

Being Together



A hybrid resource
for GB's 11 to 18s
that can be delivered
face-to-face,
online,
or at home.



The Girls' Brigade England and Wales,
Cliff College, Calver, Hope Valley, Derbyshire, S32 3XG
www.girlsbrigadeministries.org.uk



Part of GB Ministries, a registered charity, number 206655,
and a company limited by guarantee, number 206877.

Week 01

Being part of a team

This year, 2020, would have been an Olympic year but the sporting event was cancelled due to the COVID-19 pandemic.

This was a big loss for the athletes who were mentally and physically ready for the sporting event – a bit like us having to cope with our plans changing for the year.

The Olympic theme would have been *United by Emotion*. We're going to look at this over the next few weeks and this week's session will help children and young people to understand what it means to be part of a team.

How well do you know your GB team?

(Length of activity: 15 minutes.)

You'll need: Paper and pens/pencils.

Ask everyone in your group to write down three things about themselves – two are true facts and one is false.

Each person will say their three things in any order that they choose and the other young people in the group will see if they can guess which one is false.

At the end discuss how easy it was. How well do you really know your friends in your GB group?

Note for leaders/parents/carers:

If you're face-to-face in a GB group, make sure you hand out the equipment in a socially-distanced manner. If you're doing this online make sure you let parents know the equipment their young people will need in advance of the session or deliver it to their house beforehand.

Team work makes the dream work

(Length of activity: 20 minutes.)

You'll need: Resource Sheet A (body) – one for each person, split pins, scissors, pens/pencils, and a Bible or look the passage up on www.biblegateway.com

Read from the Bible I Corinthians Ch.12:12-27.

Talk about being part of a team. There are many types of teams – such as sports teams, quiz teams, music groups, and GB groups. Every member of the team or group brings their own gifts and skills to the team/group. In a sports team not everyone has the skill to be the goal keeper, but the team needs the goal keeper. Where would the team be without them? Each person in the team/group is important and no one person is more important than another.

I Corinthians Ch.12:12 says that we're all one body and each part of the body is really important and belongs. The hands, feet, eyes, and ears are all important. God put every different part of the body just as He wanted it to be. There wouldn't be a body if all were one part. As it is there are many parts but one body.

Note for leaders/parents/carers:

If you're face-to-face in a GB group, make sure you hand out the equipment in a socially-distanced manner. If you're doing this online make sure you let parents know the equipment their young people will need in advance of the session or deliver it to their house beforehand. If you're leading this session online or doing it at home, you could share our video of this activity at <https://youtu.be/hY6mCmoKQA>.

Give everyone a copy of Resource Sheet A (body) and the equipment needed and get them to make up the jigsaw. Think about those who are in your church or GB group and write someone's name on the back of each piece and think about how those people make the body of the church or GB group. Give thanks to God for all the people who are part of the church or GB group.

Contortions

(Length of activity: 10 minutes.)

You'll need:

Get the young people to stand around the room, observing social distance guidelines, or in front of the camera if you're running an online session. It may be that some of the young people are standing next to a wall or table. The leader calls out various parts of the body that must be put onto, or next to a specific object. Each subsequent demand requires the players to get into more difficult and contorted positions. Anyone losing their balance is counted as out and the last one remaining is the winner.

Some ideas for commands: elbow to wall, nose on floor, thumb on nose, finger on ear etc. Vary them according to age and ability of your group.

Note for leaders/parents/carers:

If you're face-to-face in a GB group, make sure you clean thoroughly before and after this activity if you're planning on touching walls/floors etc.

Get connected

(Length of activity: 5 minutes.)

You'll need: Varied depending on what young people decide to do.

Explain that as we've not been able to meet in our weekly GB groups recently, there are people who we may have missed that belong to our group. What have the young people missed about them? Is it their infectious laugh, or perhaps it's someone they love to have a chat to, or a leader who makes drinks and serves tuck.

Can they think of a way to connect with that person? Encourage your young people to write them a letter, phone them or contact them on WhatsApp. Let them know that they were/are missed and that their GB team is thinking about them.

Note for leaders/parents/carers:

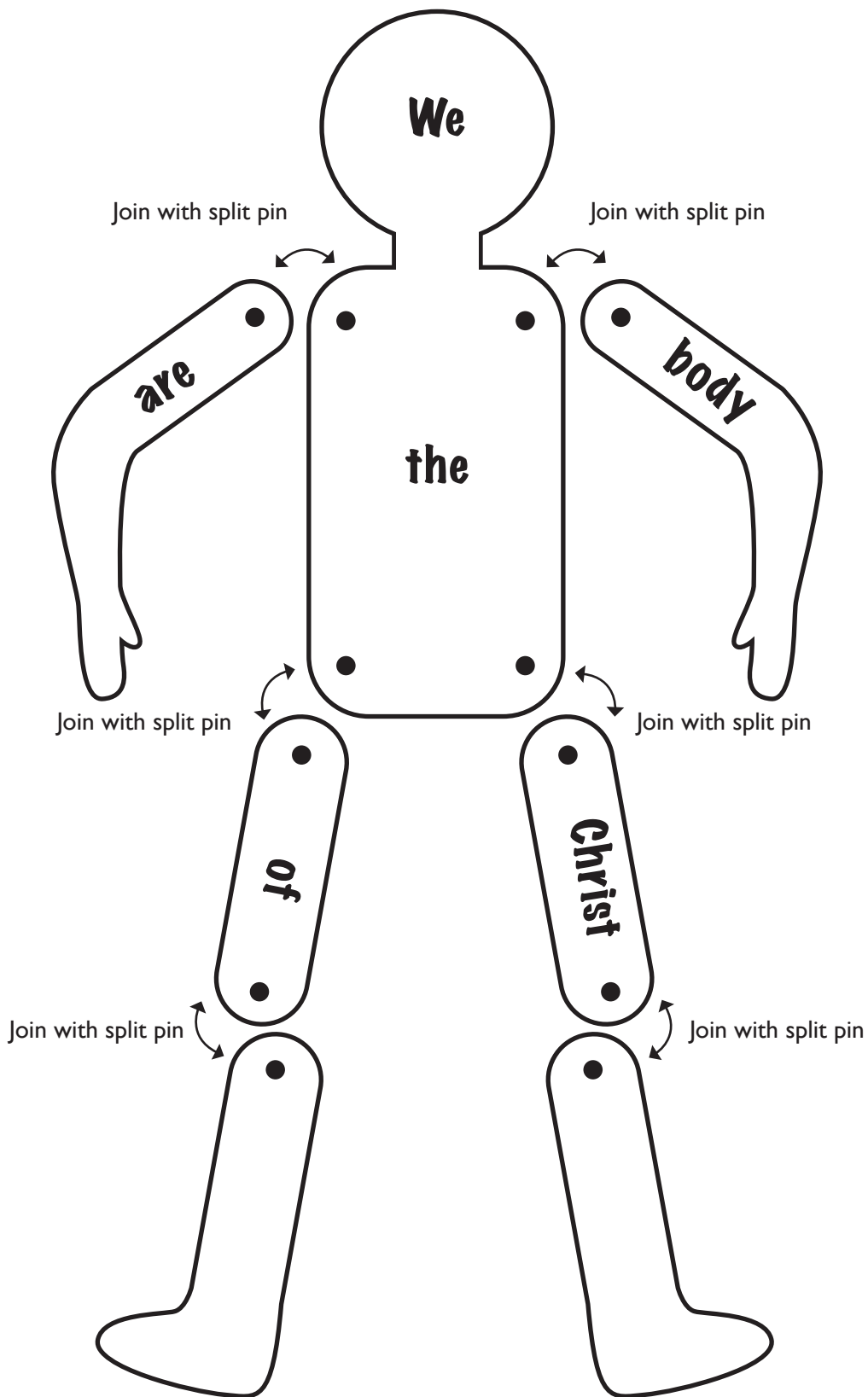
If you're face-to-face in a GB group, make sure you consider safeguarding before allowing your young people to contact others.

Conclusion

After these activities, your young people should know that being part of a team requires everyone to work together and when working in isolation on your own the team is disjointed and doesn't function well.

Resource Sheet A

(body)



Week 02

Physical and mental health

This year, 2020, would have been an Olympic year but the sporting event was cancelled due to the COVID-19 pandemic.

This was a big loss for the athletes who were mentally and physically ready for the sporting event – a bit like us having to cope with our plans changing for the year.

The Olympic theme would have been *United by Emotion*. We're going to look at this over the next few weeks and this week's session will help children and young people to understand what it means to be physically and mentally healthy.

Mini Olympic challenge

(Length of activity: 15 minutes.)

You'll need: Resource Sheet A (results sheet), a timer/stopwatch, and a pen/pencil.

Set your young people a mini sporting challenge. Time each of these activities for 30 seconds and count how many each young person can complete during that time. Ensure the group is socially distanced from each other.

Activities:

- Star jumps
- Press ups
- Burpees (<https://www.youtube.com/watch?v=FAsmFdChYPI>)
- Running on the spot
- Sit ups
- Lying down hands behind your head. Lift right leg and point left elbow to right knee
- What is the longest time you can keep The Plank? (<https://www.runnersworld.com/training/a28197735/how-to-do-a-plank/>)

It may be that your young people can go through these more than once to see if there is an improvement.

If time permits you may also want to include some Olympic or Paralympic style games, such as:

- Javelin using a straw
- Throwing the discus using a paper plate
- Long jump with feet together.

You can see who can get the furthest distance and/or change to Paralympics by getting the young people to shut their eyes or have one arm behind their back, for example.

Note for leaders/parents/carers:

If you're face-to-face in a GB group, make sure you hand out the equipment in a socially-distanced manner. If you're doing this online make sure you let parents know the equipment their young people will need in advance of the session or deliver it to their house beforehand.

Three for 3

(Length of activity: 15 minutes.)

You'll need: Paper and a pen/pencil.

Encourage your young people to write (or draw) three things they're doing, or have done, to look after their mental wellbeing during these challenging times, and to share these ideas with three other people in your group.

Once they've shared their three things, the people they've shared with should share three things back, keeping the conversation about well-being going.

Note for leaders/parents/carers:

If you're face-to-face in a GB group, make sure you hand out the equipment and complete the challenge in a socially-distanced manner. If you're doing this online make sure you let parents know the equipment their young people will need in advance of the session or deliver it to their house beforehand.

Winning the top prize

(Length of activity: 15 minutes.)

You'll need: Paper, pens/pencils, and a Bible or look the passage up on www.biblegateway.com

Read from the Bible | Corinthians Ch.9:24-27.

Talk to your young people about how important the Olympic games are to the athletes – they have to keep their minds focussed and work hard training every day as they aim for their reward to earn a medal and to compete for their country. In each event only one team or one person can win the top prize. The athletes need to be disciplined as they work towards their prize.

Share that the Bible says that life is like games such as the Olympics. The Bible says that everyone who competes in games goes into very strict training and works hard to win a prize. Some people compete in the game of life for personal gain, such as being famous/popular or to earn money. The Bible says that their prize will not last. Others will compete and work very hard because they love Jesus and want to bring honour to Him. Share that as people who follow Jesus, we need to be disciplined to become the person that Jesus wants us to be. In the Olympic games, there can only be one winner, but in the game of life, we can all be winners if we live for Jesus.

Think about your GB group and how sometimes it's hard to be motivated during these difficult and different times – sometimes people may look happy on the outside but inside they're in turmoil and they may not have shared their thoughts. Have an opportunity for your young people to share if they want to or they can write down their feelings or thoughts and then fold up the paper so no-one sees it. Spend some time in prayer praying for all the shared and unshared thoughts reminding the young people that even those feelings/thoughts written down will be seen by God.

If any of your young people want to explore this topic further, this is a great blog from Christians in Sport – <https://www.christiansinsport.org.uk/resources/what-does-the-bible-say-about/what-does-the-bible-say-about-winning/>



Note for leaders/parents/carers:

If you're face-to-face in a GB group, make sure you hand out the equipment in a socially-distanced manner. If you're doing this online make sure you let parents know the equipment their young people will need in advance of the session or deliver it to their house beforehand. If you're leading this session online or doing it at home, you could share our video of this activity at <https://youtu.be/YtsRBtXQ5sM>.

Note for leaders/parents/carers:

If you're face-to-face in a GB group, make sure you hand out the equipment in a socially-distanced manner. If you're doing this online make sure you let parents know the equipment their young people will need in advance of the session or deliver it to their house beforehand.

Fundraising fun

(Length of activity: 15 minutes.)

You'll need: Sporting equipment, a copy of Resource Sheet B (score card) and Resource Sheet C (sponsor form) for each young person.

Encourage your young people to plan an individual fundraising event that they can do in their own homes on a certain date. They'll need to decide what sporting challenges to complete, see suggestions below, and find people to sponsor them to raise money for your GB group.

Each challenge has a score or time to record which will earn the young person points when submitted. Once they've chosen which challenges to take part in they'll need to check they have everything required, mark out a safe space, and maybe rope in some at home competitors and a time/score keeper, and complete the challenges. The young people should use Resource Sheet B (score card) to add in their score or time for each event they took part in. The score cards should be returned to a specific GB leader, along with any sponsorship money, as soon as possible. The leader can tally up the scores to see which young person 'won' which challenge.

Egg and spoon

You'll need: An egg (or alternative) per person, one spoon per person (dessert spoons work best), a 10m long course (you could use 2m length 5 times), and a stopwatch or timer.

The rules:

- Place your egg (or alternative) on your spoon before the timer starts
- Hold the spoon handle with 1 hand and place the other hand behind your back
- You must not touch the egg while moving
- If the egg falls you should remain stationary while putting it back on the spoon
- You should time yourself covering 10m
- Fill your time in on the score card.

Ball toss

You'll need: Five balls (beanbags, stuffed animals or rolled up socks will work instead), three containers (e.g. shoe boxes, washing up bowl, circle on the ground), and a 3m long course.

The rules:

- Place the 3 containers in a line one behind the other
- Assign them values of 10, 20 and 30
- Standing 3m from the containers throw all five balls in under a minute
- Score points for each ball which lands and stays in the container
- Add up your score
- Fill your score in on the score card.

Kick ups

You'll need: A ball, and a stopwatch or timer.

The rules:

- Kick ups should be performed using either feet, knees, chest and head or a combination of all four without the ball hitting the ground
- You should count how many kick ups you can complete in two minutes without the ball hitting the floor
- If the ball hits the ground before the two minutes is up, you should consider this your final score
- Fill your score in on the score card.

Three-legged race

You'll need: At least 2 people (from the same household), scarves or fabric strips long enough for tying legs together, a 10m long course (you could use 2m length 5 times), and a stopwatch or timer.

The rules:

- Stand next to your partner and tie your inside legs together
- Hold your partner round their back
- You should time yourself covering 10m
- Fill your time in on the score card.

Conclusion

After these activities, your young people should know what it means to be physically and mentally healthy.

Resource Sheet A

(results sheet)

Young person's name	Number of star jumps	Number of press ups	Number of burpees	Running on the spot	Number of sit ups	Lying down on your back. Lift right leg and point left elbow to knee	How long can you keep the plank?

Resource Sheet B

(score card)

Event	Score or time
Egg & spoon race	
Ball toss	
Kick ups	
Three-legged race	
Name of contestant	

Week 03

Emotions

This year, 2020, would have been an Olympic year but the sporting event was cancelled due to the COVID-19 pandemic.

This was a big loss for the athletes who were mentally and physically ready for the sporting event – a bit like us having to cope with our plans changing for the year.

The Olympic theme would have been *United by Emotion*. We're going to look at this over the next few weeks and this week's session will help children and young people to understand what it means to have different emotions.

Anagram of feelings

(Length of activity: 15 minutes.)

You'll need: Paper, pens/pencils, anagrams (as detailed below) and sticky tack.

It's good to be happy but we're not always in that state. Display a number of anagrams of feelings e.g. jumble up the letters of each word – happy could be yphap.

Here are some words you could use: Scared, worried, sad, happy, excited, frightened, angry, pleased, comfortable, relaxed, upset, amazed, peaceful, nervous, calm, safe, bored, anxious, grumpy, jubilant, ecstatic, and vivacious.

Ask the group to unmuddle the words to get a list of feelings that they or others may have experienced. Talk about the list of feelings together explaining any words they've not heard of.

Note for leaders/parents/carers:

If you're face-to-face in a GB group, make sure you play this game in a socially-distanced manner. If you're online or at home, prepare the anagrams to show online by sharing your screen. If your group has a number of members who find literacy skills difficult, display pictures representing feelings instead of anagrams.

Strike a pose

(Length of activity: 10 minutes.)

You'll need:

The leader announces that they're a film director in need of characters for their crowd scenes of both animals or people.

When the leader calls out a phrase to describe the pose, they require the young people to quickly freeze in that position with the appropriate facial expressions.

The person which freezes first is awarded a point. The person with the most points at the end of the game is the winner.

Examples to use:

- Frightening policeman
- Spectacular goalkeeper
- Angry lion
- Cheeky monkey
- Happy shopper
- Nervous traveller
- Tired person
- Jealous girlfriend
- Frustrated teacher.

Note for leaders/parents/carers:

If you're face-to-face in a GB group, make sure you play this game in a socially-distanced manner.

Emoji quiz

(Length of activity: 5 minutes.)

You'll need: Resource Sheet A (emotion faces) for each young person.

Pass out the sheet with the emojis on and ask your young people to identify as many as they can. This will be used in the next activity.

Note for leaders/parents/carers:

If you're face-to-face in a GB group, make sure you play this game in a socially-distanced manner. If you're doing this online you could share your screen so the young people can see the images.

Share your feelings

(Length of activity: 10 minutes.)

You'll need: Resource Sheet A (emotion faces) for each young person, a Bible or look the passages up on www.biblegateway.com

Talk about how using emojis is really popular and where they're being used e.g. social media and WhatsApp etc.

Ask the young people to refer to the resource sheet. Ask them to have a look at the faces and select one that reflects how they're feeling now. If you have time, ask the young people to share which emoji they chose and why.

Share with the group that the Bible is a collection of 'books' that show people experiencing all different kinds of feelings. Explain that you don't need to be a Bible scholar to find Bible verses to match how you're feeling but most Bibles have a section called 'Where to find help when...'. The Good News For Everyone (formerly Gideons UK) New Testament Bibles that are available for GB members has this section at the beginning.

Look at some examples of Bible verses which relate to how your young people could be feeling, such as:

- Psalm 46:1 – troubled
- Psalm 135:3 – happy
- Other examples can be found at <https://gideonsuk.com/bible-helps>.

Refer back to the beginning of this section where the young people shared the emoji face that reflected their mood and offer a short prayer to God asking Him to bring them a feeling of peace no matter how they're feeling.

Note for leaders/parents/carers:

If you're leading this session online or doing it at home, you could share our video of this activity at <https://youtu.be/lldWw9nvRpoc>.

Conclusion

After these activities, your young people should know there are a range of feelings that we may encounter and that God is with us no matter how we're feeling – it's ok not to be ok.

Resource Sheet A

(emotion faces)



Happy



Depressed



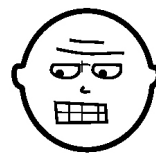
Surprised



Scared



Mean



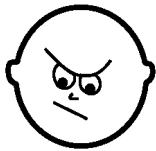
Jealous



Enraged



Affectionate



Frustrated



Arrogant



Shy



Bored/Tired



Exhausted



Ecstatic



Confused



Sad



Mad



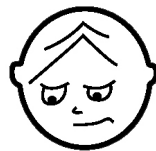
Over frustrated



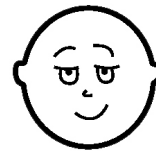
Silly



Confident



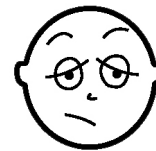
Embarrassed



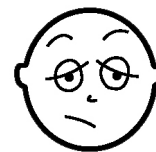
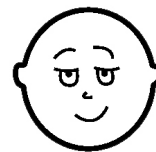
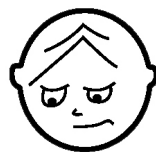
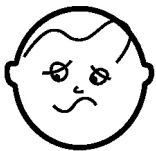
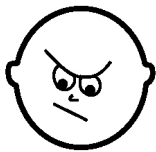
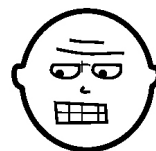
Relaxed



Anxious



Dazed



Week 04

Loss

This year, 2020, would have been an Olympic year but the sporting event was cancelled due to the COVID-19 pandemic.

This was a big loss for the athletes who were mentally and physically ready for the sporting event – a bit like us having to cope with our plans changing for the year.

The Olympic theme would have been *United by Emotion*. We're going to look at this over the next few weeks and this week's session will help children and young people to understand what it means to experience loss.

Please note that GB has a specific resource produced around issues of loss – you can find it online at <https://www.girlsbrigadeministries.org.uk/resource/facing-loss-equipping-children-and-young-people/>

Looking at loss

(Length of activity: 15 minutes.)

You'll need: Paper, pens, and a copy of Resource Sheet A (emotions wheel) for each young person.

Ask your young people to draw a shape of a person – leaving space around the paper and on the inside to write.

Explain what loss is – being deprived of or being without something that one has had. Loss is more than just bereavement and family breakdown (although these are included).

Ask your young person to write down on the inside or outside of their person examples of loss that young people can experience – especially relating to this year whilst we have been in lockdown but not limited to that.

Some examples to help the young people's thinking:

- No school proms
- No exams – GCSEs or A-Levels
- Birthday celebrations
- Year 6 activities
- Family holiday cancelled
- Family member who has been ill with COVID-19
- You've had to self-isolate due to your health
- Parental relationship breakdown
- Bereavement
- Changing schools (loss of friends).

Encourage the young people to feedback – highlight similarities and differences. Discuss if they think that these are all losses.

Think about when there's a change, there will be a loss of the thing that has been taken or that which has been left behind. It's how we process change that's important.

Give everyone a copy of Resource Sheet A (emotions wheel). What emotions would the young people associate with loss? Encourage them to use words other than simply happy, sad, and angry etc.

Note for leaders/parents/carers:

If you're face-to-face in a GB group, make sure you hand out the equipment in a socially-distanced manner. If you're doing this online make sure you let parents know the equipment their children will need in advance of the session or deliver it to their house beforehand. You could share your screen to show Resource Sheet A (emotions wheel).

koko clips

(Length of activity: 5 minutes.)

You'll need: The ability to show a video on YouTube.

koko is GB Ministries' blog for teenagers – featuring videos and blogs encouraging them to 'keep on keeping on'.

If time allows and it's appropriate to your group, you may want to show one of the three koko films around loss:

- Loss (bereavement) – <https://youtu.be/2shpWfvurII>
- Loss (family breakdown) – <https://youtu.be/xTN62u0Ibfw>
- Loss (mental health) – <https://youtu.be/TGQ5sh4e4ik>

Note for leaders/parents/carers:

Find out more about koko at www.thekokostory.com – here you can find blog posts and videos on a range of topics.

The lost son

(Length of activity: 15 minutes.)

You'll need: A Bible or the ability to look the passage up on www.biblegateway.com

Read from the Bible Luke Ch.15:11-31.

Talk about the story and the feelings that the father and his two sons must have experienced. The son who took his inheritance, went away and enjoyed himself, spending all the money. How would he feel doing that, and how would he feel when it had all gone and he was poor? Imagine how the other brother would feel about the situation he found himself in staying at home and working. Then when his brother returns a party is thrown for him by his father. Think about the father and the emotions he felt as his son went away and returned a poor man.

Ask the young people to make their own drama based on the story, bringing it into a modern day context; they should especially think about losses they may have recently experienced and the examples they came up with in the first activity.

Note for leaders/parents/carers:

If you're face-to-face in a GB group, make sure you carry out the drama part of this activity in a socially-distanced manner. If you're leading this session online or doing it at home, you could share our video of this activity at <https://youtu.be/7CAGOQXUvg>.

Pebble prayers

(Length of activity: 15 minutes.)

You'll need: Pebbles, pens or paint and paintbrushes.

Listed below are words and Bible verses that give encouragement if there's been loss. Use the verses as prayers and reflections, but you can encourage the young people to write the words on a pebble and decorate it. They can take it home to be left in the local community/parks for people to find, so that they too can be given words of encouragement.

Note for leaders/parents/carers:

If you're face-to-face in a GB group, make sure you hand out the equipment in a socially-distanced manner. If you're doing this online make sure you let parents know the equipment their children will need in advance of the session or deliver it to their house beforehand.

Hope

For I know the plans I have for you, declares the Lord, plans for welfare and not for evil, to give you a future and a hope – Jeremiah Ch.29:11.

Peace

Peace I leave with you, my peace I give to you; not as the world gives do I give to you. Let not your heart be troubled, neither let it be afraid – John Ch.14:27.

Comfort

I've picked you. I haven't dropped you. Don't panic. I'm with you. There's no need to fear for I'm your God. I'll give you strength. I'll help you. I'll hold you steady, keep a firm grip on you. – Isaiah Ch.41:10.

Joy

The Lord your God is with you, the mighty warrior who saves. He will take great delight in you; in His love He will no longer rebuke you, but will rejoice over you with singing – Zephaniah Ch.3:17.

Rest

Are you tired? Worn out? Burned out on religion? Come to me and you'll recover your life. I'll show you how to take a real rest. Walk with me and work with me – watch how I do it. Learn the unforced rhythms of grace. I won't lay anything heavy or ill-fitting on you. Keep company with me and you'll learn to live freely and lightly – Matthew Ch.11:28-30.

Love

I've never quit loving you and never will. Expect love, love, and more love! – Jeremiah Ch.31:3.

Something's missing

(Length of activity: 10 minutes.)

You'll need: A tray with around 20 small items on it and a cloth.

Have a tray with a number of small items on it, such as a cotton bud, a tea bag, a pen, a clothes peg etc.

Get the young people to look at the tray for a short time then cover the items up. Remove one of the items and reshew the tray to the young people asking them to guess which item has been removed. Repeat as time allows.



Note for leaders/parents/carers:

If you're face-to-face in a GB group, make sure you hand out the equipment in a socially-distanced manner. If you're doing this online you could share your screen to show pictures of your tray and items or you could share our video of this activity at <https://youtu.be/59ypEF4Mx3Q>.

Conclusion

After these activities, your young people should know there are different types of loss and that Jesus will find us where we are.

Resource Sheet A

(emotions wheel)



Week 05

Diversity/ unity

This year, 2020, would have been an Olympic year but the sporting event was cancelled due to the COVID-19 pandemic.

This was a big loss for the athletes who were mentally and physically ready for the sporting event – a bit like us having to cope with our plans changing for the year.

The Olympic theme would have been *United by Emotion*. We're going to look at this over the next few weeks and this week's session will help children and young people to understand how we're different but loved by God.

I am GB

(Length of activity: 20 minutes.)

You'll need: The ability to show a video on YouTube – https://youtu.be/1Ok32xd_GwI, a world map, some background information from GB International – <https://gbworldwide.org>, paper, and pens/pencils.

Watch the #iamgb video produced by GB International - launched on International Day of the Girl (11 October 2016), it captures girls' voices and demonstrates the transformational impact of being part of Girls' Brigade.

Share how GB isn't just in this country but it works in around 50 countries around the world. Show the 5 GB fellowships on a world map - Asia, Africa, Caribbean, Europe, Pacific. Look at the countries within the fellowships and explore a little about them.

In the film clip it shows that each country and fellowship belongs to the GB family and the statements the young people make confirm that they experience similar things through GB. Discuss with your young people if they experience similar things.

Encourage your young people to make a poster showing their #iamgb story, completing the sentence 'Because of GB I am.....'

You could make a short video to be used within your devotions or as publicity using the young people and their signs.

Note for leaders/parents/carers:

If you're face-to-face in a GB group, make sure you hand out the equipment in a socially-distanced manner. If you're doing this online make sure you let parents know the equipment their children will need in advance of the session or deliver it to their house beforehand. If you're doing this online you could share your screen to show a picture of the world map.

Countries alphabet

(Length of activity: 10 minutes.)

You'll need: Paper, and pens/pencils.

Get your young people to write down A to Z on a sheet of paper. Can they name a country starting with each letter of the alphabet?

e.g. A = Angola

B = Bolivia etc.

Give them a time limit to complete as many as possible and then share their answers. Who could name the most countries?

Note for leaders/parents/carers:

If you're face-to-face in a GB group, make sure you hand out the equipment in a socially-distanced manner. If you're doing this online make sure you let parents know the equipment their children will need in advance of the session or deliver it to their house beforehand.

The good Samaritan

(Length of activity: 20 minutes.)

You'll need: A Bible or the ability to look the passage up on www.biblegateway.com, paper, pens, envelopes, stamps, and the address of your local MP.

Read from the Bible Luke Ch.10:25-37.

Focus on the Samaritan who is a significant character in this parable – he wasn't liked, classed as a hated foreigner especially with the Jews. It was the Samaritan that helped the Jew showing that everyone is our neighbour.

Discuss with your young people the diversity of the area you live in – the types of people, culture, accents and issues around your area, topics like racism, homelessness and how everyone is treated. Stress that although people are different it shouldn't matter to us and that Jesus said everyone is our neighbour.

With that discussion in mind ask the young people to write a letter to your local MP asking them to take action on a topic they care about. Make sure they put the GB address on it rather than their own, and get them to post the letter on their way home.

Note for leaders/parents/carers:

If you're face-to-face in a GB group, make sure you carry out the drama part of this activity in a socially-distanced manner. If you're leading this session online or doing it at home, you could share our video of this activity at https://youtu.be/kSe_5wVK79A.

Conclusion

After these activities, your young people should understand that we all belong to one family, and that although we come from different countries/backgrounds we're all part of the GB family and God loves us all.