winning group given a prize.
- It is important to let the boys use their imagination so offer them a little freedom when marking. Sometimes a word in front of a colour can be let to pass with a point, e.g.
L – lime green; P – pale pink; D – dark brown.

Coloured Relay

Programmes *on a plate*



Equipment:

- Balls
- Cones
- Hoops
- Skittles
- Beanbags etc

Instructions:

- The boys are split up into teams of four or five depending on numbers. Each team is given a colour.
- Set up an obstacle course of which all the items should correspond with the colour of their team.
- The obstacle course will depend on the resources that are available to your company.
- Below are some suggestions:
 - Jumping through hoop
 - Throwing a bean bag at or into a target
 - Skipping up and down the hall twice using a skipping rope
 - Dribbling a football through a course of cones



No maximum number
depending on adequate
supervision



5 minutes

Smarties Pick up



2 or more teams of 3-8
boys



10 minutes

Aim: A bit of fun with a treat at the end

Equipment:

- Smarties
- Bowls
- Straws
- Paper plates

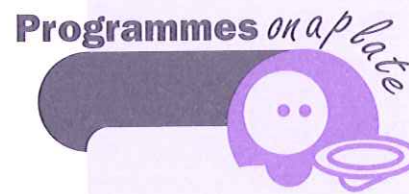
Instructions:

- Boys get in to colour teams (each team has a colour).
- Each team is given a tube of smarties, a straw per boy and a plate for every different colour of smartie and one extra for all the smarties to start on.
- The object of the game is for the team to move as many smarties as possible by sucking them with a straw from the start plate to 'colours' plate i.e. all the red ones on one plate, all the blue ones on another, etc. plate.
- Depending on the size of teams each boy should have 20 seconds to try and move as many smarties as possible into the correct plate.
- The team who has moved the most smarties and placed them on the correct plate wins.
- A variation on this works where there are only two plates, one with smarties, the other without; the boys are blindfolded and they again only use a straw to move the smarties across from one plate to another. (This can get messy but is a lot of fun with the older boys.)



Leaders should be aware
of boys with any allergies

Creepy Crawly Evening



This programme on a plate is designed to last a whole evening. You do not, however, have to use all of the activities suggested and they can be tailored to suit.

Arrival Activity

Creepy Crawly Wordsearch – copy template onto card

Craft

Make a Spider

Activity

Beetle Draw

Game

Story Relay

Activity

Spider Biscuit Decorating

Devotions

Song: If I were a butterfly

Talk:

Song: All things bright and beautiful

Estimated Time:

10 minutes

15-20 minutes

10-15 minutes

10 minutes

10 minutes

10-15 minutes



No maximum number
depending on adequate
supervision



15/20 minutes

Make a Spider

Equipment:

- Scissors
- Lengths of nylon wool
- Pipe cleaners
- Paper for 'eyes'
- Elastic (thin)

Instructions:

- Cut a card ring out for all boys, which needs to be about 3" in diameter with a central hole of around 2".
- Fold the circle in half and position a length of nylon wool between the halves with the ends coming out of the folds.
- Ask the boys to wind wool around the half circle until the hollow is full.
- Place 4 pipe cleaners beneath the wool and tie the nylon wool tightly around the 'body' wool and the pipe cleaners.
- Pulling the cardboard out will leave a woolly ball. Fold the pipe cleaners to form legs and stick on some paper dots as eyes.
- All that remains is to tie some elastic to the spider's back to allow it to 'bounce'.

Beetle Draw



Aim: The aim of the game is to complete the beetle first

Equipment:

- Template
- Dice (one per team)

Instructions:

- Divide the boys into teams of up to 4 per team.
- Give each team a dice and a set of templates.
- Each body part should have a number as follows:
 - 6 – body
 - 5 – head
 - 4 – eyes
 - 3 – antenna
 - 2 – legs
 - 1 – tail
- The boys then take it in turns to roll the dice, with each number on the dice corresponding to a body part.
- Start with the body because everything attaches to the body. The eyes and antenna cannot be put on the beetle until the head has been attached to the body.
- When all the parts are in place the team has to shout 'beetle'.



Teams with upto 4 boys
per team



10-15 minutes



Story Relay



No maximum number
depending on adequate
supervision



10 minutes per activity

Instructions:

- Divide the boys into a number of teams depending on the size of group.
- Name members of the team; spider, worm, cricket, centipede, butterfly.
- Seat boys in a row, one behind the other.
- Tell a story and when each creepy crawly is mentioned the corresponding boys must run to one of the walls and back to their places.
- Point to the boy who gets back first.

Biscuit Decorating

Programmes *on a plate*

Equipment:

- Packet of digestive biscuits or rich tea biscuits
- Icing pens
- Picture of a spider

Instructions:

- Sit boys in small groups around tables and give each table one of the icing pens.
- Give one digestive biscuit to each boy.
- The boys use the icing pens to draw/ice a picture of a spider onto the biscuit.
- At the end of the evening the boys can eat their biscuit!



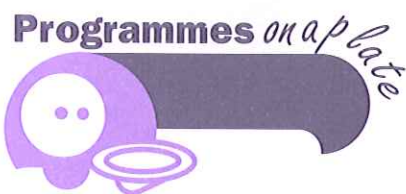
No maximum number
depending on adequate
supervision



10 minutes per activity



Leaders should be aware
of any allergies



David and Goliath Evening

Estimated Time:

This programme on a plate is designed to last a whole evening. You do not, however, have to use all of the activities suggested and they can be tailored to suit.

20 minutes

Arrival Activity

Wordsearch – copy template onto card

30 minutes max

Games

Target Games – Skittles, Beanbag Throw and Hit the Can

15-20 minutes

Craft

Stone Writing

20 minutes

Devotions

Read the story of David and Goliath 1 Samuel chapter 17

Talk to the boys about how David was given no hope to succeed, as he was too small and weak, but with God's help he was able to overcome Goliath. Explain that this is God's way of telling us that he will help us to overcome the hard things in life. What is important is that we can ask him for help.

Target Throwing Games

Equipment:

- Bean bags
- Hoops
- Cans
- Tennis balls
- Skittles
- Footballs



No maximum number depending on adequate supervision



30 minutes for all three games

Instructions:

Split the boys into three groups; each team will play each game twice. The games last for a maximum of ten minutes each. The time at each activity is flexible though if you have smaller groups then they will not need so long as the game may start to drag.

Beanbag Throw

- Boys should line up one behind the other; each boy will receive a beanbag.
- Using either chalk on the floor or hoops of different sizes mark out targets for the boys to throw into.
- The biggest hoop will be nearest, around 3 metres away, and then past that a slightly smaller one and then another one further on and smaller still.
- The first hoop will be worth one point, the second two points and the third three.
- A member of staff should note down every time points are scored.
- At the start signal the boys will take it in turn to throw their beanbag into a hoop. Once a boy has thrown, the bean bag must be recovered by the boy and he will rejoin the back of the queue and wait for his next turn.

Bowling

- Stand 10 skittles up at one end of the hall, have the boys bowl footballs or smaller if you think that is appropriate.
- Boys will stand around 10 metres away or however far depending on the ability of the boys.
- Each boy will take it in turn to bowl at the skittles. If he knocks any down then he scores that number.
- The boy must then run down to the other end of the hall and put back up the skittles he has knocked down, retrieve the ball and return to the end of his team's queue.

Hit the Can

- On a table, three metres or so away from where the boys will stand, place five drinks cans.
- Each of these cans will be worth two points.
- The boys can use tennis balls or beanbags to throw at the cans and try to knock them down; boys will take turns going one at a time.
- If they do knock a can down then they must replace it and return to the back of the queue.

As well as these three games there are many other games involving a target, which you can include. Remember, the target theme relates to David and his sling shot.



Stone Writing



6-8 boys at a time



15-20 minutes

Aim: To make a decorated stone that can remind the boys of the David and Goliath story

Equipment:

- Stones
- Fabric-writing pen "fun liner magic pens"
- Oven

Preparation:

- Ask each boy to bring in one largish stone with at least one smooth side. It is always a good idea to have some in reserve.
- Purchase from your local craft store some 'Fun liner magic pens' or any brand of stone or fabric writing pen.
- Create a working area with newspaper on the table to stop tables getting messy.

Instructions:

- Each boy should be given a stone and choose a colour decorating pen.
- With the pen the boys decorate the stone in whatever way they wish, possibly with their name or favourite football team.
- Once a few of these are completed place them in the oven on 150C for no more the 60 seconds. You will be able to see the lettering puff up and expand. Once this has happened, leave the stones to cool.



Always be careful when using the oven that boys are not left alone to work it

David & Goliath

(1 Samuel 17:1-52) Good News Version

Memory Verse:

"The LORD does not save with sword and spear; for the battle is the LORD'S, and He will give you into our hands." – 1 SAMUEL 17:47

Circle the Correct Words:

1. "The Philistines stood on a mountain on one side, and Israel stood on a mountain on the other side, with a _____ between them." – 1 SAMUEL 17:3

VALLEY LAKE

2. "And a champion went out from the camp of the Philistines, named _____, from Gath, whose height was six cubits and a span." – 1 SAMUEL 17:4

PHILIP GOLIATH

True or False:

3. "And the Philistine said, 'I defy the armies of Israel this day; give me a man, that we may fight together.'" – 1 SAMUEL 17:10

TRUE OR FALSE

4. When Saul and all Israel heard these words of the Philistine, they were happy and greatly excited. – 1 SAMUEL 17:11

TRUE OR FALSE

5. "Then David said to Saul, 'Let no man's heart fail because of him; your servant will go and fight with this Philistine.'" – 1 SAMUEL 17:32

TRUE OR FALSE

6. "Saul clothed David with his armour, and he put a bronze helmet on his head; he also clothed him with a coat of mail." – 1 SAMUEL 17:38

TRUE OR FALSE

7. The armour fitted perfectly and David wore them into battle. – 1 SAMUEL 17:39

TRUE OR FALSE

Circle the Correct Words:

8. "Then he took his (**STAFF, RAFT**) in his hand; and he chose for himself five smooth (**HATS, STONES**) from the brook, and put them in a shepherd's bag, in a pouch which he had, and his sling was in his hand." – 1 SAMUEL 17:40

9. "The Philistine said to David, 'Am I a (**FROG, DOG**), that you come to me with sticks?'" – 1 SAMUEL 17:43

10. "Then David said to the Philistine, 'You come to me with a sword, with a spear, and with a javelin. But I come to you in the name of the (**LORD, LAW**) of hosts, the God of the armies of Israel, whom you have defied.'" – 1 SAMUEL 17:45

11. "David put his hand in his bag and took out a stone; and he slung it and (**STRUCK, MISSED**) the Philistine in his forehead." – 1 SAMUEL 17:49

12. "So David (**FAILED, PREVAILED**) over the Philistine with a sling and a stone, and struck the Philistine and killed him." – 1 SAMUEL 17:50



No maximum number
depending on adequate
supervision



20 minutes

Estimated Time:

This programme on a plate is designed to last a whole evening. You do not, however, have to use all of the activities suggested and they can be tailored to suit.

5-10 minutes

Arrival Activity

Miniature Scattegories

20-25 minutes

Activity

Chocolate Crispy Cakes

15 minutes

Game

Chocolate Game

15 minutes

Craft

Face Plate

10 minutes

Game

Baked Bean Relay

10-15 minutes

Devotions

Talk: Matt 4 14 v 13-21 Feeding of the five thousand
Read from Bible or tell the story in your own words.

Talk about how God provides for us, ensuring we have enough food to eat. Explain that in some countries this is not the case and people do not have the variety of food that we have. The story tells of a miracle that God performed. We should be grateful to God who supplies our needs.

Song: Seek Ye First The Kingdom Of God (Junior Praise, 215)

Prayer: Thank God for all the food he provides us with and ask him to look after those who are not as fortunate as us.

Miniature Scattegories

Equipment:

- Pens/pencils
- Paper

This game is just a trimmed down version of the real game.

Instructions:

- Provide one piece of paper per boy. On each piece draw columns with letters as headings (the same on each page). You will probably need 3-5 letters.
- As the boys arrive give them a pen/pencil and piece of paper each.
- Each boy should try to think of as many foods as possible beginning with the letter at the head of each column and write them down in the column.
- The winning boy is the one who thinks of the most different foods.



No maximum number
depending on adequate
supervision



5-10 minutes

Chocolate Crispy Cakes



6-8 at a time



20-25 minutes

Ingredients:

- 100g bar of dark chocolate
- 50g (2oz) raisins
- 50g (2oz) butter
- 60g (2½oz) cornflakes
- 2 tablespoons of golden syrup
- 1 small tub of glace cherries (optional)
- Paper muffin cases
- Heatproof bowl
- Mixing bowl
- Wooden spoons

Method:

- Break the chocolate into small pieces and put into a heatproof bowl with the golden syrup and butter.
- Fill a saucepan with water and bring to the boil and turn down to simmering. (This should be done by a leader.)
- Hold the bowl over the saucepan to melt the chocolate making sure the bowl doesn't touch the water. (This should be done by a leader.)
- Allow the boys to stir the contents of the bowl taking caution as the bowl will be hot.
- In a large mixing bowl mix together the raisins and cornflakes.
- Pour the chocolate sauce over the cornflakes and raisins, stir and fold until everything is nicely mixed together.
- Put about two dessert spoons of the mixture into each muffin case.
- Optionally, put half a cherry on each cake and refrigerate. Ideally, the cakes need an hour and a half in the fridge to set. However, a fridge set on cold should set them quicker.

This recipe should make about 18 cakes; if you have a large Junior Section you may need to split the group up accordingly.



Ask the boys to wash their hands before and after the activity. Only an adult should use the cooker/oven. Make sure work surfaces are cleaned before and after use. Leaders should be aware of any food allergies their boys might have

Chocolate Game



This game will work best with a reasonable size chocolate bar (approx. 250g).

Equipment:

- Hat, scarf, gloves
- Knife, fork
- Chocolate bar
- Dice
- Tray



No maximum number
depending on adequate
supervision



15 minutes

Instructions:

- Ask the boys to sit in a circle and place all the equipment on the tray (except the dice) in the middle of the circle.
- Boys take it in turn to roll the dice with the aim to throw a six.
- When a boy rolls a six he goes to the middle of the circle and puts on the hat, gloves and scarf and has to cut up the chocolate using the knife and fork.
- The boys must eat a square at a time, as it is cut.
- The boy stays in the middle until another boy rolls a 6.
- The game concludes when all the chocolate has been eaten.



Leaders should be aware
of any food allergies their
boys might have



Face Plate



No maximum number
depending on adequate
supervision



15 minutes

Equipment:

- Paper plates
- Dried food ie. rice, pasta shapes, lentils
- Glue
- Paints

Instructions:

- The aim of this activity is for each boy to make a face on a paper plate using dry foods.
- Examples of foods to use are pasta, rice, lentils etc.
- Boys may wish to use paints to add extra edge to the face.
- Use suitable glue to stick the food to the plate.
- The food can be painted and features added in paint to the plate.



This activity requires the
use of glue. Leaders
should exercise
appropriate caution

Baked Bean Relay

Programmes *on a plate*



Equipment:

- Table
- Baked beans
- Bowls
- One cocktail stick per boy

Instructions:

- Put the boys into teams of about five to avoid boys standing around for too long.
- Position a table on the opposite side of the hall and empty the baked beans into bowls (one bowl per team). The number of beans you put in each bowl will depend on how long you want the game to go on for, but you will need to ensure they have the same amount in each so this will need to be prepared beforehand.
- Boys line up in teams and on command take it in turns to run up to the table and pick up a baked bean using a cocktail stick, eat it and run back to their team.
- The next boy runs and the game continues until all the beans have been eaten.



No maximum number
depending on adequate
supervision



10 minutes



Leaders should be aware
of any food allergies their
boys might have

Lord's Prayer Collage Evening



No maximum number
depending on adequate
supervision



90 minutes

Aim: To help familiarise the boys with the Lord's Prayer and also to help them understand what each section of the prayer means

This activity is different to the other 'Programmes a on plate' ideas as it is one long activity, which should take up all evening, or the activity could be split over 2 weeks.

Equipment:

- Old magazines
- Fabric of different colours
- Paper/card
- Felt tip pens
- Colouring pencils
- Glue
- Scissors
- Photos
- Sweet wrappers
- Other food packets

Preparation:

- Split the boys into eight groups.
- For each group obtain a large piece of card or paper. It is recommended that this should be the size of flip chart paper and possibly larger.
- Set up eight different workstations on which there should be pens, pencils, scissors and glue.

Instructions:

- Boys in their groups should each be given one of the large sheets of paper.
- Before they start creating the collage they should divide the paper up as shown below.

- Missing out the top left box write in as a title at the top of each starting from the top row one in from the left
 - Our Father in Heaven
 - Your name is Holy
 - Your kingdom come
 - Your will be done on Earth as it is in Heaven
 - Give us today the food we need
 - Forgive us the wrongs we have done
 - Do not lead us into temptation
 - For yours is the Kingdom, the power and the glory, for ever and ever, Amen



This activity requires the
use of scissors and glue.
Leaders should exercise
appropriate caution



- On each table the boys fill in one section of their collage. In each box they will add pictures that they think relate to this section of the prayer and what Jesus is trying to tell us.
- The first box left without a heading should be filled with the words 'The Lord's Prayer'. The boys can do this however they like and decorate it as they wish.

Below are some suggestions of ways the areas can be filled. It is important that at every different work area a member of staff explains the meaning of the line to the boys.

- **Our Father in Heaven.** Explain to the boys that it is an amazing thing that we are able to call God 'Father' and that we are able to speak to him in such a way. One idea for this section is to ask the boys to cut out people shapes and attach to them speech bubbles filled with things that we can talk to God about.
- **Your Name is Holy.** Talk with the boys about how special God's name is. One way to convey this is to ask the boys to think of different words to describe how great God is and ask them to cut out the words in fabric, letter by letter. You could provide pictures of things the boys understand as Holy: Church, cross, etc.
- **Your Kingdom come.** Explain to the boys that this part of the prayer is talking about how Christians want God's family to grow. A suggestion for this could relate to families by cutting out pictures of groups of people from magazines. It is important to explain to younger boys what is meant by the use of the word 'family'.
- **Your will be done on Earth as it is in Heaven.** Tell the boys about how God wants us to live our lives in ways that he guides us. Possibly, this time, ask the boys to decorate the section with words that they think describe the ways in which God wants us to live.
- **Give us today the food that we need.** This is simple and the boys should need little explanation for this line. A possible collage suggestion is to draw some foods or to stick food packets or sweet wrappers onto the paper.
- **Forgive us the wrongs that we do.** Explain to the boys how God understands that it is not possible to be perfect all of the time. All he asks is that we are sorry and try our hardest not to do the wrong thing again.
- **Do not lead us into temptation.** Talk to the boys about how sometimes doing the wrong thing seems like a good idea and this is called temptation. In this part of the prayer we are asking for help from God to stop us falling for this temptation.
- **For yours is the Kingdom, the power and the glory, for ever and ever, Amen.** In this part of the prayer explain to the boys that we are telling God how powerful he is and that he owns the whole world. For this section the boys could fill it with photos of famous places and grand landscapes e.g. Niagara Falls or Mount Everest.

Devotions

Reading: Matthew 6 verse 5 – 14 which includes The Lord's Prayer

Talk with the boys about the reading. Explain to them further about prayer and the way Jesus said how, when, where and why we should pray.

Estimated Time:

This programme on a plate is designed to last a whole evening. You do not, however, have to use all of the activities suggested and they can be tailored to suit.

5 minutes

Arrival Activity

Senses Word Scramble – copy template onto card

10 minutes

Game

Numbered Football With A Twist

40 minutes

Activities

Senses Activities

5-10 minutes

Game

Crab Football (May need to leave this activity if visit mentioned below is arranged and time does not allow it)

15 minutes

Activity

Visit by visually impaired person and their guide dog (If this can be arranged).

10 minutes

Devotions

Talk: Mark 10 v46-52 Story Of Blind Bartimaeus
Read from Bible or tell the story in your own words.

Go on to discuss how the boys have used all of their senses in different ways that night. Mention how the game earlier became much harder when they could not use their ears to pick up the sound and how crab football is different from normal football. What would happen if they couldn't walk?

Song: He gave me eyes so I could see. (Junior Praise, 74 or Come and Praise, 18)

Prayer: Thank God for senses and all of our abilities. Pray that he helps us not to hold prejudice against those who are less fortunate and learn to tolerate all people.

Numbered Football with a Twist



This is a popular game with a small twist at the end to encourage the boys to think about how useful their senses are.

Instructions:

- Divide the boys into two teams and line them up along the wall in opposite corners of the wall.
- Set two small goals up on each far wall and place a football in the centre of the hall.
- Number the boys in each team from 1 upwards.
- Randomly call out a number and when a boy's number is called he must run out from his team corner and attempt to score a goal in the opposition's goal. If you have a large Junior Section and a large enough space you may wish to call several numbers out at a time.
- Once a goal is scored the players return to their corner and a new round begins.
- When the game is drawing to a close, explain to the boys that you are going to slightly change the rules. Now you are only going to mouth the number and they must lip-read to get the number.
- Do not worry if the boys find this difficult to do, as this is the point. Only a few rounds like this, as some of the boys may get despondent quickly.



No maximum number
depending on adequate
supervision



10 minutes per station



No maximum number
depending on adequate
supervision



5-10 minutes per activity

The following activities are designed to test all of the boys' senses and need to last for about 40 minutes. Dependent on staffing and number of boys you may decide to split the boys into small groups to go around each station in turn. Splitting the boys into groups may help in some activities where you may only be able to find a limited number of items that they need to identify so that you can reuse some with another group.

Equipment:

- Templates
- Crayons/pencils
- Blindfolds

Sight

For this activity you will need to set up an obstacle course and to blindfold each of the boys in turn and get them to traverse the obstacle course. Obstacles can be chairs or benches they have to go over, tables they must crawl under and hoops they must go through. Each boy is allowed a guide so it would be best to pair the boys off to begin with and one boy is blindfolded while the other boy guides him. If time is short you could let multiple pairs of boys go through the course at the same time.

Touch

This involves the boys touching regular household items that they cannot see and asking them to identify them. It is best to hide them behind a curtain or in a box that they have to put their hands into as this avoids blindfolding them again. It may be quite hard to find enough items for all boys to have a go. If you put items into a box you could send the boy out of the room and show the item to rest of the boys and then put it in the box and allow the boy who is identifying the item back in. Example items could be rolling pins, coat hangers, hairbrushes etc.

Hearing

There is a lot of choice in what you can do to let the boys use their hearing to help them. For example you can play television tunes, or popular chart songs or even random sounds from the home e.g. boiling kettle. Obviously, these sounds will need to be prepared onto a tape in advance, and the boys can be arranged in teams to try and identify these sounds. Sit the boys around tables in groups and give them pen and paper and ask them to write down what they think the sound is.

Taste

Use a good old-fashioned taste test. Good ways of doing this would be to fill bowls with several flavours of crisps and ask the boys to identify the flavour of crisps in each bowl. Alternatively, or as well, you could use a blacked out bottle (some brands of soft drink use black bottles) and fill with a diluted flavoured juice drink for the boys to identify. You could use several bottles if time allows. An alternative is to blindfold the boys and feed them some food, for example, fruit pieces.

Smell

In a similar way to the taste test above, find things from home with distinctive smells for the boys to identify. Examples of these include coffee, ketchup, vinegar, different flavourings, for example vanilla, spices.

Crab Football



This is always an interesting game to play and requires little effort to set up.

Instructions:

- Divide the boys into teams (you may need more than two teams if you have a large junior section and play more than one game).
- The game is the same as normal football except the boys must move around and kick in the crab position. i.e. the boys assume a position with their feet flat on the floor and are arched over backwards with their hands touching the floor underneath them.
- Movement is a little harder and you should ensure no one's hands are trodden on!



No maximum number
depending on adequate
supervision



15-20 minutes



No maximum number
depending on adequate
supervision

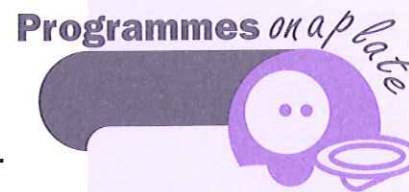


15 minutes

Visit by Visually Impaired Person and Guide Dog

This will be a good activity if it can be arranged as it will, hopefully, make the children curious. You may be able to arrange this through The Association for The Blind. The visitor could share their lifestyle with the boys, invite the boys to ask questions and to take an interest in the guide dog.

Sports Evening



Aim: To let the boys enjoy an active evening, as a change from normal evenings

Arrival Activity

Ask the boys if they know of a famous sports person. Come prepared with some information and facts about a well known footballer or other sports person. Ask boys about teams they support.

Game

Football Skills

Game

Other Sports

Craft

Sports Crossword

Devotions

Reading 1 Corinthians 9: 23 – 27

Talk about how hard athletes have to train and work to achieve success. Ask the boys to discuss how this is not only relevant to sport but in life in general at school, at home etc. Explain to the boys how God wants them to work as hard as they can in every area of life be it sport or not. Explain to the boys that sometimes no matter how hard they try they will not win but to God it is not who wins or loses (although that is important) but how hard you try.

End with a prayer:

Lord Jesus, we pray for all who are involved in professional and amateur sport. May they set the highest of standards, on and off the field. Help us, like them to give our best all of the time, and to enjoy what we do. AMEN

Estimated Time:

10 minutes

30 minutes

20-30 minutes

10 minutes

10 minutes



Football Skills



No maximum number
depending on adequate
supervision



30 minutes

Aim: Try to improve the boys' football skills

Equipment:

- Football per boy
- Cones

Instructions:

- This session could be completed outside if there is not enough space indoors.
- Ask the boys to do a dribbling exercise, possibly in a relay team where they will dribble in and out of some cones and then back tagging the next member of the team.
- Ask them to do a Heading drill, where they throw a football up against a wall and then head it back to the wall. They should try to keep this going.
- Next play a game similar to football but with a twist. The game works as normal except boys cannot move with the ball. The game works in the same way as netball. The boys will be forced to work on their passing and movement without the ball.

Additional Activity:

Play a game of football at your premises or you could arrange to play another Company on a Saturday at your local playing fields or recreational ground.

Other Sports to be Played

Aim: To continue the theme of sports with another active game

Equipment:

- Hockey/unihoc sticks and puck (for indoor hockey)
- Bat, ball and stumps/chair (for non-stop cricket)



No maximum number depending on adequate supervision



10-15 minutes per game

Indoor Hockey

Instructions:

- Split the boys into two teams or create a tournament with more teams in it depending on the number of boys present.
- The game requires plastic hockey sticks and a rubber puck but a tennis ball also works well.
- Each team has a goal to defend and they must do this using only the hockey sticks.
- Sticks should be held with two hands and never swung above waist height. It is important that free hits are given to the opposing team to help stop violation of the rules.
- When playing the game in tournament form, play the first to two goals or a time limit. This will depend on how easy the boys find it to score as if it is too easy games will be over very quickly.

Non stop cricket

Instructions:

- The game is best played outside but works inside providing that there is a large enough area in which to play and there are no breakables in that area.
- Boys are split into two teams, one batting and the other fielding.
- The game works best if there is the same leader or a boy bowling who can be impartial towards both teams.
- The game works on a time limit, say seven minutes batting per team.
- The bowler bowls the ball from about three metres in front of the batsman, who will then try and hit the ball. Regardless of whether the boy hits the ball he must run to a cone situated 5 metres or so to one side of the stumps and back.
- While this is happening the fielding team have to return the ball to the bowler who can bowl it as soon as he gets it.
- Players can be out by getting bowled or caught.
- Every time a team member is out the team loses 3 points. The 'out' batsman rejoins the queue at the back and may bat again if it gets around to him for a second time.

Estimated Time:

This programme on a plate is designed to last a whole evening. You do not, however, have to use all of the activities suggested and they can be tailored to suit.

20 minutes

Arrival Activities

Snowy Wordsearch

Winter Crossword – copy both templates onto card

10 minutes

Game

Snowman Relay

10 minutes

Game

Snowballs

30 minutes

Craft

Snow Scene

10 minutes

Devotions

Talk to the boys about how winter is a fun time for them with Christmas and the snow in particular, but for a lot of homeless and older people winter can be a very hard time. Also talk about ways in which we can help these people to get through a time that others find so much fun.

Snowman Relay

Aim: To get the boys active and moving around at the start of the session

Equipment:

- Hat, scarf, gloves
- Carrot
- Chair per team

Instructions:

- Split boys into teams of around three or four depending on the numbers that are present.
- The boys are to sit at one end of the hall or playing area in a row one behind the other.
- Opposite them at the other end of the playing area is a chair on which there is a hat, some gloves, a scarf and a carrot.
- On the starting signal, the first boy in each team runs to his chair, puts on all of the clothes, then holds the carrot to his nose and runs around the chair three times.
- When he has done this he takes off all of the clothes, puts them back on the chair and runs back to his team.
- The next boy will then repeat the process, and so on until all of the boys in the team have completed the dressing up. The first team to all be sitting down are the winners.



No maximum number
depending on adequate
supervision



5-10 minutes



Snowballs



No maximum number
depending on adequate
supervision



5 or 10 minutes
depending on how good
the boys are at the game

Aim: Short active game for boys

Equipment:

- Sponge balls

Instructions:

- Split the boys into two teams.
- Both teams will stand on opposite sides of the hall.
- Each team is given two or three sponge balls, more if that is relevant to the number of boys playing.
- On the starting signal the teams throw the balls at the opposite team. If a boy is hit below the hip then he must join the opposition team.
- This process continues until all of the boys are on one team.



It is important that the
balls used are soft and
that there is no chance of
injury being caused

Snow Scene

Aim: To make something that the boys can take home to show for their winter evening

Equipment:

- See through jar with an airtight lid
- Small plastic Christmas figure, e.g. snowman or robin
- Water resistant glue
- Glycerine
- Water
- Glitter
- Paper and pens to decorate outside

Instructions:

- Each boy selects one of the small plastic models, which will become the centrepiece of their snow scene.
- The boys glue the figure onto the underside of the lid using water resistant glue.
- Leave the figure to dry on to the lid.
- Fill the jar or tub with a mixture of water and glycerine. You will need to experiment with the ratio of the mixture as the smaller the ratio the thicker it will be, it's a matter of preference.
- Add to this the glitter.
- Ensure that the jar is not totally full as there needs to be room for the displacement caused by the figure.
- Once the figure has dried onto the lid, it is time to fix it to the jar. For extra waterproofing put some of the water resistant glue around the inside edge of the lid, which will not only further secure the lid but help keep the mantlepiece dry.
- The boys may also wish to decorate the outside of the jar. One suggestion for this is to attach a strip of paper to the bottom of the jar to cover up the area where the lid joins and also to make the base of the lid less visible.



No maximum number
depending on adequate
supervision



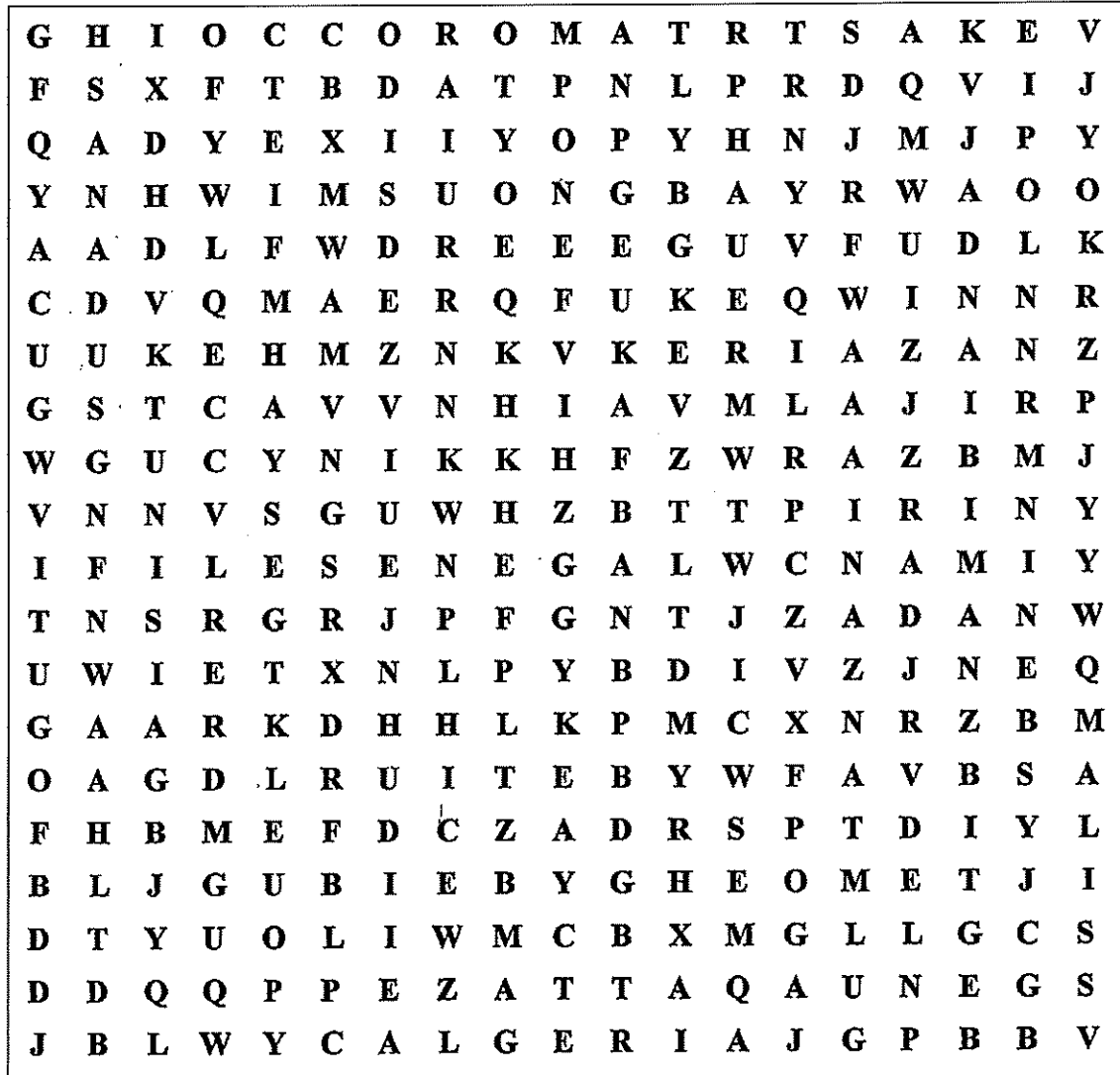
40 minutes



This activity requires the
use of scissors and glue.
Leaders should exercise
appropriate caution

Template PP-1

African Countries Wordsearch



Words

Zimbabwe

Cameroon

Tanzania

Nigeria

Senegal

Morocco

Tunisia

Namibia

Algeria

Uganda

Zaire

Kenya

Egypt

Sudan

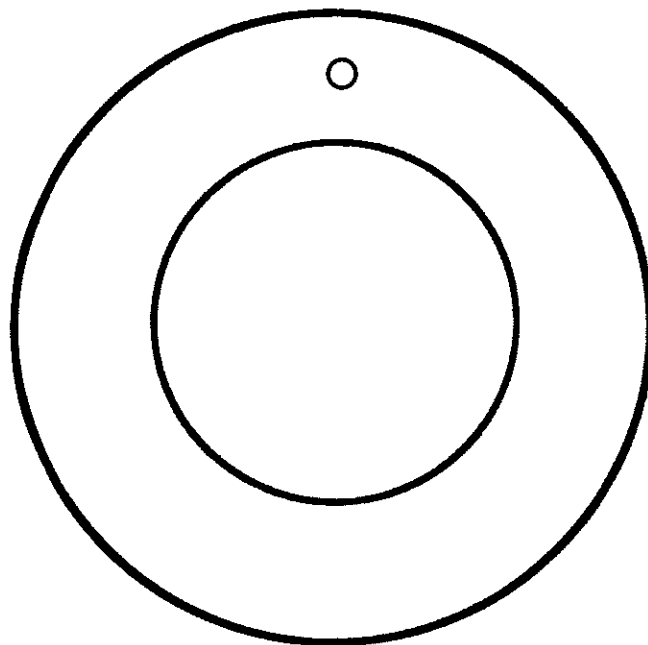
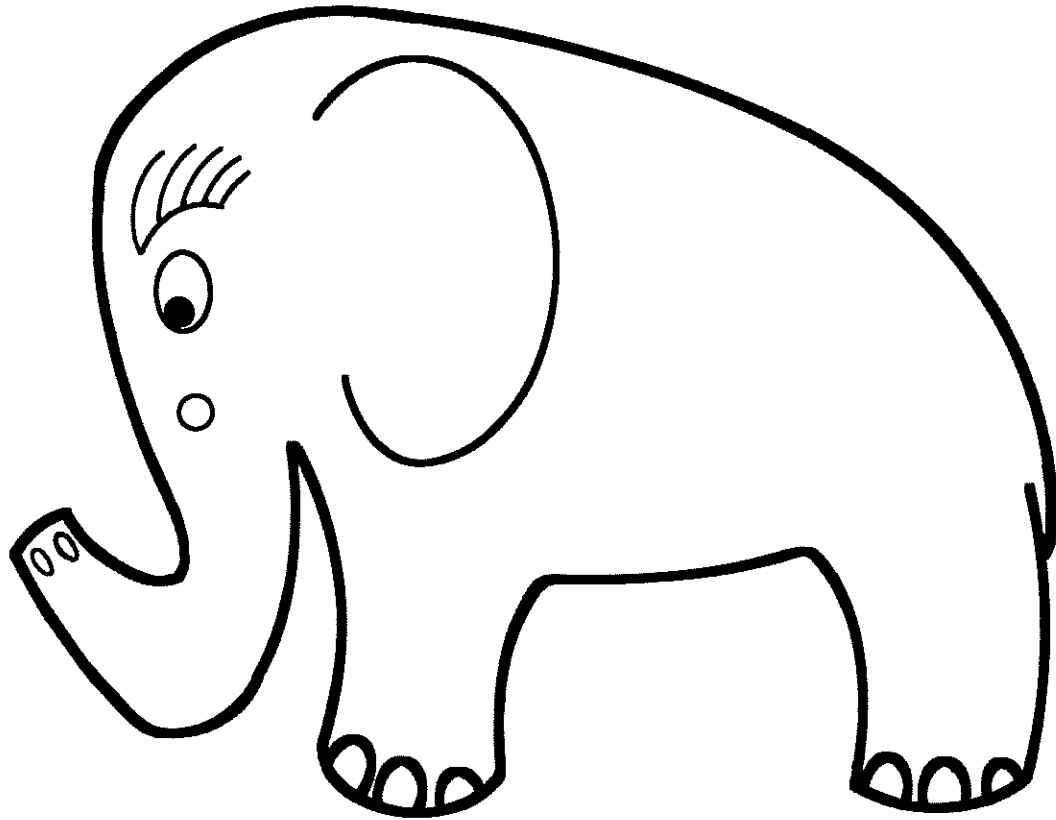
Benin

Chad

Bali

Template PP-1

Elephant Catch



Template PP-2

Animal Wordsearch



Words

chimpanzee

crocodile

alligator

elephant

penguins

kangaroo

giraffe

wallaby

cheetah

monkey

zebra

tiger

panda

camel

koala

horse

hyena

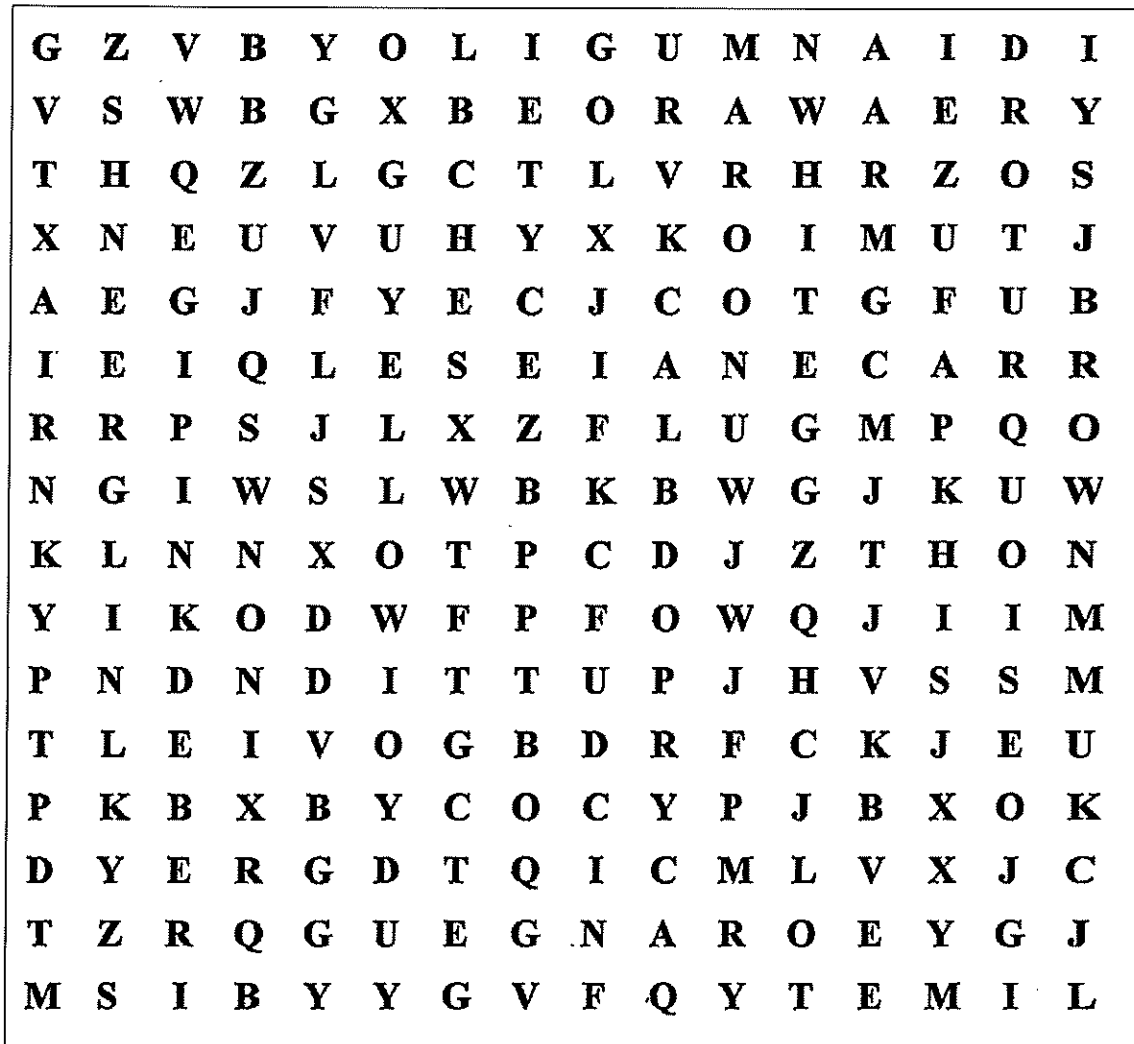
lion

bear

ape

Template PP-3

Colours Wordsearch



Words

turquoise

yellow

maroon

indigo

purple

orange

green

brown

white

black

grey

blue

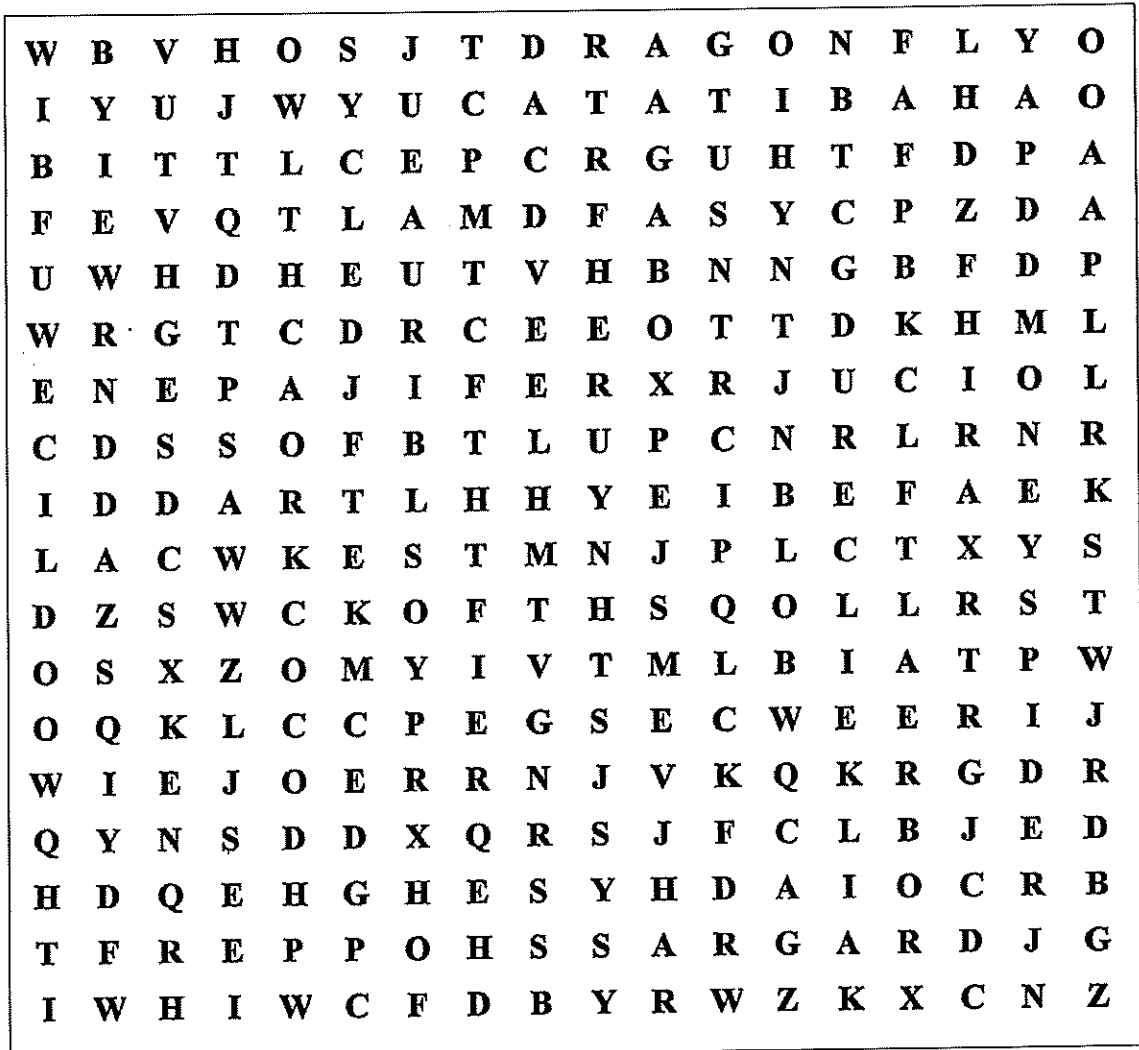
lime

pink

red

Template PP-4

Creep Crawly Wordsearch



Words

caterpillar

moneyspider

grasshopper

dragonfly

centipede

butterfly

tarantula

cockroach

woodlice

cricket

habitat

hornet

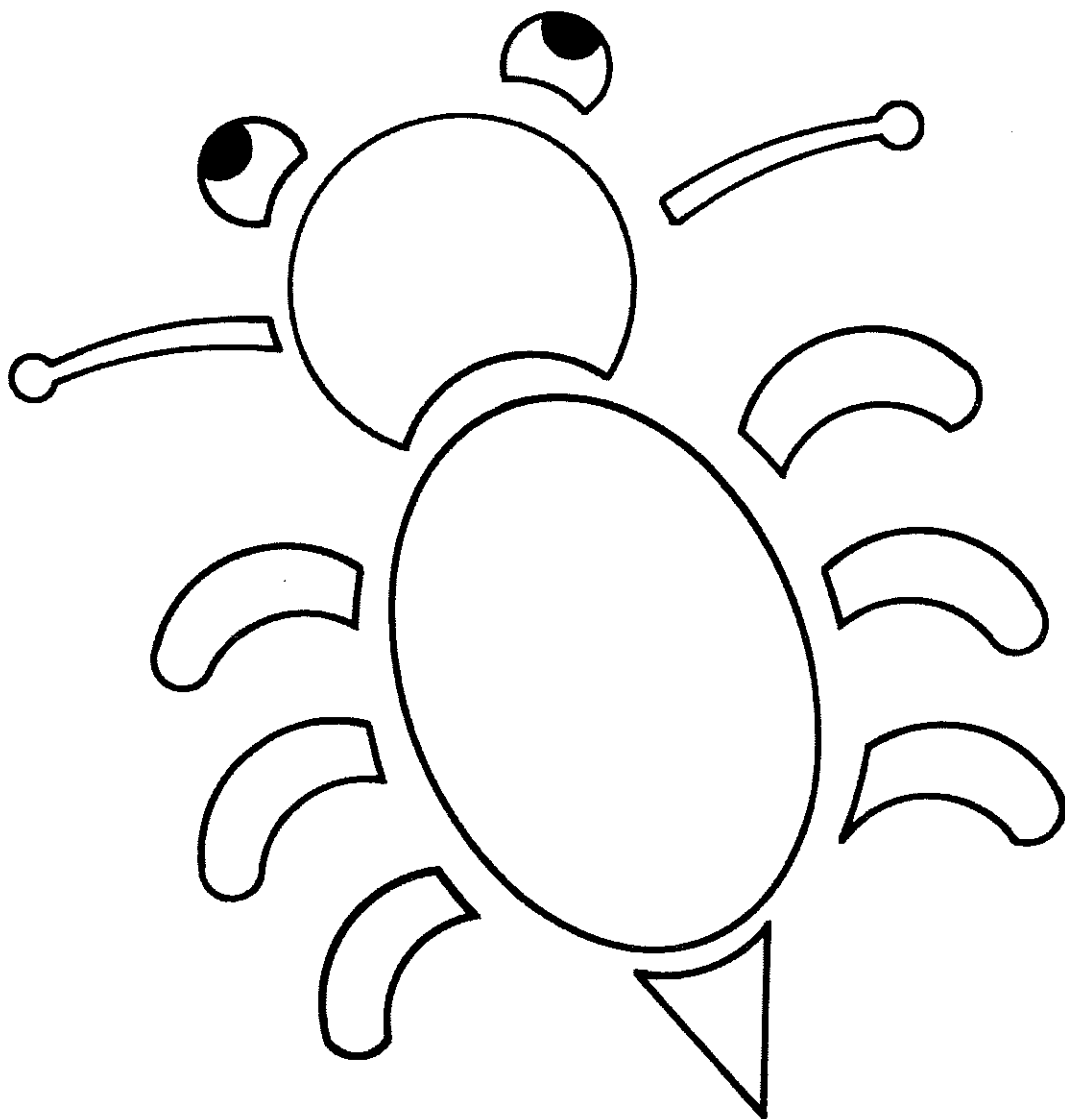
beetle

moth

wasp

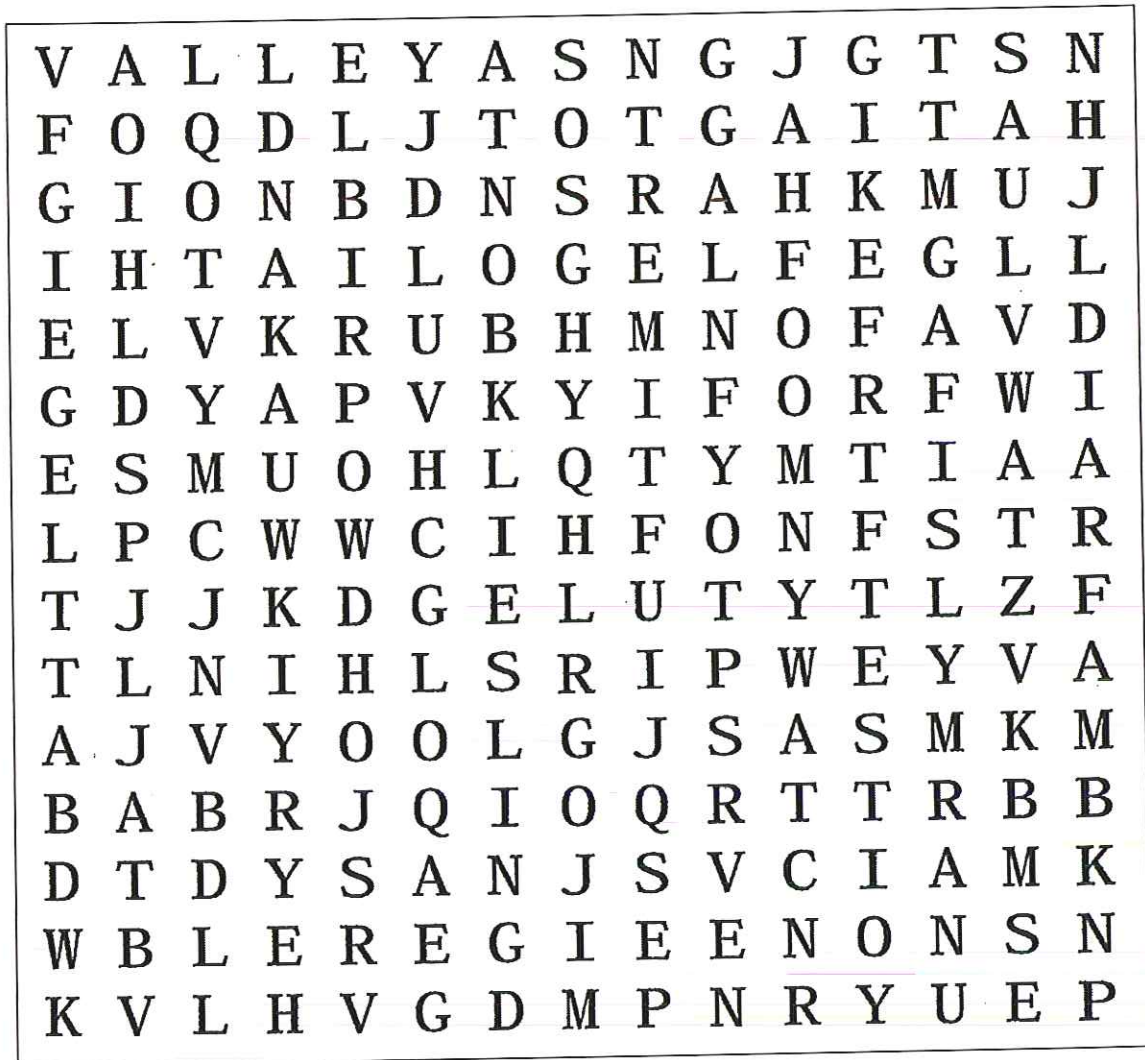
Template PP-4

Beetle Draw



Template PP-5

David and Goliath Wordsearch



Words

afraid

Israel

sling

armour

Name of the Lord

staff

battle

Philistine

stones

David

Saul

valley

Goliath

Template PP-8

Senses Word Scramble

ARES E

EEGNSI S

GISNELML S

EUTOGN T

OSEN N

EESY E

HRIEANG H

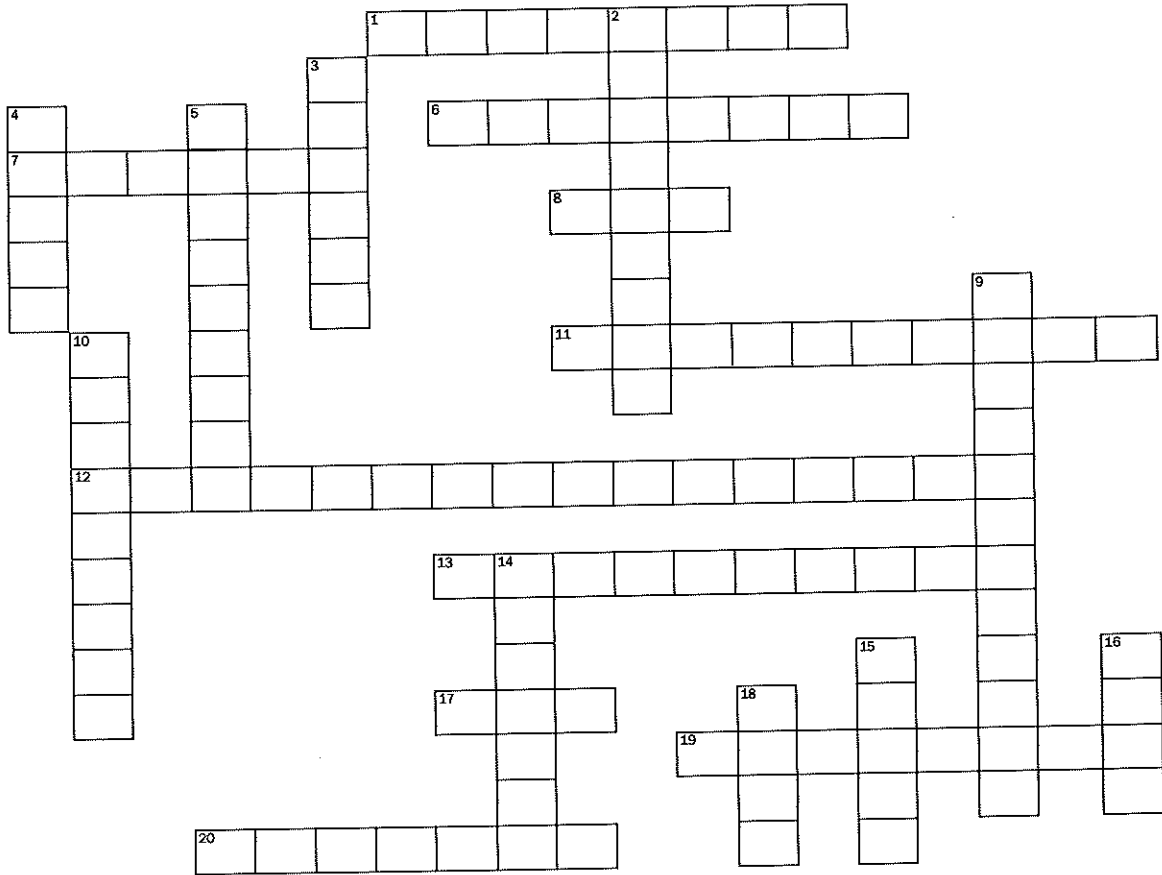
GENRSFI F

UOICHTNG T

NSGTAIT T

Template PP-9

Sports Crossword



Across:

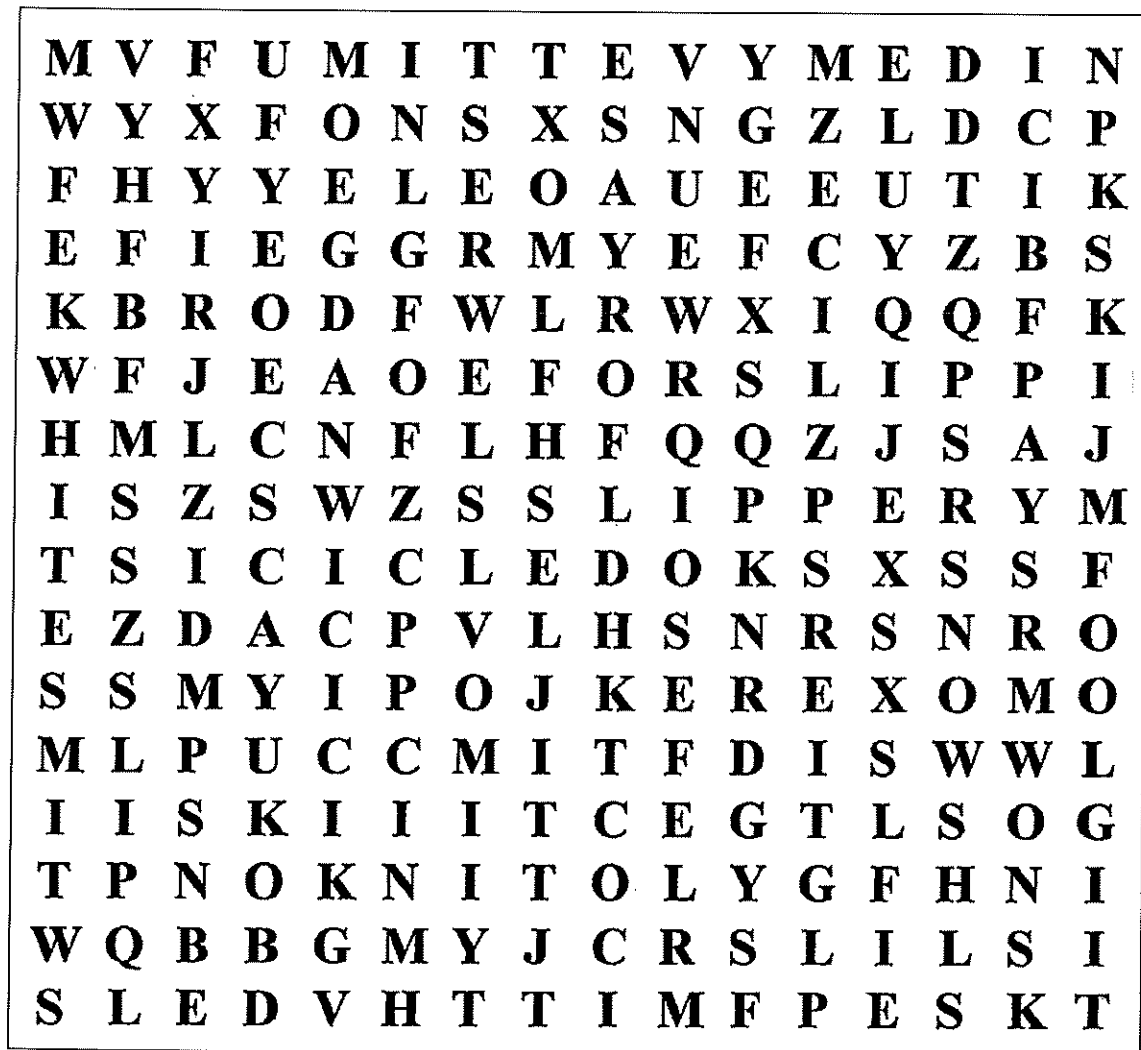
- 1 The London, long race
- 6 Games held every four years, last held in 2004 in Greece
- 7 Main official in a cricket game
- 8 You play tennis over this
- 11 Throw the ball into the hoop in this game
- 12 The football team that plays at Old Trafford
- 13 Bounce acrobatically on one of these
- 17 You hit off one of these in golf
- 19 Game played with your feet
- 20 The game where you defend the stumps with a bat

Down:

- 2 Famous British tennis star
- 3 Number of players in a cricket team
- 4 Physical game played with an oval ball
- 5 Tennis tournament held in Britain every June
- 9 This famous footballer was captain for England in Euro 2004
- 10 The sport you play with a shuttlecock
- 14 Main official in a football game
- 15 Pass one of these rods in a relay race
- 16 Many sports are played with this round object
- 18 The place where you score

Template PP-10

Snowy Wordsearch



Words

slippery

snowman

mittens

skiing

icicle

frosty

freeze

sledge

white

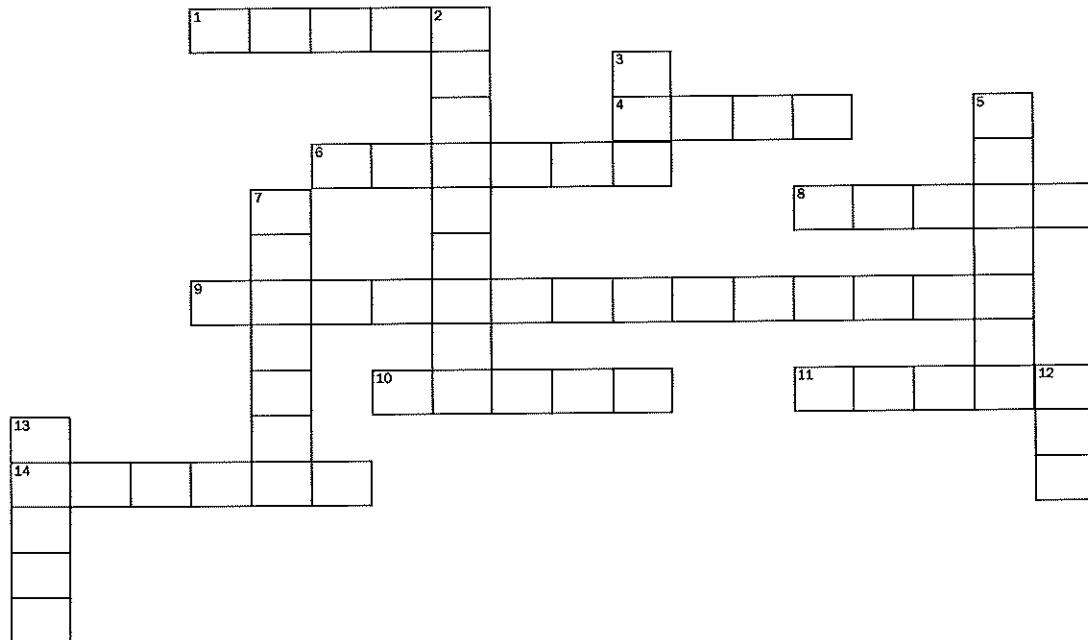
igloo

cold

ice

Template PP-10

Winter Crossword



Across:

- 1 Goes around your neck to keep you warm
- 4 The opposite to hot
- 6 Use this to ride down hills when it has been snowing
- 8 What colour is snow?
- 9 Put this in your bed to keep you warm
- 10 Who was born on Christmas Day?
- 11 This is sometimes left on the road when snow melts
- 14 The time leading up to Christmas is called

Down:

- 2 Crowd around this to stay warm in winter
- 3 Frozen water
- 5 Gloves without fingers
- 7 You can build him out of snow
- 12 You put this on your head when it's cold
- 13 This goes on top of the Christmas tree