



The **Extras** section contains a range of activities to complement the Challenges and Projects.

This includes:

- Games
- Discussion Starters

Games

Messy Games

Wotsit face


Equipment:

- Shaving foam
- Wotsits (or similar)



10 mins



2+

Instructions:

Ask for pairs of willing volunteers. Smear shaving foam on the face of one of the volunteers and give the other a packet of wotsits. The aim of the game is to throw wotsits on your partner's face from about 2 metres away. The person with the most stuck to their face in the time limit is the winner.


Safety issues:

Don't get shaving foam in the eyes. Consider providing goggles for those getting wotsits thrown at them!

Egg-Pit


Equipment:

- Raw eggs (lots of)



15 mins



2+

Instructions:

This is done in pairs, and for each battle you will need two players and 4 eggs. Get each player to put an egg under each arm pit and stand face to face with their opponent. Clasp hands and on the whistle try to push each your opponent backwards. The person whose eggs break first is the loser. Depending on numbers, the winner could proceed to further rounds.

Battle of the Lungs



Equipment:

- Length of hosepipe (around 1 metre length, 2 cm diameter)
- Funnel
- Various liquids



20 mins



2+

Instructions:

This game can be played over a series of rounds, but remember to change the liquid between each. Get two volunteers to go up against each other. Ensure the hose pipe ends are facing up and the hose is in a "U" shape, then use a funnel to fill the pipe with a cupful of the chosen liquid (usually water is a good opener, but then it is up to you what you put in the hose!). Each volunteer should put one end of the hose in their mouth and on the whistle blow. The one who stops blowing first loses, and gets the contents of the hose all over them.

Flour-Ball



Equipment:

- 2 foam balls
- Bag of flour
- Large container



15 mins



6+

Instructions:

Empty the flour into a container and place the foam balls in it making sure that they are well covered. Divide everyone into two teams and number the players (you may need to give someone 2 numbers to ensure everyone has a partner). Put the container in the middle with a team at each end. Call out a number, the corresponding players run and pick up a ball and throw it at their opponent. The first person to hit their opponent below the head wins.

Trust Games

Minefield



Equipment:

- Mines (cornflakes, eggshells, carpet tiles etc)
- Blindfolds



15 mins



2+

Instructions:

This can be done indoors or outdoors. Mark out a large area and fill it with your mines. Pair up the group and blindfold one of each pair. Spread the group out so that the blindfolded persons are opposite their partners. The partners must guide the blindfolded person through the minefield safely without using the words forwards, left, right, stop (you can change these to suit the group). If they hit a mine then they must go back to the beginning.



Safety Issues:

- Make sure that the mines you use are not a tripping hazard.
- Take care when walking through the minefield as there will be other blindfolded people around.

Solid as a Rock



Equipment:

- Apple



10 mins



5+

Instructions:

Place an apple on the floor, with plenty of space around it. Choose one person to stand as stiff as a board. Then get the rest of the group to pick them up so their face is pointing towards the floor. The group must then lower the player until they are able to pick up the apple in their mouth. The team then stands the player back on their feet.



Safety Issues:

- Ensure that there are enough people to lift the volunteer comfortably.
- Do not drop the volunteer, but place them back on the ground.

Inny or Outy?



10 mins



8+

Instructions:

Stand in a circle facing inwards and holding hands. Step out to make the circle as large as possible. Go around the circle and alternately number everyone 1 or 2. On the mark all the 1's should lean out as far as they can and all the 2's should lean inwards as far as they can. Make sure that everyone has a firm grip before anyone starts leaning.

Team Games

Balloon Tower



Equipment:

- 20 balloons per team



20 mins



3+

Instructions:

Split into small teams and construct the tallest free standing balloon tower you can. The balloons can be taped together but cannot be taped to the floor. Points will also be awarded for artistic design, as well as height. This works really well when there are several teams attempting it at the same time.

Memory Relay



Equipment:

- 20 numbered pieces of card



15 mins



3+

Instructions:

Place the cards in a random order on the ground face down in a 4 by 5 grid. Stand behind a marker in a line about 2 metres away from the grid. On the whistle, one at a time run and put the numbers in order in the quickest possible time. You can only bring back the number if it is next in the sequence, otherwise it must be replaced face down. Each member of the team must return to the back of the line after their go. Only one member of the team is allowed past the marker at any time.

Benchsort



Equipment:

- Bench or log



20 mins



6+

Instructions:

Get everyone to stand on the bench. Instruct everyone to get in height order without touching the ground. Alternatively this could be done in age order, house numbers or anything you like. When they have done this reverse the order and see if they can beat the time.

Invisimaze



Equipment:

- Masking tape/rope
- Copy of the route



20 mins



3+

Instructions:

Mark a grid of 6 by 8 squares using masking tape or rope, with each square large enough to stand in. Tell the team that they have to find their way across the invisible maze. Have a route already planned before they start. They are only allowed one person in the maze at a time, and if they step in the wrong square then they must go back to the beginning, and a different team member has their go. There is no talking once someone is in the maze. You must notify them when they have stepped in a bad square.

To make it a bit harder, you can impose a penalty if a bad square is stepped on more than once. Why not set up 2 grids next to each other for two teams?

Jedi Numbers



10 mins



5+

Instructions:

Stand in a circle, and get everyone to put their heads down. Each person has to count out aloud up to the number of people in the group. No one is told when to start, and only one person may speak at once. If two people talk at the same time, the group must start again. What is the quickest time you can complete the task?

Square shuffle



Equipment:

- Masking tape/rope
- Numbered cards (1-8)



15 mins



8+

Instructions:

Mark a grid of 3 by 3 squares using masking tape or rope, with each square being large enough to stand in. Get people to stand in the squares leaving one free and give each person a numbered card making sure they are not in order. Stand a person on a chair in front of the grid. Give instructions to get the group into number order 1 top left and 8 being in the bottom middle. The numbers can only move into an adjacent empty space.

Car Pool



Equipment:

- Remote controlled car
- 6 dustpans
- 10 or more tennis or small plastic balls
- Masking tape



20 mins



2+

Instructions:

Using the tape mark out a large rectangle. Tape the dustpans in each corner and two in the middle along the long sides, so that it resembles a pool table. Now mark two boxes, one for the car to fit in, the other for the operator to stand in. Place all the balls inside the rectangle. In the given time, the team has to pot as many balls as they can using the radio control car. Any ball which leaves the table area is removed from the game. Rotate the players at set intervals. At the end of the minute the car must be back in its box otherwise a penalty is added.

Wide Games

A 'Wide Game' is a generic name for any game requiring or making use of any large area of land. The best areas are ones with lots of hiding places such as woodland or heath, but they can be played in open fields just the same.

Before playing any wide game all players will need to be aware of the size and type of playing area. They should take note of boundaries, potential hazards and if there are any members of the public around. If possible have marshalls patrolling the area to make sure boundary rules are being followed and to prevent accidents.

Capture the Flag



Equipment:

- Cotton tags



30 mins



8+

Instructions:

Divide into two teams and give each team a flag. Each player has a cotton tag tucked into their waistbands, that can be easily pulled out if tugged. Define the playing area and set a base in the middle. Each team gets 10 minutes to hide their flag which they then have to defend. Only two people are allowed to stand by the flag at any time, but they cannot touch it and must not be within 2 metres of it. After the 10 minutes each team sets off to try and steal the opposing team's flag. During the game you can be ambushed whereby your cotton tag can be pulled from your waist, if this happens then you must make your way to the base for a new piece before continuing. The game ends after a time limit is reached or when a flag is returned to the central base.

If you find people are not coming back to the base when they have had their cotton tag removed then it may be worth imposing a 10 minutes 'sin bin' where they must wait at the base.

Guard Tower



Equipment:

- Powerful flashlight



20 mins



5+

Instructions:

This game is best played on a large hill. Sit one or two people at the top of the hill with a flashlight. Everyone else hides at the bottom or a set distance from the top. On the mark the flashlight begins to swing slowly and steadily trying to pick people out climbing the hill. The climbers have to make it to the top of the hill without being spotted. Those caught in the beam are out, or can be sent to the bottom to start again.

Hide & Seek



Equipment:

- Whistle



20 mins



6+

Instructions:

In a wooded area split into two equal teams, one that will hide and one that will seek. Define the boundaries of the playing area, and then give the hiding team two minutes to disappear from the base. The seekers must then find the whole hiding team within 4 minutes. Once tagged the hiders must return to the base at the edge of the forest from where they left. After four minutes blow the whistle to signify the return to base. For every player that is unfound the team receives one point. After each team has had an equal number of goes the team with the most points wins.



Safety Issues:

- Inspect the playing area beforehand looking for hanging branches and hazards.
- Be aware of undergrowth, trip hazards e.g. roots, and the possibility of poking eyes on branches.

Cops and Robbers



Equipment:

- Whistle



20 mins



6+

Instructions:

This game is effectively an embellished version of 'tag'. Players are split into two teams – "Cops" and "Robbers". The ratio of cops to robbers will depend on the terrain and should be adjusted accordingly. The cops establish a base which becomes the "jail" while the robbers are given time to hide. The idea is for the cops to catch all the robbers (by touching them) and send them to jail. The game ends when this is done, or after a set time limit. The robbers task is to stay uncaught, and they can only be released from jail by being touched by a robber who is still free. Only 2 cops may be within the vicinity of the jail at any time.

Hunt the Officer



Equipment:

- Fancy dress for leaders



60 mins



10+

Instructions:

Leaders dress up and hide around a local town or village in a disguise. The players should be split into small teams and tasked to spot as many of the disguised leaders as possible. The teams should challenge the leader and if correct collect a signature. The first team to collect all or the most signatures in the time limit is the winner.



Safety Issues:

- Define a boundary.
- Ensure that there are leaders available at a designated place in the town for emergencies. Instruct the teams to report back regularly.

Ice Breakers

Guess Who



Equipment:

- Paper
- Pens



10 mins



5+

Instructions:

Write down something about yourself that probably no one else knows, e.g. *unusual pet*, *weird snack or sandwich etc.*, without showing it to anyone. Collect them in from the group and then ask for a volunteer to pick a piece of paper and read it out. Guess whose it is, and award prizes for correct answers.

Portrait



Equipment:

- Paper
- Felt tip pens
- Pens



20 mins +



4+

Instructions:

In pairs draw each others portraits from the shoulders up. Write the subject's name on the back just in case! Now number them and hang them up on the wall. Hand out sheets of paper and pens, and get everyone to guess whose portrait belongs to whom.

Top 40



Equipment:

- CDs
- CD player



20 mins +



4+

Instructions:

Play a series of tracks and ask the group to identify the titles and artists. Only play a couple of seconds.

Sing Along



Equipment:

- iPod
- Earphones



10 mins +



4+

Instructions:

Perform a song to the music played in your ears from your iPod. Give a prize to the person whose performance is best. You could even have some judges, but watch out Simon Cowell it might be your turn next!

Can you tell what it is yet?



Equipment:

- Flipchart
- Pens



15 mins +



4+

Instructions:

In pairs stand back to back with a volunteer, one facing the rest of the group and the other facing the flipchart. Give the person facing the group a small item, e.g. *light bulb*. They must then describe it to their partner who draws it without looking at the object. You can't describe how it is used. You could turn it into a competition.

Nosy



Equipment:

- Flipchart
- Poster paint



15 mins +



2+

Instructions:

Paint a picture only using the poster paint applied to your nose. Choose the best piece of art in the group.

Mummy



Equipment:

- Toilet roll



10 mins +



4+

Instructions:

Wrap up a volunteer in toilet roll and see who can create the scariest looking mummy.

Bombs Away



Equipment:

- Jug
- Water
- Polystyrene cup



10 mins +



4+

Instructions:

In pairs get one member to lie on their back with a cup in their mouth and one to stand on a chair with a water jug. Pour as much water as you can into the cup, and see who can collect the most.

Bitter Lemon



Equipment:

- Lemons



10 mins +



4+

Instructions:

Eat a lemon (except for rind and seeds) as quickly as possible.

Name That Place



Equipment:

- Pictures
- Paper
- Pens



20 mins



3+

Instructions:

Lay out a series of numbered pictures from the local area, and identify where they are. Try disguising the pictures with unusual angles, dodgy focus, or extreme close ups!

Crowd Breakers & Mixers

Author: Youth Specialities

Cost: £11.99

Synopsis:

Break the ice and warm up your group — at meetings, parties, studies, or any other youth group event — with one of these 230 crowd breakers and mixers! Lots of creative ways for a group of people to circulate and learn a lot about each other in a little time.

You can buy cheap new and second hand books, DVDs and music from Amazon (www.amazon.co.uk).

Wii Games Console

Wii Sport



Equipment:

- Wii
- 1-4 remotes
- Wii Sports



30 mins +



1-4

Instructions:

Warm up and throw yourself into the action with the hit sports game that will have you hooked faster than you can swing a tennis racquet!

Wii Sports is bundled with the Wii console, and offers five distinct sports experiences, each using the Wii Remote to provide a natural, intuitive and realistic feel. In Tennis, you'll grab the controller like a racket and swing – the game will register forehands, backhands, volleys, lobs, slices, spin and power depending on how fast you swing and at what angle. Baseball will have you gripping the controller like a bat and swatting fastballs out of the park in a home run derby.

Whether you're an experienced pro in every sport or a newcomer to the field of play, Wii Sports is an experience that you'll want to keep coming back to again and again!

If you need more remotes ask around, lots of people will have them and probably won't mind you borrowing them.

You could hold a Wii tournament or just play for a bit of fun!

Wii Play



Equipment:

- Wii
- 1-2 remotes
- Wii Play



30 mins +



1-4

Instructions:

In Wii Play, the star of the game is you! Wii Play comes bundled with a free Wii Remote. Wii Play's nine different games are the perfect introduction to what the Wii Remote can do, and include:

- **Shooting Range**

A modern version of the Nintendo classic Duck Hunt. Shoot the targets on the screen simply by aiming your Wii Remote.

- **Find Mii**

Can you spot a face in the crowd? Use your Wii Remote to point out the correct Mii characters as quickly as you can.

- **Fishing**

Move the Wii Remote like a rod: dip the hook in the water, wait for the fish to bite (the controller will rumble) and pull back hard to land it!

- **Charge!**

Take the bull by the horns! Steer your wild steer by holding the Wii Remote sideways, as if gripping reins, and topple scarecrows to score points

If you need more remotes ask around, lots of people will have them and probably won't mind you borrowing them.

Play Station 2 Games

Eye Toy: Play Sports



Equipment:

- Play Station 2
- Eye toy



30 mins +



1-4

Instructions:

Warm up and throw yourself into the action with the hit sports game that will have you competing in Mini-games including Dodgeball, Table Football, Tennis, Surfing, Archery and Sumo Wrestling! Team modes keep players on their toes and the drop in, drop out feature lets anyone come and go as they please!

Eye Toy: Play



Equipment:

- Play Station 2
- Eye toy



30 mins +



1-4

Instructions:

The original eye toy game with 12 mini games, including the world famous Wishi Washi and Boxing Chump.

Eye Toy: Groove



Equipment:

- Play Station 2
- Eye Toy



30 mins +



1-2

Instructions:

Turn the room into a disco!

Eye Toy: Kinetic

**Equipment:**

- Play Station 2
- Eye Toy



30 mins +



1-8

Instructions:

Highly personalised workout programme designed to improve stamina, body conditioning and relaxation.

SingStar

**Equipment:**

- Play Station 2
- SingStar



30 mins +



1-2

Instructions:

Break out the microphones, clear your throat and get ready to belt out a collection of SingStar tracks.

Buzz

**Equipment:**

- Play Station 2
- Buzzers



30 mins +



1-8

Instructions:

Get our buzzers at the ready and have a go at a Buzz quiz!

Emergency Aid

Young First Aider Pack: First Aid, First Action

Author: St John Ambulance

Duration: 6 hours

Cost: £76.33 (including VAT and standard P&P)

Age: 7-16

Details:

This course provides a basic introduction to first aid. The course gives students grounding in managing an incident and the most commonly needed first aid skills including:

- Asthma
- Choking
- Communication and casualty care
- Coping in an emergency
- Primary survey
- Recovery position
- Bites and stings
- Bleeding (minor)
- Bleeding and shock
- Burns and scalds
- Foreign objects
- Poisons
- Bone, muscle and joint injuries
- Chest pains
- Electric shock
- Fainting
- Resuscitation

This pack contains everything you need to run a complete course for up to 20 young people. The Young first aider pack includes:

- 25 lesson plans that include learning objectives, learning outcomes, a list of equipment required, key vocabulary and a range of suggested activities for starters, development and plenaries
- First aid fact sheets
- Differentiated worksheets for each topic and answers for each worksheet
- 20 scenario cards showing various injuries
- 20 case study cards covering a variety of first aid situations
- CD-ROM with a PowerPoint presentation (including embedded film clips) to support each topic and PDFs for all worksheets and lesson plans
- DVD showing young people demonstrating first aid treatments
- 21 student notes
- Set of five A2 posters
- 20 Young first aider certificates

Christian Faith Resources

Assisting young people in their journey of faith is central to the Challenge Plus programme. All projects contain ideas for discussions based on a biblical theme related to the project and naturally churches will also be supplying material for you to use.

Below are a number of resources that have been used successfully by BB Companies with this age group.

Mettle

www.yfc.co.uk

Duration: 6 sessions

Cost: £12 Introductory Pack

Age: 14-18

Details:

Mettle is not a 'quick fix' course on Christianity. It's more of an ongoing programme, designed to build the essential Christ-like qualities of courage, spirit, and character that will help 14-18s make informed choices. Following on from the success of other YFC resources, including Rock Solid, RS2 and The Art of Connecting, Mettle is easy to adapt for groups of any size, and for those with or without a church background. The resources are flexible, so you and your group can choose the subjects and sessions you find most relevant. Whether you are an experienced youth-worker or a volunteer just starting out, you will find plenty in these resources to challenge and inspire.

Mettle is relevant. Mettle is relational. But perhaps most importantly, Mettle is revolutionary: through it YFC believe they can impact a generation of young people.

Mettle works through 3 key activity areas:

1. Core sessions

Teaching the basics of Christianity and addressing the gaps in Christian knowledge and experience of many young people.

2. Hot Potato sessions

With a choice of challenging and stimulating sessions these aim to get young people talking openly and responding positively to peer pressures and hard-hitting issues.

3. Wild Card sessions

These suggest ways to vary the programme, with socials or practical activities and the chance to impact the local church and community.

As part of the material you will receive Mettle films, presentations and artwork.

To introduce you to Mettle, there is a special introductory pack, with enough material for 6 sample group sessions along with a DVD and guidelines on how to make the most of these new resources. Once you've used the sample sessions with your group, they are sure you'll want to order the main Mettle resource. This will give your group enough material to start building and sustaining the Christ-like qualities of courage, spirit and character throughout the year.

The Art of Connecting

www.theartofconnecting.co.uk

Duration: 7 sessions

Cost: £19.95

Age: 11-18

Details:

The Art of Connecting Resource, developed by Youth for Christ, is a 7-week course aimed at equipping your 11-18 year olds in personal evangelism. By learning the art of 'Three-Story Living', your young people will gain confidence in knowing their own Story whilst also learning to listen to and value the stories of their friends. By connecting deeper into God's great Story, your young people will see the impact on the lives of those around them.

The resource consists of an Art of Connecting Leader's Guide containing the full 7 week course material written into three streams:- 11-14s, 14-18s and a Student 'peer to peer-led' stream. The Guide also includes two DVDs, one containing thirteen filmed illustrations for the course and a 'Talking Heads' DVD presenting the core teaching components of each session.

Youthwork Magazine

www.youthwork.co.uk

Duration: 6 sessions

Cost: £29 for 12 issues pay by Direct Debit and get a free gift of the two latest Nooma DVDs (worth £19)

Age: 11-18

Details:

Youthwork magazine is published every month and is full of ideas, news, reviews and resources. Every issue you can benefit from the following:

- **The Source**

The latest important youth ministry news stories to keep you up-to-date on people, events and places. Columns on the statutory sector and schools work. All spliced together with cultural analysis and opinion on the latest trends and goings on in and around youth culture.

- **Twelve pages of Resourcebox**

All-new adaptable meeting plans, drama, discussion starters, music and movie clips, together with the innovative CPR, ideas for schools work, and much more.

- **Insightful & relevant features**

Written by some of the best youth ministry writers around, as well as in-depth interviews, theory and practise, book extracts, and much more.

- **Going Deeper**

Regular articles which aim to dissect the deeper issues of youthwork and ministry.

- **Reviews**

The latest book, music and video resources for youth ministry reviewed by people in youth ministry.

- **... plus much much more!**

real-life case studies; reader's feedback; cultural icons; regular columns from Mike Pilavachi and Jill Rowe...

The website also contains lots of free resources and information.

Youth Alpha

www.youthalpha.org

Duration: 11 sessions + weekend

Cost: £9.95

Age: 11-18

Details:

Youth Alpha is a practical introduction to the Christian faith, aimed especially at those who aren't regular churchgoers. The Youth Alpha course is an opportunity for anyone to explore the Christian faith in a relaxed, non-threatening way over ten thought-provoking sessions, including

- Who is Jesus?
- Why did Jesus die?
- How can I be sure of my faith?

It's low key, friendly and fun. Participants are encouraged to ask any questions and chat through the issues that are relevant to them.

Youth Alpha is split into three different 'streams', or ways of presenting the teaching material, making it suitable for different types of groups. This means that each course can be tailored to the young people it is attracting while still retaining the essential content and values of Alpha. All three streams are included in full in the Leaders Guide.

Which stream should we use?

• Alpha-Tech

Alpha-Tech is for teenagers who enjoy discussing abstract ideas in groups and engage well with movie clips. Multimedia technology is used to explain the ideas discussed during the course. Alpha-Tech works well with older youth and teenagers who have some knowledge of Christianity.

• Alpha-Active

Alpha-Active is aimed at younger youth. If your youth aren't so into books and get restless listening to talks, then this is the stream for your group. It's called 'active' because each session involves games, drama sketches and activities to help the group interact with each other and learn more about Christianity at the same time.

• Alpha-Lite

Alpha-Lite is designed for use in groups where the sessions must be shorter. It takes less time to prepare and present and so can be led by young people or less-experienced leaders. Short stories and testimonies are used to start discussions and challenge ideas. Alpha-Lite is about giving teenagers a chance to talk about themselves and their own lives in an open and honest environment.

	Stream 1 'Alpha- Tech'	Stream 2 'Alpha-Active'	Stream 3 'Alpha-Lite'
Minimum time required	1 to 1.5 hours	1 to 1.5 hours	30 minutes
Teaching style	Abstract	Concrete	Gentle
Recommended age group	15-18	11-14	11-18
Presentation tools	Multimedia technology	Visual aids and drama	Story
Youth participation	Discussion	Activity	Exploration
Preparation level	High	High	Low

The website lists Alpha and Youth Alpha courses that are running in different localities or advisers are available to help you run the course yourself.

Maybe this is something that a number of Companies could run jointly.



Tips / Advice:

Every year 'Youth Alpha Conferences' are held and these are for those running Youth Alpha. The conference is there to help those running Youth Alpha, to find out how to run the course, and equip and prepare them. Find out more at www.youthalpha.org.

My Fish Bites

www.myfishbites.com

Duration: N/A

Cost: Free

Age: 11-18

Details:

Free Christian youth work resources: sessions, ideas, materials, games, dramas, talks, prayer, assemblies and quiet-times for youth workers.

The site states that for leaders short on time or inspiration, or wanting some ideas, creative projects and information then the site is a good place to start. This site has a tremendous amount of help, wisdom and information, passing on what has been learned, to help, encourage and challenge you.

Youth Emmaus

www.e-mmaus.org.uk

Duration: 13 sessions

Cost: £22.50

Age: 11-16

Details:

Youth Emmaus is an interactive, hands-on course, designed to help young people aged between 11 and 16 to explore the basics of the Christian faith. This is no easy task, but *Youth Emmaus* offers a winning combination of meaty leaders' notes, well-designed handouts for group members, great cartoons and graphics, and a free CD-ROM stacked with other useful resources. The material has been fully road-tested and is ideal for youth groups or as a confirmation course for young people. *Youth Emmaus* tackles:

- What Christians Believe (5 Units)
- How Christians Grow (5 Units)
- Living the Christian Life (3 Units)

Youth Emmaus also contains a FREE CD-ROM that includes:

- Handouts and supplementary handouts for all sessions as PDF files
- *Emmaus* Poster
- Downloadable services to use with young people and a section on using *Youth Emmaus* in an all-age context
- Powerpoint presentation on *Youth Emmaus*
- Useful links to *Emmaus* website
- All icons from handouts available in colour in a downloadable format

Youth Emmaus 2: Big Issues and Holy Spaces

www.e-mmaus.org.uk

Duration: 14 sessions

Cost: £22.50

Age: 11-16

Details:

It's a fourteen-session interactive discipleship course for young people, designed to help 11- to 16-year-olds integrate their faith into life and to equip them as worshippers and disciples.

It breaks down into two sections – Big Issues and Holy Spaces. Big Issues tackles Jesus' sermon on the mount – engages with issues like poverty and injustice, forgiveness and reconciliation, dreams and passions. Holy Spaces explores creative ways of worshipping together – from protest to praise.

Sessions include: detailed leaders' notes, ice-breakers, theme-focused activities, ideas for worship and multi-media suggestions. Suitable as a discipleship course/a post-confirmation resource/a framework for a series of one-off events or a youth residential. Ideal as a follow-on from *Youth Emmaus* or as stand-alone material to help young people grow in discipleship.

A sample session from *Youth Emmaus 2* is available to download at www.chpublishing.co.uk.

The Y Course

Duration: 8 sessions

Cost: £49.99

Age: 11-16

Details:

The philosophy behind The Y Course is simple: that everyone has the right to encounter the good news about Jesus in a setting where they feel at home and in a way that is relevant.

The Y Course :

- Starts where today's people are
- Faces the questions that matter to them
- Is jargon free
- Has its focus on Jesus, not Christian living
- Contains only eight sessions
- Faces major issues such as suffering and other religions
- Uses an abundance of culturally rooted illustrations

The eight sessions of The Y Course cover issues like: -

- Is there more to life than this?
- Can anyone really know what God is like?
- If Jesus was so good why was he executed?
- If there's a good God why so much suffering?

You also get the Course Leaders Handbook, Group Leaders Guide and Participants Notes and all 8 video sessions each introduced by Steve Chalke.

Christianity Explored

www.christianityexplored.org

Duration: 7 sessions

Cost: £10.00-£50.00

Age: 11-16

Details:

Christianity Explored is for anyone who wants to investigate Christianity informally with a group of other people.

There is also an edition specifically for young people called CY. This seven week journey through Mark's Gospel is aimed at a slightly younger audience, but may well be worth using depending on the experience of your group. There are leaders' notes and individual books for young people. Go to the website to have a look at a free sample.

Nooma

www.nooma.com

Duration: 10-14 mins per DVD

Cost: £7.99 per DVD

Age: 15+

Details:

Nooma a revolutionary product that is changing the way people experience spirituality – a series of short films (10-14 minutes long) about God and our lives. Like parables, they use the experiences of our lives to teach about the fullness of life through Jesus, tackling issues like forgiveness, discipleship and unconditional love.

It's short films with communicators that really speak to us. Compact, portable, and concise. Each Nooma touches on issues that we care about, that we want to talk about, and it comes in a way that fits our world. It's a format that's there for us when we need it, as we need it, how we need it.

Each DVD comes with discussion notes. Go to the Nooma website to view sample clips of a resource not to be missed!

Wesley Owen

www.wesleyowen.com

Wesley Owen is the UK's largest chain of Christian bookshops selling Bibles, Christian books, music, DVD's, videos, youth work resources, gifts, and Bible studies.

Have a look at these resources:

Bibles

Version	Description	Cost	Published
Contemporary English Version (CEV)	The CEV attempts to make the Bible easy to understand by everyone without stumbling in speech or knowledge of "Bible" language. The translation takes care to simplify "Bible" terms into more understandable words and phrases.	£15.99	1995
New Living Translation (NLT)	The New Living Translation is a translation of the Bible into an easily readable form of modern English. The goal was to create a text that would make the same impact in the life of modern readers that the original text had for the original readers.	£10.50	2004
The Message (MSG)	This is a fresh, clear, compelling and relevant paraphrase of the Bible. It's contemporary idiom keeps the language of the Message (Bible) current and understandable.	£15.50	2002
New Century Version Youth Bible	New Century Version contains: • Life Files – More than 470 real life stories relating the Bible to young people today. • Sidelights – Hundreds of Bible background facts. • Book Openers – Practical introductions to help focus your reading. • More than 50 maps and diagrams • Dictionary and a topical concordance.	£13.99	2007

Books

Prayers For Teenagers

Author: Nick Aiken

Cost: £6.99

Synopsis:

The prayers in this book – almost all written by young people – remind us of what real prayer is: open and honest talking with God. The simple and direct language and the clear purpose of the prayers are powerful reminders that when we pray, God wants us to be real – real about ourselves, our family and friends, our hopes, our fears, our faith in him. Life is passionate, particularly when we're young.

Prayers for Teenagers aims to help us recognise God in the midst of all our experiences – whether joyful, distressing or challenging – and to build a solid foundation of faith for the future.

More Hot Illustrations For Youth Talks

Author: Wayne Rice

Cost: £7.99

Synopsis:

This new collection follows the original Hot Illustrations for Youth Talks. Popular youth speakers have proven that these stories and illustrations are effective for livening up youth talks and communicating God's Word. Here are all kinds of stories for all kinds of youth talks – devotionals, Bible lessons, openers, humorous anecdotes, poignant narratives, fables, real-life stories. They're all indexed by topic, and they all work with teenagers. They're just the thing to give your youth talks that extra spark you're looking for.

Diary of a Dangerous Vision

Author: Andy Hawthorne

Cost: £6.99

Synopsis:

Is God at work today? Read this story and be left in no doubt.

This is the story of one man's dramatic conversion and the blossoming of an ever-growing group of Christians set to take Christ into the most demanding and tough urban areas. Their vision spawned a number of different related initiatives: the beginning and the growth of The World Wide Message Tribe, Cameron Dante's conversion, and the EDEN project in Manchester. Andy Hawthorne was born in Manchester and rebelled as a teenager before being brought to Christ by his brother, Simon. They started a fashion business and it was some of the youths who they employed that inspired Andy to organise Message to Schools, the work of The World Wide Message Tribe and EDEN.

Taming the Tiger

Author: Tony Anthony

Cost: £6.99

Synopsis:

This fast-paced, compelling and chilling account, is the deeply moving story of a three-times Kung Fu World Champion. With fascinating insight into the traditions of China's martial arts, it documents the abusive upbringing that turned a four-year-old child into a hardened, professional killer.

From China to Europe and across the Mediterranean, we follow Tony as he becomes an elite bodyguard, protecting some of the world's most powerful people. Following personal tragedy, Tony's extreme discipline and the philosophy of his art is quickly turned. He begins to use his skills for illegal means and highly destructive, bloodthirsty pleasure.

Eventually incarcerated in jail in Cyprus, Tony hits rock bottom. Through the visits of a stranger, he is introduced to the reality and life-changing power of Jesus Christ. Though the prison walls hold him, he finds himself a free man. This is just the beginning of a complex and fascinating testimony.

Mind Games: Meeting God Through Experience and Feeling

Author: Simon Hall

Cost: £5.99

Synopsis:

This easy-to-use, exciting collection of resources is designed to stimulate learning in ways that are more creative and imaginative, helping young people to learn about and worship God, and to get into the Bible. Firmly Bible based, with over 50 tried and tested, ready-to-use activities.

Music

Holding Nothing Back

Artist: Tim Hughes

Cost: £14.99

Album:

This is Tim Hughes' third studio album. It's an explosion of energy, expressing a life of full-on worship to God. Tracks include Happy Day, Clinging to the Cross, Take the World, Everything, Out of the Darkness and Centre of it All.

Living For Your Glory – Soul Survivor Live 2007

Artist: Soul Survivor

Cost: £14.99

Album:

From an amazing summer of worship captured at Soul Survivor conferences, great memories and glorious inspiration sit side by side on Living For Your Glory which features dynamic live worship.

Over 27,000 youth gathered together during the summer at Shepton Mallet for this year's Soul Survivor Festival. Worship was led by Tim Hughes, Ben Cantelon, Andy Arganda and Sam Parker.

Tracks include You are, Everlasting God, Holding Nothing Back, Living for Your Glory, When I Survey and You're the Light.

The Highest and the Greatest

Artist: Various

Cost: £10.00

Album:

With the aim firmly fixed on 'worship for a new generation', The Highest and The Greatest takes 20 of the songs featured in the new 'Survivor Digital Songbook' making the songs accessible to worship leaders, musicians and worshippers. This album features songs by Tim Hughes, Nick Herbert, Matt Redman, Eoghan Heaslip, Andy Smith and more.

Tracks include: The Highest and The Greatest, Blessing Honour, You Are The One, Celebrate.

Kingdom of Comfort

Artist: Delirious?

Cost: £13.00

Album:

Delirious? deliver an album of fresh songs designed to highlight their growing concern for social justice.

From cancer to consumerism, five star dreams to slums and poverty made personal, Kingdom of Comfort questions everything.

The result is their most risky, real and compelling album to date – a collection of songs that act like catalysts more than lullabies, that spark fires that refine faith.

With God Is Smiling already downloaded free by over 9,000 fans on their new site, Delirious? have set the scene – the rule book has gone, the energy is even higher, the time is most definitely right for the most remarkable phase of their already remarkable career.

You can buy cheap new and second hand books, DVDs and music from Amazon (www.amazon.co.uk).

Movies

A selection of movies with a devotional theme:

Movie	Rating	Length	Synopsis	Themes
Bruce Almighty	12	101 mins	The film follows Bruce Nolan, a down on his luck TV reporter who seeks a promotion and a better life overall. After a series of bad incidents, such as being beaten while helping a homeless person, Nolan complains that God can't do his job properly. He is surprised when he is met by God himself and granted his powers for a week to see if he can do a better job.	Actions and consequences, prayer, free will, God's character.
Evan Almighty	PG	96 mins	Newly elected to Congress, former local TV newsman Evan Baxter leaves Buffalo behind and shepherds his family to suburban northern Virginia. His congressional campaign declared that he would change the world, but he never stated how. Once he reaches his new home and job, strange things start to happen. God appears and mysteriously commands him to build an ark because a flood is coming. Evan comes to realise that the way to change the world is by doing one Act of Random Kindness ("ARK") at a time.	Changing the world, trusting in God.
Finding Nemo	U	96 mins	Finding Nemo is a hilarious adventure where Nemo, an adventurous young clownfish, is unexpectedly taken to a dentist's office aquarium. It's up to Marlin, his worrisome father, and Dory, a friendly but forgetful regal blue tang fish, to make the epic journey to bring Nemo home. Their adventure leads them face-to-face with vegetarian sharks, surfer dude turtles, hypnotic jellyfish, hungry seagulls and more. Marlin discovers a bravery he never knew, but will he be able to find his son?	Loyalty, love, perseverance.
Forest Gump	12	136 mins	The film tells the story of a man with an IQ of 75 and his epic journey through life, meeting historical figures, influencing popular culture and experiencing first-hand historic events while being largely unaware of their significance, due to his lower than average intelligence.	Hope, love, courage.
Lord of the Rings: The Fellowship of the Ring	PG	171 mins	Set in Middle-Earth many years ago, this is the story of a young Hobbit named Frodo, who has in his possession a ring... This ring is needed by the evil Lord Sauron to destroy civilisation and plunge the world into complete darkness. In order to prevent this, Frodo must find a way to the Mount of Doom and destroy the ring.	Faith, trust, hope, good and evil, integrity, responsibility.

Movie	Rating	Length	Synopsis	Themes
Lord of the Rings: The Two Towers	12	139 mins	Continuing the plot it intercuts three storylines, as Frodo and Sam continue their quest to destroy the One Ring in Mordor and meet Gollum, its former owner. Aragorn, Legolas, and Gimli come across the war torn nation of Rohan as well as the resurrected Gandalf, before fighting at the Battle of Helm's Deep, whilst Merry and Pippin escape capture and meet Treebeard, the Ent.	Weight of sin.
Lord of the Rings: The Return of the King	12	192 mins	With the legions of darkness gathering, the once great kingdom of Gondor has never been in more desperate need of its king. But can Aragorn answer the call of his heritage and become what he was born to be? Meanwhile, Gandalf urgently tries to rally Gondor's broken army to action. He is aided by Rohan's King Theoden, who unites his warriors for history's biggest test. Yet even with their courage and passionate loyalty, the forces of men – with Eowyn and Merry hidden among them – are no match for the enemies swarming against Gondor. Still, in the face of great losses, they charge forward into the battle of their lifetimes, tied together by their singular goal to keep Sauron distracted and give the Ring Bearer a chance to complete his quest. Their hopes rest with Frodo, a determined hobbit making a perilous trip across treacherous enemy lands to cast the One Ring into the fires of Mount Doom. The closer Frodo gets to his final destination, the heavier his burden becomes and the more he must rely on his old friend Samwise Gamgee. But both the Ring itself and Frodo's guide, the piteous former Ring Bearer, Gollum, will test the hobbit's allegiances and ultimately, his humanity.	Jesus as King, the Cross, God's plan for mankind.
Matrix	15	190 mins	The film describes a future in which reality perceived by humans is actually the Matrix, a simulated reality created by sentient machines in order to pacify and subdue the human population while their bodies' heat and electrical activity are used as an energy source. Upon learning this, computer programmer "Neo" is drawn into a rebellion against the machines.	Choices, The World.
Shrek	U	93 mins	Shrek is an agreeable enough ogre who wants to live his days in peace. When the diminutive Lord Farquaad evicts local fairy tale creatures (including the now-famous Seven Dwarfs, Pinocchio and the Gingerbread Man), they settle in the ogre's swamp and Shrek wants answers from Farquaad. A quest of sorts starts for Shrek and his new pal, a talking donkey, where battles have to be won and a princess must be rescued from a dragon lair in a thrilling action sequence.	God sees the heart, judging others.

Movie	Rating	Length	Synopsis	Themes
Charlie and the Chocolate Factory	PG	110 mins	Though the mysterious chocolate factory has been closed for 15 years, it continues to produce and ship candy all over the world. When a contest promises a tour of the plant to the lucky finders of five golden tickets hidden inside wrappers, no one is more excited than Charlie Bucket, an impoverished boy whose family lives mere steps from the factory. Though he can barely afford even one candy bar, fate intervenes, and Charlie finds the last golden ticket. Joined at the gates by a group of despicable brats, Charlie and his Grandfather venture inside proprietor Willy Wonka's delightful factory for a wild adventure. One by one, however, the children meet unfortunate fates, until only Charlie remains in the company of Wonka and his curiously small workers, the Oompa Loompas.	Faith, selfishness, facing your past, jealousy.

Videos That Teach

Author: Doug Fields and Eddie James

Cost: £7.99

Synopsis:

These "visual parables" are perfect for illustrating the point of a lesson or discussion. Indexed by subject and Scripture, each clip comes complete with summaries of the movie and the clip, start and stop times, Scripture references, and discussion-starter questions.

You can buy cheap new and second hand books, DVDs and music from Amazon (www.amazon.co.uk).

Doctor Who

Behind the Sofa: A Closer Look at "Dr Who"

Author: Anthony Thacker

Cost: £6.99

Synopsis:

The new "Doctor Who" series has taken the country by storm with ratings comparable to the soaps, and even better than Ant and Dec's "Saturday Night Takeaway"! The best Science Fiction asks questions about why we are here and where we are going. "For once in our fragmented culture, something will be recognised and understood by a large number of children, teenagers and adults alike, and a common language can be used to talk about some important issues of life. Many in youth and children's work will want to take advantage of the opportunities this offers them." – Anthony Thacker. This is an easy-to-read book, even for those with no knowledge of Science Fiction terms and themes, with thought provoking questions for group discussion.

Back In Time: A Thinking Fan's Guide to Doctor Who

Author: Steve Couch, Tony Watkins, Peter S. Williams

Cost: £7.99

Synopsis:

Doctor Who is a television classic which returned to TV screens in 2005 in a freshly-minted new form. Russell T. Davies gave the show a contemporary refit while retaining all the traditional strengths, making it the TV event of the year. Stunning special effects, mature storytelling and great characters combine to make a thrilling ride through space and time, best viewed from behind the sofa. 'Back In Time' tells the story of Doctor Who, helping to identify why it is loved so much by so many, and exploring the recurring themes and ideas that underpin this most intelligent of popular science fiction shows. Steve Couch, Tony Watkins and Peter S. Williams write extensively on popular culture from a Christian perspective and have all been avid Doctor Who viewers for as long as they can remember.

You can buy cheap new and second hand books, DVDs and music from Amazon (www.amazon.co.uk).

All prices and information correct at time of print (August 2008).