

Being Together



A hybrid resource for GB's 4 to 11s that can be delivered face-to-face, online, or at home.



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 [GirlsbrigadeEW](https://www.facebook.com/GirlsbrigadeEW)
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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.



The story of Nehemiah

(Length of activity: 10 minutes.)

You'll need: A Bible or look the passage up on www.biblegateway.com (if possible).

Share the story of Nehemiah rebuilding the walls of Jerusalem. You can find it in the Bible in Chapters 1 to 6 but here is a summary...

Nehemiah learns that the city walls of Jerusalem are broken down and the city is defenceless and he's really distressed because the small number of Jews who have returned there from Babylonian captivity desperately need the walls to be rebuilt. Nehemiah has never been to Jerusalem but obtains permission from the King of Persia to travel there where he surveys the situation and begins rebuilding. Despite several setbacks, the walls are rebuilt within a very short time.

Every person took responsibility for building their own section of the wall. One person would have taken an age to rebuild the entire wall but, with each person doing their small bit, the whole thing was completed quickly. In Nehemiah Ch.3:28 it lists all the different people building their own bit and says 'Each one repaired the section immediately across from his own house.'

Rebuilding the wall took 52 days - as it says in Nehemiah Ch.6:15.

Explain how it's brilliant to be part of a team – and God wants us to be a part of His team and work together to make a difference.

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/epDCZSsZBM>.

What are you good at?

(Length of activity: 10 minutes.)

You'll need: Piece of paper, pens, and a picture of the Olympic rings.

An Olympic team is made up of several individuals who all have different gifts, strengths and talents.

Ask your children – 'What are you good at? What are your strengths?'

If they're not sure give them lots of encouragement and suggest what it is they're good at.

Note for leaders/parents/carers:

If you're face-to-face in a GB group, make sure you hand out the paper/pens 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.

Explain that all of these strengths would bring something to a team.

Give each child a piece of paper and a pen and ask them to draw the Olympic rings. Inside each ring they should write or draw all of the things they're good at. Then add how they could use them as part of a team.

Sports people have to work very hard to get a place on their Olympic team to represent their country. They're talented in their chosen sport but they still have to work hard and commit to improving the sporting gift God has given them.

As part of a team it's important that we work to develop our gifts and put them to good use so that we don't let our team down.

Mini Olympics

(Length of activity: 20 minutes.)

You'll need: Paper plates, straws, cotton wool balls, scrap paper/newspaper, masking tape, bucket/bin, and balloons.

Host your own mini Olympics. Each child should have a go at each of the following activities. Points should be scored after each game e.g. 1st place = 3 points, 2nd place = 2 points, and 3rd place = 1 point.

Paper plate discus

In turn, each child needs to stand behind a line marked with masking tape and then throw a paper plate like a discus/Frisbee. The person who throws theirs the furthest is the winner.

Straw javelin

In turn, each child needs to stand behind a line marked with masking tape and then throw a straw like a javelin. The person who throws theirs the furthest is the winner.

Cotton wool ball shotput

In turn, each child needs to stand behind a line marked with masking tape and then throw a cotton wool ball like a shotput. The person who throws theirs the furthest is the winner.

Paper ball basketball

Give each child 5 scrunched up balls of scrap paper/newspaper. In turn, each child needs to stand behind a line marked with masking tape and then throw the balls one at a time into the bucket/bin. Points can be given for each 'basket' scored.

Balloon race

Give each child an inflated balloon. Get them to place the balloon between their knees and stand behind a line marked with masking tape. On 'Go' they should walk as quickly as they can from one end of your hall/room to the other, observing social-distancing as they go, around the bucket/bin and back to the start line again. The first person to cross the finish line is the winner.

Note for leaders/parents/carers:

If you're face-to-face in a GB group, make sure you hand out the equipment and play the games in a socially-distanced manner. If you're doing this online you could change the activities to ones children can do on the spot e.g. timed star jumps. If you're doing it at home your child could 'compete' with other members of your family.

Creative disk prayer

(Length of activity: 10 minutes.)

You'll need: A cardboard circle, colouring pens, and string.

Share that an Olympic team is made up of people with all different skills e.g. runners, and jumpers.

This is just like our Girls' Brigade team. We're all different and have different skills but we are all still members of Girls' Brigade.

Get each child to make a prayer spinner to help pray for their GB team:

- Use a pen or pencil to make a hole through the middle of the cardboard circle
- Decorate one side with colourful patterns
- On the other side write the names of everyone in your GB group (**n:vestigate/n:gage**) and decorate
- Thread the string through the hole and hold tightly at each end
- Give a wrist flick and the circle should start to spin on the string
- As your disk spins, pray for all the members of your GB team, thanking God for their unique skills and talents.

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Parts of a body

(Length of activity: 3 minutes.)

You'll need: The internet to access <https://youtu.be/iaB-WkaOHDY>.

Check out this fun song from Same Boat Music @ HOME about how we're all different but all important.

Note for leaders/parents/carers:

If you're face-to-face in a GB group, ensure you observe any restrictions on singing aloud and just reflect on the words if you can't sing.

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.

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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.

Being weighed down (Length of activity: 10 minutes.)

You'll need: A Bible or look the passage up on www.biblegateway.com, a willing leader dressed as a jogger carrying a heavy rucksack, suitcase, shopping bags, handbag over their shoulder etc.

Read Hebrews Ch. 12:1-3, from a Bible or by using the Bible Gateway website, to your children.

After you've read the verses the runner should jog in. Have a fun interview with the runner and help them realise that they need to 'set aside' the things that are weighing them down.

Explain to the children that carrying around sins, the bad things we think and do, will weigh us down in the Christian race. We want to live our lives God's way but when we do wrong things we mess up. The good news is we can ask for forgiveness from God and 'set aside' our sins so we can live in freedom.

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/iau0omzVL38>.

127 challenge

(Length of activity: 25 minutes.)

You'll need: Sports equipment for your chosen challenge.

This year Girls' Brigade is 127 years old. Choose one of the following activities (or something similar):

- Bounce a ball
- Walking
- Running
- Dancing
- Skipping.

As a team you'll need to complete your chosen activity 127 times e.g. 10 people bouncing a ball 127 times between them, running or walking 127 lengths/laps of a field or between 2 cones as a team, or dancing to a routine for 127 minutes collectively.

You can include leaders, or if you're at home other family members, as part of your team.

You could use this as a fundraising activity to raise money for GB. Can your team complete their 127?

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 you could change the activities to ones children can do on the spot e.g. timed star jumps.

Musical prayers

(Length of activity: 5 minutes.)

You'll need: Resource Sheet A (prayer topics) cut out with 1 set for each child and the ability to play music.

Place the six pieces of paper on the floor in each child's socially-distanced space.

Play some youth-friendly worship music and, when the music stops, each person chooses one of their pieces of paper, holds it up and does what is written on it. They can pray out loud or to themselves.

Repeat until each child has used all six cards.

Note for leaders/parents/carers:

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Mindfulness colouring

(Length of activity: 10 minutes.)

You'll need: Resource Sheet B (mindfulness colouring), colouring pencils, and worship music.

Put on some quiet worship music by artists such as Lou Fellingham, Phillipa Hanna, and Rend Collective. Most of this can be easily accessed via YouTube.

Encourage the children to spend some time relaxing, concentrating on their own colouring and forgetting the world around them.

It's important that as well as a healthy body we have a healthy mind. Explain that by spending some quiet time by ourselves each day it can really help keep us healthy. There are lots of ways you can do this including colouring like we've tried, worshiping or praying to God, doing some exercise, or reading a book.

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**Thank God for
your family**

**Thank God for
the best thing
that has happened
this week**

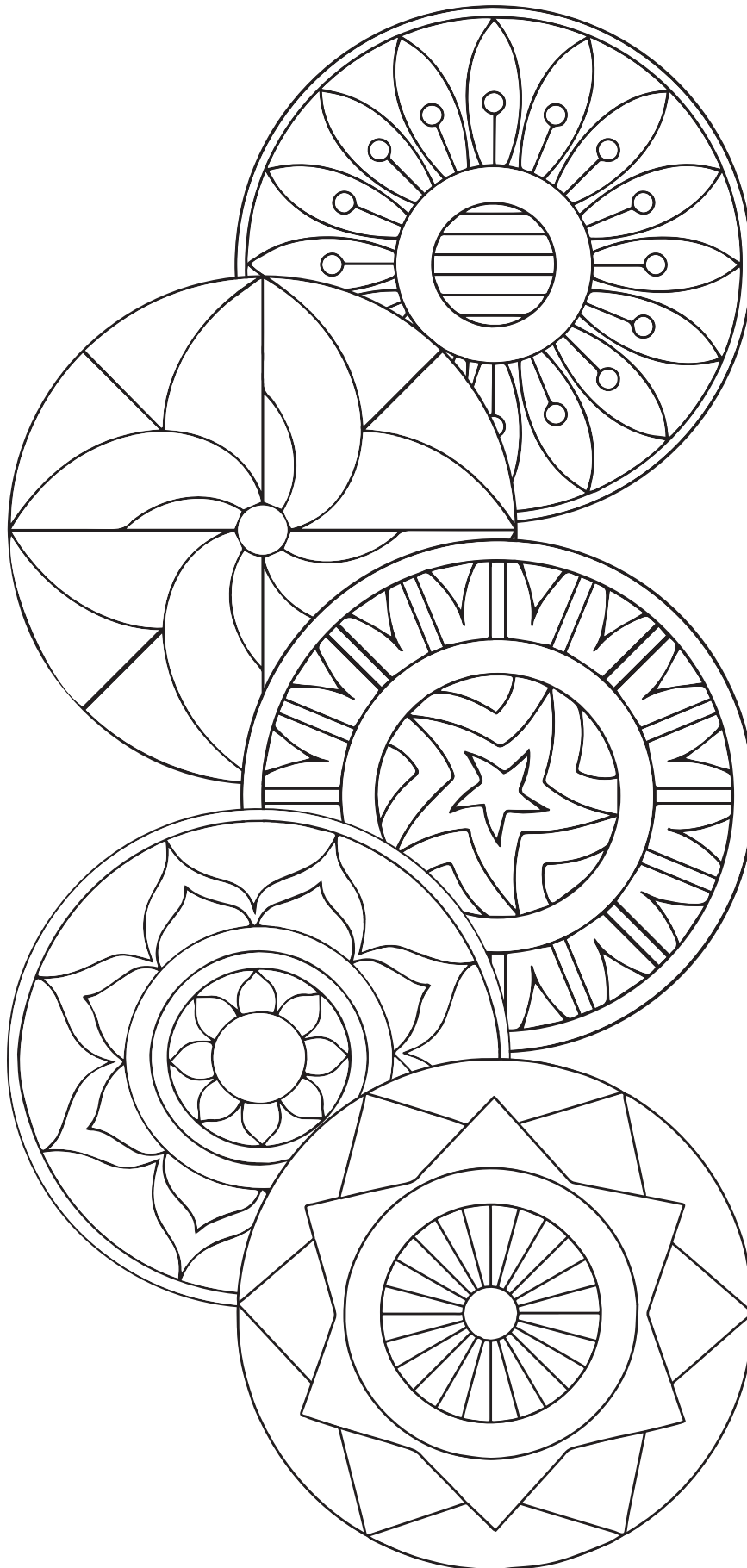
**Ask God to be
with one of your
GB friends**

**Ask God to be
with anyone you
know who is ill**

**Pray for all the
athletes who were
unable to compete
in the Olympics
this year**

**Pray for Girls'
Brigade groups
all around the
world**

Resource Sheet B
(mindfulness colouring)



Week 03

Emotions

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

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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.



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/bbK-awmoQM>.

Different emotions

(Length of activity: 10 minutes.)

You'll need: A Bible or look the passages up on www.biblegateway.com (if possible).

Explain that there are a number of Bible verses which show Jesus had many different emotions – He wasn't always happy! Share the following examples.

Jesus was joyful - Luke Ch.10:21 (ICB) – 'Then the Holy Spirit made Jesus rejoice. He said, "I thank you, Father, Lord of heaven and earth, because you have hidden these things from the people who are wise and smart. But you have shown them to those who are like little children. Yes, Father, you did this because this is what you really wanted.'

Jesus was angry and sad - Mark Ch.3:5 (ICB) – 'Jesus was angry as He looked at the people. But He felt very sad because they were stubborn. Then He said to the man, "Let me see your hand." The man put his hand out for Jesus, and it was healed.'

Jesus was amazed - Luke Ch.7:9 (ICB) – 'When Jesus heard this, He was amazed. He turned to the crowd following Him and said, "I tell you, this is the greatest faith I have seen anywhere, even in Israel!"'

Explain that we have lots of emotions and it's good to share this with other people. Telling someone when we're feeling angry or sad can really help us to feel better.

Note for leaders/parents/carers:

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Make your own medal

(Length of activity: 15 minutes.)

You'll need: Cardboard circle, hole punch, colouring pens/stickers/decorations, and ribbon.

Ask the group:

- Have you ever won a medal before?
- How did it make you feel?
- How do you think athletes feel when they win a medal?

Share that it's very exciting when we do win but equally it can be disappointing when we don't win.

At the Olympics the athletes can be frustrated if they don't win, especially when they have been training hard for a long time. However, they cheer each other on and display encouragement to each other. They don't use their emotions to be unkind to or jealous of other athletes.

Ask the children to decorate their own medal using the cardboard circle. Once decorated, thread onto the ribbon and get them to wear it with pride.

Walk the line

(Length of activity: 10 minutes.)

You'll need: Resource Sheet A (lines), and masking tape.

Using the masking tape, mark out the various lines as shown on Resource Sheet A (lines).

In turn, ask the group how the following scenarios make them feel.

Once they've decided, they should walk down the line of tape which best represents their chosen emotion. This is open to interpretation by the children and young people and is about starting a conversation about their emotions. Ask them why they'd feel that way in each scenario.

1. You win the 400m front crawl swimming race.
2. 10 minutes before the start of the long jump competition, you can't find your trainers anywhere.
3. You trip over the last hurdle in the race and you get overtaken by the other participants.
4. You fall over during the 200m sprint and your friend stops to help you up, you finish the race together.
5. You find out that the person who won the cross-country race actually took a shortcut and cheated.

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, get the children to make specific faces to show how they're feeling about each scenario.

Playdough prayer

(Length of activity: 5 minutes.)

You'll need: A pot of playdough for each child.

Get the children to create a playdough model of themselves and add an expression to the face to show how they are feeling e.g. happy or sad.

Say a short prayer asking God to help them in dealing with their emotions.

Note for leaders/parents/carers:

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Emoji journal

(Length of activity: 10 minutes.)

You'll need: A copy of Resource Sheet B (journal) for each child, and colouring pencils/pens.

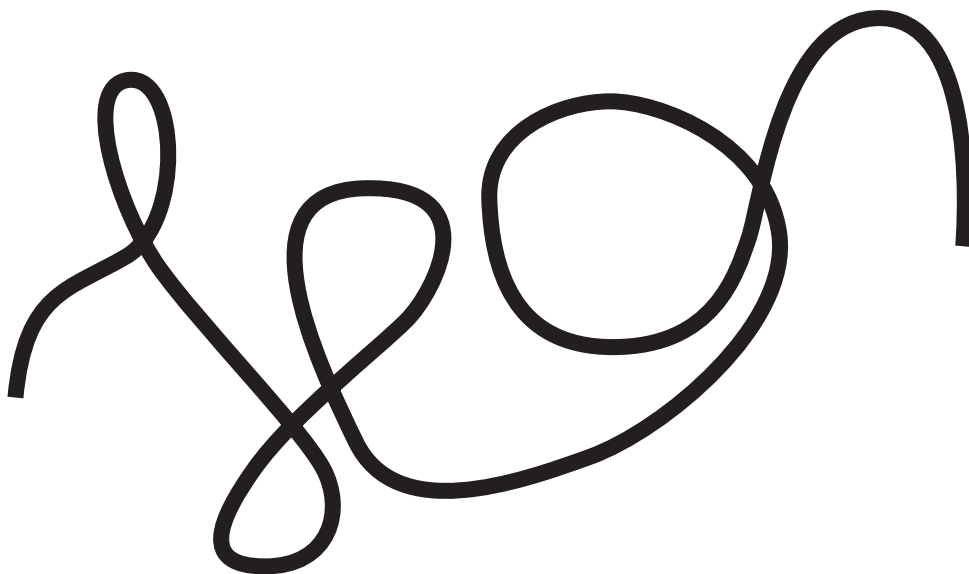
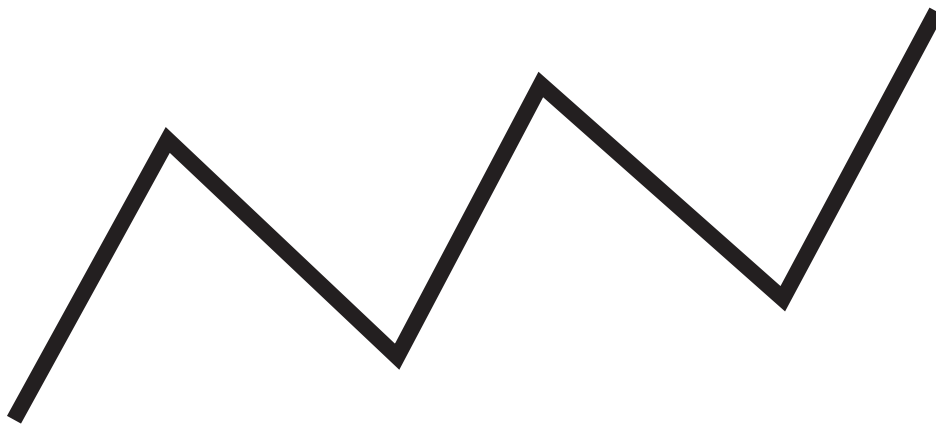
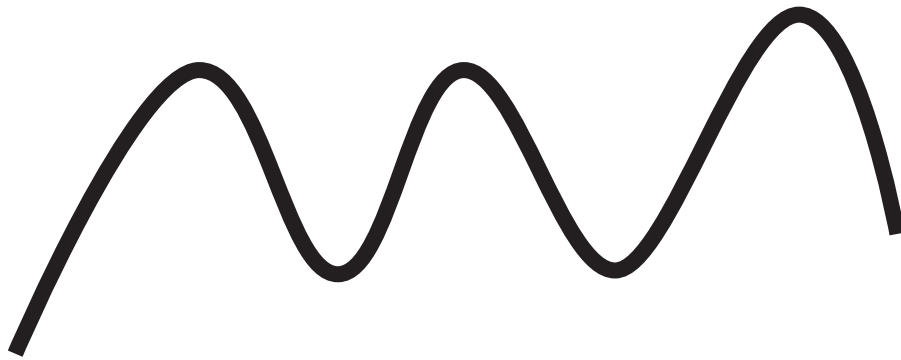
Ask the children to keep a journal over the next seven days, helping them to express their emotions.

Each day they should choose an emoji which best represents how they're feeling and draw it in the box for the relevant day. They may like to add words or notes to their drawings.

Encourage them to continue with an emotions journal after the seven days.

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Resource Sheet B

(journal)

Here are some examples you could use:



Excited



Happy



Angry



Sad



Scared



Tired

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

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.



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/OKyic99s3_c.

The lost sheep

(Length of activity: 10 minutes.)

You'll need:

Read the story below, adapted from the Bible story in Luke Chapter 15, to your group.

Many tax collectors and 'sinners' came to listen to Jesus. The Pharisees and the teachers of the law began to complain: 'Look! This man welcomes sinners and even eats with them!'

Then Jesus told them this story: 'Suppose one of you has 100 sheep, but he loses one of them. Then he will leave the other 99 sheep alone and go out and look for the lost sheep. The man will keep on searching for the lost sheep until he finds it. And when he finds it, the man is very happy. He puts it on his shoulders and goes home. He calls to his friends and neighbours and says, "Be happy with me because I found my lost sheep!" In the same way, I tell you there is much joy in heaven when one sinner changes his heart. There is more joy for that one sinner than there is for 99 good people who don't need to change.'

Just like the man lost one of his sheep, explain how we might feel like we 'lost' out on things during lockdown such as friends' birthday parties, trips to the seaside, school trips, seeing family, and holidays etc. Instead we need to focus on finding the good things that we might have been part of during the lockdown even though they may not seem so exciting or important e.g. playing more in the garden, learning how to ride a bike, baking with your household, and camping in the living room.

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Memory jar

(Length of activity: 20 minutes.)

You'll need: Glass jar/tin can/wooden box or something similar; stickers, decorations, strips of coloured paper/sticky notes, pens/pencils, and scissors.

Get your children to decorate their container.

Although they may have lost out on many activities during the COVID-19 pandemic there are other things they will have had fun doing instead, as discussed previously.

Write or draw each fun memory on a strip of paper/sticky note, fold it up and pop it in the jar.

Encourage the children to continuing adding their memories to the jar when they take it home.

Tell them that it's a good idea to pick out one of the memories when they're feeling a bit sad to remind them that these simple, every day memories are important in our lives.

Find the lost sheep

(Length of activity: 10 minutes.)

You'll need: Resource Sheet A (sheep) – one for each child, and a timer/stopwatch.

Before the session, cut out the sheep – a pair for each child.

In turn, hide the sheep around the room and ask parents at home to do the same at their house and get the children to hunt for a pair of sheep one person at a time. You could give them a time limit and see who can find a pair the fastest.

Note for leaders/parents/carers:

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.

God hears us

(Length of activity: 5 minutes.)

You'll need: Lengths of ribbon.

During the COVID-19 pandemic we've all experienced some form of loss.

Ask the children to share with you some of the things they've missed out on due to COVID-19. The Olympic athletes have missed out on competing but we might say things like birthday parties, leaver's discos, holidays, school trips, and cuddling family members that they don't live with etc.

Share with them that it's okay to feel upset about these things and it's great to discuss them together.

Give each child three or four lengths of ribbon. Ask them, one at a time, to pray about something that they've lost or missed out on over the past few months. This can be said out loud or in their heads, God hears it all! As they're praying ask them to tie their ribbons together or plait them.



Note for leaders/parents/carers:

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As the sun rises

(Length of activity: 5 minutes.)

Note for leaders/parents/carers:

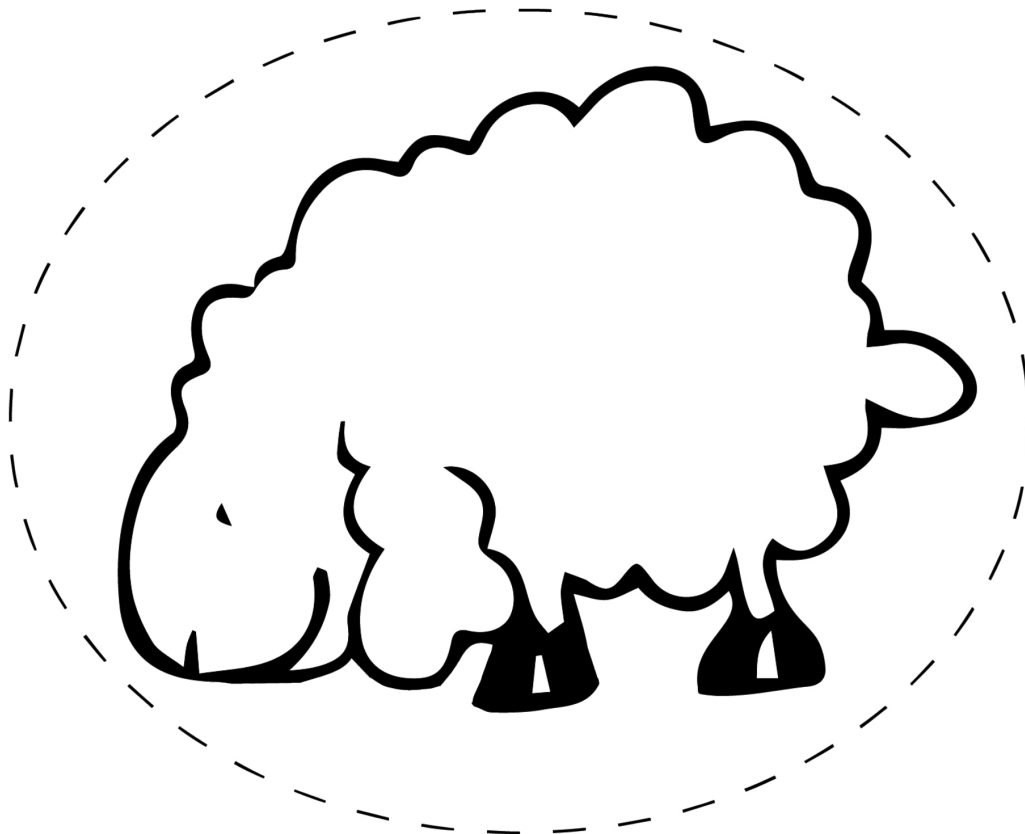
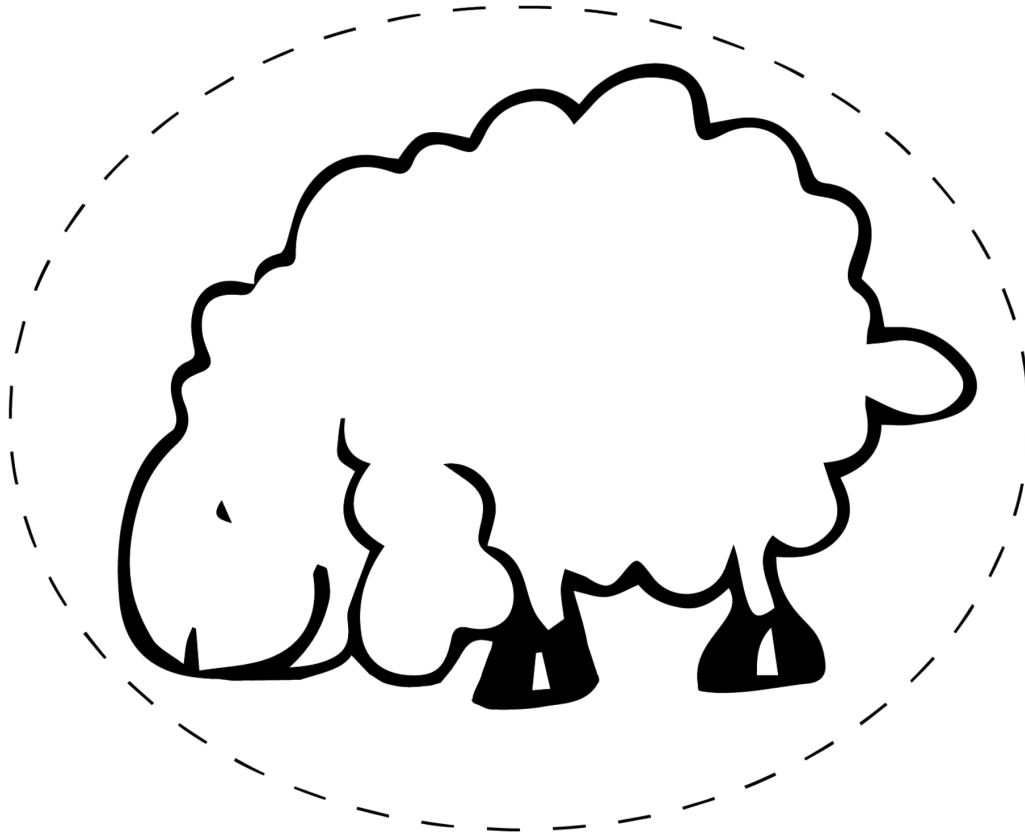
If you're face-to-face in a GB group, ensure you observe any restrictions on singing aloud and just reflect on the words if you can't sing.

You'll need: The internet to access <https://sameboatmusic.com/pages/as-the-sun-rises>

Check out this fun song that Same Boat Music have shared with GB – it's a song of faith and gratitude to welcome any new day with hope and positivity. Focusing on the goodness of God, and our daily response to His love. "As the Sun Rises on a new day, may our hearts say, God is good to us".

You may want to listen to it quietly or as you're doing the prayer activity.

Cut around the dotted line



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.

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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.



The Good Samaritan

(Length of activity: 10 minutes.)

You'll need:

Read the following story, adapted from the Bible story in Luke Chapter 10, to the children.

A man was walking down the road from Jerusalem to Jericho. Before he knew it, three robbers fell upon him and attacked him. They beat him up, they stole his stuff, they stole his clothes and they left him by the side of the road.

Soon, however, a minister came walking down the road. He saw the man but he walked on the other side.

Then a priest came walking along. He saw the man but he walked on the other side.

The next person to come along was a Samaritan and his heart was filled with compassion. He bandaged the man's wounds, put him on his donkey and led him to an inn where he took care of him. The Samaritan had to continue his journey the next day but gave the innkeeper money to take care of the man until his return.

In the story, the man was helped by a Samaritan. The injured man was a Jew and Jews usually didn't treat Samaritans very well, so they never got along. But Jesus tells us to love our neighbours. If we can help someone else, we should do it! They might look different to us, speak a different language, dress differently, have different beliefs... but God says we should love everyone and treat them how we want to be treated ourselves, no matter who they are.

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/2mRm-TEFcF4>.



United together

(Length of activity: 10 minutes.)

You'll need: A video clip freely available at www.wingclips.com from *Despicable Me* called *We are doomed*.

Watch this clip and see how Gru's mission comes to a halt due to a lack of funds, and how we see the girls and the minions all chip in with whatever they have to help. They all unite to help Gru even though some are younger, don't have much money and even only speak 'minion'! Even though our lives may all be different, we can all help each other, just like the Good Samaritan helped the injured man.

Note for leaders/parents/carers:

If you have time at home, maybe you could have a movie night and watch the film in full.

Olympic torch craft

(Length of activity: 15 minutes.)

You'll need: Card, orange/red/yellow tissue or crepe paper, sticky tape, and scissors.

Roll up the card into a cone shape and fix with sticky tape.

Cut strips of tissue paper and attach them to the top to create a flame effect. Explain to the children that they've made an Olympic torch – the Olympic torch lights a cauldron when the Olympic Games start and the cauldron continues to burn throughout the Games until the closing ceremony when it's put out to symbolise the official end of the sporting event. The torch is a symbol of peace, friendship, tolerance and hope.

Note for leaders/parents/carers:

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Runner beans

(Length of activity: 10 minutes.)

You'll need:

All the children should be spaced out in the room. A leader shouts out various bean types and the children do the related action, see below.

When 'In the can' is shouted, all the children should sit down in their space, the last to sit down is out.

Here are the bean types:

- Jumping bean – jump on the spot
- Runner bean – run on the spot
- Broad bean – stretch up
- Baked bean – wipe your brow / fan yourself
- French bean – strike a pose and shout 'ooh la la'
- Chilli bean – shiver and shake
- Jelly bean – wobble like jelly.

After the game, explain that all of the beans are different – not many people would enjoy 'jelly beans on toast'! However, all of the beans have a function and we value them all in their own ways, just like the people around us.

Note for leaders/parents/carers:

If you're leading this session online or doing it at home, you could get the children to do the actions on the spot.



Closing ceremony prayers

(Length of activity: 5 minutes.)

You'll need: The torches made in the previous activity, and battery tealights/candles.

Ask each child to hold the Olympic torch they made in the previous activity, and display some battery tealights/candles around your room for added atmosphere in your 'closing ceremony prayer'. Explain that at the end of the Olympic Games there is a big closing ceremony.

Say a prayer for different cultures, countries, and churches around your village/town/city and across the world.

At the end of the prayer, encourage the young people to wave their torches in the air and say 'Amen'.

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