



popcorn's summer
stay-cation

Hi everyone!

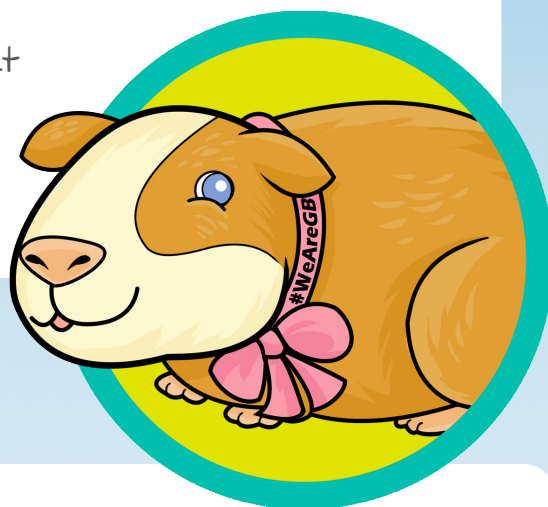
My name's Popcorn the Guinea Pig and I'm so pleased you're going to join me for my summer stay-cation.

It's been a weird few months, hasn't it? What with the Coronavirus lockdown, and missing school and our regular activities, I think we could all do with some cheering up – especially those of us who can no longer go on holiday or any outings this summer!

Nearly every day of the summer holidays, you'll find a challenge, activity or a thought for the day from me. If you're younger, some might require you to get a little help from a grown-up.

I hope you enjoy doing these daily activities and that they put a smile on your face. Have fun!

Love Popcorn
Xx



p.s. A message for the grown-ups:

Popcorn's summer stay-cation is a free activity book for the summer holidays from Girls' Brigade Ministries (GB). It aims to promote values like kindness, joy and love, as well as sharing some Bible stories. Please follow it in conjunction with the government guidelines regarding how we should be living, such as social distancing. Most activities are suitable for all age groups (4-18s) but a few have an additional part for older children (11-18s) – this is clearly indicated.

GB and youth leaders

This resource is suitable for anyone, not just GB members. You can share it in different ways such as emailing or posting it to parents of children in your group or sending them the link to it on our website; or by putting the resource on your website or social media streams (in whole or in parts) for parents to access or share the link to it on our website – www.girlsbrigadeministries.org.uk

Parents

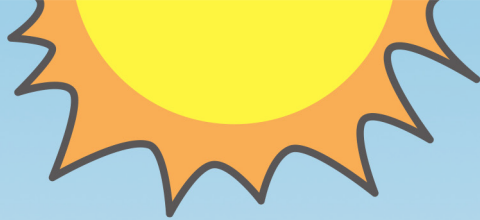
You may want to purchase a Popcorn the Guinea Pig toy and hide it in your house each evening for your child to find the next day. Once discovered, you can share with your child Popcorn's message or challenge for the day. Some days you might be asked to specifically share the results of this challenge on social media but we'd love to see pictures of where Popcorn has hidden each night too... as long as these don't encourage naughty or bad behaviour!

If you'd like to buy a Popcorn toy or other products featuring her, such as pin badges, or other cuddly friends and gifts produced by Girls' Brigade, visit www.girlsbrigadetrading.com

GB Ministries accepts no responsibility for any injuries young people sustain whilst undertaking these activities within their own homes. Parents/carers should ensure the safety of their home environment when undertaking activities.

Monday 20 July

Regardless of the weather, I like to spend time in the garden nibbling grass and dandelion leaves – yum! My challenge to you today is to spend at least 15 minutes outside, in your garden or a park, and make a note of all the different creatures you can see such as birds and ants. God has created us all for a purpose.



Wednesday 22 July

Did you paint or draw a rainbow at the start of lockdown? I did but unfortunately it faded in the sun as it was in my window so long. Do you know why rainbows are a symbol of hope? A rainbow was used as a sign from God in the story about Noah and the ark. Read the story of Noah in the Bible at Genesis Chapter:6:9 to Chapter:9:17, in a children's Bible, or you can find it online here: <https://www.biblewise.com/kids/read/young/noahs-ark2.php>

Friday 24 July

I'm a bit of a naughty guinea pig when I have my fur brushed; I squeal lots, as I don't like it! Today I'd love you to draw my picture. Can you get a grown-up to take a picture of you with your finished artwork or take your own selfie of it with you? If you or your grown-up is on social media they could share the picture using the caption: We're on day 5 of Popcorn's summer stay-cation! #GBraiseshope

Sunday 26 July

Isn't it amazing that we can speak to God at any time and any place? Get a grown-up to help you light a candle and stare at it for a few minutes as you say thank you to God for all the good things in your life, such as friends, family, hobbies, pets etc. I'd say thank you for the delicious green beans I like to eat every day.

Tuesday 21 July

I love to smile and I hope you do too. My challenge to you today is to smile at people or make someone laugh by telling them a joke. Do you know any jokes about guinea pigs? My favourite is 'What do you call a guinea pig with three eyes? A guinea piiig'. Ha ha! If you or your grown-up is on social media they could share your joke as well as using the caption: We're on day 2 of Popcorn's summer stay-cation! #GBraiseshope

Thursday 23 July

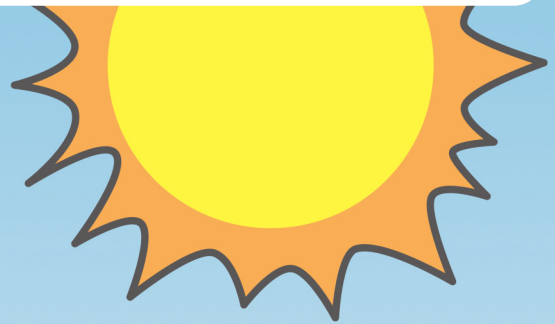
Today's challenge is a simple but important one. Tell someone why they're special to you.

Saturday 25 July

Do you know in the Bible it says we should be kind and encourage each other? Who do you know who needs encouraging today? Who can you do something nice for? Have a think and then do it/say it!

Monday 27 July

Do you like stories and reading? I love them! So today I'm going to encourage you to put your feet up (I have 4 of them!) and relax reading a book or magazine for a while.



Tuesday 28 July

One of my lockdown heroes was Captain Tom Moore who walked 100 lengths of his garden to raise money for the NHS. You can read more about him online. What challenge can you set yourself today or over the summer holidays? Is there something you could try and do 100 times too, like star jumps or forward rolls? It would be amazing if you could do this as a sponsored event and raise money for Girls' Brigade! You could raise money for your local group or nationally. Donations can be paid nationally to www.give.net/gbm – thank you!

Wednesday 29 July

Lockdown has been a good excuse for me to have a tidy-up of my hutch and toys. Do you have lots of toys/games or, if you're older, maybe some old clothes or accessories? Are there any you could give away to a good cause? Pick out one or two that a grown-up could donate to a local charity shop and help raise money for a good cause today.

Thursday 30 July

Did you get taught at home by your parents/ carers during lockdown or maybe you still went to school? Either way, make a thank you card for your 'teachers' and give it, or post it, to them so they feel appreciated. If you or your grown-up is on social media they could share a picture of your creations, as well as using the caption: We're on day 11 of Popcorn's summer stay-cation! #GBraiseshope

Friday 31 July

Sometimes when my owner takes me down to the beach or park we see decorated pebbles that people have left for others to find. Have you got a pebble you could decorate with felt-tips or paint and leave for someone to find?

Saturday 1 August

Who doesn't love a big hug? Why not draw a pair of arms with the word 'hug' in the middle on a piece of paper and send it to someone you haven't been able to hug recently.

Sunday 2 August

During the full lockdown, lots of people weren't able to go to church or to a Christian group like Girls' Brigade. Instead lots of activities were held online instead. With an adults' help, look on YouTube for an online children's church service to enjoy or, if you're older, find an online youth church service.

Monday 3 August

I'm a member of a Girls' Brigade community group. Perhaps you are too? Draw a picture of the GB logo – or the logo of another club you belong to – to display in your window.



Wednesday 5 August

Do you know of any charities? Pick one you know or do some research, get a grown-up to help if necessary, and plan how you could raise awareness or some money for this good cause in the coming months.

Friday 7 August

Today is my owner's birthday but she says I can't tell you how old she's going to be. She's a grown-up and they're a bit funny about that sort of thing. My challenge to you today is to throw a mini party in her honour at your house. You could make some decorations, blow out a candle on a cake, and sing happy birthday... just for fun! If you're older, maybe you could bake a cake.

Sunday 9 August

Jesus did amazing things – not only miracles but by being kind to people. Look through some recent newspapers or magazines and find stories of people who acted in a way Jesus would want them to. Cut them out and make a collage to inspire you to be more like Jesus.

Tuesday 4 August

One of my favourite games is a scavenger hunt where you have to find all the items on a list. With an adults' help, if necessary, use the list at the back of this booklet, and go on a scavenger hunt. How many of the items can you find at the local park or beach? If you're older, maybe you can run a scavenger hunt for your siblings or other younger children you know.

Thursday 6 August

Sadly there aren't any stories specifically about guinea pigs in the Bible, but there is a great story about another type of furry creature – lions! I love hearing the story of Daniel and the lion's den as it reminds me that God's with me protecting me. You can read the story too in the Bible at Daniel Chapter 6, in a children's Bible, or you can find online cartoons of it on YouTube. Watch or read the story and say a little prayer to God thanking Him for looking after you.

Saturday 8 August

Hopefully the sun is shining today for our latest challenge. Get out your favourite animals or character and draw around their shadows on a piece of paper. Or can you make shadow shapes with your hands on a wall? If you're older, maybe you could run this activity for your siblings or other younger children you know.

Monday 10 August

I love cartoons. Today I challenge you to write a story about me or create a cartoon strip about me! You might like to include my friends Gabby, Barney, and Fudge the Floppy Dog too.

Tuesday 11 August

Lockdown is tough and there are lots of things I missed when I was at home. But we can choose to look on the bright side... what are your top 3 good things about lockdown? This could be spending more time with your family or having time to do an activity you wouldn't have time for normally. Today I challenge you to do a lockdown positive poll with whomever you live with and see if you all have the same things on your list.

Wednesday 12 August

I don't know about you but I made a lot of video calls during the Coronavirus lockdown. With an adult's help, is there someone you could Zoom/Messenger call/Facetime etc. today? Who haven't you seen face-to-face for a while who'd love to hear from you? If you don't have access to this type of technology you could you text/email/write a letter/call someone.

Thursday 13 August

God often puts us in the right place at just the right time to help. Just like the story of Esther in the Bible. You can read a version of her story at <https://www.friendsandheroes.com/us/characters/Esther> – she's one of my heroes. Who are yours?

Friday 14 August

Sometimes it's nice to relax and play computer games. Some of my favourites are available at <https://www.bbc.co.uk/cbeebies> – with an adult's permission why don't you try a couple? If you're older you might want to relax watching some YouTube videos such as those on the [kokostories](#) channel.

Saturday 15 August

I feel a bit sad today as I was meant to be going on a camp with my friends from the Girls' Brigade group I'm a member of. The camp has been cancelled because of the Coronavirus germs. Maybe you feel sad about plans changing this summer too. It's ok to feel sad. Say a little prayer to God asking Him to help you through the tough times. He's with us during the good and bad.

Sunday 16 August

As you know, I should be sleeping in a tent this week. Let's make a den instead. Have you got a table, some cushions and a sheet? Pretend to go camping and make a base to 'live' in or, if you have one, you could put a tent up in your garden for the day to play in. If you or your grown-up is on social media they could share a picture of your creations, as well as using the caption: We're on day 28 of Popcorn's summer stay-cation! #GBraisheshope If you're older, maybe you could run this activity for your siblings or other younger children you know.

Monday 17 August

Many of us aren't able to go away this summer, but I have plenty of memories from previous trips I've been on. If you've got mementos from a holiday or trip make them into a scrapbook or draw a picture/write a poem about your favourite memories.

Wednesday 19 August

When you're a friend of Jesus it's good to tell other people about Him too. With an adult's help, can you make a short video or TikTok sharing how knowing Jesus has made a difference to your life?

Friday 21 August

Although the summer holidays are a happy time of year for a lot of people, for some it's not. Say a prayer today for people who are lonely, unwell or who have been affected by the Coronavirus pandemic.

Sunday 23 August

I can't sing very well but I do love hearing others sing. My challenge to you today is to learn a Christian action song's words and actions off by heart, such as the ones online by Duggie Dug Dug. Do you understand all the words? Ask a grown up for help if necessary. If you're older, listen to a Christian worship playlist on Spotify or YouTube.

Tuesday 18 August

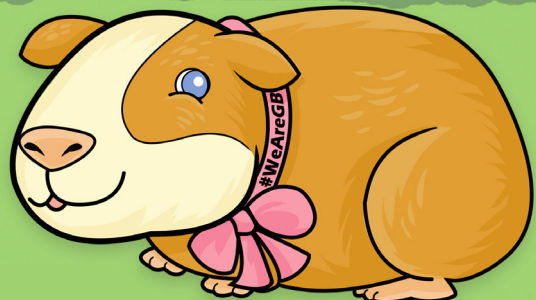
It's really important to recycle things like cardboard boxes, tubes, and bottles. Today I challenge you to raid the recycling bin and make your very own robot. You could use other materials to help you too such as felt-tips and paint. I bet your creations are really unique – just like how God made us! If you're older, consider how your household recycles and what. Are there things you could get better at recycling? Or could you help your parents/carers by making a trip to the bottle bank?

Thursday 20 August

Just like the robots we made the day before yesterday, we're all different. Make an 'all about me' picture showing people what your hobbies and interests are. God created us to be unique and we're important to Him as a result... God doesn't make mistakes.

Saturday 22 August

What do you think God looks like? I'm challenging you today to draw a picture. If you or your grown-up is on social media they could share a picture of your creations, as well as using the caption: We're on day 34 of Popcorn's summer stay-cation! #GBraishesope



Monday 24 August

In the Bible (Galatians Chapter 5) it says as we grow to be more like Jesus and learn about Him we develop characteristics like Him. These are called fruits of the spirit and are love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control. I'm not a very patient guinea pig when it's nearly dinnertime so this is definitely something I need to work on. Choose one of these 'fruits' and practice using it today.

Tuesday 25 August

How can we create positive digital footprints? Remember that things we upload, email or message could stay around forever online. With this in mind why should we be careful about what we post, say and share? Make your top 5 tips for being positive online and share them with a friend.

Wednesday 26 August

If social distancing guidelines allow, ask an adult to arrange a picnic with some of your friends or family. Help prepare the picnic food and some games you can play when you can't get too near each other. Don't forget some celery for me!

Thursday 27 August

I think it's important to count your blessings – the good things God has given us. Mine would include having a loving owner, a nice hutch to live in, food to eat and water to drink, and toys to play with. What's God blessed you with? Draw around your hands on a piece of paper and then write your blessings inside the hand shapes.

Friday 28 August

Do you know what a family tree is? It's when you draw a picture to show who your family is and how you're related. If necessary, ask an adult for help in making your family tree and then decorate it. If you aren't able to do this then why not draw an amazing tree picture instead and think about how we're all part of God's family.

Saturday 29 August

I'm a member of Girls' Brigade (GB). GB has lots of fun projects including running community groups where children and young people can make friends, have fun, learn new skills and have great opportunities. Today's challenge is to find out where your nearest GB group is... maybe you'd even like to join when the groups are physically able to meet again! Find out more on our website at www.girlsbrigadeministries.org.uk

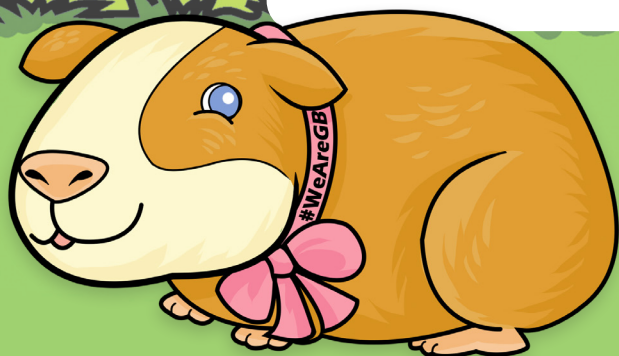
Sunday 30 August

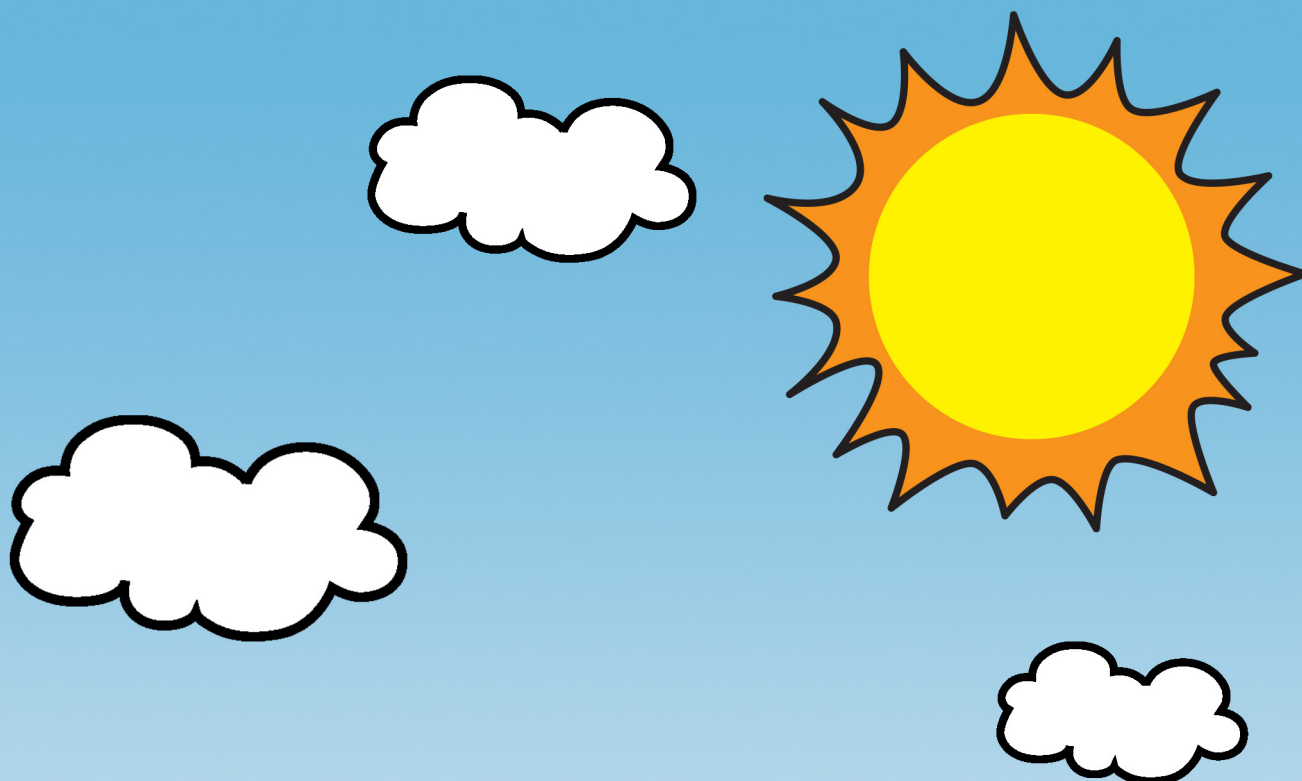
There have been a lot of changes so far this year and who knows what the autumn will contain. Just remember it's ok to feel however you're feeling – just make sure you talk to a trusted adult about it if you have any worries. You can also always talk to God. He sent His son Jesus to be with us on earth. Jesus grew up from a baby, to a boy, to a man. And He did amazing things – He healed the sick, He told great stories, He stood up for people, He walked on water, and He even turned water into wine. When He was a young man Jesus died and took the blame for all the wrong things we've ever done so we can be friends with God. But something amazing happened, because He's the Son of God, Jesus came back to life and we can be friends with Him today. He's always with us – whatever the future holds.

Scavenger Hunt List - Tuesday 4 August

- 1) Something red
- 2) 3 different types of leaf
- 3) A stone with a hole in it
- 4) A flower
- 5) A spider's web
- 6) A tree stump
- 7) A bird
- 8) A feather
- 9) Something plastic
- 10) A rough object
- 11) A smooth object
- 12) A plant with thorns
- 13) A shell
- 14) A crooked stick
- 15) Something you think is pretty

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If you've appreciated this resource and are in a position to support us financially we'd be very grateful for your help. You can donate securely online via Stewardship at

www.give.net/gbm

- thank you.



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