

# Prayer

1

**Challenge:** Write a prayer for a devotion or service



**Equipment:**

- Bible
- Paper & pen
- Laptop



20 mins



Any

**Guidance:**

Write a prayer for a devotion or service which will need to complement and fit into the theme chosen for that particular evening. The website [www.thoughts-about-god.com](http://www.thoughts-about-god.com) has examples of 'Simple Prayers' to give you some ideas.



**Tips / Advice:**

- You could seek help and advice from your leaders or Chaplain and other young people.
- Remember this is a great opportunity for you to lead others in a special time of talking to God.
- Make the prayer something from your heart that is in a language that you would use and that other young people will understand and relate to – you are leading and connecting them to God.
- It does not have to last a long time!

# Snakes & Ladders

2

**Challenge:** Complete a game of snakes & ladders with only 40 throws of the die



**Equipment:**

- Snakes & Ladders board game



30 mins



2

**Guidance:**

Play a game of Snakes & Ladders and try to win. The twist is you only have 40 shakes of the die. If you do not win after this time you have to start again!

You could have an agreed time limit on the game – you will need to decide this beforehand of course and not wait until you are in the lead!!



**Tips / Advice:**

Shake the die well!!

# Anchor Games

3

**Challenge:** Teach a new game to your Anchors



**Equipment:**

As required



20 mins



1-3

## Guidance:

This should be a 'new game' that they have not played before. The Anchors Programme Pack has many games to choose from but make sure that they have not played it before. You could always make up your own game of course!



## Tips / Advice:

If you make up your own game for them to play DO NOT make it over complicated – this age group will want something that is simple to understand and then play.



## Safety Issues / Risk Assessment:

Make sure that you risk assess the activity.

# Newshound

4

**Challenge:** Identify something positive about your Company that will make a "worthy" news story in your local media



**Equipment:**

- Laptop
- Camera



1 hour



2-4

## Guidance:

Unfortunately good news doesn't sell many newspapers – you MUST have the right story to tell. The skill is to make your story something different – do you have three generations of leaders / members in your Company? Do you have any ex-members in the public eye? Are you attempting to break a world record? Are or have you raised money for a local charity? Use this x-factor to get an article in the press or on a radio station.



## Tips / Advice:

The best results come by using the local press and local TV & radio stations because they are much more likely to want to report your story – if it is exceptional sometimes the national press will pick up on it.

# Show It Off

5

**Challenge:** To take part in a show



**Equipment:**

As required



1 hour +



Any

**Guidance:**

You could be a member of a drama group, choir, have a part in a church/BB show or in your camp concert etc. The role you play is your choice and you should feel comfortable undertaking this challenge. If you are a member of a local amateur drama group and appear in one of their shows you will need to have your photograph taken as evidence.

# Raft Race

6

**Challenge:** To build and race a raft



**Equipment:**

- Barrels
- Rope
- Wooden planks
- Piping
- Life jackets
- Helmets
- Spare clothes
- Oars



1 hour +



4-12

**Guidance:**

Split into teams of four and build a raft out of barrels, rope, wooden planks and piping. This activity is typically done at an activity or water sport centre. Use only the materials provided to build a raft, that will hopefully not only float but be ready to race!



**Tips / Advice:**

Have a look at A2 Raft Building (Recreation: Outdoor & Adventure: Water) in the Discover programme.



**Safety Issues / Risk Assessment:**

- Abide by the safety instructions of the activity centre and the Discover programme.
- Only complete this task on appropriate water and with appropriate supervision.

# Church Service

7

**Challenge:** Take an active part in a Church Service



**Equipment:**

As required



60 mins



Individual

## Guidance:

What you do should be something you feel comfortable with, but a bit more than taking the offering. If you have a musical talent, are good at drama or public speaking make sure that you use your skills. You'll get more from this challenge if you are totally involved in the planning stage of the service.

This will be a good opportunity for you and may inspire other members of your Company to follow in your footsteps.



**Tips / Advice:**

Make sure you have plenty of time to prepare and be involved in the planning of the service.

# Company Display

8

**Challenge:** Organise an item for your Company Display



**Equipment:**

As required



1 hour +



Any

## Guidance:

Your item could be something different from 'the normal' and one that will be remembered for its excitement, enjoyment and fun! Make sure that whatever you organise is planned well in advance and that all those taking part are given time to rehearse. Don't forget to let those taking part know what, if anything, they need to bring with them!

Think about:

- Which age group are you going to organise an item for?
- How long do items at your display normally last?
- Do you need any props or costumes?
- When will you practise?



**Tips / Advice:**

Check on the space you have to perform, as this may restrict what you can do.

# Picture It

9

**Challenge:** Picture of you at a Battalion, Regional or National Boys' Brigade Headquarters



**Equipment:**

- Camera
- Computer



Dependent on location



Any

**Guidance:**

Visit a Battalion, Regional or National BB Headquarters and have a photograph taken of you outside the building.

The photograph once taken must then be sent to whichever Headquarters you took with a note to say that you had accepted 'Challenge 9' as part of the 'Challenge Plus Programme' and the enclosed is the result of that task.



**Tips / Advice:**

Send the photograph digitally if you can!

# Gospel

10

**Challenge:** Read and reflect on a gospel



**Equipment:**

- Bible



One week



Individual

**Guidance:**

Read a whole gospel over a period of a week, and then come back to BB the following week and talk about what you thought about it.

Think about:

- Do you have any questions about it?
- What surprised you?
- What were the best bits?



**Tips / Advice:**

Use a version of the Bible that you find most accessible. Why not try one of the following, New Living Translation, Good News, The Message, Youth Bible, Contemporary English Version?

# Toss the Caber

11

**Challenge:** Learn how to toss a caber



**Equipment:**

- Wooden pole



1 hour



2+

**Guidance:**

The caber is a tapered wooden pole, anywhere from 5 to 7m long, weighing between 45 and 80kg. It isn't just the distance of the toss that matters. The judges observe the angle that the caber falls in relation to the thrower's shoulders. It usually takes three men to bring the caber to the thrower. The thrower then hoists the caber so that the bottom is almost on level with their elbows. The smaller end of the pole is cradled in the palms of the thrower's clasped hands and the weight of it is balanced against their shoulder. When balanced just right, the thrower runs forward with it for a distance of 20m or so, increasing speed to gain momentum. Then it is tossed by pushing upward and letting it fall forward from the shoulder. A good toss flips the pole so that the larger end of the caber hits the ground and neatly flips the smaller end over so that the pole lands in a straight line perpendicular to the thrower's shoulders. The winner is also judged by style of throwing, which includes stance and steps, as well as strength, balance and agility.



**Tips / Advice:**

- For a diagram of how to toss the caber go to [www.glasgowhighlandgames.com/caber.htm](http://www.glasgowhighlandgames.com/caber.htm)
- If this sounds like too much effort, you could try out a virtual site at [www.scotgames.org/games](http://www.scotgames.org/games)



**Safety Issues / Risk Assessment:**

Be careful to ensure that the pole cannot hit anything or anyone when it is tossed – attempt this outside.

# Music to My Ears

12

**Challenge:** Share a piece of music with others and say why you like it



**Equipment:**

- Portable audio player
- Music



20 mins



3-6

**Guidance:**

Think about your favourite piece of music. It might be significant to you, interesting, or is just a bit funny. Play the piece of music so everyone can hear it, and then talk to the group for about 60 seconds about why you chose that piece.

# Ideas Factory

13

**Challenge:** Submit an idea to your Battalion for a new activity or event



**Equipment:**

- Paper
- Pens



40 mins



Any

**Guidance:**

It's always hard to come up with new ideas, and sometimes harder to get them into reality. Your challenge is to come up with a new idea for your Battalion and work out how it can be achieved. It could be anything from a narrow boat weekend to knitting a giant patchwork rug.

Think about ...

- What's it going to cost?
- Who's going to run it?
- How many will attend?

Submit a verbal or written proposal to the Battalion, and see your idea become a reality.



**Tips / Advice:**

- Give as many details as you can in your proposal as possible, as the more realistic a picture you can provide of the event the more likely it is to become a reality.
- You could ask if you could go and make a presentation to the Battalion.

# Giant Paper Aeroplane

14

**Challenge:** Make and fly a 5ft paper aeroplane the furthest distance



**Equipment:**

- A1 paper
- Wallpaper
- A4 paper
- Sellotape



20 mins



Any

**Guidance:**

Make a paper aeroplane using the materials listed above that is at least 5 ft long. Experiment with different designs, so that your plane will travel the furthest distance. This could be an individual competition within the group.

## What a Voice!

15

**Challenge:** Sing karaoke either by yourself or in a group



**Equipment:**

- Karaoke machine



5-10 mins



Any

**Guidance:**

Use your vocal and musical talent either as an individual or in a group to sing a karaoke song in front of a group of people.

The song is of your own choosing and whilst you are singing it someone will need to take a video or audio recording as evidence.

To add a bit of 'authenticity' you could appear in fancy dress based on the person who originally sang your chosen song.



**Tips / Advice:**

- You could hold a karaoke competition, which could form part of a Company Display.
- SingStar on the PlayStation is a really easy and fun way to do karaoke.

## Holiday Postcard

16

**Challenge:** Send a postcard from a holiday destination to the Brigade Secretary



**Equipment:**

- Postcard
- Stamp
- Pen



10 mins



Any

**Guidance:**

Whilst on holiday or camp send a postcard to the Brigade Secretary at Felden Lodge, telling him about how you are doing and what you are up to.

Send your postcards to Brigade Secretary, BB: UK Headquarters, Felden Lodge, Hemel Hempstead, Hertfordshire, HP3 0BL.



**Tips / Advice:**

Make it interesting, your secrets are safe with the Brigade Secretary.

# Read All About It

17

**Challenge:** Send in an article for 'Blink' or 'The Gazette'



**Equipment:**

- Pen/Pencil
- Notepad
- Computer



1 hour



Any

**Guidance:**

Send in an article to either 'Blink' magazine for young people in the BB or to 'The Gazette' for leaders in the BB.

**What can be sent in?**

- A story about an activity that either your Company has taken part in or you have as an individual.
- Good news
- Something new or different
- Try and include picture where possible.
- Make it stand out and exciting.

Both magazines are published by BBUK Headquarters with Blink being sent out in January, April, October and the Gazette in January, April, July, October each year. To meet the deadlines for being included in the next edition, articles need to be received at BBUK Headquarters on the 1st of the month, 2 months before publication e.g. *1st February for the April edition*. The Gazette is sent out to over 11,000 leaders and Blink to over 4,000 young people – so if your article makes it to press then it's guaranteed to be read by thousands of others in the BB around the UK and Republic of Ireland! You could even be a regular contributor....

Look at [www.boys-brigade.org.uk](http://www.boys-brigade.org.uk) and [www.b-link.org.uk](http://www.b-link.org.uk) for the latest information on the publications and how to send in articles.



**Tips / Advice:**

When submitting photos for publication ensure that you have the permission to use those pictures.

# Fun Run

18

**Challenge:** Complete a fun run



**Equipment:**

- Trainers
- Running vest & shorts



1-2 hours



Any

**Guidance:**

Take part by yourself or better still as a group in a fun run. From spring through to the autumn you can find fun runs advertised in your local newspaper or on your radio station. Some are for prizes, whilst others are sponsored runs for a charity. The distances are normally fairly short so should be easily achievable.



**Tips / Advice:**

- Make sure that you apply in advance to enter.
- To avoid injury do some training before the event. Go for short runs, building up to the distance of your chosen fun run.

# Record Breakers

19

**Challenge:** Take part in a 'world record' attempt that is independently verified and correctly recorded



Variable



Any

**Guidance:**

You will need to choose an appropriate world record to attempt that is within your capabilities. Carefully research what is actually required to break the chosen world record and then train prior to the attempt



**Tips / Advice:**

- Some world records carry more risk than others, so it is important that all safety precautions are undertaken and that you do not put yourself at risk.
- Contact the Guinness World Records for full details – [www.guinnessworldrecords.com](http://www.guinnessworldrecords.com)
- Plan well in advance of the actual record breaking attempt.



**Safety Issues / Risk Assessment:**

- Ensure that a Risk Assessment has been undertaken.
- Ensure that the planned attempt is covered by Brigade Insurance.

# Cocktail Bar

20

**Challenge:** Run a non-alcoholic cocktail bar for a night



## Equipment:

- Glasses
- Fruit juices
- Ice
- Straws
- Cocktail umbrellas
- Cocktail shaker
- Measures



60 mins



4+

## Challenges

## Guidance:

- Think about what cocktails you would like to make. Research on the internet or in cook books for some possible recipes.
- Buy the ingredients.
- Taste test the recipes and select cocktails you are going to serve.
- Think of an event when you could make & serve cocktails, e.g. *disco, BB night, other youth group* etc.
- Create a bar area, make and serve the drinks.



## Tips / Advice:

- Be adventurous and try some of the drinks, even if you think you don't like them as you might be surprised!
- Experiment with the flavours.
- This could be a fundraising event where you charge for the cocktails.
- If it works well, could your company offer this as a service to others?



## Safety Issues / Risk Assessment:

- No alcohol should be used in these cocktails.
- Check to see whether any members of the group have any food allergies.

## Takeaway

21

**Challenge:** Taste and review a meal from a local takeaway



**Equipment:**

- Selection of takeaway menus



1 hour



Any

**Guidance:**

Review a meal from a local takeaway. You will need to decide which food you would like to review, the favourite options may include Chinese, Fish & Chips, Indian and Pizza (but there may be takeaways offering other foods in your local area).

Purchase the same dish/meal (or equivalent) from at least 3 different local takeaways and review as a group by testing each dish/meal. You could come up with different things you are looking for from the meal and may find that different takeaways meet certain criteria.

You should NOT use McDonalds, KFC, Burger King and other such Fast Food takeaways in your review.



**Tips / Advice:**

You could send your review to the takeaway for their information; and or could work with a local newspaper to carry out the review.



**Safety Issues / Risk Assessment:**

Check on possible allergies with any members of the group.

## Let's Get Together

22

**Challenge:** Meet up with other young people from outside your company



Any



Any

**Guidance:**

Get your company taking part in a Battalion or District activity. This cannot be for a competition, but should be to together join in a fun/social activity. This will help you to get to know others outside of your group.



**Safety Issues / Risk Assessment:**

Where taking part in physical activities ensue that the equipment and environment in which the event is taking place is suitable.

# Company History

23

**Challenge:** Research and produce a record of the history of your Company



## Equipment:

- Laptop
- Paper & pens
- Photographs / old records



3 hours +



1-4

## Guidance:

Decide what format you would like to record your research. It could be a scrapbook, journal, video or creating a presentation. Find out as much information about your BB Company as you can, e.g. *when it first started, who have been the Captains, what happened at the first meeting, are there any famous past members, places of where camps have been held, how many President's and Queen's Badges have been gained since the company started?*

Ask people for pictures of events, activities, members and leaders over the years, include what is happening today in your Company along with photographs of the current session. Most importantly ask for stories and memories. These are often the most interesting bits!

Seek help through your local newspaper or radio station with an appeal for any ex-members to contact you. When you have done enough research and gained sufficient information, produce the record of your Company's history.



## Tips / Advice:

- This will not be a quick process, but will be a great opportunity to discover the history of your Company.
- Enlist others to help you.
- Presentation is really important. Keep it simple and in bite size chunks and this will make it interesting and easy to read or watch.
- Plan a 'grand launch event' and perhaps copies could be sold to raise funds.

# Story Time

24

**Challenge:** Read a story book to a group of younger children



**Equipment:**

- Story book



10 mins +



Any

**Guidance:**

Think of a book that you really enjoyed reading when you were young or go to the library and ask them to suggest a book. Make sure it is appropriate for the age range of the group you are reading to. Then follow these tips:

- Get the group you are reading to comfortable.
- Show the cover and read the title and author of the book.
- Ask some or all of the following questions:
  - What do you think this book is about? Why?
  - Where do you think the story takes place?
  - Flip through the pages and point out the illustrations to the children. Ask them to make predictions based on what they see in the book.
  - Discuss things that the children might have in common with the characters or the setting of the story.
- Start reading, but remember to do the following:
  - Change your voice to fit the mood or action.
  - Don't lose your place.
  - Show the pictures and talk about the book as you read.
  - Ask children to make predictions about the plot, the characters, and the setting.
  - Share your own thoughts about the story.
  - Allow children to ask questions or make comments, but only when they put up their hand.
- After you have read the story ask questions about it:
  - What is the title of the story?
  - Where does the story take place?
  - Who is the most important character? Why?
  - How did the story make you feel?
  - Has anything that takes place in the story ever happened to you?
  - What is your favourite part of the story and why?



**Tips / Advice:**

Try not to be embarrassed about putting on funny voices and entering into the spirit of the book.

# (K)Night

25

**Challenge:** Spend a night in a castle



**Equipment:**

- Sleeping bag
- Roll Mat
- Pillow



1 night



3+

**Guidance:**

There are different ways that this could be achieved:

- Some castles are hotels – you might be able to pay for bed and breakfast.
- Other castles are family homes – you could approach the owners and ask to stay the night.
- Many castles are ruins – if they are safe then you could sleep under the stars, but you still need to get permission to do so from the owners/ landowners.



**Safety Issues / Risk Assessment:**

- A leader must approve your overnight stay, regardless of which type of castle you intend to use.
- You must abide by BB Holiday Leadership Regulations.

# Scrabble

26

**Challenge:** Get the highest single word score in a game of Scrabble



**Equipment:**

- Scrabble Board
- Dictionary



30 mins +



2+

**Guidance:**

Play a game of scrabble against someone else. The twist is that it is not the total score that wins the game, but the highest single word score.

You could have an agreed time limit on the game – you will need to decide this beforehand of course and not wait until you are in the lead!!



**Tips / Advice:**

Keep a dictionary handy to check spellings!

## Scale the Heights

27

**Challenge:** Reach the top of the highest building you can using only stairs or lifts



**Equipment:**

- Camera / video



20 mins +



Individual

**Guidance:**

- Find the highest building in your local area.
- Seek permission from the owners/occupiers as to whether they will allow you to undertake the challenge.
- Make the challenge harder by climbing the flight of stairs instead of using a lift. It could even be a sponsored challenge, where you earn so much per step or per floor.
- Take a video or photograph of yourself at the top and what you can see.



**Tips / Advice:**

A letter of thanks to the owners/occupiers of the building after you have completed the challenge is recommended.

## Company Mascot

28

**Challenge:** Design and make a 'Company Mascot'



**Equipment:**

- Paper
- Pencils
- Other equipment will depend on what you are going to finally make



1 hour



Any

**Guidance:**

You will need to make sure that your Company Mascot is 'suitable' in its design and that it should not be made to look like anyone who is in your BB Company or anyone you know! It will also need to be 'robust' in design and made to withstand being used at your Company evenings / events. Make it the right kind of size to be seen but not too big unless you have plenty of space to store it when not being used.



**Tips / Advice:**

- You could have a competition to 'name' your mascot – again make sure that you do not use a name of anyone in your Company!
- Use good quality materials if you wish to keep the mascot for a few years.

## Fashion Show

29

**Challenge:** Put on a fashion show using only clothes bought from a second hand clothes shop



### Equipment:

- Charity shop
- Scissors
- Pins
- Needle
- Thread



2 hours



Any

### Guidance:

- Go to a local charity shop, and buy some clothes from an agreed budget for a fashion show.
- Decide on the number of outfits you are going to create, and get a rough idea of the style that you want to go for.
- Visit the shop and buy the clothes.
- Adapt the clothes for style and fit.
- Now set up a cat walk and don't forget to practise your walk!

## New Sport

30

**Challenge:** Learn a new sport



### Equipment:

As required



1-2 hours



2+

### Guidance:

Discuss together as a group what sports you have not tried before, e.g. *mountain biking, orienteering, canoeing, rock climbing, abseiling, mountain boarding, snow boarding, archery, skateboarding, skiing*. You will probably come up with lots more. Choose one that you think will be the most fun.

Now ask yourself the following questions:

- Where is the nearest centre that offers instruction in that sport?
- How much will it cost?
- How will you get there?



### Safety Issues / Risk Assessment:

Make sure that you get proper instruction for the sport – it could be dangerous otherwise.

## £100 Challenge

31

**Challenge:** Raise £100 for a charity



1 hour +



Any

### Guidance:

The choice of which charity to support is yours and once you have made that decision then you will need to research what they do and see if there is something they are particularly seeking financial support for which you could then highlight in your publicity material.

How you are going to raise £100 is a key factor – try to think of something original that will capture the imagination of people likely to support your efforts. If for instance you decide to have a 'cake sale' then ensure you will have enough cakes to sell and enough people to help you, that the event is well advertised and the chosen charity name is included on any letters or posters.

£100 is not a huge amount of money but it could make a huge impact. Ask the charity what difference they think the money you raised has had.

Be bold with this challenge, you never know it could raise more than £100!!



### Tips / Advice:

- Plan well in advance
- Publicise widely

## Semaphore

32

**Challenge:** Semaphore your name without any help to someone across the room



### Equipment:

- Semaphore flags



20 mins



2+

### Guidance:

Start by finding out how to semaphore the alphabet. Then you will be ready to complete the challenge. In pairs, using only the flags provided signal your name across the length of a room to a partner. Now do it without any prompts.



### Tips / Advice:

- The further apart the pairs are the better the challenge will be.
- To test your skills more try communicating other messages to your partner such as your date of birth, address, or favourite animal.

# Balloon Release

33

**Challenge:** Release 100 balloons as part of a balloon race



## Equipment:

- Balloons
- Helium
- Tags
- Ribbon
- Netting



1 hour +



3+

## Guidance:

A balloon release can be a good fundraiser. All you have to do is sell the balloon tags and the winner is the one whose tag is returned from the furthest distance away from the place of release. Follow the instructions below:

- Work out the cost of balloons, helium, netting and labels.
- Calculate how much you will sell each balloon for, ensuring that you make a good profit.
- Create the balloon race labels. Include the return name and address of your BB Company, and leave an appropriate place for the buyer's name and address. Finish by adding a request that the finder should post it back.
- Organise some prizes for those people whose balloon labels are returned from furthest away.
- Advertise the event and sell the balloon race labels.
- Inflate the balloons with helium on the day of the event, leaving ample time to attach the labels.
- Store the balloons under a net and at the appropriate point release them.



## Tips / Advice:

- Have as good a prize as you can afford for the balloon that travels the furthest distance. You could try and get someone to donate it.
- Give a prize to the most successful seller.
- Contact your local press.
- For release of 1000 balloons and over you will need permission from the Civil Aviation Authority.
- Think about how you are going to release your balloons.
- Expect a team of three to be able to inflate about 150 balloons in an hour. Do not start too early and never blow up balloons on the day before as they always lose gas.
- Always tie your balloons by hand with a knot in the neck.
- By advertising that balloons will be released from a balloon net at the end of an event you will ensure that visitors stay to see this spectacular conclusion.
- Create a wall map indicating from where labels have been returned.

# Holiday Snaps

34

**Challenge:** Make a video/DVD or compile a journal of a BB Camp or Holiday



**Equipment:**

- Video camera
- Digital camera
- Laptop
- DVD
- Paper & pens



Period of your camp or holiday



Any

**Guidance:**

Make a video or compile a journal of either a camp or holiday that your Company undertakes – you could form a small group to help you with this challenge.

The 'end product' should give a fair, balanced and accurate picture of your camp or holiday and you should aim to include all the activities undertaken and members attending.

If you are away for a week you could make and show a 'video of the week', edit it on your return, and show it at an open evening for young people, leaders and parents.

This is a good way of capturing what you do when you are away and it may inspire you to make a video of some of the things you do throughout a whole session.



**Tips / Advice:**

- The video could be used as a promotional trailer to show others that have not been away on camp/holiday before.
- Equipment such as video cameras are expensive so be careful about how you use and store this equipment, especially if it is not yours.

# Aren't you . . .

35

**Challenge:** Have your picture taken with a famous person



**Equipment:**

- Camera



Individual

**Guidance:**

Meet a famous person and have your picture taken with them. Think about where you can meet them, and when it would be appropriate to ask.

# Smooth Operator

36

## Challenges

**Challenge:** Create a delicious fruit based smoothie



### Equipment:

- Fruit (bananas, kiwis, oranges, strawberries etc.)
- Yogurt
- Chocolate
- Milk
- Ice cubes
- Ice cream
- Blender



20 mins +



2+

### Guidance:

- Create your own smoothie and have a blind taste test to determine the winner.
- For a basic smoothie, use 1/2 to 1 cup fruit, 1 cup plain or fruit yogurt, 1/2 cup fruit juice, about 4 ice cubes.
- Combine all the ingredients in a blender. Process on high until the ice is completely crushed and the drink is smooth and creamy.



### Tips / Advice:

- To make fresh fruit smoothies, use just one fruit or a few kinds of fruit that go well together, such as strawberries and bananas, pineapples and oranges, peaches and berries, etc.
- Yogurt used in a smoothie can be plain, vanilla or with fruit.
- There's no need to add ice cubes when making smoothies with frozen fruit. If you have bananas that are becoming over ripe, freeze them to use in smoothies. With frozen bananas you can also have cold, frosty smoothies without adding ice cubes.
- Try adding fruit juice.
- The blender used to make smoothies can be a basic blender, with just a high and low setting, or a deluxe multi speed model, as long as it's powerful enough to crush ice cubes.
- Use the recipes provided on the "Smooth Operator" template to create a smoothie.



### Safety Issues / Risk Assessment:

- When using the blender be careful that the contents do not overflow.
- Be careful when using kitchen apparatus.

## Blooming Marvellous

37

**Challenge:** Plant some bulbs that will flower in a recognisable shape



**Equipment:**

- Bulbs
- Spade
- Trowel



60 mins +



Any

**Guidance:**

Locate a suitable area / site to plant the bulbs. There maybe a flowerbed in your locality that the local council would allow you to use for this challenge so it is worth exploring that option. Alternatively there may be a flowerbed in your church grounds which could be used.

- Create a design of the shape you would like. It could be a simple word or shape.
- Find bulbs that will flower in the colours of your design. Make sure that they will all flower at the same time. It is recommended that you take advice from your local garden centre or an experienced gardener.
- Get other members of your BB Company to be involved in the maintenance of the flowerbed.
- You could invite the local press, TV or Radio stations when the 'recognisable shape' comes into bloom to gain some good publicity for your efforts and your BB Company.



**Tips / Advice:**

- Secure a suitable flowerbed first.
- Seek advice on what to plant and when to plant.
- Ensure suitable maintenance of the flowerbed.

## New Skill

38

**Challenge:** Teach someone else a new skill



**Equipment:**

As required



30 mins +



2-3

**Guidance:**

Teach someone else a skill that you have that they might not have tried before. Chose something that you are good at or interested in. Some ideas might include a few chords on the guitar, a simple tune on the piano, how to plate spin, drawing cartoons, cooking a meal etc. The aim of the challenge will be that they go away having learnt or mastered something no matter how small.

# Gardeners' World

39

## Challenges

### Challenge: Plant a tree in your community



#### Equipment:

- Spade
- Tree



1-2 hours



Any

#### Guidance:

You need to consider the type of tree you are going to plant, species such as oak, beech, ash or hornbeam are large trees and need a lot more space. Species such as common whitebeam, wild cherry, crab apple, field maple, silver birch are smaller.

Before planting a tree you will need to seek permission from the landowner or local council depending on where you are looking to plant it. They may be able to offer a location.

Once you have found an appropriate location, consider the following:

- How big will it grow? Take care to ensure its final size will fit in with the environment and avoid planting large trees within 10 – 15 metres of buildings.
- Avoid planting trees in key conservation habitats such as flower-rich grassland, wetland or heath.

Then comes the actual planting of the tree, you should ensure you have appropriate equipment (spade, etc). Also consider how the tree will be supported during its early life. You should liaise with a professional gardener or tree expert throughout this challenge.



#### Tips / Advice:

You could hold a special unveiling ceremony or dedicate the tree in some way.



#### Safety Issues / Risk Assessment:

Use of tools and equipment should be supervised.

# Magic

40

**Challenge:** Perfect and perform a simple magic trick



**Equipment:**

- Monopoly money
- Paper
- Cheesy background music



20 mins



Individual

**Guidance:**

Teach yourself a trick and then perform it to anyone who will watch. See if they can work out how you did it.

Look on the internet for other ideas, or just try the one below.

**Money Making Trick**

- Get 4 notes (monopoly money will work fine) and 4 pieces of paper cut to exactly the same size.
- Then get another piece of paper with a note glued half way to it.
- Place the rest of the money on the money side.
- Fold in half and unfold the piece of paper glued to the note.
- Make sure the money is hiding behind it and put the pieces of paper on top.

For the trick:

- Show to the audience both sides of the pieces of paper one by one (except the last).
- Place the paper back on top and fold in half. Make sure that you don't show the bills, do this by covering them with your hand.
- Then as you turn your hand snap your fingers, revealing the money. Unfold and as you did with the paper show the audience both sides of the notes (except the last one).



**Tips / Advice:**

Practice makes perfect! It's important that you know what you are doing and are well rehearsed.

# Self Portrait

41

**Challenge:** Draw a self portrait



**Equipment:**

- Drawing paper or canvas (A4 or A3)
- Pencil & sharpener
- Colouring pencils / crayons / chalk / charcoal
- Mirror or a picture of yourself



1-2 hours



Individual

**Guidance:**

Draw a self portrait using a mirror or from a recent picture of yourself. A self-portrait should be an exploration of your face and personality, so put some thought into it and you might like to write down what characteristics you want to focus on.

An important aspect to consider when making a self-portrait is what will it be made of? Your choice of material will make a big difference to the style and feeling of your self-portrait. You will find a local craft shop or stationers will sell specialist drawing paper and different types of canvases which would be ideal. There are lots of different media that could be used including pencils, charcoal, chalk, crayons and painting.

Other things to consider before starting your self portrait:

- Will you pose?
- What are you implying by your body language?
- What mood are you in?
- Will your facial expression indicate how you're feeling?
- Will you include the top half of your body or just face and neck?

# Far, Far, Away

42

**Challenge:** Take a photograph of yourself at the furthest point away from your BB company



**Equipment:**

- Camera



Individual

**Guidance:**

If you are on holiday, or back packing around the world, don't forget to take your camera with you and start snapping. At the end of a year get back together, show each other the pictures, gather around an atlas and see who got the furthest away! Don't forget to talk about your experiences!

## Graffiti Wall

43

### Challenge: Create a Graffiti Wall



#### Equipment:

- Spray paints
- Protective clothing
- Protective mask
- Plastic / dust sheets



1 hour +



Any

#### Guidance:

Graffiti is the name for images or lettering scratched, scrawled, painted or marked in any manner on property. Graffiti is often regarded by others as unsightly damage or unwanted vandalism. Sometimes graffiti is employed to communicate social and political messages. To some, it is an art form worthy of display in galleries and exhibitions. However, the public generally frowns upon "tags" that deface bus stops, trains, buildings, playgrounds and other public property. But Graffiti can be used in a positive way.

Your task is as a group to come up with a design for a Graffiti wall and get permission to paint a wall in your church or alternatively get a large piece of board which could be used to paint the graffiti wall (this can then be temporarily displayed).

Be creative especially in your use of colours, but remember the message is the most important thing. Consider what you want to get across through illustration or text, you could portray a biblical message or something associated to The Boys' Brigade but that is up to you. You should draw your design on paper before starting to paint.



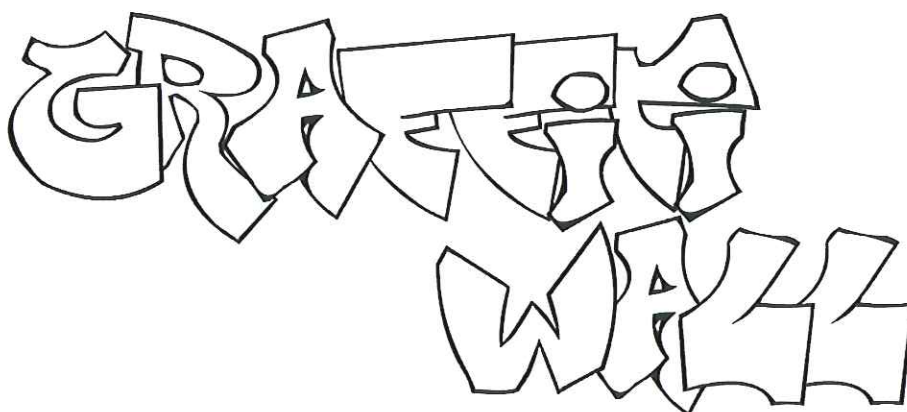
#### Tips / Advice:

- Make sure that you protect areas around your graffiti wall by covering up using plastic sheeting or dust sheets.
- It might be best to do it outside.



#### Safety Issues / Risk Assessment:

- Always wear protective clothing and a mask when using spray paints.
- Only use spray paints in well ventilated areas.
- Always follow the instructions on the paint.



# BB's Got Talent

44

## Challenge: Organise a talent show



### Equipment:

- PA system
- Seating
- Staging
- Refreshments



2 hours +



Any

### Guidance:

You must coordinate and manage a Talent Show. It is your choice what style / form it takes which may well depend on where and when it is going to be held. You could do this on one of your meeting nights and ask the other young people to take part in it, or it could be part of your Display. You may wish to extend it to other young people in your church and make it a BIG event where people pay to come and watch. This challenge will depend on your skills and therefore it is up to you how big or small you think you can cope with – just have fun undertaking this challenge and those taking part will follow your lead.

Think about:

- Who will compere it? What will they do?
- How will acts register?
- What will the prize be?
- Will there be refreshments?



### Tips / Advice:

- If you choose this challenge be enthusiastic – that will rub off on those going to take part.
- Make sure that the venue / evening / time you have chosen is available and clashing with anything else.
- Plant the idea with people to let them think about it before you 'officially audition!!!!'



### Safety Issues / Risk Assessment:

The more people involved, the greater the safety issues especially if it turns out to be a 'public performance'.

# Safari Supper

45

**Challenge:** Walk between different locations to experience a culinary extravaganza



90 mins +



3+

## Guidance:

The idea of a safari supper is that you walk to different locations around your town for the different courses of a meal.

- Identify different locations that you can go to. Try asking members of the Church, other BB companies, parents etc. to open up their homes and cook for you.
- Try to arrange at least three courses.
- Arrive at a central location and walk to your first food station.
- Allow at least 20 minutes at each stop and at least 15 minutes walk between courses.
- Think about some entertainment you could put on at each stop.



## Tips / Advice:

- Remember to thank everyone who cooks and welcomes you into their home.
- Don't eat before you go out!



## Safety Issues / Risk Assessment:

Large groups of people can be intimidating so be aware of how you are perceived.

# Circus Skill

46

**Challenge:** Learn a new circus skill



## Equipment:

- Juggling balls / clubs / rings
- Diablo
- Spinning plates & sticks
- Devil Sticks
- Unicycles



1 hour



Any

## Guidance:

Try and master a circus skill. Learn the basics and then have a go at some tricks. Why not look back at what you did in the Discover programme for some ideas or go to [www.jugglingworld.biz](http://www.jugglingworld.biz).

# Over the Moon

47

**Challenge:** Learn a new vault



**Equipment:**

- Vault
- Crash mat



30 mins +



3+

**Guidance:**

This is for those groups that have experience in gymnastics. Discuss with your gymnastics instructor a vault that you have previously not been able to complete. Together you can decide on a vault and how you will be able to achieve it.



**Safety Issues / Risk Assessment:**

Make sure that this activity is appropriately supervised with qualified instructors.

# Pop World

48

**Challenge:** Recreate a famous music video



**Equipment:**

- Video camera
- CD player
- Laptop



60 mins



2+

**Guidance:**

Use a well known music video as inspiration for you to recreate it with your own unique twists. Plan the different scenes, gather the props and give it a go. If you're stuck for ideas why not try "Is this the way to Amarillo" or The Verve "Bitter Sweet Symphony". Have a look on You Tube for inspiration!



**Tips / Advice:**

- If you play the CD whilst recording you can then mute the video clip and add the music at a later point. This will make the video be in time with the music and give better quality sound.
- Make sure that the content of the music and video are appropriate.



**Safety Issues / Risk Assessment:**

Be aware of the areas where the group are recording, and set out any boundaries at the beginning of the challenge.

# BBQ

49

## Challenge: Organise a Seniors' BBQ



### Equipment:

- BBQ (gas or charcoal, depending on numbers you may need more than one)
- Cooking Utensils  
(eg. tongs, spatula/tuner/slice, cooking fork)
- Food (as required)



1 hour +



Any

### Guidance:

Organise a BBQ during the summer months for all the Seniors in your Battalion. You will need to find an appropriate date and time and most importantly a venue. An ideal venue could be a leader's house or with permission one of your own homes (permission should be obtained from Parents/Carers). Ideally you will be looking for somewhere with a large garden.

Think about:

- What different food could you do? Food is the most important part of a BBQ, so decide what your budget will allow you to eat. Some ideas could include burgers, sausages, ribs, chicken and an assortment of kebabs/skewers plus you could try some fish! Be creative as there are lots of different things you could do especially when creating your own kebabs and skewers. Don't forget to add peppers, mushrooms, onions and other vegetables. You could also do something sweeter on the BBQ including skewers of marshmallows, fruit and sweets!
- How will the costs of the BBQ be covered? Will people pay to come along, has the Company given you a budget, or will people be told what food to bring and share?
- Who is going to do what? Allocate different roles for individuals including cooks, preparation, publicity, welcoming.



### Tips / Advice:

Remember this should be an alcohol free event, even if some of you are 18 years old!



### Safety Issues / Risk Assessment:

BBQ's involve fire and can be dangerous so ensure you use the BBQ in an appropriate space, preferably a hard standing surface. Have a bucket of water standing by.

# Beach Olympics

50

**Challenge:** Create a mini beach Olympic games



**Equipment:**

As required



30 mins



4+

**Guidance:**

With 2012 fast approaching create your own Olympics on the beach.

- Decide what events you would like to do. Below are some ideas ...
  - Long jump
  - Sprint
  - Long distance run
  - Frisbee throw
  - Football dribble
  - Beach cricket
  - Beach volleyball
  - Sand castles
  - Sand sculptures
  - Ball run (using only sand see how far or with how much style you can get a ball to roll e.g. *loop the loop*)
  - Jaws relax race (run, jump or hop with inflated sharks between legs)
  - Beach hula-hoop (longest time wins)
  - Flipped out beach relay (wearing flippers and a snorkel mask, relay your team across the sand)
  - Bucket brigade (using small buckets full of holes fill with sea water a larger bucket)
  - Tug of war
  - Boules
- Think about what equipment you will need and how you will get it to the beach.
- Get into teams and devise team names.
- Let the competition begin.



**Tips / Advice:**

Get every member of your team to wear the same coloured clothes or better still same coloured bandanas to look the part.



**Safety Issues / Risk Assessment:**

- Only swim in the sea if there is appropriately qualified supervision.
- Don't play on sand dunes.

# Company Night

51

**Challenge:** Plan and run an evening for your Company



**Equipment:**

As required



1 hour +



Any

**Guidance:**

Decide on whether you are going to organise an evening for all age groups or just one. Your evening should be something different from 'the normal' and one that will be remembered for its excitement, enjoyment and fun!

It is important to plan the evening well in advance so you can ensure that everything is in place and that you can notify those taking part, especially if the meeting time is different, you are going out, money is required or those taking part need to bring suitable clothing.

Think about:

- What will the activity cost?
- How is it going to be paid for?
- What support do you need from leaders for the evening?



**Tips / Advice:**

Don't forget to make your evening something really special for those taking part.



**Safety Issues / Risk Assessment:**

- A Risk Assessment should be carried out.
- A Leader MUST be present at all activities.

# Money Trail

52

**Challenge:** Organise a 'coin trail' and then send the money to a charity



## Equipment:

- Money
- Cash Bags



2 hours +



Any

## Guidance:

A 'coin trail' is where coins are placed side by side to create a line or shape and the coins used are collected up, counted out into cash bags, banked and then a cheque sent to a predetermined charity.

One of the important decisions you will need to make is which charity the proceeds should go to. Get people to nominate some charities, a vote could then be held and the one with the highest number will be the one to support.

You will need to have sufficient space in your church premises for the 'coin trail' so make sure that the room is booked well in advance. You can decide what denomination of coins are to be used so that they are all the same size – you may not get many people offering £2 coins for your trail!!



## Tips / Advice:

- Inform people in advance of the challenge you are organising so that they have enough time to save up whichever coin denomination is being used for your 'coin trail'.
- This could be a good opportunity to get some publicity for your BB Company in the local media and you could achieve two challenges in one task!
- Make sure that you have enough people to count the money once the coin trail is complete.



## Safety Issues / Risk Assessment:

You will need to ensure the money is kept in a safe place once it is counted until it is banked.

## Monopoly

53

**Challenge:** Create a monopoly board using your town or city's famous roads and locations



### Equipment:

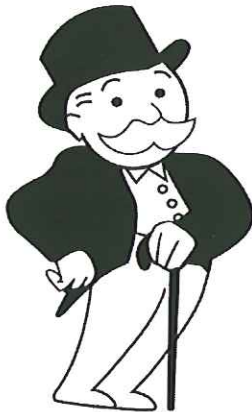
- Monopoly board
- Card
- Camera
- Computer
- Pens



2 hours +



2-6



### Guidance:

Using the landmarks in your town and city create a new version of monopoly:

- Have a look at a standard version of monopoly to familiarise yourself with the layout.
- Decide how you are going to create it, e.g. *on a computer, using card etc.*
- Write out a list of the standard version's roads and locations, and think of equivalent locations in your area, *i.e. what is going to be your Mayfair or Old Kent Road.*
- Create the game using the materials available to you.
- Play it!



### Tips / Advice:

- You might like to use the money or characters from the standard game.
- Take photographs of the roads or landmarks to use on your board.

## Coin Set

54

**Challenge:** Collect a set of coins from the date of your birth



Any



Individual

### Guidance:

Collect a complete set of coins from the date of your birth. This set should include a 1p, 2p, 5p, 10p, 20p, 50p, £1. (The £2 coin only came into circulation in 1997.) Then bring it into BB, and award a prize for the first person to complete the challenge.



### Tips / Advice:

Ask friends and relatives to look out for any coins from the year of your birth.

# Monopoly 2

55

**Challenge:** Visit all the locations on a monopoly board in the fastest possible time



## Equipment:

- Monopoly board
- Camera



2 hours +



6+

## Guidance:

Using the locations from a standard version of monopoly, in small groups, and with a camera visit every location taking a picture with the group in it. First group back wins.



## Tips / Advice:

- Add extra challenges, e.g. *have your picture taken at one of the locations with a police officer.*
- You don't have to use the London version of monopoly as most cities have their own version, or use the one you created. However, it might be nice to do it somewhere a bit different!



## Safety Issues / Risk Assessment:

Stay in groups of at least three.

# Drill

56

**Challenge:** To instruct a drill routine that lasts 3 minutes



1 hour +



6+

## Guidance:

- Plan a drill routine that will last approximately 3 minutes.
- Ensure it has a variety of movements, and you will need to determine whether each of the component parts needs to be practised individually.
- Remember to practise giving commands on the correct foot. Practice makes perfect!



## Tips / Advice:

- Turn this into a competition, with different teams and different people taking the role of drill instructor.
- It would make an ideal display item.

# Documentary

57

**Challenge:** Make a 10 minute documentary about your BB Company



## Equipment:

- Digital video camera
- Laptop
- Paper / pens



2 hours +



2-5

## Guidance:

This could have a historical basis, looking at when the Company started, significant events over its years, interviews with former leaders and young people, and a comparison to the present day Company. Or it could look at the present day Company, including a behind the scenes look, how it relates to the community and your Church, why people go along, what they like best, and what their dreams are for the future?

You can have freedom of choice as to what to include in your documentary but remember that you only have 10 minutes. Be inventive in what you include!!



## Tips / Advice:

Show this at your annual display, church service or promotion event.



## Safety Issues / Risk Assessment:

Make sure that you have permission to video every person appearing in the documentary.

# Top Score

58

**Challenge:** Get the highest score you can on a computer game



## Equipment:

- Laptop / games console
- Selection of computer games



30 mins +



Any

## Guidance:

Choose the game you wish to use for this challenge and then set a period of time in which you can have as many attempts as you can to secure your highest score. You could challenge another young person or leader to undertake the same task as you and then compare scores!!



## Tips / Advice:

You could try a few different games with different levels of difficulty / scoring.

# Mobimissions

59

## Challenges

### Challenge: Design and complete a mobimission



#### Equipment:

- Camera phone



30 mins +



6+

#### Guidance:

Mobimissions is a game in which players use camera mobile phones to create, share and reply to real time missions. Missions and their responses are defined by sequences of digital photographs and text messages.

A complicated Mobimission needs a lot of forward planning. In essence they are a 21st century treasure hunt.

- Define your central mobile phone and number. This will be the narrator for the game, make sure everyone knows this number.
- Decide on a location to play the game, e.g. town centre, park (make sure you can get a constant reception).
- Set the task. The opportunities really are endless. You can set challenges from take a picture that sums up your view on life, to take a picture of a squirrel, to go to a certain grid reference and solve a puzzle.
- On completion, the players need to send their answer or picture back to the narrator, who in turn on the correct completion of the task, sends out the next challenge. It is necessary to have each task or challenge ready to be sent out to the participants.
- After a series of challenges have been set, make each team return to the narrator's central location. The first team there is the winner.



#### Tips / Advice:

- Try and be as creative as possible, there really are many different things that could be done.
- Set a time period on the challenge, and arrange beforehand a central meeting point.



#### Safety Issues / Risk Assessment:

- Don't take any unnecessary risks, always work in teams of at least three.
- Make sure the mobile phone is fully recharged.
- Check for reception in the area of the challenge.
- Ensure that everyone is familiar with the central meeting point.

## Get fit

60

### Challenge: Join a sports club



#### Equipment:

As required



3 hours +



Individual

#### Guidance:

This challenge is one for you to enjoy, have fun and also keep fit. You can choose what kind of sport you would like to undertake and then find out the nearest club you could join.

Think about:

- What is the joining fee?
- Where is it?
- When do they meet?
- What does my commitment entail?



#### Tips / Advice:

Take time to consider which sports club you would like to join. There is no point paying to join something that you are not going to enjoy. Try and get a free taster session first.

## Narrow Boating

61

### Challenge: Take a trip on a narrow boat



#### Equipment:

- Narrow Boat
- Safety equipment



1 hour +



Any

#### Guidance:

Undertake a trip on a narrow boat that lasts for more than one hour and have your photograph taken whilst on board. You could use this challenge to undertake a weekend residential on a narrow boat.



#### Tips / Advice:

The internet has details of narrow boat trips and narrow boat hire.



#### Safety Issues / Risk Assessment:

Ensure you are aware of the safety issues when using a narrow boat.

# Fall In or Fall Out

62

**Challenge:** Instruct three-legged drill movements



**Equipment:**

- Crepe bandages



20 mins



3

**Guidance:**

Find two willing volunteers to stand side by side and then using the crepe bandage to tie their touching legs together – but not too tight!! Pick some of the more simple drill movements such as 'right turn' / 'left turn' / 'quick march' etc. and give the commands for the 'volunteers' to undertake the movements. Put them through their paces!



**Tips / Advice:**

This challenge could be videoed or you could take photographs to record the 'success' of this new form of drill in your Company.



**Safety Issues / Risk Assessment:**

You will need to consider which drill movements are 'safe' to undertake as a three legged activity. Although it will be very funny to watch, make sure that it is not irresponsible.

# Blood Donor

63

**Challenge:** Give blood at your local blood donation site



20 mins



Any

**Guidance:**

If you are over 17 and healthy, save someone's life by giving blood.



**Tips / Advice:**

Go to [www.blood.co.uk](http://www.blood.co.uk) and [www.scotblood.co.uk](http://www.scotblood.co.uk) to find out if you are allowed to give blood and where & when you can donate.



**Safety Issues / Risk Assessment:**

Have a drink and a biscuit before you leave.

# Charity Night

64

**Challenge:** Take part in one overnight event for a Charity



## Equipment:

- Sleeping bag
- Clean clothes
- Toiletries
- Food & drink



1 night



Any

## Guidance:

The purpose of this challenge is for you to take part in one overnight event that will benefit a Charity. The choice of the event is yours – there may be one being held in your local community, or you could arrange one yourself. Whatever you choose the real purpose is to help / support a charity. This might be an ideal fundraising opportunity for the charity.

Think about:

- What are you going to spend your time doing?
- How is it going to benefit the charity?
- What are you going to get out of it and learn?



## Tips / Advice:

- Ensure that you abide by all Boys' Brigade Holiday Leadership regulations.
- You will need to make sure that if you are arranging your own 'overnight event' that you have secured a suitable location, that you have booked the location if required, that you publicise the event and if it is for fundraising then keep careful records of money received / donated.
- Once all the money has been received you must send it off to the charity.



## Safety Issues / Risk Assessment:

If you are using your own church premises for this challenge then you should inform your local police in case they see lights on overnight – it will save them thinking someone has broken in!!

# National Celebration

65

**Challenge:** Hold an evening where you celebrate a country



**Equipment:**

As required



1 hour +



Any

## Guidance:

Your challenge is to pick a country and then hold a 'celebration evening'. This could include activities, experiencing some of their traditions, watching a film made in that country, eating some of their traditional food etc.

Once you have chosen a country you could undertake research to determine what you are going to include in your evening. If you choose to include food what is the menu going to be, who is buying it, cooking it, clearing up afterwards? Eating it will probably not be a problem!!

You could just focus the whole evening around having a meal together – the choice of how you celebrate the chosen country is up to you – just enjoy the whole experience.



## Tips / Advice:

- Plan well in advance
- Inform all those taking part in advance to make sure they are available (to eat and also wash up etc!!!)

# National Anthems

66

**Challenge:** Gargle a national anthem



**Equipment:**

- Water
- Glass



10 mins



2+

## Guidance:

Using a small amount of water in your mouth gargle the national anthem of a home nation.

Then play a game gargling other national anthems from around the world, and get others to guess what they are.



## Tips / Advice:

Go to [www.national-anthems.net](http://www.national-anthems.net) to hear and download national anthems from around the world.

# Volunteer

67

**Challenge:** Work in a local Charity Shop or your Church Coffee Shop for a period of 2 hours – unpaid!!



## Equipment:

Any equipment should be provided for you



2 hours



Any

## Guidance:

You have a choice with this challenge – you can volunteer to work in either a local Charity Shop or in a Charity Coffee Shop for at least 2 hours. You will need to explain the ‘challenge’ to the person managing the ‘shop’, and ensure that you are fully aware of what your role will entail before you commence your ‘volunteering’.



## Tips / Advice:

Volunteering can be really worthwhile and this challenge may inspire you to do some more in your local community, and take part in the Young Volunteer Award Scheme.



## Safety Issues / Risk Assessment:

Make sure that you undergo a health and safety briefing appropriate to your place of volunteering before you begin your work.

# Toothpick

68

**Challenge:** Eat a tin of baked beans or sweetcorn using a toothpick



## Equipment:

- Tin of beans or sweetcorn
- Toothpicks



10 mins



2+

## Guidance:

Make the challenge a race – who will be first to finish?



## Tips / Advice:

Make sure that you don't buy tins that are too big!



## Safety Issues / Risk Assessment:

Be careful with the toothpicks, they are sharp.

# All at Sea

69

## Challenges

**Challenge:** Go crabbing or sea fishing on a boat



**Equipment:**

- Fishing tackle (this can often be hired)
- Crabbing lines
- Bait
- Bucket



1 hour +



Any

**Guidance:**

Catch as many fish as possible or go crabbing and catch as many crabs as possible in a set period of time. Make sure you also have a prize for the person who catches the biggest fish or crab. A photograph will need to be taken of your catch as evidence.



**Tips / Advice:**

- This challenge could be undertaken when you have a coastal weekend/week residential experience with your Company.
- If you are going sea fishing you should only use recognised 'hire companies' or are suitably experienced and qualified.



**Safety Issues / Risk Assessment:**

If you have your own boat you must ensure that you observe all the safety issues when going out to sea – times of tides, weather forecast, informing someone else that you are going out, wearing a lifejacket etc.

# Ice Skate

70

**Challenge:** Complete three continuous circuits of the ice rink



**Equipment:**

- Ice skates (most ice rinks will hire them for a small extra fee)



1-2 hours



2+

**Guidance:**

For a novice standing up when ice skating is difficult, let alone move. Build up your courage and complete three continuous circuits.

Think about:

- Where is the nearest ice rink?
- When is it open for public skating sessions?
- How much will it cost?
- How are you going to get there?



**Tips / Advice:**

- Clothes can get wet if you keep falling, so take along a change of clothes.
- Some ice rinks also do skating discos.

# Climbing Wall

71

**Challenge:** To reach the top of a climbing wall



**Equipment:**

- Equipment provided by a climbing wall centre
- Qualified instructors



1-2 hours



2+

**Guidance:**

Find out where your nearest climbing wall is. It might be at an indoor climbing centre or outdoor activity centre. Some commercial firms and local authorities have portable climbing walls that can come to your event but this can be very expensive.

Think about:

- How much will it cost?
- How are you going to get there?



**Safety Issues / Risk Assessment:**

Climbing should only be attempted under expert supervision and instruction, with safety equipment.

# Theatre Trip

72

**Challenge:** Arrange a trip to see a theatre production



**Equipment:**

- Computer
- Production leaflets



3 hours



Any

**Guidance:**

Going to the theatre is a great drow out.

Think about:

- What theatre productions sounds of interest to you?
- How are you going to get there?
- What is it going to cost for transport, food, and tickets?
- Can everyone make the proposed date?

Now go and see the production. Enjoy!



**Tips / Advice:**

Have a look at [www.lastminute.com](http://www.lastminute.com) and [www.uktw.co.uk](http://www.uktw.co.uk) for ideas on productions, cost and location.



**Safety Issues / Risk Assessment:**

Make sure that the production is appropriate for those going to see it.

## In the Photo

73

**Challenge:** Get your photograph taken beside either the RNLI Lifeboats "The Boys' Brigade" or "Sure & Steadfast", or the train "Sir William A Smith"



### Equipment:

- Camera



Any



Individual

### Guidance:

Locate where the lifeboats and train are, and decide which one you are going to visit. You might need to make contact before you go to visit and make arrangements.



### Tips / Advice:

You could send your picture into the Gazette (BB National Magazine).



### Safety Issues / Risk Assessment:

Be aware of hazards when near water or the railway.

## Food on High

74

**Challenge:** Use your imagination to eat a meal as far off the ground as you can



### Equipment:

- As required



1 hour



2+

### Guidance:

Be inventive about where you can do this challenge and what your meal will consist of. It could be a tree house, roof top restaurant, plane, on a fairground ferris wheel, mountain or anywhere (that is practical).

Think about:

- What location can you dream up?
- What kind of a meal will you have?
- Can you buy the food or do you need to take it with you?



### Safety Issues / Risk Assessment:

Make sure that the location is safe and practical.

# Bike Ride

75

**Challenge:** Plan and complete a bike ride



## Equipment:

- Bicycle
- Map
- Cycle maintenance kit
- Transport to the start of the route
- Helmet



2 hours +



Any

## Guidance:

A bike ride along a recognised path is a great way to explore an area.

- Go to [www.sustrans.org.uk](http://www.sustrans.org.uk) and look at the "Easy Rides" section.
- Look for paths that are traffic free, particularly if you do not have much experience.
- Plan your route.
- Work out how you are going to get to the start of the route.
- Decide what food, refreshments and other kit you will need.
- Start cycling!



## Tips / Advice:

- [www.sustrans.org.uk](http://www.sustrans.org.uk) provides lots of information on safe routes, free maps, safety issues and information on where equipment can be hired.
- There are also numerous sponsored bike riding events that you could take part in. Look out for more information.



## Safety Issues / Risk Assessment:

- Ensure that you abide by traffic regulations and have appropriate training and knowledge to cycle safely.
- Always wear a helmet, even if it does mess up your hair.

# Paintballing

76

**Challenge:** Take part in a paintball mission



**Equipment:**

This will be provided at your chosen location



1-2 hours



Any

**Guidance:**

Find out where your nearest paintballing facility is located. There are a number of websites that could help, including [www.paintball.co.uk](http://www.paintball.co.uk) and [www.go-ballistic.co.uk](http://www.go-ballistic.co.uk). The normal 'booking period' or 'session' lasts for more than 1 hour.

Think about:

- How much is it going to cost?
- Is there a lower age limit?



**Tips / Advice:**

- You can make a booking 'on-line'.
- Do make sure that you ask for the total cost of a session which includes the hire of their equipment and supply / purchase of sufficient paintballs for the period of the game.



**Safety Issues / Risk Assessment:**

You will need to observe all the safety precautions and wear the safety equipment that is provided. Remember that you should not sign insurance waivers.

# Cultural Visit

77

**Challenge:** Arrange a visit to an art gallery or museum



1-2 hours



2+

## Guidance:

Most large towns/cities have an Art Gallery or a Museum. Look at what is on locally and as a group decide what would be of interest to you. This could be science, transport, military, local artefacts, renaissance painters – the list is endless. Entrance to a lot of Museums/Art Galleries is free, but others charge a fee.

Think about:

- When are you going to go?
- How are you going to get there?



## Tips / Advice:

You will get a lot more out of your visit if you join a guided tour for at least part of your visit. If you go in a large group it is best to check with the museum first, you might even get a special tour!

# Discover the DEA

78

**Challenge:** Find out about The Duke of Edinburgh's Award and consider taking part



## Equipment:

- Laptop with access to the internet



30 mins +



Any

## Guidance:

You will be able to find out most things by checking out the DofE website at [www.dofe.org](http://www.dofe.org). If you want to enrol for the DofE you should do so through The Boys' Brigade which is an 'Operating Authority' for the DofE. You can purchase Record Books and other DofE resources from BB Supplies <http://shop.boys-brigade.org.uk> which then automatically registers you so you can start the scheme at your chosen level.

Find out how the DofE is linked into the BB Challenge Plus Programme and major awards including the Queen's Badge.



## Tips / Advice:

- It is really worth considering undertaking the DofE as it so closely linked into the BB programme and badge awards.
- Invite your local DofE coordinator to come and talk about the award.

# Shoebox Appeal

79

**Challenge:** Fill a shoe box full of presents for Operation Christmas Child



## Equipment:

- Shoe box
- Christmas wrapping paper
- Scissors
- Sellotape
- Presents



1 week



Individual

## Guidance:

Operation Christmas Child is an annual project that enables individuals and organisations to fill shoe boxes with gifts for children around the world.

- Find an empty medium-size shoe box.
- Wrap the lid and box separately in wrapping paper.
- Decide if your gift is for a boy or girl. Obtain a sticker from [www.samaritanspurse.uk.com](http://www.samaritanspurse.uk.com) and tick the appropriate age box on the boy or girl sticker.
- Stick the label to the outside of the lid – on the top right as you would a stamp on a letter.
- Fill the shoe box with the gifts, but do not wrap any items individually and ensure that all items are new.
- The website [www.operationchristmaschild.org.uk](http://www.operationchristmaschild.org.uk) tells you all the information you need and ensures that all the items you pick are appropriate.
- Complete your details on the donation form and enclose £2 towards distribution, transport, processing and promotion (cheques should be made payable to "Samaritan's Purse"). Place the donation with the form in an envelope and seal it (alternatively pay for your donation online). Place your donation envelope or online donation slip on top of the contents so that it will be clearly visible when the box is opened.
- Please secure the lid with an elastic band, and DO NOT seal the box as it will need to be checked to ensure it meets Customs requirements.



## Tips / Advice:

- For more information go to [www.operationchristmaschild.org.uk](http://www.operationchristmaschild.org.uk). Here you will be able to ...
  - Download a helpful PowerPoint presentation that explains gift ideas and how to pack your box.
  - See how this makes a difference. Read stories of children who have received shoe boxes.
  - Watch the Operation Christmas Child Video for 2007.
- Individuals and small groups – After the 2nd October you will be able to find details of your nearest Drop-Off Point at [www.operationchristmaschild.org.uk](http://www.operationchristmaschild.org.uk).

# Googlewhack

80

**Challenge:** Find a google whack



## Equipment:

- Computer
- Internet connection



Any



Any

## Guidance:

A Googlewhack is a Google search query consisting of two words, that returns a single result. Record your Googlewhack at [www.googlewhack.com](http://www.googlewhack.com).

You need to abide by the following rules ...

- Visit Google.
- Submit a query of two words, but don't use quote marks (quotes tell Google to find the enclosed words immediately adjacent – and that's too easy!)
- Use no punctuation in your words, and no numbers.
- Words must be between 4 and 30 characters in length.
- Your two words must exist in Google's dictionary. In the blue bar at the top of your Google results, accepted terms are linked, and so appear 'underlined.'
- Google is the arbiter of a whack's uniqueness. Look to the right end of the blue bar atop your Google results. If you see "Results 1 – 1 of (any number)," you found exactly one hit and this is a Googlewhack!
- Google shows you an excerpt of the page you whacked. Look at that text. If it's merely a list of words (such as a bibliography, concordance, encyclopaedia, glossary, thesaurus, dictionary, domain names, or plain old machine-generated random garbage), this is not a Googlewhack.
- Offensive comments cannot be accepted.



## Tips / Advice:

Go to [www.googlewhack.com](http://www.googlewhack.com) for more information.



## Safety Issues / Risk Assessment:

Make sure that the content viewed on the internet is appropriate for BB.

## Hot Air Balloon

81

### Challenge: Build and fly a hot air balloon



#### Equipment:

- 16 sheets of tissue paper 50cm x 75cm
- Water based glue or Pritt stick
- Hair dryer or hot air paint stripper



2 hours +

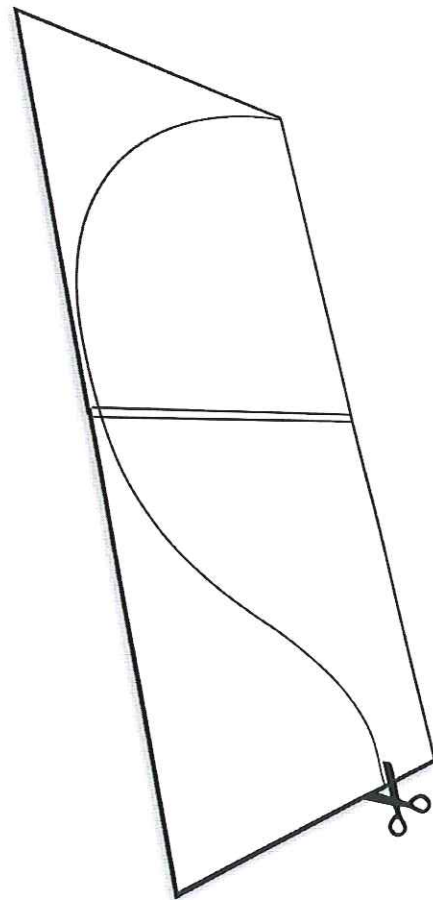


2+

#### Guidance:

You might be used to talking a lot of hot air, but now use it to create a hot air balloon.

- Glue together two 50cm x 75cm sheets of tissue paper to make one 50cm x 150cm sheet.
- Avoid leaving any gaps in the glue and make a 1cm overlap between the sheets.
- Make up 8 such sheets.
- Lay all 8 sheets on top of each other and cut to the shape shown.
- Glue the first and second sheets along the curved edge.
- Repeat with sheets 3 & 4, 5 & 6, 7 & 8. If you use a water based glue, you may need to leave the balloon till next week to allow the glue to dry (otherwise sheets will stick together, where you do not want them to).
- Now glue the straight edge of sheet 2 to sheet 3. Repeat with sheets 4 to 5, 6 to 7.
- Fold round the stack of sheets so that you can glue the straight edge of sheet 1 to sheet 8.
- A circular patch is used to seal the top of the balloon.
- Inflate the balloon with a hair dryer or paint stripper making sure that you do not allow the balloon to touch the heat source as it will go up in flames.
- The balloon will rise to the ceiling if you do this indoors. (Or float away if you try it outdoors on a calm day.)



#### Tips / Advice:

Buying different coloured tissue paper can produce colourful designs.



#### Safety Issues / Risk Assessment:

- Do not touch the tissue paper with the hair dryer or paint stripper as the balloon will go up in flames!
- Do not leave the hairdryer or paint stripper on unattended.

# 24hr Travel

82

**Challenge:** Travel on as many different forms of transport as you can in a 24 hour period



## Equipment:

- Travel pass
- Bicycle
- Food & drink
- £5 each



24 hours



6+

## Guidance:

- Brainstorm as many different forms of transport as you can think of.
- Now eliminate those that are beyond your reach.
- Think about how you can travel on as many forms of transport as you can in 24 hours and plan a route.
- You must use each mode of transport for at least one hour's travelling time, and should stay in groups of at least three.
- For each mode of transport you are on you must take a photograph of your group, record the times, distance travelled, and the locations travelled to / from.
- If the number of modes is tied between teams at the end of the 24 hours, groups will be judged on who travelled the furthest distance from the start.



## Tips / Advice:

Plan ahead to best utilise the time that you have.



## Safety Issues / Risk Assessment:

- Do not put yourself in danger.
- Hitch hiking is not a form of transport.
- Ensure this activity is supervised.

## Go National

83

**Challenge:** Take part in either a National or Regional Competition



Variable



Variable

**Guidance:**

There are a number of National and Regional Competitions you could enter including ...

- Table Tennis
- Badminton
- Chess
- Master Team
- Five a Side Football

All details and entry forms for the above competitions can be found on the BB UK website [www.boys-brigade.org.uk/competitions](http://www.boys-brigade.org.uk/competitions).



**Tips / Advice:**

- Make sure you are fully aware of the location / date / time of the event and what costs are involved before you formally enter any competition.
- You don't need to be an expert to enter, these competitions are for all abilities.

## Six Degrees of Separation

84

**Challenge:** Work out how you are connected to a celebrity



**Equipment:**

- Paper
- Pens



20 mins +



2+

**Guidance:**

Six degrees of separation is the hypothesis that anyone on Earth can be connected to any other person on the planet through a chain of acquaintances with no more than five in-between. Work out how you are connected within "six degrees" to a celebrity. Now set yourself the challenge of linking yourself to a specific celebrity (e.g. Wayne Rooney), or as many as you can.

# Curry Night

85

**Challenge:** To eat or cook the hottest curry you can



## Equipment:

- A local takeaway or restaurant
- Cooking utensils
- Ingredients



30 mins



Any

## Guidance:

You have three options with this challenge ...

- Cook the hottest curry you can and then eat it
- Order the hottest curry from your local takeaway and then eat it
- Visit a restaurant and order the hottest curry you can and then eat it



## Tips / Advice:

Why not review the takeaway at the same time?



## Safety Issues / Risk Assessment:

If you don't like it too spicy, don't overstretch yourself!

# Strictly Come Dancing

86

**Challenge:** Learn a dance



## Equipment:

- CD player
- Appropriate music



1 hour



2+

## Guidance:

Even if you don't consider yourself much of a mover, dancing is always great fun:

- Choose a dance style, e.g. *salsa, mambo, country dancing, line dancing, waltz, tango, foxtrot*.
- Invite someone to teach you the dance or get a DVD that goes through the steps.
- Learn the dance.
- Hold a "Strictly Come Dancing" competition.



## Tips / Advice:

- Go to [www.learntodance.co.uk](http://www.learntodance.co.uk) for information on the background to the dances, where dance classes are held, and DVDs that teach them.
- You may need to invite more people to make up partners.

## Kick Ups

87

**Challenge:** Complete at least 50 kick ups as a group



**Equipment:**

- Football



30 mins



2-6

**Guidance:**

Kick ups involve juggling with a football using feet, lower legs, knees, chest, shoulders, and head. The ball must not hit the ground. Try and complete 50 passes and then try and break that record.



**Tips / Advice:**

Some facts for you to think about when doing this challenge:

- Martinho Eduardo Orige of Brazil kept a regulation football in the air for 19 hours and 30 minutes using only the head, feet and legs. The feat was accomplished on the 2nd – 3rd August 2003.
- The most touches of a football in 60 seconds, while keeping the ball in the air, is 339 by Chloe Hegland on the 3rd November 2007 in Beijing, China.



**Safety Issues / Risk Assessment:**

Ensure you use a hall or outside space which has sufficient space for this activity and that the area is free of obstacles and hazards.

## Strike It

88

**Challenge:** Improve your ten pin bowling skills



1 hour +



2+

**Guidance:**

Plan a visit to a local ten pin bowling alley. Play as many games as you need until you score a strike (knock down all the pins with the first ball).

Alternatively, if somebody owns a Nintendo Wii console, you could have a game of ten pin bowling on it in your own hall and try to score a virtual strike!



**Tips / Advice:**

How much will it cost? Some bowling alleys have discounted rates at off peak times – investigate!

# Wet, Wet, Wet

89

**Challenge:** Try a new water sport



**Equipment:**

All equipment should be provided by the centre



1-2 hour



Variable

**Guidance:**

There are centres across the UK and Republic of Ireland offering water sports including both inland lakes/ivers and on the sea. Have you considered ... canoeing, sailing, windsurfing, surfing, water skiing, dragon boat racing, kayaking, rafting, wakeboarding, yachting, rowing, kayaking? These are just some of the water sports that are available!



**Tips / Advice:**

- Book a session well in advance.
- Ensure that the Company being used is insured and has qualified instructors.



**Safety Issues / Risk Assessment:**

- Participants taking part in water sports should be competent swimmers.
- BB Regulations should be followed when taking part in hazardous activities such as Water Sports (including completing a Parental Consent Form).

# What a Treat!

90

**Challenge:** Invite and take your BB Chaplain for a McDonalds/ Burger King or KFC



30 mins +



2

**Guidance:**

You will need to contact your BB Chaplain and arrange a date convenient to you both and invite them to join you for a McDonalds / Burger King or KFC – you have to pay the bill! You will need to let the Chaplain choose which place they would like to go to and at what time. This could be a really good occasion to have a good conversation with your Chaplain so think of some topics you could chat about before you arrive at the venue. Enjoy the time together – they may pay next time!!



**Tips / Advice:**

Take enough money to pay for both of you!!

# Changing Rooms

91

**Challenge:** Decorate a room in your church building



## Equipment:

- Paintbrushes
- Paint/emulsion
- Rollers & trays
- Dust/plastic sheets
- White Spirit (for cleaning brushes)
- Paint kettle/bucket
- Paint scraper (for cleaning off windows)
- Filler (if walls need filling before painting)
- Overalls (protective clothing or just old clothes!)



1-2 days



Any

## Guidance:

Ensure that you have permission to paint the room and of course choose a period of time when the room is not booked for any other purpose.

Think about:

- What colour(s) you are going to use? Does it need to be agreed with the appropriate church 'official'?
- Do you need any training, there may be someone you know who is a professional decorator that could provide you with some tips?

When decorating you will need to make sure that the dust/plastic sheets are used so that the floor surface or any furniture is not covered in any paint. It is a good idea to fill the walls where there are cracks or holes and then wash them down before starting to paint.



## Tips / Advice:

- Have some 'WET PAINT' signs on hand to warn any other people who maybe in the building whilst you are painting.
- Be careful when using step ladders or any form of scaffolding – ideally use rollers with extendable poles to reach high areas.



## Safety Issues / Risk Assessment:

Allow enough fresh air into the room you are painting because of the fumes.

# Winter Sports

92

## Challenges

**Challenge:** Learn and take part in a winter sport at a ski centre



### Equipment:

- Full-length sleeves & trousers, gloves – to protect you as the ski slope surface can burn you!
- Warm clothing if outdoors.
- You can usually hire equipment for a small fee.



2 hours



2+

### Guidance:

Although we don't get much snow, this doesn't mean you can't take part in winter sports.

Think about:

- Where is your local ski centre (e.g. *dry ski slope*)?
- Find out what sports you can take part in? e.g. *skiing, snowboarding, sledging etc.*
- Is it indoors or outdoors?
- Do they provide equipment and instruction?
- Do you need instruction or are all members of your group experts already?
- How much will it cost?
- How will you get there?



### Tips / Advice:

The bigger the group – the cheaper the instruction costs (why not join up with Seniors from another Company).



### Safety Issues / Risk Assessment:

Winter sports are dangerous so follow the advice and instructions of the instructor.

# Crazy Golf

93

**Challenge:** In 30 minutes create an indoor 'Crazy Golf Course' and then compete in its inaugural golfing tournament



## Equipment:

- Golf clubs / putters
- Golf balls



30 mins +



Any

## Guidance:

If you think crazy golf is a bit tame, why not make you own? Before you build and play on your course you will need to consider:

- The room(s) the course will be in, and design it accordingly. Is the hall/room you want to use available and practical for you to setup your chosen 'Crazy Golf Course' design?
- Think prior to the evening what equipment and resources you will need.
- Have a prize for the winner of the tournament.

Now avoid the bunkers!



## Tips / Advice:

- Plastic/paper cups could be used into which the balls could be 'holed'.
- Remember golf balls are very hard, you can buy special golf balls for indoor / garden use – to ensure you do not cause any damage!



## Safety Issues / Risk Assessment:

- Make sure that your course does not have any unsafe / unsuitable obstacles.
- Depending upon equipment used to make the course, supervision and/or training may be required.

# Winter Wonderland

94

**Challenge:** Take part in some carol singing for a local charity



**Equipment:**

- Hymn / Song book



30 mins +



Any

**Guidance:**

This is a challenge where you could find out if there are any groups in your local area doing this already; if so where appropriate why not join them? It may well be that your church does this each year.

If you are unable to find any local groups, 'form' a group – this could be other members of your BB Company and other young people from your church.

Think about:

- How many other people are needed?
- When will you practise?
- What carols will you sing?
- Where you are going to carol sing?
- When?
- What charity you are collecting for?

Once this is decided you will need to obtain some information / posters etc about the charity that you can use when you are carol singing. You **MUST** make sure that all the money given / collected is sent to the charity as soon as possible after you have been carol singing.



**Tips / Advice:**

A permit for street collections must be obtained from your local authority.



**Safety Issues / Risk Assessment:**

- If you are singing outside wear warm clothing.
- Sing in groups.

# Origami

95

**Challenge:** To create a piece of origami



**Equipment:**

- Computer



20 mins



Any

**Guidance:**

Microsoft Publisher includes patterns for several different origami paper folding projects. You can print these patterns as they are, or you can customize them by changing the colour scheme or by adding text, clip art, or other design elements. Folding instructions are included with each pattern.

1. On the File menu, click **New**.
2. In the **New Publication** task pane under **New from a design**, click **Publications for Print**.
3. Click **Paper Folding Projects**.
4. In the **Preview Gallery** on the right, click the design that you want.
5. In your publication, add any text or pictures that you want.
6. When you finish customizing your publication, click **Save** on the **File** menu to save a copy of your publication.
7. To print your publication, click **Print** on the **File** menu and select the options that you want.
8. To complete your folding project, use the folding instructions provided on the second page.

Alternatively look on You-Tube for some ideas with step by step video instructions or visit [www.glynnorigami.co.uk](http://www.glynnorigami.co.uk), [www.paperfolding.com](http://www.paperfolding.com), [www.origami.com](http://www.origami.com) for lots of ideas.



**Tips / Advice:**

- Start with a simple design and then go onto the more complicated ideas.
- Try teaching someone else a design that you have learned.

# Play Time

96

## Challenge: Make a new game



### Equipment:

- As required



1 hour



2-5

### Guidance:

No matter how old we are we all enjoy having fun by playing games. Now you've got a chance to make up your own. You might like to think about the following:

- Creating a set of rules on how to play the game.
- The type of field or playing area the game will be played on.
- What skills are needed to play the game?
- How long the game lasts? (e.g. innings, quarters, periods, or play to a certain score.)
- Safety factors for the game and players.
- A name for the game.

Here is an example called "Badball". The game is played with badminton racquets on a basketball court. A team of 3-6 players each with a badminton racquet take it in turns to hit the shuttlecock, passing it to each other from the centre circle. The shuttlecock must not hit the ground, and a player cannot hit it consecutively. The aim of the game is to get the shuttle cock through the basket. The shuttlecock must be hit by at least three different players before points can be scored. Points are scored as follows ...

- one point – for hitting the backboard or rim
- two points – for getting a basket
- three points – for getting a basket outside the "D" or predetermined area.

The game is played against a mythical opposition who gain one point every time the shuttlecock hits the ground. The first team to 10 wins.



### Tips / Advice:

Test out the game, and see if any amendments need to be made to the rules as a result of your experience.

# Dominoes

97

**Challenge:** Create a domino run of at least 200 dominoes



**Equipment:**

- At least 200 dominoes
- Tape
- Tweezers



30 mins +



Any

**Guidance:**

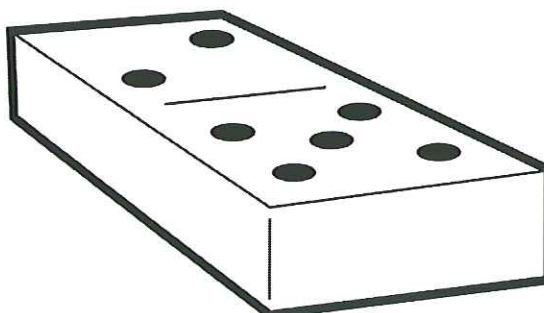
Do you have patience and a gentle touch, then try creating a domino run:

- Make sure you have enough dominoes, and begin by designing a pattern on the floor marking it out with tape.
- Place the dominoes in accordance with your plan. You might like to use tweezers to place them in hard to reach places.
- Include some tricks, e.g. *making the dominoes go upstairs, or falling down a drop, or revealing a pattern using stickers on the reverse of the dominoes.*
- Even better is inventing new tricks using ordinary household items. Here are some examples:
  - Set an empty drinks can in the middle of a run which when hit rolls and starts a new run.
  - A light bulb on its side will pivot on its metal screw, in an arcing path before hitting a new line of dominoes.
  - Balance a ruler on a flat domino in the middle of a run. Set another domino on one end, turned 90°, holding the ruler down. When a domino falls on the other end it's like a seesaw.
  - Tape two dominoes end-to-end. When knocked down over a row of fallen dominoes, it will topple more on the other side.
  - Place a roll of toilet paper on the edge of a book. Have some dominoes push it off, where it will land and unroll on a three ring binder. Try writing a message on the paper that will be revealed.
  - Drive a nail through the centre of a ruler and set it on a funnel. When one end of the ruler is pushed it will spin around, toppling more dominoes going in the opposite direction at the other end.



**Tips / Advice:**

- **Can you beat this world record?** According to Guinness World Records the record for the most toppled dominoes is 4,079,381. The record was set at Domino Day 2006, in Leeuwarden, Netherlands on the 17th November 2006.
- Have a look at some examples on You Tube and perhaps add a video of yours!



# Crazy Pizza

98

**Challenge:** Create a pizza which is edible, but completely different from a normal 'purchased pizza'

**Equipment:**

- Large pizza base
- Assorted toppings etc



30 mins



Any

**Guidance:**

You have 30 minutes to prepare and cook a 'Crazy Pizza' which must be edible and eaten by the other young people and leaders present. Have a competition judging on presentation, originality, inventiveness, and taste.

**Tips / Advice:**

You will need to keep a list of toppings / ingredients used in case anyone has any food allergies.

**Safety Issues / Risk Assessment:**

Remember the importance of following good food hygiene practice.

# Influence

99

**Challenge:** Make contact with either your local Councillor or Politician and tell them about the work of your Company



**Equipment:**

- Laptop
- Camera



1 hour



Any

**Guidance:**

Make contact with your local councillor or politician. You might like to send some information about the Company or invite them to come along to a company night.

Think about:

- What impression do you want to leave with the councillor or politician? Plan your evening or information to reflect that.
- Use your imagination and create a modern picture of what BB is all about in the 21st Century!
- What questions you might ask them?



**Tips / Advice:**

If you are going to invite the Councillor / Politician give them a number of possible dates as they will have busy diaries.

# Cross a map

100

## Challenge: Cross an ordnance survey map



### Equipment:

- Ordnance survey map



24 hours



3+

### Guidance:

- Decide which map you are going to cross – will it be your local one or one further afield.
- Carefully plan how you intend to cross the map – work out how many miles it will be – roughly how long will it take? Produce a route card.
- You need to decide on the method of transport that you are going to use to cross the map:
  - Walking
  - Cycling
  - Car (Do any seniors drive – or perhaps a leader might take you)
  - Local transport – bus, train, etc



### Tips / Advice:

Local Tourist offices might have cycle routes, which cover your map or local transport timetables to help you plan.



### Safety Issues / Risk Assessment:

- Make sure that you have all the necessary skills that you need before you attempt to do this challenge, e.g. *map reading*.
- Don't attempt this challenge alone or without anyone knowing. Make sure a leader is aware of your arrangements and plans.
- Carry a mobile phone for emergencies.
- If walking cross country a leader who holds a current Expedition & Outdoor Leadership certificate must supervise this challenge.
- If driving, ensure you have appropriate insurance.

# AOK Day

101

**Challenge:** To carry out a random act of kindness



Any



Any

## Guidance:

AOK (Acts Of Kindness) Day is part of Soul Action. The idea is to bring the good news of Jesus in practical and real ways to the last, the least and the lost in our communities and all over the world. Jesus wasn't just about the up front stuff. He went out his way to do the little things; the compassionate and kind things. He did all this not in a blaze of glory, but when no-one was really looking. Chatting to a socially outcast woman at a well, eating with those the rest of society hated or just caring enough to notice, he lived his life as an act of kindness to others.

**Read Matthew 25:40.**

...the King will say, 'I'm telling the solemn truth: Whenever you did one of these things to someone overlooked or ignored, that was me—you did it to me.'

That's what AOK Day is all about. Doing the simple things, having a laugh, but also sincerely caring for others, following Jesus' example and making a difference, no matter how small. Every week Soul Action put up a mission on their website and below is an example ...

## AOK Day Week 46:

31st December 2007 – 6th January 2008

Mission: Let someone go ahead of you in a checkout queue in the post Christmas sales!

Have a look at [www.soulaction.org/aokday](http://www.soulaction.org/aokday). Now go and do likewise!



## Tips / Advice:

Have a look at ...

- [www.happytuesday.net](http://www.happytuesday.net) who just set a day aside each week to be nice and generous to people without wanting anything in return!
- The Church of England have launched Live Lent ([www.livelent.net](http://www.livelent.net)) with the same thing in mind.
- And it's not just the Church. Author and Comedian Danny Wallace and his 'Join Me' movement encourage people to do nice things for others too.



## Safety Issues / Risk Assessment:

Don't put yourself at risk, by being kind to someone. It may be appropriate to do the activity in pairs and a public place.

# Scalextric

102

**Challenge:** Build the largest Scalextric track you can and have a race



## Equipment:

- Scalextric
- Sticky labels
- Pens



1 hour +



Any

## Guidance:

Lots of people will have played Scalextric during their childhood, it's time to reminisce and regress:

- Start by identifying how much track you have between you and bring it to BB. Think about who else might have some track and ask if you could borrow it (promise to return it safely!).
- Design the course layout.
- Build the track.
- The competition can now begin. You could time the fastest lap, an endurance race, a league, or a cup with qualifying rounds.



## Tips / Advice:

- Make sure that you label to whom each piece of equipment belongs.
- **Can you beat this world record?** According to Guinness World Records a scalextric car ran non-stop for 866 hours 44 minutes 54 seconds and covered a distance of 2850.39 km, from the 2nd May to 7th June 1989. The event was organised by the Reverend Bryan G. Apps, and Church members of Southbourne, Bournemouth.

# Friends

103

**Challenge:** Bring a friend to a suitable evening or activity at your BB Company



1½ - 2 hours



Any

## Guidance:

It's not the TV show! However if you have a good time at BB bring along a friend to join in the fun as well.

Make sure that your friend is made welcome and introduced to everyone else including leaders. Try to get them involved as much as possible, and see if they want to come back next week!



## Tips / Advice:

- Tell your friend in advance what is happening on the chosen evening.
- Before they leave, invite them back next week and give them a plan for the rest of the term's activities.



## Safety Issues / Risk Assessment:

It's good practice for every young person at BB to have a consent form completed by a parent or guardian.

# Zip It!

104

**Challenge:** Be photographed or filmed going down a zip wire!



## Equipment:

- Camera



Dependent upon location of your nearest zip wire facility



Any

## Guidance:

This activity should take place at an activity centre with qualified staff. You could find your local centre with a zip wire by searching the internet.



## Tips / Advice:

Hold on tight!



## Safety Issues / Risk Assessment:

- This activity MUST be supervised by qualified staff at an approved centre.
- Parental Consent should also be given using the 'Special Activity Consent Form'.

# Volunteer at a Christian Festival 105

**Challenge:** Undertake a volunteer role at a Christian Festival



## Equipment:

- Warm clothes
- Toiletries
- Wellies
- Waterproof
- Sun screen
- Entrance tickets
- Money to buy food during the event.
- Weekend visitors may require their own tent, cooking facilities etc.



Minimum one day



Any

## Guidance:

You will need to choose at which festival you would like to be a volunteer. There are many different Christian youth festivals that take place. The Boys' Brigade hold a number of festivals each year ...

- **Turning Point** (in Northern Ireland, during April) – [www.turningpointni.org.uk](http://www.turningpointni.org.uk)
- **Firm Foundations** (in England, during May) – [www.firm-foundations.org.uk](http://www.firm-foundations.org.uk)
- **Northern Saints** (during August) – details from Felden Lodge.

There are many other Christian Festivals look at the ones below and search for others on the internet ...

- Spring Harvest
- Soul Survivor
- Greenbelt
- Keswick
- New Wine

Each of the above Festivals have websites which will give you further details about the location of each event, what goes on, and what help is needed.



## Tips / Advice:

- You will need to ascertain what duties you are expected to undertake, as a volunteer how long you would be on duty and what arrangements there are for food and drinks.
- Remember you normally get discounted entry into the event.
- Although you are working as a volunteer this is normally loads of fun, and you get plenty of opportunity to enjoy the festival as well.



## Safety Issues / Risk Assessment:

- Make sure that you are fully briefed on all the necessary safety issues and procedures for undertaking the role.
- If you don't feel safe doing something, don't do it!
- If you don't know what you are doing, ask someone! There are plenty of people available to help.

# Bake a Cake

106

**Challenge:** To bake a cake at least 20cm in diameter



**Equipment:**

- Oven
- Cake tin
- Cooking utensils
- Ingredients



20 mins +



1-3

**Guidance:**

- Find a recipe that looks tasty and purchase all the required ingredients.
- Follow the recipe.
- Bake and share to get the ultimate satisfaction.



**Tips / Advice:**

Now you a professional why not do a cake bake as a fundraiser.



**Safety Issues / Risk Assessment:**

Remember the importance of following good food hygiene practice.

# Youth Forum

107

**Challenge:** Attend and contribute to a youth forum



**Equipment:**

- Computer



1 hour



Individual

**Guidance:**

Every young person has the right to have their opinions and ideas heard and respected. Youth forums and youth parliaments enable young people to use their energy and passion to change the world for the better. They are run by young people for young people to use their voice in creative ways to bring about social change.

Have a look at the UKYP and partner organisations' websites listed below and find your local youth forum.

- **UK Youth Parliament** – [www.ukyouthparliament.org.uk](http://www.ukyouthparliament.org.uk)
- **Wales** – [www.funkydragon.org](http://www.funkydragon.org)
- **Northern Ireland** – [www.niyf.org](http://www.niyf.org)
- **Scotland** – [www.scottishyouthparliament.org.uk](http://www.scottishyouthparliament.org.uk)
- **Ireland** – [www.dailnanog.ie](http://www.dailnanog.ie)

These organisations and others give you the opportunity to take part in decision making on a local and national level.

- Find out about their priority campaigns.
- Read the UKYP manifesto.
- Get involved. Start by attending your local youth forum and see where it leads.



**Tips / Advice:**

Have a look at these other organisations that allow young people to get involved in decision making:

- **British Youth Council** – <http://www.byc.org.uk>  
If you would be interested in representing BB at BYC get in contact at [enquiries@boys-brigade.org.uk](mailto:enquiries@boys-brigade.org.uk).
- **Europe** – <http://www.youthforum.org>

# Climb a Munro

108

**Challenge:** Climb to the top of a Munro and take a picture



## Equipment:

- Hiking boots
- Warm, Waterproof clothing
- Map & Compass – someone needs to know how to use them!!
- Food
- Survival bag
- Emergency rations
- Torch
- Camera



4-8 hours



4-8

## Guidance:

A Munro is a Scottish mountain with a height over 3000 feet (914.4 metres). There are 284 to choose from – some are easier to climb than others – ALL of them are dangerous and need to be treated with respect.

Think about:

- Which mountain are you going to climb?
- Who will go?
- Are you fit enough? Do you need to practise on lower hills first?
- Do you have the appropriate equipment?

Don't forget to take a picture from the top; you don't want to have to go back up!



## Tips / Advice:

[www.munromagic.com](http://www.munromagic.com) will give you information about each mountain, how long the climb will take, how easy it is to climb, best access point, and difficulty rating.



## Safety Issues / Risk Assessment:

A leader who holds a current advanced expedition & outdoor leadership certificate needs to supervise this challenge.

# Festival Time

109

## Challenge: Attend a Christian Youth Festival



### Equipment:

- Warm clothes
- Toiletries
- Wellies
- Waterproof
- Sun screen
- Entrance tickets
- Money to buy food during the event
- Weekend visitors may require their own tent, cooking facilities etc.



Minimum one day



2+

### Guidance:

There are twenty different Christian youth festivals that take place so why not attend as a day visitor or better still for a whole weekend. The Boys' Brigade holds a number of festivals each year ...

- **Turning Point** (in Northern Ireland, during April) – [www.turningpointni.org.uk](http://www.turningpointni.org.uk)
- **Firm Foundations** (in England, during May) – [www.firm-foundations.org.uk](http://www.firm-foundations.org.uk)
- **Northern Saints** (during August) – details from Felden Lodge.

There are many other Christian Festivals look at the ones below and search for others on the internet ...

- Spring Harvest
- Soul Survivor
- Greenbelt
- Keswick
- New Wine

Each of the above Festivals have websites which will give you further details about the location of each event, and what is included.



### Tips / Advice:

- Research the festival that you have chosen – location / cost / food availability etc. before attending.
- Suitable Clothing – British weather is very changeable – be prepared!



### Safety Issues / Risk Assessment:

- Make sure that you attend and travel with a leader and complete BB consent forms for overnight stays.
- Leave details of travel arrangements at home with parents.
- Carry a mobile phone for emergencies.

# Supermarket Sweep

110

**Challenge:** Find and purchase fairly traded goods that can be sold through a shop



## Equipment:

- Laptop for internet search
- Fairtrade catalogues
- Fairtrade products



2 hours +



Any

## Guidance:

Locate and purchase suitable Fairtrade goods which you can market and sell through your shop over an agreed period of weeks. Have a look at [www.fairtrade.org.uk](http://www.fairtrade.org.uk), [www.traidcraftshop.co.uk](http://www.traidcraftshop.co.uk), and other similar sites for ideas. The profit raised in that period could be given to a charity.

Think about:

- What will sell well?
- What profit margins can you make?
- How will you get lots of people to buy from your shop?
- How will you educate people about Fairtrade?



## Tips / Advice:

- You will need to keep careful financial records and a suitable secure facility will need to found to store the shop between 'opening times'.
- You could do it as a tuck shop and add healthy alternatives like nuts etc. Alternatively you could run a supermarket which sells food such as rice, sugar, tea etc.
- Why not discuss and learn what makes a product fairly traded?

# Appear on Television or Radio 111

**Challenge:** Make a positive appearance on a television or radio programme



**Equipment:**

- Phone
- Laptop for internet search



Variable



Any

**Guidance:**

There are many ways that you could do this ...

- Make contact with a local television or radio station in response to a news item e.g. a phone-in radio show where views are being sought on a particular issue / story.
- Apply to be a contestant on a game show.
- Be part of a studio audience.
- Apply to become an extra in a TV soap.



**Tips / Advice:**

- Ensure that your 'appearance and response' are positive.
- Ensure that the 'programme' is appropriate for you.

# Sporting Event

112

**Challenge:** Visit a sporting event that you are not normally a spectator at



2-3 hours



2+

**Guidance:**

Decide on a sport that you don't normally watch but might find interesting –rugby, car rallying, badminton – the list is endless. Search the internet to find out when events for your chosen sport are happening close to where you live.

Now think about:

- How much will it cost?
- What transport arrangements do you need to make?
- Where do you buy tickets?



**Tips / Advice:**

Look out for local advertisements for sporting events.



**Safety Issues / Risk Assessment:**

- Inform your parents about what you are doing.
- Carry a mobile phone for emergencies.

# Movie Time

113

**Challenge:** Recreate a famous movie scene



**Equipment:**

- Video camera
- Costumes
- Props



1 hour



3+

**Guidance:**

- Choose a favourite scene from a movie e.g. *Titanic* where Kate Winslett and Leonardo De Caprio are on the bow of the ship.
- Make sure everyone has seen or understands the scene.
- Write the narrative (you may just be able to improvise).
- Decide where you are going to film the movie, and what props & costumes you will need.
- Start the camera rolling!



**Tips / Advice:**

Make sure that you are happy with people seeing what you have recorded and that the content is appropriate.

# Royal Palace

114

**Challenge:** Visit a royal palace or stately home and bring back evidence of your visit



**Equipment:**

- Camera



1 hour +



Any

**Guidance:**

- Visit a royal palace or stately home and bring back evidence of your visit. This might include a guide book, a photograph or entrance ticket.
- Think about how you are going to get there, and the cost of the visit.
- You could go to Buckingham Palace, Balmoral or the official residence of the President of Ireland Áras an Uachtaráin.



**Tips / Advice:**

- Have a look at the following websites for residences that you could visit:

[www.royal.gov.uk](http://www.royal.gov.uk)

[www.stately-homes.com](http://www.stately-homes.com)

[www.english-heritage.org.uk](http://www.english-heritage.org.uk)

[www.nationaltrust.org.uk](http://www.nationaltrust.org.uk)

[www.historic-scotland.gov.uk](http://www.historic-scotland.gov.uk)

[www.snh.org.uk](http://www.snh.org.uk)

[www.cadw.wales.gov.uk](http://www.cadw.wales.gov.uk)

[www.ehsni.gov.uk](http://www.ehsni.gov.uk)

[www.president.ie](http://www.president.ie)

# BB Rap

115

**Challenge:** Create a poem or rap with a positive message about the BB



## Equipment:

- Pen/Pencil
- Paper



20 mins +



1-3

## Guidance:

To get you started themes that could be included are a personal journey through the BB, what the BB is about or offers or a particular activity/event e.g. *camp*.

A few tips on writing a rap:

- Rap about anything but remember to write to the beat.
- Raps are talk songs. They are not sung; they are spoken.
- They have a lot of rhyme.
- Most raps rhyme in "couplets". That means lines rhyme two at a time. Lines one and two rhyme with each other, but not with the other lines. Lines 3 and 4 rhyme with each other, but not with the other lines. And so on. The two lines that rhyme together are a "Couplet".
- Don't rap about personal things that are not true. While some people might take a "I can rap about anything I want to!" attitude, it's best to stick with the truth.

A few tips on writing a poem:

A poem may be born as a snippet of verse, maybe just a line or two that seems to come out of nowhere. That's what's usually called inspiration; from that beginning simply flesh it out, to build the rest of the poem around it. At other times when writing about a specific thing or idea, do a little planning. Write down all the words and phrases that come to mind when thinking of that idea. Write them down as quickly as possible, and when finished, go through the list and look for connections or certain items that get the creative writing flowing.

The poem/rap could be performed to others as part of a Church Service (if appropriate) or it could be included in a Company/Church newsletter for people to read themselves.



## Tips / Advice:

Remember to make sure the content is suitable and the poem/rap is positive!

# Hike

116

## Challenge: Walk along a long distance footpath



### Equipment:

- Hiking boots
- Warm, Waterproof clothing
- Map & Compass – someone needs to know how to use them!!
- Food
- Survival bag
- Emergency rations
- Torch



1 day



4+

### Guidance:

Decide which long distance path you would like to walk part of. There are many to choose from – West Highland Way, Southern Upland way, Pennine Way, Offa's Dyke, to name but a few. Get information on your chosen footpath, including a map.

Think about:

- What transport is needed to get you to the start and get you home at the end of the walk?
- How far do you intend to walk? Most maps of the long distance footpaths are divided up into manageable sections of between 8 – 20 miles for a one day walk.



### Tips / Advice:

<http://walking.visitscotland.com>, [www.walkinginengland.co.uk](http://www.walkinginengland.co.uk), [www.walkni.com](http://www.walkni.com) are useful websites to give you ideas to plan your walk.



### Safety Issues / Risk Assessment:

A leader who holds a current advanced expedition & outdoor leadership certificate needs to supervise this challenge.

# Capital

117

**Challenge:** Visit a capital city outside of your home country and have your picture taken at its famous landmarks



## Equipment:

- Camera / Digital Camera / Video Camera
- Notepad
- Pen / Pencil



1 hour +



2+

## Guidance:

Arrange a trip to a capital city (other than in your home country). This could coincide with a family holiday, but think about whether you could plan a city visit as a group. Seek out some landmarks and places of interest. Evidence of the visit should be taken back to show the rest of the group, this could be photographic or video based. Make sure that you are in it! On your return to BB share where you've been and what you've been up to.



## Tips / Advice:

Look at ways of getting around the city, as one of the best ways of getting around many capital cities is a bus tour where there will be the opportunity to travel to a number of key landmarks.



## Safety Issues / Risk Assessment:

- When visiting a large unfamiliar city it's always best to travel as a group and make sure others are aware of your plans. Keep safe!
- All BB activities involving an overnight stay must abide by BB Regulations.

# Bonfire

118

**Challenge:** To start a bonfire without a match



**Equipment:**

- Magnesium and flint block
- Magnifying glass
- Fire blanket
- Water



1 hour



2-10

**Guidance:**

Follow the instructions in the Survivor project to build the fire and then light it using one of these techniques ...

**1. Use a little magnesium and flint block:**

Scrape a pile of magnesium shavings on your tinder and strike a spark off the flint. The magnesium will ignite and hopefully start flame in your tinder. Once it begins to smoke, hold the tinder in your hands to allow oxygen in through the bottom and blow gently from underneath.

**2. Use a magnifying glass on a sunny day:**

Angle the magnifying glass in the sun over the tinder so that the focal point is directly on the pile. Once it begins to smoke you can encourage the flame by blowing gently on the tinder from the bottom. Broken glass, bottles or eyeglasses can also work, if their focal point is bright enough.

**3. Use Friction:**

Place the point of a straight stick into a groove in a piece of bark or flat wood. Ideally, both of these pieces contain no sap or moisture. Rub the stick vigorously between your hands, while the point creates friction against the other piece of wood. Eventually the wood will heat until it creates a small ember which you can drop in the tinder.



**Tips / Advice:**

Follow the instructions from the Survivor project.



**Safety Issues / Risk Assessment:**

Remember to follow the instructions from the Survivor project.