

Working Together— Staying Apart

GB @ Home Programme



Spiritual

Make a list of all the people who are still working to keep us safe while you are home from school. Find out if any of your family or neighbours work in hospitals, in grocery shops or other important jobs.

Write a prayer to thank God for these people and ask him to keep them safe.

Go for a walk outside and use your senses to see how much you can notice around you.

What can you SEE with your eyes?

What can you HEAR with your ears?

What can you SMELL with your nose?

What can you FEEL on your skin?

Remember that God's world is all around us and nature is still the same even though we are stuck indoors a lot.



Physical

Make up a dance routine to one of your favourite songs. Perform it for your family – or teach it to them so they can join in too!

See how long you can keep a ball or a balloon up without it touching the ground. Bounce it on your head, feet, knees etc. Try to beat your own record. You can play this with your family too, try holding hands while you play so you have to work together.



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Educational

Learn to cook or bake a new recipe. Find some recipe books at home or ask an adult to help you look up a recipe on the internet.

Learn about the ways that everyone can keep each other safe from viruses. Practice handwashing, coughing & sneezing carefully and social distancing. Make up a poem or song to help teach others.

Service

Find ways to help out at home with cleaning, tidying, looking after pets etc.



Make a card or gift for someone who may be feeling lonely at the moment and send it to them.

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 or post to GB@Home, 2 Tritonville Avenue, Sandymount, Dublin 4
Include a postal address to receive your certificate.



www.girlsbrigadeirl.ie

Ages 9-13
Juniors & Seniors