

HI-5



A resource for children's groups about wellbeing.



HI-5

Whether you are looking to kick-start, re-start or continue face-to-face ministry with children, this resource will provide adaptable ideas to suit different contexts and settings.

Created to resource children's leaders in response to the Coronavirus pandemic, even when we no longer have to socially-distance, the themes explored and ideas provided will continue to be relevant.

Hi-5 encourages, supports and empowers children to take care of their wellbeing using five themes over five sessions. Plus we've included a bonus session at the end to celebrate everything you have explored in the previous weeks.

Each session follows the same structure:

- + **Chat¹:** Ideas for conversation starters and activities to connect with and support each other.
- + **Play²:** Suggestions for games and play. You could also provide options for free play through Lego/building blocks, art resources, role play.
- + **Create:** Arts and crafts ideas linked to the theme. Three suggestions of varying length are provided.
- + **Pray:** A suggestion for a creative prayer station and a verse to consider linked to the theme.
- + **Connect:** Ideas to help children continue the conversation at home, connecting with families.

Children's clubs and groups across the country vary in many ways, including their:

- + aims (connect, disciple, nurture)
- + organisation (adult-led, child-led, zonal, free-play)
- + style (games, activities, arts and crafts)
- + frequency (weekly, bi-weekly, occasional)

because of this variety, a range of activities are suggested for each session.

These can be mixed and matched to produce a tailor-made programme for your group.

Additional resources including *Explore It*, our children's discipleship material, can be found on our [website³](#)

If you would like to talk further about initiating or reimagining your face-to-face children's ministry, [contact⁴](#) your local divisional headquarters or the Youth and Children's Ministries Unit at youthchildren@salvationarmy.org.uk



¹ The [Young Minds](#) website has some helpful questions
² More ideas are provided on our [website](#)
³ <https://www.salvationarmy.org.uk/resources>
⁴ <https://www.salvationarmy.org.uk/about-us>

WHY IS HI-5 NEEDED?

Wellbeing

The Coronavirus pandemic has had an impact on children's mental health and wellbeing.

A BBC Newsround [survey](#)¹ found 'that by missing out on school and not seeing their friends, young people have faced some of the biggest challenges to their mental health and wellbeing during this period'. Many children had a difficult experience with 49 per cent saying they felt 'worse than usual'.

The New Economics Foundation research identified Five Ways to Wellbeing:

1. Having strong social relationships
2. Being physically active
3. Learning
4. Giving
5. Becoming more aware

They concluded 'a combination of all of these behaviours will help to enhance individual wellbeing'². Each session in this resource is based around these Five Ways to Wellbeing.

The following organisations provide more information about supporting children's mental health and wellbeing:

- + [Place2Be](#)³
- + [Young Minds](#)⁴
- + [Childline](#)⁵
- + [Mind and Soul Foundation](#)⁶

Deepening Relationships

Over the past year the COVID pandemic has reshaped most of our lives. Children have experienced change and disruption with familiar routines such as going to school and being outdoors no longer allowed. They have experienced increased stress, negative emotions and exhaustion.

So how do we support children as they once again transition to another change in their lives?

We can create space for them to share, play and express anxieties.

The Search Institute have developed a framework for building developmental relationships with young people. They suggest the following ways of deepening relationships:

- + Pay attention – focus on the young person. Put away distractions such as mobile phones. Work to understand young people's points of view when they share.
- + Provide praise for effort, not outcome. Expand their thinking by asking hard questions and providing alternative explanations. Help young people work through solutions to problems and to try things which are a little harder to do.
- + Provide support and opportunity for young people to work together. Suggest options and resources for overcoming obstacles. Model and encourage asking for help.
- + Involve young people in decision making. Offer choice. Take time to understand different viewpoints, negotiate and empower others.
- + Introduce young people to new things. Broaden their web of relationships. Model curiosity.

As you use Hi-5, consider that 'through relationships which express care, challenge growth, provide support, share power and expand possibilities, young people can better learn, grow and thrive'⁷.

¹ <https://www.bbc.co.uk/news/extra/nfpahaz8or/newsround-survey>
¹ <https://neweconomics.org/2008/10/five-ways-to-wellbeing>
³ <http://place2be.org.uk>
⁴ <http://youngminds.org.uk/find-help/for-parents>
⁵ <http://childline.org.uk/kids>
⁶ <http://mindandsoulfoundation.org>
⁷ <https://www.search-institute.org/>



5 CRUCIAL CONSIDERATIONS

Safeguarding

All Salvation Army programmes must provide a safe environment which promotes emotional wellbeing and protection from abuse. For further information on creating this environment, contact your divisional headquarters, check The Salvation Army Hub, or email safeguarding@salvationarmy.org.uk

Safe Mission

As you plan each session, identify potential causes of injury or ill health to either children or leaders and put steps in place to prevent this from happening or reduce their impact. You can access support, guidance and safe mission templates at The Salvation Army Hub or contact your divisional headquarters.

COVID Secure

All games and activities suggested in this resource will work in a socially distanced setting. Before running any activity:

- + Check the latest government guidance for your area
- + Make sure risk assessments are completed and submitted
- + Consider the space you have available and the number of participants
- + Choose activities so that only one child uses resources that can be cleaned before being used again or games that have limited touch points throughout
- + Mark out social distancing spacing on the floor
- + Clean surfaces and equipment regularly
- + Ensure children wash their hands at regular intervals
- + Use chairs and tables to help keep children distanced, spreading chairs when playing circle games

Funding

The Youth and Children's Ministries team at Territorial Headquarters (THQ) is committed to equipping and developing youth and children's leaders so they can perform their roles effectively.

Provisions have been made that enable grants to be offered to provide resources for your ministry with children or leader development. More information is available on [our website](#)¹

Group Leader Checklist

- Decide why you want to run a children's programme
- Ensure you trained in and follow The Salvation Army Safe & Sound Procedures and Safe Mission Procedures for running activities with children
- Ensure you have the necessary funding and space available
- Confirm a team of safe recruited leaders to run the sessions
- Plan what the sessions will look like (this will be influenced by a number of factors: space, number of children, size of team, strengths of individuals) and confirm roles and responsibilities of the team
- Consider and risk assess locations for the sessions to take place. You will need to complete a risk assessment for each location as guided by the corps' insurance provider
- Inform parent/carer about content of sessions, when/where they will take place
- Request parents return registration form, code of conduct and medical forms (The Salvation Army Safe & Sound Appendix 18 Registration Form, Appendix 29a Code of Conduct and Appendix 30 Medical Consent)
- Receive parent/carer completed and signed consent form for each child taking part
- Could you give children a copy of *Kids Alive!* – it is filled with jokes, competitions, Bible-based cartoons and much more ... and is available to order and to read [online](#)²
- After each session a Session Log is completed (The Salvation Army [Safe & Sound](#)³ Appendix 28).

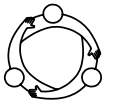


¹ <http://salvationarmy.org.uk/youth-and-children/grants-scheme>

² <https://www.salvationarmy.org.uk/publications/kids-alive>

³ <https://ourhub.salvationarmy.org.uk/Safeguarding/Safe%20and%20Sound/Forms/AllItems>

01 CONNECT



Building and deepening positive relationships is important for promoting wellbeing. People need people, and we all long for someone to be with us, to share our place in both our suffering and our joy.

*If this is your first face-to-face time together, spend some time discussing what has happened since you last met. Give children the opportunity to share their joys, worries, hopes and fears about meeting together as a group. This would also be a good time to share any changes to the programme they may be used to.



Get to Know: What would you do if ...?

Give children different scenarios to discuss. They could even have a go at creating some of their own. Some examples:

- + What would you do if there was no internet?
- + What would you do if all your thoughts were spoken out loud?
- + What would you do if you were prime minister?

About the Theme:

- + Who have you spent time with this week that has made you happy?
- + Sometimes when we talk to people we are distracted by other things. What can you do to make sure you really listen to someone next time you talk with them?
- + Is there someone you haven't connected with in a while? How could you show them you care?

PLAY

Get Active: Chair Football

You'll need:

- + chairs
- + a football
- + masking tape
- + four beanbags/cones

Position enough chairs, one for each child, around the playing area.

Using the tape, mark a square around each chair to make sure social distancing is maintained. Set up a goal at each end of the room using whatever you have available: beanbags, cones or even extra chairs. Split the group into two teams and evenly distribute them among the chairs. The children must remain seated and can only kick the ball around their space and pass to their teammates to score a goal. If the ball becomes unreachable, then a leader puts the ball back in play.

When a goal is scored, the ball should restart in the centre, with the non-scoring team starting with the ball.

On The Spot: Paper plane throw

You'll need:

- + sheets of paper
- + pens
- + hoops
- + buckets
- + large bits of cardboard

Get each child to make their own set of paper planes and write their initials on them. (You may need to teach some children how to make their planes so get some practice in!) Create targets using hoops, buckets and holes cut in large sheets of cardboard – you could assign different points to different targets. The children take it in turns to aim for the targets. When everyone has had a go, tally up the points and repeat.

JOKE OF THE WEEK

Laughing together is a way to connect. You could have a weekly joke competition and invite children and leaders to share their favourite (appropriate) jokes!

Person 1: Knock-knock.

Person 2: Who's there?

Person 1: Lettuce.

Person 2: Lettuce who?

Person 1: Lettuce in, it's cold out here!



PLAY

Get Thinking: 21

In each round the group must count to 21. The counting must be in sequence from 1 to 21. Each child takes a turn and can call out up to three numbers each time until they get to the child who would have to say '21'. That child is then out.

Remember each participant can choose to say up to three numbers at a time but may choose to say only the next one or two numbers.

The game can be played until two children are left where a duel can take place to determine the winner.

The rules can be adapted so if one number is said the count continues in order, if two numbers are said the count reverses direction, and if three numbers are said, the count skips the next player.

Team Challenge: Balloon tennis

You'll need:

- + paper plates
- + large lolly sticks
- + balloons

Give every child a paper plate and lolly stick to create a racquet. Remaining in their socially distanced spaces, challenge children to complete different tasks with the balloon by working together. For example:

- + keep the balloon off the ground for three minutes
- + move the balloon from one end of the room to the other
- + take turns so every player touches the balloon in order of [choose your criteria]

With each task, children can only touch the balloon using their racquet.

CREATE

Short and Simple: Draw cartoons of each other

You'll need:

- + paper
- + pencils

Pair children up and ask them to create cartoon drawings of each other.

Silly challenges: Swap pairs and try drawing with your eyes closed or not taking your pencil off the paper.

Got More Time: Make a gift

Support children to make a gift for someone to let them know you are thinking and caring for them.

The list is never-ending of things you could make: bookmarks, fridge magnets, key rings, plant pots, candle jars, are just a few ideas.

Get Messy: Modelling clay

You'll need:

- + Modelling clay

Use modelling clay to let children create small models of the important people in their lives.

Talk about what makes these people special to them. These are some [ideas¹](#) for working with clay.



PRAY

Key Verse: John 15:5 (CEV)

'I am the vine, and you are the branches. If you stay joined to me, and I stay joined to you, then you will produce lots of fruit. But you cannot do anything without me.'

Idea:

You'll need:

- + plant
- + a lamp with a plug
- + a mouse with a computer
- + picture of children being taught
- + grapes on a vine
- + pieces of paper cut into the shape of a grape

Set up a small area with objects that need to have connection, such as a plant, a lamp with a plug, a mouse with a computer, picture of children being taught, grapes on a vine.

Invite the children to look at the objects in front of them and ask, 'what do they have in common?'

Each of them has a connection: the leaves of the plant are connected to the stem, the lamp needs to be connected to a power source, the mouse needs to be connected to the computer, the children need a teacher to help their learning.

Many things need connection. People need connection too. If we are on our own, we find many things difficult to do. What would you find hard?

Jesus shared with his disciples a story to help them understand why it is important to stay connected to him and he used an image to help them.

Think about: what happens when a branch is broken off from a tree?

Jesus said, 'I am the vine, and you are the branches. If you stay joined to me, and I stay joined to you, then you will produce lots of fruit. But you cannot do anything without me.'

Jesus wants what is best for us and wants to help us. One way we stay connected with Jesus is through prayer – talking to him and listening to what he is saying.

Either give the children some grape-shaped pieces of paper and draw/share an image of a vine and invite them to use the pieces of paper to write their thoughts and prayers, and then stick them to the vine. Or the children could write prayers, insert them into balloons, inflate them and hang them from a real plant/larger model of a vine.

CONNECT

Set the children a Hi-5 challenge:

This week encourage them to find five ways to connect with other people. Give children the Hi-5 handprint sheet to record their ideas.



HI-5: CONNECT

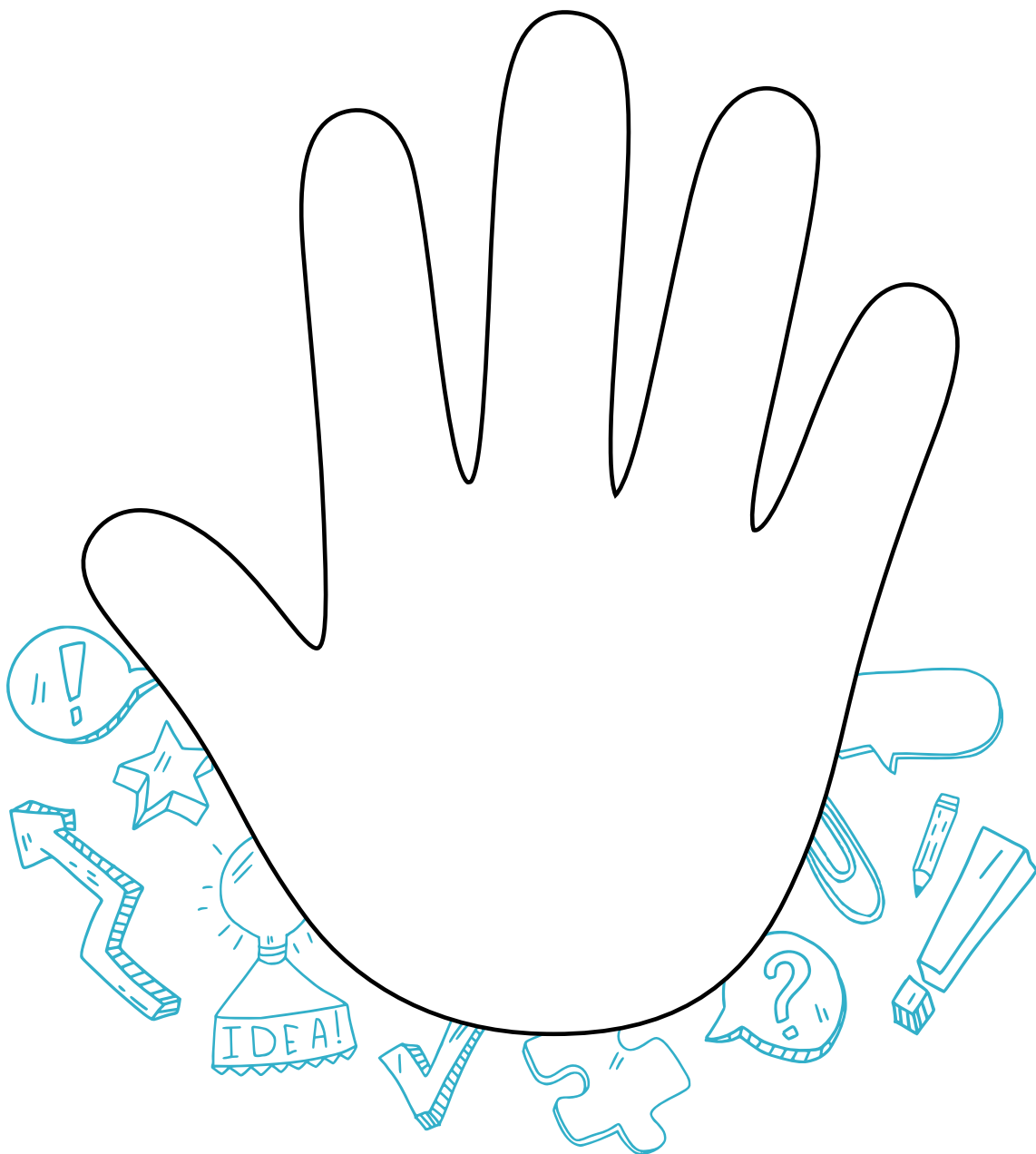


This week we have been thinking about how staying connected to others and God can have a positive impact on our wellbeing. Connecting with other people can make us feel great, help us to feel we belong and are valued.

For five days this week, try to find a new way each day to connect with others. You can record what you do on the handprint.

You can come up with your own ideas, but here are a few to help you.

- + Speak to someone new or someone you do not speak to very often at school.
- + Tell a joke to others.
- + Do a kind action/give a gift to someone who wouldn't expect it.



Key Verse: John 15:5 (CEV)

'I am the vine, and you are the branches. If you stay joined to me, and I stay joined to you, then you will produce lots of fruit. But you cannot do anything without me.'

02 BE ACTIVE



Mentioning 'exercise' provokes a similar response to the famous Marmite phrase - 'You either love it or hate it!' However, the fact remains that regular exercise is essential for good health and also promotes positive wellbeing.

Being active doesn't mean strenuous activity or having to be sporty. Finding things you enjoy means you'll be more likely to keep doing it.



Get to Know: I love pizza

Ask all children to think of things they 'love'. In turns children must profess their love for whatever they have chosen, and the rest of the group either agree by standing up or disagree by sitting down. There is no in-between option. Play several rounds. Discuss: did anyone 'love' things which everyone else did? Did anyone 'love' things which no one else did?

About the Theme:

- + Do you enjoy exercise? Why is it important?
- + What different types of exercise and activity do you do?
- + Are there ways you and your family exercise together? What could you do?

PLAY

Get Active: Hungry hippos reverse

You'll need:

- + masking tape
- + 100 ball pit balls
- + timer

Using tape, mark out a two-metre box for each young person. Pour the balls into the playing zone. Start the timer for three minutes, and the children need to kick as many balls out of their zone before the timer ends. Whoever has the lowest score at the end, wins. You could play multiple rounds and add obstacles/targets to hinder/help point scoring.

On The Spot: Sock sports

You'll need:

- + empty bottles
- + each child to bring a spare pair of socks

Equip children with a fun way to be active easily at home. How many sports can you do with a pair of socks rolled into a ball? Try each activity for one minute.

- + Sock Basketball – Put a container an equal distance from each child. How many times can they throw the socks into the container in one minute?
- + Sock Skittles – Set up some bottles or tubes as pins. How many pins can they knock down in a minute?
- + Sock Keepy-Uppies – How many times can they kick the socks up without them touching the ground?
- + Sock Throw – Choose a starting position. What's the furthest throw they can do?
- + Sock Jump – how many times can they jump back and forth over the socks?
- + Rainbow Sock Throw – how many times can they throw the socks in the air and catch them in one minute?
- + Sock Scramble – how many times can you put the socks (unrolled!) on and off in one minute?

JOKE OF THE WEEK

Q: What is a sheep's favourite game?

A: Baa-dminton!

Get Thinking: Cross the river

You'll need:

- + several trays
- + a ball
- + a book

Place trays or other suitable objects around the room to represent stepping stones, and give the children one of the objects to safely move from one end of the room to the other. They could work independently or in socially distant teams to transport the object from one end to the other without stepping off the stones.

Make this even more challenging by adding further criteria such as 'the ball must always bounce' or 'the book must stay balanced on your head' or 'don't stop hopping'.

Team Challenge: TikTok Challenge

A TikTok dance challenge involves about 15 seconds of fast choreography, set to a song's catchy snippet. Children may have one they want to share, you could find one in advance or have the children create their own. With permission, you could film the routine and play back to the children.

CREATE

Short and Simple: Medal making

You'll need:

- + medal templates
- + modelling clay
- + ribbon

Discuss the following with children:

- + Why are medals worn?
- + How do they make people feel?
- + How are they made?

Use a medal template or modelling resources to create medals with children so they can wear them when they have been active this week.

Got More Time: Sports equipment

You'll need:

- + junk modelling items

Support children to make a gift for someone to let them know you are thinking and caring for them. The list is never-ending of things you could make: bookmarks, fridge magnets, key rings, plant pots, candle jars, are just a few ideas.

Get Messy: Blow painting

You'll need:

- + heavy paper
- + liquid watercolour paint
- + pipette
- + drinking straws

Be active and creative with this exciting painting technique. Children will each need a set of straws and liquid watercolours. You can find some detailed instructions [online¹](https://artfulparent.com/blow-painting-with-straws/)



¹ <https://artfulparent.com/blow-painting-with-straws/>

PRAY

Key Verse: 1 Corinthians 9:26 (ICB)

'So I do not run without a goal. I fight like a boxer who is hitting something - not just the air.'

Idea:

You'll need:

- + bubble wands for each child

Provide children with either individual sets of bubbles or use a large bowl / small paddling pool for a larger amount of bubble liquid and provide children with larger wands. Invite children to blow bubbles and try to catch or pop as many as they can each time. Encourage them to blow their bubbles so they have to chase around their area. Share the key verse and invite them to reflect on what it means to them. As they continue to blow bubbles, invite them to share their thoughts with God.

CONNECT

Set the children a Hi-5 challenge:

This week encourage them to find a new way to be active each day - be as silly and creative as you like. Give children the Hi-5 handprint sheet to record their ideas.



HI-5: BE ACTIVE

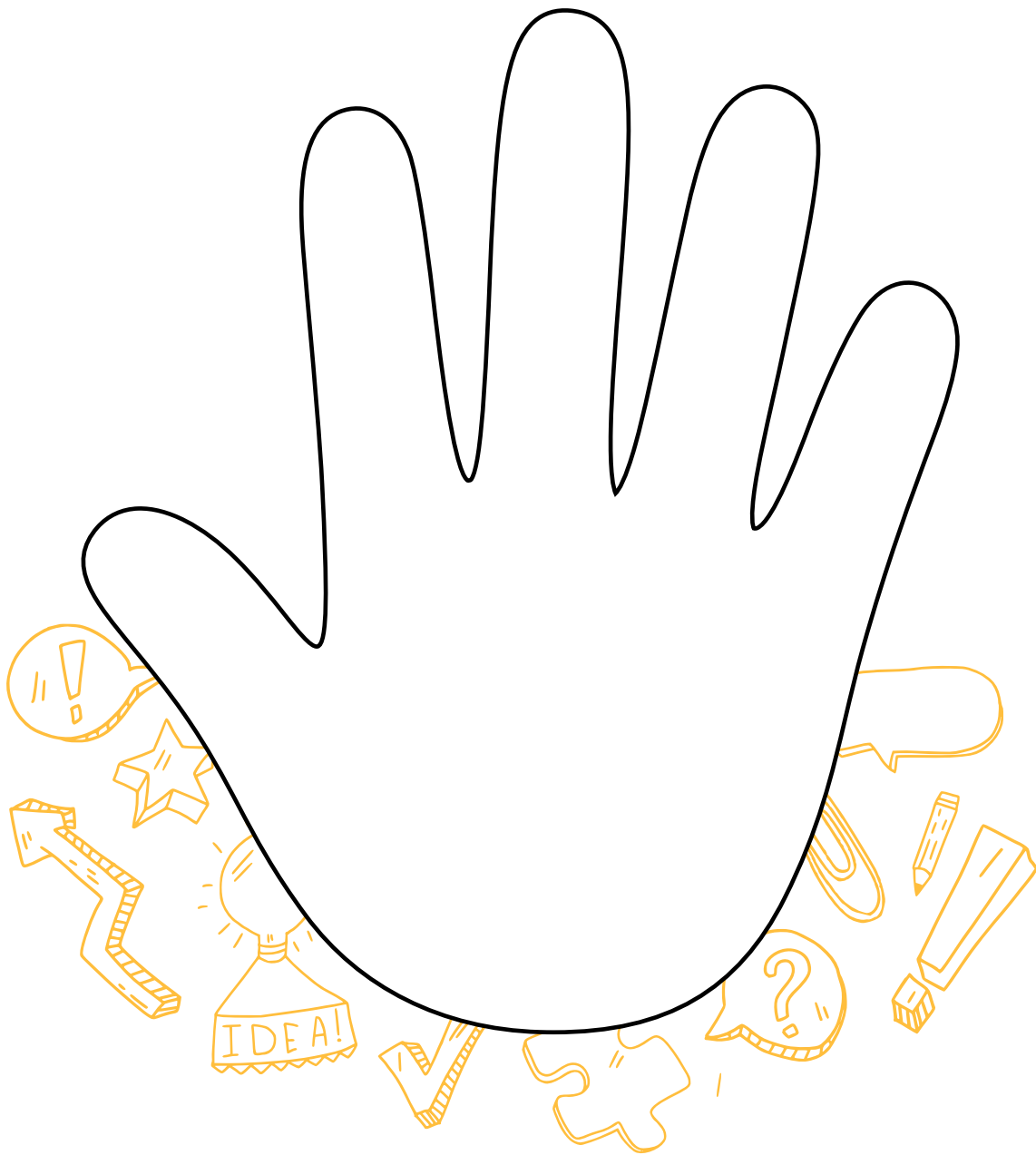


This week we have been thinking about how being active can have a positive impact on our wellbeing. Being physically active is a sure way to make you feel great and it does not have to be really intense – just a little bit every day.

For five days this week, try to find a new way each time to be active. You can record what you do on the handprint.

You can come up with your own ideas, but here are a few to help you.

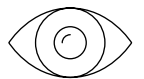
- + Dance to your favourite song.
- + Hold a family sports day.
- + Try the Daily Mile challenge.
- + Hula-hoop.



Key Verse: 1 Corinthians 9:26 (ICB)

'So I do not run without a goal. I fight like a boxer who is hitting something—not just the air.'

03 TAKE NOTICE



Taking notice can happen in a variety of ways, from taking a pause to enjoy the moment, being aware of your surrounding environment, to taking notice of how you and those around you are feeling.

Taking notice can help you appreciate what is happening around you and promote positive wellbeing.



Get to Know: Here is the answer - what is the question?

Invite children to give an answer to a question they think of, and everyone else has to guess what the question is. You could start with an example such as 'Hobbycraft'. Invite everyone to guess what the question is. Then share your question - 'What was the first shop I went to when restrictions lifted?'

About the Theme:

- + Today I heard about [topic of your choice] on the news. I wonder what that is like. I wonder if there is anything that we can do to thank them/help.
- + If you could change one thing in the world, what would you change?
- + What can we do to take notice of the world around us?

PLAY

Get Active: Crazy golf

You'll need:

- + tubes
- + slopes
- + obstacles
- + hoops (anything you have around your building!)
- + plastic hockey sticks
- + soft sponge balls

Use resources from around your building to set up a crazy golf course. Allow children to work their way around the course and keep their score as they play.

On The Spot: Ring toss

You'll need:

- + paper plates with a large hole cut out of the middle
- + bottles / bowling pins

Give children the paper plate rings and let them decorate them with their own designs. They will score points by throwing their rings over bottles or tubes. They could compete against each other or the clock.

Get Thinking: Close your eyes

Ask one child to close their eyes and then get members of the group to ask them questions about their surroundings. For example: Where is the clock? What colour is [another child's] jumper? Who is sitting two places away from you on your left?

When they get a question wrong, move to a new player. Questions will need to get harder as players become more aware of their surroundings.

Team Challenge: Sliding square puzzle

You'll need:

- + masking tape

Set up a 3x3 grid with each box at least 2mx2m. Number each square in the grid 1 to 9. Instruct eight children each to stand in one square in the grid, leaving one empty square. Explain that you will give an instruction, e.g. the person in square 1 must move to square 9. In moving there, players must only move into an empty square, one square at a time. (This will mean other players need to move to accommodate.) When complete, change the players or give new instructions, e.g. players in even number squares must move to odd numbers, players 2 and 4 must swap places etc.



JOKE OF THE WEEK

Q: What kind of shoes do ninjas wear?

A: Sneakers!

CREATE

Short and Simple: Photography challenge

You'll need:

- + disposable cameras

Purchase children a disposable camera each, or encourage them to use their own devices to take photos of things they normally wouldn't this week. Discuss what is and is not appropriate to take photos of.

Got More Time: Binoculars

You'll need:

- + toilet roll tubes
- + string
- + tape
- + stapler (optional)

Binoculars help us see things far away, but homemade binoculars can help us focus our attention on something close up. Use toilet roll tubes to make 'binoculars' that children can use to explore and take notice of things around them. Search 'craft binoculars' to find lots of creative ways to make them.

Get Messy: Photo frames

You'll need:

- + Photo frame kits

Invite children to create a photo frame to frame a particular photo or drawing of something important to them. You can purchase photo frame kits from a supplier such as Baker Ross or use recycled/craft resources to make your own.

PRAY

Key Verse: John 14:6 (ICB)

'Jesus answered, "I am the way. And I am the truth and the life. The only way to the Father is through me.'

Idea:

You'll need:

- + a variety of individually wrapped snacks/food

God gave each of us incredible bodies which can learn in different ways. Through sight, smell, taste, touch and sound, we can find out more about the world around us. Consider how it feels not to be able to use a particular sense.

For some this is the case all the time, and so be sensitive to the individuals in your group who may have this experience or who know others who do. Try a variety of activities which you can do with your group to encourage children to refine their senses.

- + Invite children to lie down, close their eyes and listen. **What do you hear?**
- + Invite children to look out of the window. **What do you see?**
- + Invite children to step outside. **What do you smell?**
- + Invite children to find different textures inside and outside. **How do they feel?** (wash or sanitise hands after)
- + Invite children to try some different foods – things like chocolate, fruit, dips etc. **What do you enjoy tasting?**

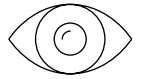


CONNECT

Set the children a Hi-5 challenge:

This week encourage them to find a new way to take notice each day. Give children the Hi-5 handprint sheet to record their ideas.

HI-5: TAKE NOTICE



This week we have been thinking about how taking notice can have a positive impact on our wellbeing. Taking notice helps us appreciate what is around us.

For five days this week, try to find a new way each day to take notice. You can record what you do on the handprint.

You can come up with your own ideas, but here are a few to help you.

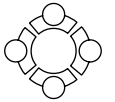
- + Play I Spy.
- + Ask others how they are feeling.
- + Take lots of photos.
- + Go on a wandering week and use your senses to think about what is around you.



Key Verse: John 14:6 (ICB)

'Jesus answered, "I am the way. And I am the truth and the life. The only way to the Father is through me.'

04 LEARN



Setting achievable goals and learning new things improves confidence and self-esteem and promotes positive wellbeing.

There are many ways this can be encouraged with children, such as taking up a new hobby, learning a skill or trying a daily challenge. Adults can play an important role in encouraging and supporting children as they learn.



Get to Know: If you were / If you could...

Give children different scenarios to discuss. They could create some of their own.

Some examples:

- + If you were an ice-cream flavour, which would you be and why?
- + If you were a teacher, which subject would you teach?
- + If you could have dinner one a week with anyone, who would you choose?

About the Theme:

- + What do you enjoy learning about?
- + What ways do you enjoy learning?
- + What goals are you working towards/could you set yourself?

JOKE OF THE WEEK

Q: Why did the teacher wear sunglasses?

A: The pupils were so bright!

PLAY

Get Active: Obstacle course

You'll need:

Items for an obstacle course:

- + chairs
- + beanbags
- + hula hoops etc.

Split the children into pairs, blindfold one and have their partner using voice commands only to help them through an obstacle course. Be as creative as you can to keep challenging the children to safely work their way through the obstacle course.

On The Spot: Fish bowl

You'll need:

- + bowl
- + pieces of paper
- + pens or pencils

First, everyone writes down the name of a famous person, place or object on pieces of paper. The group will then randomly be split into two teams.

Players from each team will alternate turns, each giving clues to their team to guess as many cards as possible against the clock. There'll be three rounds, and cards will get recycled after each round.

Round 1:

Taboo. Without using any part of the word on the paper, children must describe the word or phrase on the card, without any acting or gestures.

Round 2:

Charades. Without words or sounds, act and use gestures to communicate the word or phrase on the paper.

Round 3:

Password. You can say exactly one word to describe or give a clue to the word or phrase on the paper, no more! You'll rely on your team's memory and association.



Get Thinking: Card build

You'll need:

- + packs of cards
- + two small beanbags

Gather together lots of packs of cards or ask each young person to bring their own. Set challenges such as:

- + Build the tallest tower
- + Build the widest bridge
- + Build a structure that will take the weight of two beanbags

Make sure every young person has a stable surface to work on which can't be knocked by others.

Team Challenge: Reverse jigsaw puzzle

You'll need:

- + paper and pens
- + a large cartoon image

With children sat in social distancing squares, show them the image and a section they need to draw. You may choose to divide the picture into sections beforehand. Give them five minutes to complete their drawing, and then collect the pieces to recreate the image. You could have children comment and then return the images to develop and then fit together again.

CREATE

Short and Simple: Origami

You'll need:

- + paper

There are so many things you can make from paper. Teach children a design they can take and share with others. Could you make jumping frogs so children can play with others? Make a small box for storing precious things in? Create stars to decorate their bedroom?

Got More Time: Sewing

You'll need:

- + children's sewing kits

Being able to sew is a great skill for being able to prolong and upcycle clothing and other material resources. Order sewing kits from a supplier such as Baker Ross or teach children from scratch. If you are not too confident, there are lots of YouTube videos providing great instructions for children.

Get Messy: Stomp

You'll need:

- + metal bowls
- + wooden spoons
- + dust pans and brushes

Maybe not messy but definitely noisy! Teach children about rhythm and teamwork by using everyday objects to create different sounds. Lots of different games and activities can be found [online¹](#)



PRAY

Key Verse: Isaiah 64:8 (ICB)

'But Lord, you are our father. We are like clay, and you are the potter. Your hands made us all.'

Idea:

You'll need:

+ play-dough

Give children play-dough and encourage them to play with it. Invite the children to use their play-dough to mould an image of themselves. Use more play-dough to mould different objects to represent things they want to learn more about. Place these around the image of themselves. Pray together, thanking God for our amazing bodies which enable us to learn.

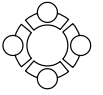
CONNECT

Set the children a Hi-5 challenge:

This week encourage them to find a new way to learn each day. Give children the Hi-5 handprint sheet to record their ideas.



HI-5: LEARN



This week we have been thinking about how learning can have a positive impact on our wellbeing. Learning new things expands our understanding, helps our brains grow and makes us feel good.

For five days this week, try to find a new way each time to learn. You can record what you do on the handprint.

You can come up with your own ideas, but here are a few to help you.

- + Research and cook a new recipe.
- + Research a topic that interests you and share a presentation with friends or family.
- + Ask an older relative or friend about what life was like for them when they were your age.
- + Watch the actions of an animal in the garden/park.



Key Verse: Isaiah 64:8 (ICB)

'But Lord, you are our father. We are like clay, and you are the potter. Your hands made us all.'

05 GIVE



There are many ways we can give of ourselves to help others. Research shows that people who do so consider themselves happier.

Things that can appear to be the smallest of actions, such as saying 'thank you' or holding a door for someone, to ideas such as acts of kindness or participating in social action projects, can all have a positive impact on wellbeing.



Get to Know: Would you rather?

Give children different scenarios to discuss. They could create some of their own.

Some examples:

- + Would you rather be famous and followed everywhere, or not famous and left alone?
- + Would you rather have unlimited ice cream, or unlimited pizza for the year?
- + Would you rather win £1,000, or let your friend win £10,000?

About the Theme:

- + Can you think of three ways you have helped others this week?
- + What can you do tomorrow to make someone else's life easier?
- + What could our group do to make a difference in our community?

PLAY

Get Active: On the spot relays

Split the group into teams for the relay and spread out in lines. Give actions for each team to pass on, e.g. ten star jumps, five sit-ups, eight floss dance moves. You can give instructions one at a time or a sequence of commands for young people to do.

On The Spot: Honey, if you love me, smile

Get the children to sit in a circle. Choose one young person to move around inside the circle and say, 'Honey, if you love me, will you please smile.' The young person who is being spoken to must reply and say **without smiling or laughing**, 'Honey, you know I love you but I just can't smile.' If they laugh or smile, they swap with the person in the middle.

Get Thinking: Zip, zap, boing

Ask everyone to get into a circle. One person begins and must quickly pass on the energy to another person. They can pass it on in three different ways, shouting:

'Zip!' – the energy passes to the left with an arm sweep.

'Zap!' – the energy is beamed to someone else in the circle by pointing both hands like an imaginary ray gun.

'Boing!' – someone repels the energy by raising both arms and it goes back to the person who sent it, who then has to pass it to someone else.

If players are too slow or use the wrong words, they are out.

Team Challenge: Marble Run

You'll need:

- + newspaper
- + tape
- + table tennis ball

Help the children to create a long tube, the longer the better. Each child will need their own. It will need to be several layers of newspaper thick and wide enough to fit a table tennis ball through. Explain to children that you will place the ball in the tube of the first player, and they need to pass the ball in the tubes of all players to move the ball from one end of the room to the other. If the ball drops they need to start from the beginning.

You could also play with wrapping paper tubes and a marble or lino/carpet cardboard tubes if you can get any for giant fun!



JOKE OF THE WEEK

Q: Why wouldn't the shrimp share his treasure?

A: Because he was a little shellfish!

CREATE

Short and Simple: Acts of kindness

You'll need:

- + empty bingo template on paper

Create a Random Acts of Kindness bingo sheet. Have children add ideas to their sheet and then swap their sheet with a friend so they have some ideas they have not thought of to be kind to others this week.

Got More Time: Plan a project

You may need:

- + optional - a large sheet of paper
- + optional - pens

Work with children to decide, plan a deliver a project to help others.

Some ideas: you could consider a project in your community, look at The Salvation Army's **Helping-Hand**¹ focus for this year, or contact the Youth and Children's Ministry Unit for information about **True Story**² – a resource to empower children and young people to take action against modern slavery.

Get Messy: Rock painting

You'll need:

- + **painting stones**³
- + acrylic paints
- + pens

Have children paint and decorate stones with simple messages of kindness and encouragement, to leave in places around the community. You may want to paint the stones at the beginning of your session so they can dry before adding text. Some ideas for words and phrases: Be kind to yourself, Let your dream grow, Peace, Hope, Love.

PRAY

Key Verse: 2 Corinthians 9:7 (ICB)

'Each one should give, then, what he has decided in his heart to give. He should not give if it makes him sad. And he should not give if he thinks he is forced to give. God loves the person who gives happily.'

Idea:

You'll need:

- + plant pots
- + soil
- + water
- + fast-growing plant seed e.g. cress, seed, lettuce, sunflowers, beans

Invite children to take a small pot, scoop some soil into in, add a little water and plant a seed. Invite children to share what they will need to give for this seed to develop and grow. As children hold their pot, encourage them to consider other ways they can give to support others.

¹ <https://www.salvationarmy.org.uk/international-development/campaigns/helping-hand-appeal>

² <https://www.salvationarmy.org.uk/truestory>

³ <https://www.bakerross.co.uk/painting-stones>

CONNECT

Set the children a Hi-5 challenge:

This week encourage them to find a new way to give each day. Give children the Hi-5 handprint sheet to record their ideas.



HI-5: GIVE



This week we have been thinking about how giving can have a positive impact on our wellbeing. How do you feel when you help someone? As well as having a positive impact on those who receive our giving, it has a positive impact on us.

For five days this week, try to find a new way each time to learn. You can record what you do on the handprint.

You can come up with your own ideas, but here are a few to help you.

- + Do simple kind actions for those you meet, eg hold the door open, smile, ask someone how they are.
- + Share something you have with someone else.
- + Raise money for charity.



Key Verse: 2 Corinthians 9:7 (ICB)

'Each one should give, then, what he has decided in his heart to give. He should not give if it makes him sad. And he should not give if he thinks he is forced to give. God loves the person who gives happily.'

HI-5 PARTY

After five sessions encouraging and supporting children to take care of their wellbeing, this session gives ideas for a celebration party time. You could plan with the children to discuss suggestions for games, music, food and party bags.



CHAT

Get to Know: Five Things

Ask everyone to find five things in common with other members of the group. Things like 'we both have eyes' are not allowed.

About the Theme:

- + Has it been helpful to explore five ways to boost your wellbeing?
- + Which way have you found most helpful? Which way would you like to develop?
- + Is there anything else which has had a positive impact on your wellbeing?

PLAY

Beans

When you call out the names of different beans the children have to do an action associated with it. If they do the wrong action or are slowest and they are out.

Examples: runner bean (run on the spot), baked bean (lay and sunbathe), broad bean (spread arms out to the side).

Limbo

You'll need:

- + long stick / metre rule

The children take turns going under the stick like a limbo dancer. They must do this without touching the stick – bending their knees and leaning as far back as necessary. No hands may touch the floor. Don't start with the stick too low.

Musical Statues:

You'll need:

- + something to play music on

Set up your space so each child dances in their own space. You can do this by using tape to mark out sections of the room. When the music plays, the children dance. As soon as it stops they must freeze. If they move when there is no music they are out. Repeat this until a winner is crowned.

Sleeping Lions

Have the children lie down on the floor in sleeping positions. Once they're down, they can't move. Make silly noises and actions from a distance to see if you can make any young person smile or move. If they do, they're out and can help you catch anyone moving.

Pin the Tail on the Donkey

You'll need:

- + a poster of a donkey
- + large sheets of card
- + push pins or double sided tape

Draw a donkey on a large sheet of paper and get the children to create and decorate their own tails using the card and any other craft materials you have. (You can choose another image depending on the theme of the party.)

Mount the image on a wall at an appropriate height for all children and mark an 'X' where the tail would go.

Blindfold the first player and gently spin them twice. Guide them in the general direction of the image and have them pin their tail where they think it should go.

Once everyone has had a go, the child closest to the X wins.

Wink Murder

Gather the children in a circle. Ask one child to be the guesser and move out of earshot of the group. One player is secretly designated as the murderer and has to wink at others in order to eliminate them from the game without being seen. Invite the guesser back. They have three guesses to guess the wink murderer.



JOKE OF THE WEEK

Q: Why do candles always go on the top of cakes?

A: Because it's hard to light them from the bottom.

CREATE

Make your party more special and memorable with food! Remember to check for any dietary requirements and to complete additional risk assessments as necessary.

Short and Simple: Biscuit decorating

You'll need:

- + a pack of biscuits
- + decorations - icing, smarties, marshmallows (other edible goodies!)

Using gloves, give each child a biscuit and provide them with the ingredients to decorate them. You can challenge them to decorate based on your theme or allow them to let their creativity loose.

Got Time To Spare: Hot chocolate and s'mores

You'll need:

- + cookies
- + marshmallows
- + chocolate
- + skewers
- + fire pit

Have you got space to have a fire pit? Give children their own s'mores-making kit with cookies, marshmallows and chocolate. You can purchase giant skewers to help children keep their distance from the fire and each other.

Get Messy: Pizza making

You'll need:

- + ready-made pizza base
- + spoons
- + an assortment of pizza toppings

Provide each child with their own pizza-making ingredients. Set a challenge on who can make the most interesting face on the pizza.

PRAY

Key Verse: Phillipians 4:6 (ICB)

'Do not worry about anything. But pray and ask God for everything you need. And when you pray, always give thanks.'

Idea:

You'll need:

- + strips of paper
- + colouring pens or pencils

Provide the children with lots of strips of paper, have them bring to God anything or anyone they want to pray for this week. They can write these on the paper and use this to decorate their party.

CONNECT

Create party bags for the children to take home a meaningful reminder of the five ways to wellbeing you have explored. They can also act as prompts for the different focuses they have looked at.

Some ideas:

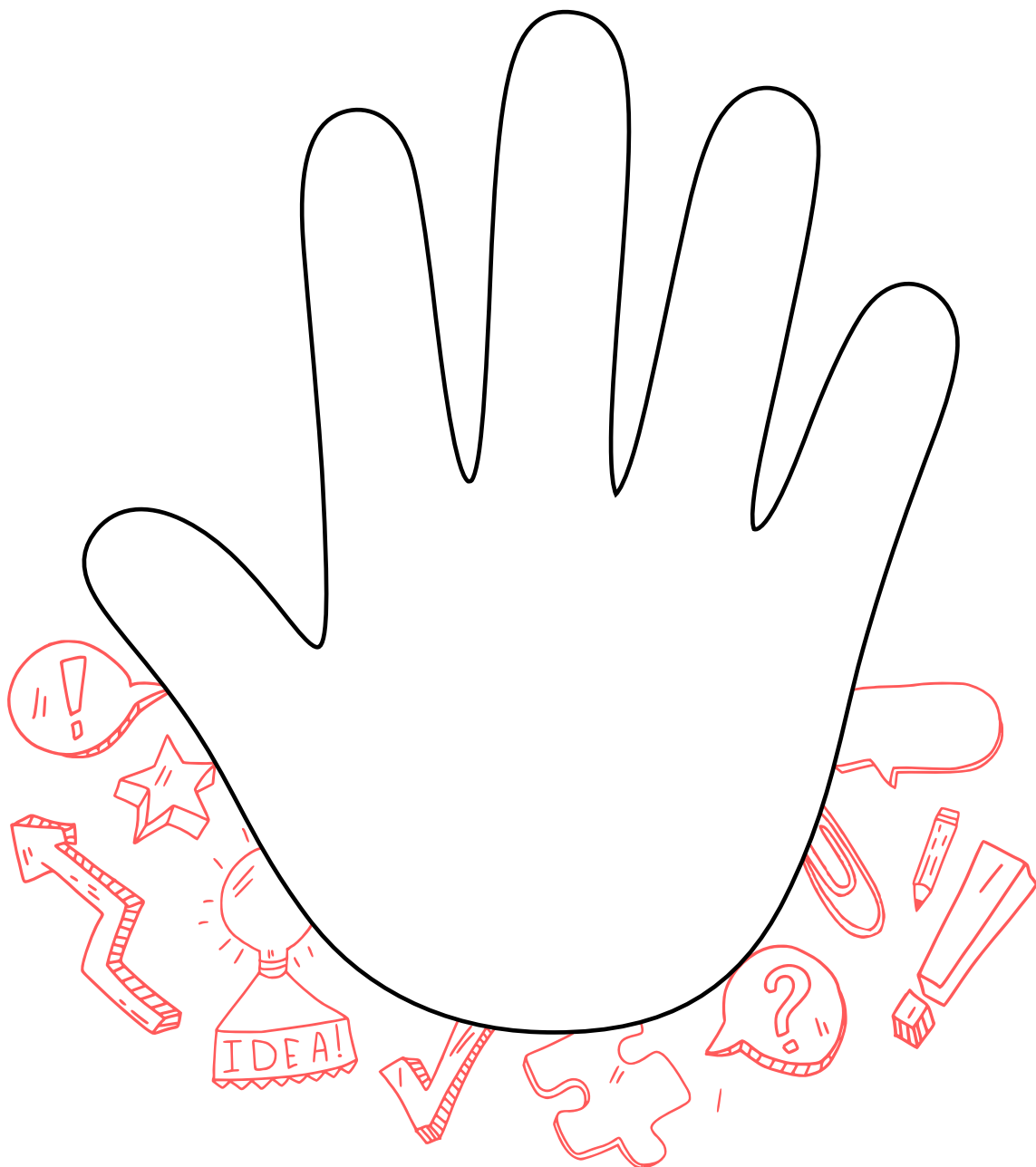
- + Connect - mini games / notepad and pen
- + Be active - mini elastic bat and ball / bouncy balls
- + Take notice - bubbles / mini kaleidoscope
- + Learn - kazoo / pot and seed
- + Give - chocolate / sweets



HI-5: PARTY TIME

Over the last few weeks, we have thought about five ways to positively impact on our wellbeing. Can you remember what they were? The gifts in the party bag might prompt your memory.

Use the handprint to write down the five different ways. Put the poster somewhere you will see it every day as a reminder of five great ways you can boost your own wellbeing.



Key Verse: Philippians 4:6 (ICB)

'Do not worry about anything. But pray and ask God for everything you need. And when you pray, always give thanks.'



A resource for children's groups about wellbeing.



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The Salvation Army is a Church and registered Charity in England (214779), Wales (214779), Scotland (SC009359) and the Republic of Ireland (CHY6399)