



25 Fun Activities

When working with children / young people

From The Go Team



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Bath & Wells

Living the story. Telling the story.

25 Fun activities when working with children / young people

This booklet offers 25 fun activities to use with children / young people.

Many of the activities in this booklet have been shaped by young people. They can form an entire session or be a stand alone activity as part of a session. Feel free to adapt any of the activities to make them age appropriate or relevant to the children / young people you work with. If you work with younger children or anyone with additional needs you will need to take this into account in your planning and possibly make special arrangements. For some of the activities you may require special permissions and consent. You may also need to carry out risk assessments, especially for activities that take place off site.

For further help and support do contact one of the Go Team Advisers. We would love to hear your stories and experiences of using this resource. Please share them with us through sending us an email or sharing your photos with us on Twitter (@GoTeamAdvisers) and Instagram (goteamadvisers).

For more resources and to sign up to our newsletter **Inform** visit:

<https://bathandwells.org.uk/ministry/children-young-people/>

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Tips when planning activities for children / young people (CH/YP)

- Spend time getting to know the CH/YP as relationships are as important as the activities you deliver.
- Be careful not to pack your programmes so full of activities that it leaves little or no time for informal conversations.
- Involve the CH/YP in the planning, preparation and delivery of activities.
- Include other leaders when planning to encourage greater ownership.
- Plan your activities well by taking into account different abilities and additional needs.
- Use a variety of different learning styles, methods and ideas in your activities.
- Have a variety of activities that are stimulating, challenging, fun and age appropriate
- When delivering activities remember CH/YP are like treasure troves to open and not sponges to absorb all you send their way.
- Shape your activities to compliment what CH/YP do at school. CH/YP all learn and achieve in different ways.
- Make your activities as accessible and affordable as possible.
- Be realistic about the activities you deliver.
- Ensure you have adequate facilities, resources and staff to deliver your activities.
- If you do not have enough leaders or have small numbers of CH/YP, you may like to consider joining with others as this may be a way of pooling resources and people.
- Be flexible as you may need to adapt your planned activities last minute.
- Don't use up all your good activities at once as there will always be other occasions.
- Regularly evaluate your activities as they can become stale or stop working. What works well with one group of CH/YP may not work with another.
- Inform the Parochial Church Council (PCC) and the church leadership about the activities your group are doing so that they can support it and pray for it.
- All on-site and off-site activities must have adequate insurance, follow best practice and have all the appropriate health and safety procedures and safeguarding in place.
- If you use food or drink in your activities follow food and hygiene regulations and beware of any allergies or special dietary requirements.

Fun with Food

When using food you will need to be especially aware of health and safety, food hygiene and allergies. At the start of a cooking session, always ask those involved to wash their hands thoroughly and suggest they wear clothes they don't mind getting messy. Using food with children / young people is a good way of teaching basic cooking skills whilst having fun. Food and meals are mentioned many times in the Bible, meaning you can make many links to Bible stories through the activities you do. It is always good to get those taking part to help with the washing and clearing up.



1 Fondue evening with forfeits

Make the fondue and cut up the crudités as part of the session. You will need to carefully supervise all of the cooking and chopping. When dipping, it is safer to use kebab sticks and slightly blunt the sharp point instead of the metal fondue prongs. You can have savoury or sweet fondue; try cheese and apple juice for savoury (avoid using hot oil fondue or cooking meat) or for a sweet fondue, try melted chocolate or Angel Delight (you don't need to heat Angel Delight). If anyone drops their crudité in the fondue give them a forfeit.



2 Make a pizza

Rather than buying a Pizza, make the pizza base, tomato sauce and prepare the toppings as part of the session. You will need to carefully supervise all of the cooking and the chopping. You can either make your own pizza dough or use ready-made pizza bases, baguettes chopped in half, muffins, crumpets or slices of bread. The tomato sauce can be made from tinned tomatoes and ketchup or by using tomato puree. It is easier to buy packs of grated cheese but you can grate your own and the toppings can be anything. When the pizza first comes out of the oven they will be very hot so allow some time for them to cool down before eating.



3 Favourite sandwiches

If you don't have access to cooking facilities the children / young people can bring a range of fillings to make their favourite sandwich or weird sandwiches. You could use cookie cutters to create fancy sandwich shapes.



4 'Ready Steady Cook'

'Ready Steady Cook' is a fun and creative way of making food out of random ingredients. Invite the children / young people to bring a range of sweet and savoury ingredients, put them in a pile on a table and decide what food you are going to make. Have a sweet group and a savoury group. You may not use all of the ingredients and it is a good idea for the leaders to have a few ingredients such as pasta, milk, eggs, instant mash, Angel Delight, bread etc. that can be used alongside the ingredients the children / young people provide. 'Ready Steady Cook' is not about how good the food is, but how creative and wacky you can be with the ingredients provided.

Creative ideas

When doing craft activities you will need to be especially aware of health and safety and recycling. It might be a good idea if those taking part wear clothes they don't mind getting messy. Craft is a great way of teaching and learning together, whilst having fun, it can also draw out creative skills in some individuals. It is always good to get those taking part to help with the clearing up.



5 Scrap fashion show

Gather lots of scrap such as old newspapers, plastic, fabric etc. or visit your nearest scrap store. Provide scissors, Sellotape, staplers and string. Challenge the children / young people to use the scrap to make as many costumes as possible on willing models. You could provide a theme or allow the children / young people to use their creative imagination! When they have completed the costumes, create a catwalk and have a scrap fashion show. You can make a cup from scrap and award it to the winning costume. With permission the catwalk can be photographed or videoed and displayed.



6 Junk sculptures

Collect lots of scrap including old newspapers, plastic, cardboard, fabric or visit your nearest scrap store. Provide scissors, Sellotape, staplers, paint, PVA glue and string. Using the scrap, make 3D junk sculptures that you could display by making your own sculpture gallery. Sculptures can be random things, animals, people, buildings or tell biblical stories.



7 Customising T-shirts or wellies

Customising T-shirts and wellies is a great creative activity to do with young people. It works best on plain T-shirts and green or light coloured wellies. You will need to purchase specialist paints and fabric glue from online or in a Hobby-craft type store and make sure that you cover any tables as the paint is hard to remove once dry.



8 Legomania

Lego is a great nostalgic activity to do with children / young people as it never dates. Invite them to bring along Lego to make models and have fun. On YouTube, Lego has been used extensively in making short animations, including bible stories. You could build a bank of Lego by asking people in your church or community for Lego they no longer use. Lego is also cheap on eBay.



9 Card making

Card making is a great way for children / young people to be creative. Cards can be made for different occasions such as birthdays, Christmas, Easter, Mother's Day, Father's Day, people who are ill and weddings. People like to receive cards that have been handmade because they mean so much more. Use scrap, old cards, craft materials or card making kits. You can purchase specialist craft materials online or in a Hobby-craft type store. Make sure that you cover any tables as glue and paint is hard to remove once dry.

Fun things to do indoors



10 Play bingo

Playing bingo can be a fun activity to do with children / young people. It is easy to download score cards and a sheet with all the names that relate to the numbers. You don't need to go to the expense of balls with numbers on and a fancy dispenser, instead you can put numbers on folded bits of paper in a hat, shake it up and pull out the numbers. Younger children or those with additional needs may need help.



11 Treasure hunt

Hide items in and around your building or church and invite the children / young people in pairs or groups to find them. You can set clues to help them find the items or they can do it in an ad-hoc way. You could provide a prize for the winning team. This also works well at Easter by hiding eggs or at Christmas by hiding chocolate tree decorations.



12 Board games night

Playing traditional board games or moving board games, such as Buckaroo or Mouse Trap, is a really good activity to do with children / young people, it also gets them away from electronic games. You could also consider using giant garden games.



13 Murder Mystery

Why not run a murder mystery session? You could even include food. Murder Mystery games can be costly to buy so you could consider borrowing a game or downloading a game online. Check to see if the games need adapting to make them age appropriate and make sure the food is suitable for the age group. It can be really fun to invite those taking part to dress up in character.

14 Indoor Olympics

Indoor Olympics can be as much fun and competitive as outdoor Olympics. This can be done in teams or as individuals and works best in a hall or larger space in a church. Here are 10 examples of activities:

- Paper plate discus
- Limbo hurdles
- Straw javelins
- Balloon (with a spoonful of lentils inside) shot put
- Three legged race
- Hopping relay
- Hula hoop challenges
- Blow table tennis ball relay using a straw to blow the ball along
- Sock hammer (roll one sock up and put it inside the other sock to make the hammer)
- Exercise bike or rowing machine race (you may need to borrow these items)





15 Indoor obstacle course

You don't have to go to great expense to set up an indoor obstacle course, you can use basic things such as chairs, ropes, bean bags, cushions, boxes, planks of wood, play tunnels, parking cones, old tyres, hula-hoops etc. To make it more challenging, you can introduce blindfolds or other impairing items. This is a great way of being able to talk with the children / young people about different disabilities and being inclusive.



16 Rock School

For this session you may need a few musicians to help—ensure they are good at communicating with children / young people. If your church has a music group they might help. This session is not designed to find the next child pop star, it is supposed to be a fun music jam to play a simple song. It works best with a familiar 3 – 4 chord song. Download basic chord sheets for those who can read chords, if not you can use images of where to place fingers to make chord shapes on a guitar or piano. It is surprising what can be achieved in a short time with a simple familiar song and a bit of musical coaching. This activity also works well as a choir or bell ringing.



17 Come as your parent's party

Have a party where the children / young people dress up as their parent's when they were a similar age to them. They will need to do some research and either make costumes or borrow clothes (if their parents still have them). To help make it feel more authentic, the children / young people could set up a play list or watch clips on YouTube of TV programmes and films that their parents watched back then.



18 Onesie party

Onesie parties are the new PJ party and usually involve a film and comfort food, so why not hold a onesie party with your youth / children's group? They can dress up in a onesie, bring a duvet and pillow and make themselves comfy for an age appropriate film, sing-a-long film or box set. Supply lots of hot chocolate and comfort food, or they can bring their own. The equipment you need will differ depending on the size of the group. Smaller groups can gather around a TV whilst larger groups might need a projector and PA equipment. Remember that activities using film or TV may require relevant licences, permissions and consents.

Fun things to do outdoors

When doing off site activities you may need to get special permissions, carry out risk assessments and get consent for the children / young people to take part. Activities, involving transport will require leaders to follow safeguarding procedures relating to transporting children / young people.



19 Park

If there is a park close to you, why not use that space to play mixed gender games such as rounder's, football, capture the flag, dodgeball, 40/40in, ultimate frisbee. If there is a sandpit in the park you could have a sandcastle competition. If there is a witch's hat style roundabout or climbing frame, these make a great space for group discussions as you are all facing each other.



20 Crazy golf / Croquet

On a summer evening why not take your youth or children's group to the nearest crazy golf course? This is a relatively cheap activity and lots of fun it is also a good activity to invite friends to. You will need to book this activity in advance and it may be dependent on the weather. If you don't have a crazy golf locally, you could purchase a few cheap croquet garden games and set them out in a park or large garden.



21 Flag hunt

Place sets of different coloured flags around your local community and divide those taking part into four groups and assign them a colour. Each group will need two adult leaders (if you don't have enough leaders, parents can be used). Then give them a series of clues and a time limit to go and find their four flags. The winning team is the team that find the most of their coloured flags in the allotted time. They must return to the base before their time is up. Leaders will be responsible for all safety, especially when crossing roads. If there is a wood locally, this activity can be done there.

22 IKEA treasure hunt

This only works if you are located close to an IKEA. You will need to have the means to get to the IKEA store. Once at the store, divide those taking part into smaller groups, ensuring that they have a fully charged mobile capable of taking photos and an adult leader per group. The task for each group is to take a group selfie in a number of different situations. The winning team is the team with photographic evidence of each situation. Leaders will be responsible for all safety and behaviour of their group. If there is time at the end of the task the group could have some food together.

Example selfie situations:

- Next to something yellow
- All the team with their feet off the floor
- Stood with a sales assistant
- All sat on something
- Inside something
- Next to a door
- Holding something that will hold water
- Next to something multi coloured
- Stood by something with at least two vowels in its name
- Under something





23 Survey of local chip / take away shops

This only works if you are located close to three or four fast food outlets. Divide those taking part into smaller groups (the same number as the number of chips shops), each with adult leaders. Give each group enough money to purchase a large portion of chips (appx. £3.00) each group will walk or travel to an allotted chip shop and purchase their chips. When all the groups are back at the base, place the chips on separate plates on a table with a sheet of paper next to it saying where the chips came from and how much they cost. Give each

young person a fork and invite them to carrousel around the table tasting the chips, giving a score out of four (1 worst, 4 best) to each plate of chips relating to best taste. Add up the scores to identify the best chips. Then go back to the winning chip shop and award them with a certificate signed by each member of the youth / children's group.



24 Torch walk in the wood

If there is a wood close by, take the youth / children's group for a torch walk to the woods. This is an activity that works best in the autumn and winter months. Those taking part will need to dress accordingly and wear appropriate footwear. Find a safe place in the wood to build a small fire and toast marshmallows. This will need to be done safely and the fire must be put out before leaving the wood. Leaders could take fire lighters and newspapers to get the fire started. Don't snap branches off trees to burn, instead burn dead branches or dry wood that is lying on the ground. Alternatively you could use a disposable BBQ. After use it will need to be cooled and taken home for safe disposal. This activity could also be done on a beach.

25 Picture this

Children / young people often walk through their local communities and rarely see what is going on. So why not invite your youth / children's group to take a look at their community through the eye of a lens. They can use mobile phones or digital cameras. Divide those taking part into small teams each team with adult leaders, then send them out from a base to take pictures of what they discover in their local community. They could look for specific things such as:

- Different trees or flowers
- Street names
- Different types of doors
- Houses build from different material or designs
- Places where people gather such as pubs, shops, churches, bus stops etc.
- Cross shapes

Leaders will be responsible for all safety, especially when crossing roads. When they return, you can set up a laptop to look at their pictures. The best pictures can be put together as an exhibition. Those taking part might like to put captions on pictures or write a few sentences to put by each picture to say why they took it.



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