

# Working Together— Staying Apart

## GB @ Home Programme

### God's Book

Colour in the Explorer Prayer  
(download available on GB website)

Thank God for all the people that are helping us to fight the coronavirus and make a thank you poster. Hang it up in your window so people can see it.



### Self

Practice washing your hands carefully. Pick a fun song to sing to make sure you do it for at least 20 seconds e.g. Twinkle Twinkle, Row Row Row Your Boat (two verses).

Colour an Explorer in her uniform  
(download available on GB website)

### Exploring

Go on an indoor scavenger hunt  
(download available on GB website)



Pick an outdoor spot and sit still for five minutes. Call out, or write down, all the things you notice that are alive e.g. birds, insects, plants, people. See how many you can find!



### Talents & Tasks

Make a card for someone you are missing while you are at home. Write a nice message and send it to them.

Help out with keeping your home clean and tidy. Ask an adult what jobs you can help with.



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Up to Age 8  
Tiny Tots & Explorers

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### Activity

Make a straight line on the ground in your home or garden with string/chalk/masking tape. Pretend it is a high wire and see if you can walk along it carefully without stepping off it. To make it harder try doing it with your hands on your head!

Practice skipping or hopping and see how long you can go without stopping. Try to beat your own record.

### Riches

Learn a new action song or make up actions to a song you already know.



Make up a play and perform it for your family, your toys can join in!

**To Gain a GB@Home Certificate you must complete six activities from this programme.**

**Name:**

**GB Company:**

**Activities Completed:**


Images courtesy of vecteezy.com

**Signed Parent/Guardian:**

Please return this form to your Captain on return to GB classes. If your child is not involved with a GB Company please email [info@girlsbrigadeirl.ie](mailto:info@girlsbrigadeirl.ie) or post to GB@Home, 2 Tritonville Avenue, Sandymount, Dublin 4  
Include a postal address to receive your certificate.



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