

Big Night In



Self-Led Session Instructions








Use these instructions with the Scout Adventures Big Night In kit to run a wet weather or evening session for a group.

What is the Big Night In?

Our Big Night In box has everything you need for a night in your accommodation. From movies to board games and quizzes – There is hours of fun for everyone.

Basic Session Structure

We have split this document into the different themes that make up our Big Night In plan. We have included some game ideas too just in case! It is completely up to you if you have a go at everything or just things.

Themes	Timing
 Movie Night Grab the popcorn!	Various
 Bingo Night Eyes down and.....BINGO!	30 - 60 minutes
 Board Game Night From Connect Four to Jenga, can you beat your team mates?	30 mins – 1 hour 30
 Quiz Night Test your knowledge with our quizzes!	30 mins – 1 hour 30
 Charades Night Can you guess the book or film?	30 mins – 1 hour 30
 Talent Show Night Show off your skills to your friends	30 mins – 1 hour 30
 Have a go Challenges	30 mins – 1 hour 30

What's in the box?



15 x U-Rated films



Bingo Balls with Bag or Roller

B	I	N	G	O
13	7	17	42	3
12	14	5	4	0
11	18	FREE!	9	20
32	10	2	6	16
12	1	52	19	22

Selection of Bingo Cards



4 Packs of Cards



1 Jenga Set



2 Connect 4 Sets



Easy, Medium and Hard Quiz Question Sheets with answers



Quiz question team sheet



40 different charade prompts in a bag/box



Paper



Pens & Pencils



Pencil Sharpeners



Rubbers



Pencil Case



DVD player (Installed in the building)

Please pack the kit away neatly into the boxes when you're finished to help the next group using the equipment.

Movie Night

Time: Various



Before you start

- Collect the Big Night In box ready for you session.
- Check the contents of the kit against the list at the start of this document.
- Make sure you have a space to run the activity. You'll need a building with a DVD and projector or similar setup to play the DVD's.

Activity

Have a vote amongst your group about which film they would like to watch

Follow the instructions next to the DVD player in your lodge to get the screen working

Insert the DVD

Sit back, relax, and enjoy the show!!



Bingo Night

Time: 30 mins – 1 hour

BINGO				
14	90	23	47	8
29	75	34	85	53
67	44	★	65	91
30	56	12	48	77
82	96	7	10	5

Before you start

- Collect the Big Night In box ready for you session.
- Check the contents of the kit against the list at the start of this document.
- Make sure you have a space to run the activity.
- Set up the Bingo roller and ensure that you have all the numbers.

Activity

Give everyone a Bingo card and a pen.

Explain how the game works. A number will get called out from the Bingo roller, if you have that number on your card then cross it off.

If you cross off a line going down or across on you card then shout out BINGO as loud as you can!

The process then continues until someone marks of two lines and then all the number on their card (which is called a full house)

If you would rather play a video of numbers then below are some bingo calls then here are some good ones below:

Game 1

<https://www.youtube.com/watch?v=BfKsyRANknc&t=2s>

Game 2

https://www.youtube.com/watch?v=LOW4poYaS_k

Game 3

<https://www.youtube.com/watch?v=I5VRdCDPs7A>

Board Games Night



Time: 30 mins – 1 hour 30

Recommended for smaller groups, or those who don't want to join in with the main activity

Before you start

- Collect the Big Night In box ready for you session.
- Check the contents of the kit against the list at the start of this document.
- Make sure you have a space to run the activity.

Activity

Choose a game from the box

Follow the instructions included within the game



For Cards, how about...

Go Fish!

Age: 7+

Number of players: 2+

Cards: Standard deck of 52 cards

How to play:

Choose a “dealer” to hand out cards. If there are two or three players, each player is dealt seven cards. If there are more people taking part, each player is dealt five cards. The remaining cards are placed face down in a pile. This is the “fish pond.”

Each player sorts their cards into groups of the same number or suit (i.e. group of threes or group of kings), making sure not to show anyone. The “requester” (person to the left of the dealer) starts the game by asking another player for cards that will match his hand. For example, if the requester has two kings, he will ask the other player for kings. If the other player has these cards, he must hand them over. The requester continues asking the same player for more cards until the player does not have the cards he wants. If the player does not have the right cards, he can tell the requester to “Go fish.” The requester then has to take one card from the “fish pond.” The player who told him to “Go fish” becomes the new requester.

Anyone who collects all four cards of a set (i.e. all four eights or all four Queens) puts them face down in front of him. The winner is the first person to have no single cards left, only complete sets. If two people run out of cards together, the player with the most sets wins the game.

Memory (Concentration)

Ages: 3+

Players: 2–4

How to Play

1. Deal out all the cards face down on the table.
2. Players take turns to flip over two cards. If they flip over a pair that matches, they win the pair and get to have another go. If not, the next player takes a turn.
3. If you are playing with a standard set of cards, you can either allow matching the same number and same colour card or just the same value.
4. At the end, the player with the most cards wins.

SNAP

How to Play

Play Snap with traditional playing cards, or buy a set of themed Snap cards. If you use traditional playing cards, the aim is to match cards with the same number (ignore the suits). Themed Snap is especially fun for children, and you can purchase Snap cards with a theme to suit their interests (or to teach them numbers, maths or specific words).

1. Deal out the cards around all the players so each player has a pile of cards which they place facedown.
2. The first player turns over the card at the top of their pile and starts a pile in the centre.
3. The next player to their left turns over the card at the top of their pile and adds it to the centre pile, and so on.
4. If there are two cards that match, the first player to yell 'Snap!' wins the cards in the middle.
5. If a player runs out of cards, they lose.

Quiz Night

Time: 30 mins – 1 hour 30 minutes



Before you start

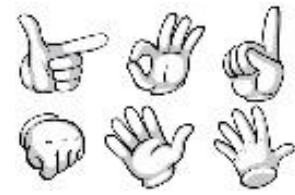
- Collect the Big Night In box ready for you session.
- Check the contents of the kit against the list at the start of this document.
- Make sure you have a space to run the activity.

Activity

1. Choose the quiz that suits your group; there are three to choose from easy/medium/hard.
2. Split the group into teams
3. Ask each team to pick a team name
4. Make sure each team has paper and a pencil to write down their answers
5. Read out the questions one by one and let the teams answer
6. At the end, ask the teams to swap with the team next to them
7. Read out the questions again, but with the answers this team and get each team to mark the paper
8. Get the team to add up the score
9. Collect the papers in and write down the scores
10. Read out the results!

Charades

Time: 30 mins – 1 hour 30 minutes



Before you start

- Collect the Big Night In box ready for you session.
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Equipment

- A stopwatch or other timing device e.g. mobile phone
- Charade cards
- Paper and pen to keep score

Objective of the game

Charades is a game of pantomimes: you have to "act out" a phrase without speaking, your team members try to guess what the phrase is. Your team members must guess the phrase as quickly as possible before time runs out:

Rules

- Divide the players into teams
- A time keeper is selected
- A player draws a charade card from the pile
- The time keeper starts the time
- The player has two minutes to act out the card
- The players team have to guess the word on the card before the time runs out
- The teams alternate until each team member has a chance to be the actor

Hints and Tips

- Book title: Unfold your hands as if they were a book.
- Movie title: Pretend to crank an old-fashioned movie camera.
- Number of words in the title: Hold up the number of fingers.
- Which word you're working on: Hold up the number of fingers again.
- Number of syllables in the word: Lay the number of fingers on your arm.
- Which syllable you're working on: Lay the number of fingers on your arm again.
- "On the nose" (i.e., someone has made a correct guess): point at your nose with one hand, while pointing at the person with your other hand.
- "Sounds like": Cup one hand behind an ear.

Suggestions

Frozen (Film)	Charlie and the Chocolate Factory (Book)
101 Dalmatians (Film)	The Tale of Peter Rabbit (Book)
The Little Mermaid (Film)	Harry Potter and the Philosopher Stone (Book)
The Lion King (Film)	War Horse (Book)
Toy Story (Film)	Gangsta Granny (Book)
Monster's Ink (Film)	The Tiger Who Came to Tea (Book)
Despicable Me (Film)	The Lion, the Witch and the Wardrobe (Book)
Shrek (Film)	The Very Hungry Caterpillar (Book)
Finding Nemo (Film)	Alice's Adventures in Wonderland (Book)
Moana	The BFG

(Film)	(Book)
Spider Man (Film)	The Cat in the Hat (Book)
Inside Out (Film)	The Gruffalo (Book)
Mary Poppins (Film)	James and the Giant Peach (Book)
Ratatouille (Film)	The Railway Children (Book)
Up (Film)	Winnie the Pooh (Book)
Brave (Film)	The Wind in the Willows (Book)
Nanny McPhee (Film)	Little Women (Book)
Home Alone (Film)	The Little Prince (Book)
Paddington (Film)	The Snowman (Book)
Tangled (Film)	Fantastic Mr Fox (Book)

Talent Show Night



Time: 30 mins – 1 hour 30

Before you start

- Collect the Big Night In box ready for you session.
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- Make sure you have a space to run the activity.

Talent Show ideas

Comedy

Stand-up is a rough road and audiences can be unforgiving, but not when it comes to a talent show. Comedy can be an amusing choice for a talent act. From one liners to story telling jokes you are sure go get the giggles.

Dance

Put all those ballet, tap, jazz, and hip-hop lessons to use with an upbeat, toe-tapping dance routine.

Singing

This is a great option for a talent show for those who love to sing and can carry a tune. Whether it be a campfire song or a chart topping hit, it's something everybody can get involved in!

Lip sync

For those who love to belt out their favourite radio tunes, put together a stylish lip-sync routine with an engaging costume. Think family karaoke night.

Dramatic reading

A somewhat different talent show idea is to take a favourite song and turn it into a dramatic reading.

Impersonation

Does someone in your group do an awesome Kermit the Frog imitation? Or how about Elmo or Ariana Grande? Impressions can be an engaging talent show act that will garner laughs and applause.

Have a go Challenges

Time: 30 mins – 1 hour 30



Before you start

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Bin bag fashion

Using only 2 bin bags each member of the group has to come up with the best fashion costume by dressing one of their team etc. points for designs.

Mummy challenge

Using 1 toilet roll each group has to come with dressing one of their team to be the best mummy etc. points for coverage and design

Weetabix/cracker challenge

Each team to pitch a team member to challenge themselves against each other or against the clock, the challenge is to eat 1-3 crackers without drinking, this can be either eating the most or eating them in the quickest time

Peel an orange without hands

Each team to try and peel an orange without using their hands. This can be timed or peeling the complete orange, 1) who can peel the most in a certain time limit 2) the first to completely peel the orange

Story telling

Using 2 team members one sits at the table (their arms behind their back) whilst the other kneels behind (blindfolded) and puts their arms out for team member number 1

E.g., Tell a story about camping out and waken up and having breakfast. Pouring the cornflakes and milk in to a bowl followed by eating the bowl of cereal. We then pour a cup of water for them to drink. We can carry on the story using whatever food or drinks are left over

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Big Night In – Risk Assessment

This risk assessment covers the significant hazards associated with instructing and supervising a Big Night In session. As the supervising adult you may need to supplement this with specific knowledge of individuals in your group – for instance any health condition.

You will also need to dynamically risk assess as you supervise the activity. CLAP is a useful tool to help you supervise and provide dynamic risk assessments:

- C** Communicate – give your group clear simple instructions and check they have understood the key points of the information,
- L** Line of sight – set boundaries and rules to ensure that you can see your group when they take part in activities with medium rated hazards.
- A** Avoid – Look for existing hazards and anticipate developing hazards, then take action early to avoid these becoming a risk to your group.
- P** Positioning – Try to move to the place where you can be the most effective in managing risk. This will change throughout the activity.

Severity Factor & Remaining Risk Assessment

Please pay particular attention to the “Medium” residual risk rating - these are items you must take action over during your activity.

Level	Severity Description	Residual Risk Description
Low.	Minor Injury requiring no treatment, or simple first aid.	Control have reduced the severity and/or likelihood of occurrence to minimal levels.
Medium.	Injury would require the participant/worker to stop continuing the activity/task; medical treatment is beyond the skills of a basic first aider.	Control measures have reduced severity and/or likelihood to an adequate level but hazard still requires dynamic risk assessment & conscious consideration.
High.	Injury would require expert medical attention and/or result in fatality.	Control measures are not sufficient to reduce the severity or likelihood to an acceptable level.

Example Risk Assessment – Self-led Wide Skills

Hazards	Who may be harmed?	Foreseeable Severity	Control Measures in Place	Residual Risk
Injury or accidents associated with remotely supervising a group over a large area (lost, entering prohibited areas)	All	Medium	<ul style="list-style-type: none"> ○ An activity safety briefing should be delivered to help orientate participants and identify any specific hazards. ○ Choice of playing area should be suitable to the group, game and weather. ○ Before playing the venue checked as being clear of avoidable hazards. ○ Clear responsibilities should be given to all supervising adults. 	Low
Unsupervised use of equipment	Any	Medium	<ul style="list-style-type: none"> ○ All activity equipment and venues will be left safe and secure when unattended. ○ Players should be briefed not to enter activity areas. 	Low
Injury from boisterous play – e.g. Running into other players	Players	Medium	<ul style="list-style-type: none"> ○ Games played over a short distance so low speed, adults to remind and encourage players to be vigilant. ○ Players must be briefed on how to suitably tag each other and reminded that a simple hand tag is sufficient. ○ Players breaking this rule should be reprimanded or asked to sit out. 	Medium
Injury resulting from environmental/weather conditions	All	Low	<ul style="list-style-type: none"> ○ If thunder is heard or lightening seen then apply the 30:30 rule. If the gap between thunder and lightning (flash to bang) is less than 30 seconds then move to safety for 30 minutes. Repeat with each new thunder/lightening. ○ Leader of the session to make participants aware of the ground they will be working on and brief them on any hazards. This should take into consideration their surroundings e.g. trees and fences, slippery or wet ground, and the how easy it is for participants to see and move across the area. This activity can be played indoors if weather is bad. ○ Supervising adults should be prepared to dynamically change or adapt the activity. 	Low

			<ul style="list-style-type: none"> ○ Participants should have suitable clothing, including suitable footwear for the conditions and task (consider grip, closed toes, ankle support as necessary) ○ Supervising adults should be vigilant for conditions related to the weather conditions and take appropriate action - e.g. hypothermia, dehydration. 	
Health issues including personal injury or illness	All	Medium	<ul style="list-style-type: none"> ○ Supervising adults must make themselves aware of any significant medical requirements and will ensure that any essential medication is accessible. ○ An adequate warm up will be carried out and repeated if necessary. Activities will be varied to avoid excessive strain. 	Low
Choice of games incompatible with conditions/location	Participants	Medium	<ul style="list-style-type: none"> ○ Supervising adults to consider the environmental conditions (weather, areas, hazards, light levels), equipment available and objectives of the group when planning sessions and select games which are appropriate to conditions. ○ Supervising adults should continually monitor conditions and be prepared to end or adapt the session if conditions are likely to increase risk. 	Medium
Injuries resulting from poor visibility at dusk or night. (if played at these times)	Participants	Medium	<ul style="list-style-type: none"> ○ Supervising adults to brief participants on the hazard of low light and the need to be vigilant for hazards. ○ Supervising adults to monitor conditions and make dynamic decisions about adapting ongoing play. ○ Any significant hazards or obstructions in the playing areas to be pointed out to participants. 	Low
Becoming entangled in the parachute	Participants	Low	<ul style="list-style-type: none"> ○ Supervising adults to provide clear instructions and set rules for games which keep the parachute under control. 	Low
Objects thrown from parachute hitting people.	Participant	Low	<ul style="list-style-type: none"> ○ Only lightweight objects to be used on parachute (balls, bean bags or similar items) 	Low

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Self-led Big Night In

Minimum requirements

If you choose not to follow the structure in this guide then you must as a minimum follow the requirements set out below.

Supervision and Leadership



Please note it's a self-led session – as the adult in charge you are responsible for the supervision of your group, including ensuring the safety of all participants. You should complete a risk assessment for your activity.

Supervision, Equipment

Please read the following guidelines for use during your session.

- Scout Adventures may curtail the session at any time if it is deemed unsafe.
- Ensure equipment is suitable for your needs, and you understand how to operate it correctly.
- Participants should be supervised in line with your risk assessments.
- Suggested group size for this activity is 12 or per your risk assessments.
- Please report any damage to the equipment at reception.

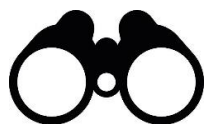
Safety Requirements

- Ensure that you carry out any of the activity on suitable flat ground, away from, activity bases etc., and that you check the area thoroughly for hazards.
- The supervising adults must ensure general safety precautions and supervision are in place – e.g. Clear instructions, checking understanding.
- After your session please return equipment to a member of staff.

Help and Assistance

If you have any questions about these guidelines please ask a member of staff before commencing the activity. Please contact the Duty Manager if you need assistance.

Visual reminder of key controls



Check the location prior to use for hazards.



Brief your group on safety rules and hazards



Consider weather conditions and light levels



Supervise your group at all times.