



DIOCESE OF BATH & WELLS

Changing Lives, Changing Churches for Changing Communities

101 fun Ideas for working with young people

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Many of the 101 activities have been shaped by young people and they can form an entire youth work session or a stand alone as part of a youth work session. For some of the activities you will require special permissions and consent.

Fun and 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 the young people to wash their hands thoroughly and suggest they wear clothes they don't mind getting messy. Using food in a youth work session is a good way of teaching basic cooking skills whilst having fun. It is always good to get the young people 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 youth work 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. You can have savoury or sweet fondue; try cheese and apple juice for savoury (avoid using hot oil fondue or cooking meat) or for sweet try 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

Make the pizza base, tomato sauce and prepare the toppings as part of the youth work 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. It is easier to buy packs of grated cheese but you can grate your own and the toppings can be anything.

3 Favourite sandwiches

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

5 'The Great British Bake Off'

Making and decorating cakes, biscuits and bread is huge at the moment thanks to the TV show. There are endless baking recipes to choose from using a variety of cooking methods such as ovens, bread makers and microwaves. This makes a very good session with young people. You can even make seasonal breads,

cakes and biscuits based around Christian festivals such as Easter cakes, hot cross buns, Christmas cookies, Stollen cake, Christmas log, harvest buns etc.

6 Cup cake challenge

Make or buy cupcakes and decorate them <http://hoosierhomemade.com/cupcake-heaven/>

7 Making Smoothies

Making smoothies is a good way of talking about nutrition with young people. Invite the young people to bring a range of fruit and veg ingredients appropriate for making smoothies. Put them in a pile on a table and decide what types of smoothies you are going to make. You will need to carefully supervise the chopping and use of the smoothie maker/s. It is a good idea for the leaders to have a few key ingredients such milk, ice cubes and ice cream. Unlike ready steady cook making smoothies is all about the taste, the young people won't drink them if they taste horrible.

8 Making non-alcoholic cocktails

Similar to smoothies the young people could make non-alcoholic cocktails and give them names. Leaders may need to supply some clear plastic cups, cocktail umbrellas, straws and ice. http://www.goodtoknow.co.uk/recipes/non_alcoholic-cocktails

9 'Posh Nosh' 'Come Dine with Me'

Try having a special candlelit three course meal together. This could be prepared and cooked by the young people or by adults for the young people. The idea of this session is to invite the young people to make an effort by wearing fancy dress, clothes their parents might wear or as if they were attending a banquet.

10 Christmas dinner party

Consider having a Christmas party with a traditional Christmas meal either prepared and cooked by the young people or by adults for the young people. But instead of having parents, grand parents and Auntie Mable, the young people have a Christmas meal the weekend before Christmas with their friends. If this takes place in a church hall the young people could also decorate the room and have a Christmas tree.

11 Food games web links

<http://youthgroupgames.com.au/category/5/messy-food/>
<http://insight.typepad.co.uk/insight/2008/02/fantastic-food.html>
<http://youthworkinit.com/food-games-for-youth-groups/>

Creative ideas

When doing craft activities you will need to be especially aware of health and safety, the sort of mess made and recycling. It might be a good idea if the young people wear clothes they don't mind getting messy. However, craft in youth work is a very good way of teaching and drawing out creative skills whilst having fun. It is always good to get the young people to help with the clearing up.

12 Scrap fashion show

Collect lots of scrap like old newspapers, plastic, fabric etc. or visit your nearest Scrapstore. You will also need scissors, Sellotape, staplers and string. Using the scrap, make as many costumes as you can on willing models. Costumes can be anything or have a theme. When you have made 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.

13 Upcycled fashion show

Collect old clothes or left over jumble sale clothes. Also collect fabric, tinsel, old buttons and belts (anything to upcycle with). You will also need scissors, Sellotape, staplers, string and sewing materials. Using the old clothes be creative and upcycle individual items or whole costumes. The clothes / costumes could have a theme. When you have upcycled all of your clothes, create a catwalk and have a fashion show. With permission the catwalk can be photographed or videoed and displayed.

14 Jewellery making

Collect old jewellery and upcycle or remodel it so that it can be sold to raise money for a project or the young people could make new jewellery. For ideas and online resources contact

<http://www.inf.co.uk/infinite/Findings-and-Sundries.html>

15 Junk sculptures

Collect lots of scrap including old newspapers, plastic, cardboard, fabric or visit your nearest Scrapstore. You will also need 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 they can follow a theme.

16 Face painting for teenagers

Have a face painting session with your youth group. You can download images and ideas from websites such as <http://www.littlepartyheaven.co.uk/print-download-guides.html> this could be a practice opportunity for the young people who might then do face painting at an event or church bazaar to raise money for a project.

17 Customising T-shirts or wellies (you may need specialist craft materials)

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 and make sure that you cover any tables as the paint is hard to remove once dry.

<http://www.hobbycraft.co.uk/hobbies/craft-painting/fabric-paint-and-pens>

<http://www.bootkidz.co.uk/make-your-own-wellies/>

18 Pamper/Makeover session (works well with young women)

Invite the young people to bring along make-up, nail and hair products and have a session pampering each other. To help with this session, you could invite some trainee beauticians and hairdressing students from a local college. It is best to only put hair up in different styles and not cut hair. It is a good idea to take some photographs during this session.

19 Legomania

Lego has become a great nostalgic activity to do with young people. Invite them to bring along old Lego to make models with and have fun. On YouTube, Lego has been used extensively in making short animations that include bible stories. http://www.youtube.com/watch?v=F_FUlo3WngI

20 Christmas tree challenge

Collect some artificial Christmas trees and tree decorations and invite the young people in groups to decorate them. This can be extended as a whole community project.

<http://www.leicestershirevillages.com/burtonovery/christmas-tree-festival.html>

21 Guy Fawkes

The old 'A penny for the Guy' is not something to advocate especially as traditionally it was a way of begging for money to buy fireworks. However, the making of the Guy can be incredibly creative and all you require are old clothes, old newspapers, string, Sellotape, all things that can be recycled. You could have a prize for the winning Guy. It is often not safe to burn the Guys but the winning Guy could be taken to an organised Bonfire event and be placed on the fire.

22 Dried pasta art

It is surprising what art that can be created very cheaply by using dried pasta, pulses, couscous and PVA glue. Why not give it a go? <http://www.pinterest.com/natalienhy/pasta-art/>

23 Makeover the leaders session (Gok or Trinny and Susannah Style)

This is a fun way of doing a makeover on your leaders, as long as they are willing! You could do a punk rocker makeover using spray hair dye, make-up, ripped clothes and safety pins or get them ready to a posh ball by using ball gowns, tuxedo suits, bow ties, big hair and evening make-up.

24 Snowman or a sandcastle competition

Weather permitting; have a snowman competition or go to the beach and have a sandcastle or sand sculpture competition. If you are not near the beach use a children's sandpit and play sand.

25 Young apprentice

Divide your youth group into smaller groups and invite each group to come up with a fictional product. They can draw a prototype or make it out of scrap. Then invite each group to make a cheesy advert or write a song to promote their fictional product. To keep an element of surprise, try to put the groups in different rooms so the other groups can't see their idea. Then invite all the groups to share their idea with the other groups. This can either be done live or by making a video. Pick a winner and 'fire' the idea that is most naff.

26 Knitting

Knitting has become popular again amongst young people. There are lots of people who can knit, why not invite a few people to come and show the young people how.

27 Card making

Card making is a great way of being creative, you can make cards for birthdays, Christmas, Easter, Mother's Day, Father's Day, people who are ill, weddings etc. You can use scrap, old cards, craft materials or card making kits. Often people like to receive cards that have been handmade because they mean so much more.

Awareness ideas

Awareness activities can be used to raise awareness in the youth group, raise funds or equip the young people to help others be more aware of issues.

28 Make a short public information film

The old fashion 40 second public information films from the 70's and 80's had a huge impact on children and young people, even though some were a bit scary. They tackled things such as:

- Crossing the road
- Not messing about on railways
- The dangers of playing near water
- Using lights and florescent straps when riding a bike
- Not going off with strangers

Why not make a new public information film with young people, it could be funny or serious, but the main idea is to raise awareness of a particular issue or danger. You may be able to access some funding to help make a short film or animations that make a point.

29 How green are you?

Have a session looking at how sustainable / green your group or individuals are in the group. There are lots of web based organisations with resources to help with this type of session

www.christian-ecology.org.uk/

<http://ew.ecocongregation.org/resources/module5>

<http://www.oneworldweek.org/v2/quizzes.html>

<http://www.eyce.org/wp-content/uploads/2012/06/Environmental-Quiz.pdf>

http://www.aberdeenshire.gov.uk/waste/resources/Resources_schools.asp

<file:///C:/Users/laptop8/Downloads/WaterAid%20quiz%20online.pdf>

http://ecodev.convio.net/site/Survey?ACTION_REQUIRED=URI_ACTION_USER_REQUESTS&SURVEY_ID=1501&gclid=CNSphJS4scECFQcewwodRmMAfQ

30 Justice and global awareness sessions

Invite one of the main Christian justice or global aid agencies to spend some time with your youth group. Most of them have a local education / youth work adviser

<http://www.christianaid.org.uk/getinvolved/inyourarea/england/southwest/index.aspx>

<http://www.tearfund.org/>

<http://www.cafod.org.uk/Education/Youth-Leaders>

<http://www.sendacow.org/read-to-feed>

<http://www.stophetraffic.org/>

<http://www.oxfam.org.uk/education>

31 Simulation

Play simulation games and discuss the impact

<http://learn.christianaid.org.uk/YouthLeaderResources/ResourceOverview/simulation.aspx>

http://www.pastor2youth.com/index.php?option=com_k2&view=itemlist&task=category&id=566:simulation-games&Itemid=102

32 Fundraise for big charity events

Have a youth work marathon following one of the big charity events such as Children in Need, Comic Relief, Sport Aid etc.

<http://www.bbc.co.uk/childreninneed>

<http://www.comicrelief.com/>

<http://www.unicef.org.uk/soccer-aid/>

Also involve the youth group in a local or church funding initiative for a specific project. Invite individuals or organisations to your youth group to tell them about their project and what they are raising money for. This will help the young people be better informed and equipped to fundraise.

33 Issues, issues and more issues

Young people in the church are not exempt from issues in the world, yet often we won't talk about them openly and honestly in the church. There are a wide range of organisations dealing with things such as, drug and alcohol misuse, sex, sexual health and sexuality. If we are going to help young people to make informed choices then we need to educate and prepare them better. This will also inform how young people's world views relate to faith.

34 Anti-bullying

Get involved in Anti-bullying week or run an anti-bullying session

www.anti-bullyingalliance.org.uk

<http://archive.beatbullying.org/dox/resources/resources.html>

<https://clc2.uniservity.com/GroupDownloadFile.asp?GroupId=20079967&ResourceId=2833342>

35 Watch a TV soap programme and discuss the issues

Record a TV soap and watch it with your youth group, in most TV soaps there is a running issue. These issues can be discussed inviting the young people to share what they think or would do. You could run a series of these discussions looking at different soaps, or follow a story line with one particular soap.

Things to do on a cold winter evening

In the cold winter evenings when you are confined to your youth club building it is good to have a few ideas for doing indoors

36 Play bingo

Playing bingo can be a fun activity, you can download score cards and a sheet with all the names that relate to the numbers

<http://myfreebingocards.com/numbers/1-90/printable-bingo-card-generator>

http://en.wikipedia.org/wiki/List_of_British_bingo_nicknames

37 Video / DVD night / in-house cinema evening

If you can't get to the cinema, then bring the cinema to you. This can be done in a low tech way on a TV or high tech using a projector and screen. Either way, it is fun watching films with your friends. Be careful of the age certificate and suitability of the film. When choosing a film, you might want to have a few options and let the young people choose. Occasionally it is good to watch classics such as the Lion King, Chitty - Chitty-Bang-Bang, Toy Story, Bruce Almighty, Shrek etc. or Christmas film like Elf. Leaders should always watch a film before showing it to young people. You may also need to ask parents for permission to watch certain films. Like all good cinemas provide popcorn and hot chocolate. The young people could sit in rows

or on bean bags; they might even like to wear Onesies. Also allow plenty of time to watch the whole film, there is nothing worse than them missing the last bit because it is home time.

38 Treasure hunt

Hide items in and around your building and invite the 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. There can be a prize for the winning team. This also works well at Easter by hiding eggs or at Christmas by hiding chocolate tree decorations.

39 Board games night

Playing traditional board games is a really good activity to do with young people, it also gets them away from the electronic games. To make things a bit more interesting, giant garden games can be used.

40 Puzzle fest. (You can pick up simple puzzles from bazaars and car boot fairs very cheaply)

Put the young people into teams and then give each team a jigsaw puzzle with the same amount of pieces. Give them a set amount of time and see how much of the puzzle they can do. Count up the spares and the losing team get a forfeit. Alternatively, the young people can play speed puzzling. Get the young people in pairs or groups and put a number of puzzles on tables, then allocate a table to each pair / group. Against the clock they must put as much of the puzzle together before a hooter sounds. After the hooter they rotate around the tables to do more of the next puzzle.

41 Tent task

Gather some large frame tents that are safe to erect indoors. Put the young people into mixed gender or same sex groups and set them the task of setting up the frame tent and packing it back down and getting it back in the bag. This is a fun, team building activity to do in preparation for taking a group camping as they can learn how to put up tents before they go away.

42 Electronic games fest

Using the X-Box or Wii, the young people can play games in teams against each other. Use a variety of games such as driving, Olympic sports, singing, dance and guitar games etc. as young people will use different skills and abilities in each game.

43 A pub style quiz

Pub style quizzes are very popular to do with young people either in groups or pairs. You can come up with your own questions or there are lots available on the Internet.

44 Swap shop

Invite the young people to bring unused items (in good condition) to the youth group that they would like to swap; no money is involved in this activity just swapping. They will need to get permission from parents / guardians to swap their items. They can bring one or more items, the more items, the better. Give each young person a table to lay out what they have brought to swap. Allow time for the young people to browse before the time given for bartering and swapping.

45 Reality TV

Young people are used to watching reality shows on TV such as 'Big Brother' and 'I'm a Celebrity Get Me Out of Here'. Why not do this with your youth group for an evening or over a weekend. Include some challenges and forfeits to add a bit of spice or fun. You will need to get permission if it is done over a weekend.

46 Murder Mystery

Why not run a murder mystery session with your youth group, you could even include food. You could borrow a Murder Mystery game as they can be costly to buy or you can download games online <http://www.murdermysterygames.co.uk/> Check to see if the games need adapting to make them appropriate for young people.

Active indoor activities and Performing arts

47 Indoor Olympics

Indoor Olympics can be as much fun and competitive as outdoor Olympics. This can be done in teams or as individuals. Here are 10 examples of activities:

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

48 Team building games and icebreakers (these can be sourced from a variety of websites)

http://www.nyy.org.uk/sites/default/files/youth_resource/Team%20Building%20Games.pdf

<http://www.thesource4ym.com/teambuilders/>

http://www.jubed.com/youth_ministry/

<http://www.group-games.com/games-by-age>

<http://everydaylife.globalpost.com/teambuilding-exercises-young-people-4298.html>

<http://www.innovativeteambuilding.co.uk/free-team-building-activities/>

<http://www.greatgroupgames.com/youth-group-games.htm>

<http://seedbed.com/feed/top-20-youth-group-games/>

http://www.youngmarines.com/ym_uploads/librarydownloads/gei_teamwork.pdf

<http://www.teambuildingactivitiesforkidscentral.com/some-excellent-team-building-activities-for-teens/>

http://www.jubed.com/youth_ministry/9-Icebreakers-Thatll-Leave-Your-Group-Buzzing

49 Circus skills session (you may need to hire someone in or visit a specialist centre)

Circus skills are a great session to do with young people. There are a number of organisations or freelance workers who will be willing (at a cost to run a session with you)

<http://www.circomedia.com/team-building-events.html>

<http://www.circus-workshops-uk.co.uk/>

<http://www.thomastrilby.co.uk/Workshops.html>

50 Uni-hoc

Uni-hoc is the indoor form of hockey played using plastic sticks and a plastic puck or soft plastic ball. Schools often have a set that you might be able to borrow or you can pick up a cheap set online that you will use time and time again. There are also lots of different games you can play with a Uni-hoc set.

<http://www.cne-siar.gov.uk/activeschools/documents/Unihoc%20Games,%20Skills%20&%20Drills.pdf>

http://www.martinberrillsports.com/moresportseurohocunihoc-c-251_205.html

51 Bucket netball

Instead of using proper nets you place two chairs at opposing ends of a room with someone stood on the chair holding a bucket. The game is played using the normal rules of netball in teams or in pairs and a sponge ball that will fit in the bucket. The main difference between this and normal netball is that the person holding the bucket can move it in order to help catch the ball, but they must stay seated on the chair.

52 Indoor obstacle course

You don't have to go to great expense to set up an indoor obstacle course, you can use basic things to create obstacles including, chairs, ropes, bean bags, cushions, boxes, planks of wood, children's play tunnels, parking cones, old tyres, hula-hoops etc. To make it more challenging you can introduce blindfolds or other disabling items. Alternatively you could hire a private soft play area (exclusively). You will need to let them know it is a group of teenagers that will be using it)

53 Karaoke evening

Young people love to sing, even if they are tone deaf. There are now really good karaoke games on games consoles that can be used with a wide variety of songs and lyrics. You may also discover the next singing superstar!

54 Street dance sessions

Street dance is still very popular and young people of all abilities can have a go. You may need to hire a specialist dance instructor or dance troop to help with this session. If it works well with you could also try other forms of dance such as, country dance, line dance, Morris dance etc.

55 Musical instrument sessions

Why not invite some local musicians in to run an introduction session on how to play guitar, drums, African drums, wind instruments, brass instruments, keyboards etc. you may need to borrow a few extra instruments or the young people might have their own they can bring to the session. Some local areas have samba groups or brass bands that might be willing to run a session and it could help them to recruit new members. Likewise, some churches have very talented music groups who could do the same thing.

56 Rock School

Following on from the musical instrument introduction session could be some jam sessions to set up a group to play or preform a simple song. This is similar to the film 'School of Rock'. Begin by watching the film and then invite some musicians along for a few sessions to help. You can also download basic chord sheets with images of where to place hands for those playing guitar.

57 Sketches and plays

Using the performing arts is a great way of discovering hidden talent and getting young people to work together. You could either invite a specialist in to do a workshop first or you can just let the young people make it up themselves. Sketches and plays can be done in a large single group or by dividing your group up into smaller groups. Here are a few ideas:

- Create a 2-3 minute sketch using an inanimate object in as many ways as possible
- Create a 30 second TV advert to promote a made up product
- Create a 1 minute public information advert to tackle issues such as bullying, eating disorders, self harm, sexuality, alcohol, drugs or religion
- Create a 3 minute advert to promote your youth group
- Create a modern day version of the Nativity
- Re-enact a scene from a popular film or TV programme

This type of session works well as a one off, or by rehearsing over a number of sessions to lead up to a performance.

58 Talent show X-Factor style

Young people are used to watching talent shows on TV such as 'The X Factor' and 'Britain's Got Talent'. Why not do this with your youth group. Give them time to prepare themselves. You could invite judges to come in such as a vicar, a local councillor, a trustee of a management group or parish council, one of the local PCSO's. Try to include everyone and make it fun and not too serious.

59 Bell ringing

There are bell ringing groups in most Anglican churches who would be more than happy to run a session with young people. The young people can have lots of fun doing this session but they will need to listen very carefully to all instructions and respect the Tower Captain. This can also be done with hand bells. Leading up to Christmas, the young people could even preform alongside a Christmas choir.

60 Carols

The young people could learn some Christmas carols to perform in the local community such as in residential homes.

Party time

Young people love to gather together as an excuse to have a party, listed below are a few ideas. For activities using film or TV you may need relevant licences, permissions, consents and additional equipment. Ideas using film or TV can be done by gathering around a TV or by using a projector.

61 Disco or silent disco/event

A traditional disco can be fun, but you need enough young people to create a good atmosphere. They could invite their friends or other local youth groups. You could hire in an old style DJ with flashing lights or the young people could do it themselves by creating a playlist and hiring in some lights and a smoke machine.

Silent disco's/events can be done with smaller groups and they are much quieter for obvious reasons. It is not cheap, but you can hire equipment and headphones to create the silent disco/event. Here are a few links to commercial companies to get an idea of what a silent event is and the cost involved <http://www.silentdiscodirect.co.uk/> or <http://www.silentevent.co.uk/>

62 Traditional children's party

Parties have become sophisticated over the years and young people tend to go bowling, to the cinema, paint balling, Laser Questing or for a pizza. These types of activities are important, as they stage a moving away from childhood towards more grown up things. However, teenagers get to an age where it is OK to act like younger children again, so why not have a traditional children's party with traditional children's party food like jelly and ice-cream and play games such as 'Pass the Parcel' and 'Pin the Tail on the Donkey'.

63 Slum survivor party

The young people could build a slum city in a church / village hall from cardboard, pallets and other scrap to do a sleep out in, with limited food and no home comforts. The idea is to simulate a fraction of what it might feel like to be homeless or to live in extremely poor conditions. This could be done for one night or over a weekend. Permissions and consent for all young people involved would be needed. This type of activity can be done outside, but involve some complicated logistics and risks. It might help to run a session prior to the event with someone from a homeless charity or aid agency, which can better inform and prepare the young people. For more information <http://www.soulaction.org/resources/slum-survivor/> or <http://www.sleep-out.org.uk/>

64 Come as your parent's party

Have a party where the young people dress up as their parent's when they were their age. The young people 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 young people could also bring along CDs to play or watch short clips on YouTube of TV programmes and films that their parents watched back then.

65 Eurovision party

On the evening of the Eurovision Song Contest, why not gather your youth group together for a Euro party. They can dress up to represent the countries involved, make flags and banners, eat continental food and have a sweepstake with a prize for the winner (no money involved).

66 Finals party

On the evening of the final of 'The X-Factor' or 'Britain's Got Talent' why not gather your youth group together for a finals party. They can dress up to represent the finalists, make flags and banners, eat relevant food and have a sweepstake with a prize for the winner (no money involved). This could also be done for sporting events and other occasions where there is a final.

67 Pyjama party

PJ parties usually involve a film and comfort food, so why not hold a PJ party with your youth group. They can dress up in appropriate PJs, bring a duvet and pillow and make themselves comfy for a good film with friends. Supply lots of hot chocolate and the young people can supply the comfort food. With permission

and adult supervision this could be done as a sleepover in a hall. If you chose to watch films throughout the night, it could even be done as a sponsored event to raise funds for a good cause.

68 Film sing-a-long party

Sing along films and musicals are very popular with young people, so why not hold a film sing-a-long party to films such as 'Grease', 'High School Musical', 'Mamma Mia', 'The Sound of Music', 'The Lion King' etc. The young people can dress up in themed costumes and you could have themed food. It might be a good idea to supply some sing-along sheets. This can also be done with classic and modern Disney films.

69 Box Set party

Watching Film and TV series together is a great idea for a party with young people. Some good examples are the Harry Potter, Star Wars, Lord of the Rings, Toy Story film series or popular TV shows like Friends, The Big Bang Theory, Scrubs etc. BUT you will need to be careful about the age and content appropriateness. For some you may require parental consent. The young people can dress up in themed costumes and have themed food. This could be done by gathering around a TV or by using a projector.

70 Christmas films

Running up to Christmas there are endless films to get us all into the Christmas mood. You could watch films such as 'Elf', 'The Greatest Store in the World', 'Nativity', 'Flint Street Nativity', 'Miracle on 34th Street', 'The Santa Clause', 'The Muppet Christmas Carol', 'Bad Santa', 'Fred Claus' etc. with your group and have Christmas snacks and non-alcoholic mulled punch.

Trips and activities out and about

All trips require relevant consent, permissions, safeguarding, health and safety and risk assessments. Where possible, check out facilities and transport routes before young people attend. Try to do activities that are affordable as more expensive activities may require subsidies. Grants can often be obtained to help fund activities for those who cannot afford to pay.

71 Bowling

Young people love to go bowling, but it can be quite costly, especially if a lot of travelling is involved. You can occasionally get youth group deals or school group rates but these rarely operate at peak times (Friday evenings and weekends). However, bowling is a relatively safe trip to do with young people and parking is usually very close. It is also a good way of getting to know names using the score board. A few tips when bowling:

- Most bowling complexes expect you to book and pay for groups in advance. Where possible get definite numbers or you will be needlessly paying extra. If you book and have spare places, inform the manager after the bowling session. They should give you a voucher for the place not used. You do need to ask for this as you won't be given it automatically.
- A single game is usually enough as it takes them ages to play more than one game
- Make sure that the young people are wearing flat shoes so they don't have to borrow the bowling shoes.
- If the young people are buying food whilst bowling, make sure that they place their food orders early to save hanging about after the game has finished as you may be late home.
- If there is a games arcade in the bowling ally, suggest that the young people play there after they have finished bowling. If not you, will be chasing them to take their turn bowling and find that you may timeout in your game.

72 Skittles

If bowling is not easily accessible, an alternative option is to go to a local pub or sports club that has a skittle ally. These are usually free to use if you purchase soft drinks at the bar and stick up the pins yourselves. It is best to do this activity in the early evening, before the pub or sports club gets too busy. The skittle ally is often in a separate room; therefore the young people won't be close to the bar or other adults.

73 The Cinema

Young people enjoy going to the cinema to see the latest films with their friends but it can be quite costly, especially if a lot of travelling is involved. There are rarely youth group deals or school group rates, but you could pool 'Orange' Wednesday offers. You will need to book and pay in advance on any deals. Make sure the film you are going to watch is age appropriate. You may want to watch it first before taking a youth group.

74 Swimming

When taking a youth group swimming, ensure that all young people can swim. Always go to a public pool where qualified life guards are in operation. It is best to let the pool know in advance that you are taking a youth group and how many you expect to attend. Never use a river, lake, the sea, private pool or quarry without qualified life guards present as you put the young people at a significant risk and not be insured should anything go wrong. When offering a swimming session, be aware that some young people may wish to opt out due to personal reasons or because they are body conscious.

75 Ice skating

Ice skating is a great activity to do with young people but it can be costly. It also carries the risk of some minor injuries possibly occurring. When taking a group ice skating, always attend a registered rink and always abide by all of the safety rules. You may want to take a few extra leaders to help with those young people who struggle to skate or in case there are any injuries. During Christmas a number of towns and cities host an outdoor ice-skating rink; these are brilliant, but are often subject to weather conditions and last minute cancellations. All large groups will need to book and pay in advance as they get very busy. Always check the weather before you attend the rink and ensure that the young people dress up warmly and take a water resistant coat. Don't take mobile phones on the ice as they can be crushed or easily fall out of pockets.

76 Laser Quest

A fun, energetic and relatively safe activity to do with young people is Laser Quest (or similar alternative). Most complexes will offer group rates on more than one game, but you will need to book in advance and pay upfront. It can be expensive, so it may be an activity your group does once a year.

77 Paintballing

Paintballing is a fun and highly exhilarating activity to do with young people, but it can be very expensive and carry a high risk of injury or accident. If you take a group paintballing, you will need to carry out additional risk assessments and check that your insurance covers this type of activity.

78 Visit a local climbing centre

Indoor climbing is a challenging activity to do with young people. It can be expensive, but it does include all the safety equipment and instruction. If you take a group indoor climbing you will need to abide by all of the rules and instructions and carry out additional risk assessments. You will also need to check that your insurance covers this type of activity.

79 sports for all

Organise a sports activity or tournament with other youth groups. Many secondary schools or large sports centres can provide the facilities and equipment at a small cost. Try to make all of the activities accessible to all abilities and genders. After the activity you could all have food or a picnic together. Here are a few ideas:

- 6-A-Side football
- Netball or basketball
- Tag rugby
- Badminton
- Rounder's
- Indoor bowls
- Trampolining session
- Volleyball

80 Wet games session with water slide (in the vicars back garden)

There are endless games young people could play using water; this activity could be done on a school field or in a large back garden. To preserve water use large icing syringes, small water pistols, sponges or small water bottles (with a whole in the lid) instead of large super-soakers, these can be refilled from buckets of water placed around the field / garden. Encourage the young people not to have a free-for-all until after you have played a few games. The young people will need to bring a change of clothing and a towel. There will need to be separate changing areas for male and females. Here is a link for 10 games <http://youthworkinit.com/10-water-games-for-youth/> or you could play these:

- Set up an assault course so that two teams can race against each other. Their task is to have a relay race against each other with a mixing bowl of water on their head. They must hold the bowl and try not to spill any of the water. The winning team is the team that spills the least amount of water.
- Sort the young people into pairs and get them to stand in lines facing each other at about 3 meters apart. One of the pair will have a water squirting device to remove sprayed on cream from their partners face. When all of the cream has gone, swap roles. You will need enough cream to play a few rounds. Don't use shaving foam as it stings eyes.
- Set up a water slide using a thick polythene sheet, which can be bought from a builder's merchant. Use a no-more-tears type of shampoo or babies bubble bath to make the slide slippery. Don't use washing-up liquid as it stings eyes. You will also need a steady stream of water. Ensure that the young people slide lying or sitting down and not standing up as they can slip over and bang their head.

81 Beach trip

On a warm summer evening, why not take your youth group to the nearest beach to build sandcastles, sand sculptures or cairns. You could also visit a pier if there is one or paddle in the sea (not swimming). If the beach is too far away for an evening visit, go at the weekend. Before returning home buy some chips and eat them on the beach.

82 Park

If the nearest beach is too far, just walk to the nearest park and play a game of Rounders. If there is a sandpit in the park you could have a sandcastle competition there.

83 Crazy golf

On a summer evening why not take your youth group to the nearest crazy golf course. This is a relatively cheap activity and lots of fun. You will need to book this activity in advance and it may be dependent of the weather.

84 Flag hunt

Place four sets of different coloured flags around your local community and divide your youth group into four groups and assign them a colour. Each group will need an adult leader. 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.

85 Easter egg hunt

The flag hunt can be done at Easter by hiding small cream eggs.

86 Treasure hunt

Devise 20 clues to different things located around your local community and then type them up. Copy enough copies so that you have enough to go around and provide pens. Divide your youth group into small teams. Each team will need an adult leader. Send teams out from a base at staggered times. In a set time they must locate as many things they have clues to as they can, before returning to the base. The winning team is the team that correctly locates the most clues 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.

87 Ikea treasure hunt

This only works if you are located close to an Ikea, alternatively you could do this activity in a large shopping centre that has a late opening evening. If not, you could do this activity at a weekend. Divide your youth group into smaller groups making sure that they have a fully charged mobile capable of taking photos and an adult leader for each 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 especially when crossing roads. 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 would hold water
- Next to something multi coloured
- Stood by something with at least two vowels in its name
- Under something

88 Tacky shopping

This only works if you are located close to a shopping centre or beach where there are shops that sell cheap tack. The shops need to be open late, if not you could do this activity at the weekend. Divide your youth group into smaller groups, each with an adult leader. Give each group between £3 and £5 and set them the task of purchasing as many totally useless tacky items as they can with the money they have. They must not over spend. There is not a winning team but each team can win each category for:

- The most amount of tacky items
- The least usable item
- The over all tackiest individual item
- The item everyone would least want to receive

All items can be given to a charity shop.

89 Survey of local chip / take away shops

This only works if you are located close to three or four fast food outlets. Divide your youth group into smaller groups (the same number of chips shops), each with an adult leader. Give each group enough money to purchase a large portion of chips (apx £3.00) each group will walk or travel to their 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 carousel around the table tasting the chips, giving a score out of ten to each plate of chips relating to value for money (the most chips for the cost) and best taste. Add up the scores and award the winning chip shop with a certificate signed by each member of the youth group.

90 A moving feast around the village / area

This activity will need a few people who are prepared to host the youth group and provide a starter, main or dessert course of food. The youth group will walk to a different house for each of the three courses. Leaders will need to inform hosts of the numbers to cater for and whether there are any with food allergies or that are vegetarian. It is a good idea to remind the young people they will be eating, so not to eat too much before coming to the youth group. Simple course suggestions (each host only needs to do one):

- Starter – Nachos with grated cheese or dips with crudités or slices of melon
- Main – pizza and chips or burgers and hot dogs or pasta with a sauce
- Dessert – ice cream, brownies or cake

91 Show time

Take the youth group to see a local show, play, school production, concert or pantomime all together. This is a great alternative to going to the cinema and it is even better if friends or family appear in the production. It could also expose individuals to a creative art they might like to try out, or it could encourage the youth group to stage something similar.

92 Walk

Sometimes on a nice evening it is good to take the youth group out for a simple walk around their local area. Often when walking, young people talk more than normal as they are not surrounded by the activities or noise in the youth club. A faith based group might like to treat this as a prayer walk, stopping and silently praying for things in the community such as shopkeepers, the school, the pub, a new housing estate, the elderly in warden accommodation etc.

93 Torch walk in the wood

If there is a wood close by, take the youth group for a torch walk to the woods. This is an activity that works best in the autumn and winter months. The young people will need to dress accordingly and wear appropriate footwear. If there is a safe place in the wood you could 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 a few 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 about on the ground.

94 Build shelters in the woods

If there is a wood close by, take the youth group to the woods to build shelters. This is an activity that works best in the spring and summer months. This will need to be done safely and the shelters must be dismantled before leaving the wood. Leaders could take string and some bits of polythene to help build the shelters. Examples can be found on line. Don't snap branches off trees to make the shelters instead use branches, wood and leafs that is lying about on the ground.

95 Go to a firework display

It can be dangerous to put on a fire work display with young people. So take them to an organised display instead. You could always return to the youth club after for hot chocolate to warm up.

96 Visit a cathedral or abbey

We can often think that young people won't be that interested in old historic buildings, but they can learn so much about faith and faithfulness by visiting a cathedral or abbey. So why not take your youth group on a cathedral or abbey tour. The high tours take you into places where the general public are not normally allowed. This may need to be done on a weekend but occasionally they do evening tours.

97 Open top bus tour around the nearest city

We can often think that young people won't be that interested in the city they live in or one close by. However, young people can see so much more of their local city from an open bus tour. It is even more fun if your youth group take over the top floor of the bus. This may need to be done on a weekend but occasionally they do evening tours.

98 Christmas light spotting

It has become very popular and competitive to decorate houses with Christmas lights over the festive period. Some streets decorate all of the houses in the street and raise money for charity. So why not take your youth group to visit the lights. It works best if you have access to a mini bus so that you can drive around and spot the best lights. When you find the best lights on a house why not knock on the door, sing them a Christmas carol and present them with a certificate saying they have the best lights.

99 Visit other youth groups

Some youth groups can become very insular, so why not find out about all of the youth groups in your vicinity and visit a different one each month. This is a great way of mixing with other young people. It will let you see what other groups in your areas do. This may take a bit of organising, but it can be a very worth while thing to do.

100 Picture this

Young people often walk through their local communities and rarely see what is going on. So why not get your youth group to take a look at their community through the eye of a lens. They can use mobile phones or digital cameras. Divide your youth group into small teams. Each team will need an adult leader with them, then send them out from a base to take pictures of what they like or manage to discover about their local community. 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. The young people might even like to put captions on them or write a few sentences to put by each picture to say why they took it.

101 visit a large Christian event

Large numbers of young people gathered together in one place can be very encouraging. Why not take your youth group for a day trip or a residential at one of the large Christian events / festivals, here are a few suggestions:

Soul Survivor - www.soulsurvivor.com/uk

Greenbelt - www.greenbelt.org.uk

Creation Fest - www.creationfest.org.uk

Spring Harvest - www.springharvest.org