

**BBNI**  
THE NORTHERN IRELAND BOYS' BRIGADE



 **Twitter:**  
@Chldns\_Hrtbeat

 **Instagram:**  
childrensheartbeattrust

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Children's Heartbeat Trust

# ACTIVITY PACK



[www.childrensheartbeattrust.org](http://www.childrensheartbeattrust.org)

# Challenge Accepted!



Thank you so much for supporting Children's Heartbeat Trust as part of BBNI's Charity of the Year! We hope you have lots of fun taking part in the activities found in this pack and our events too.

So what do you need to do? It's simple. Use the resources in this pack to plan fun filled evenings with your company. Fancy organising an event? Then select one listed below:

- **HEARTY TEA PARTY**

Get together with your company and host a tea party.

- **ROCK RED FRIDAY**

Held during Heart Month, host a red themed non uniform day.

- **CHRISTMAS JUMPER DAY**

Choose any day in December & get festive with your winter woollies.

Contact us at [fundraising@childrensheartbeattrust.org](mailto:fundraising@childrensheartbeattrust.org) to receive a tailored activity pack for the events above, filled with lots of fun bits to keep your company busy.

All activities and events will support local children living with congenital heart disease and where possible, please raise some sponsorship along the way.

As a local charity in Northern Ireland, we are passionate and dedicated to do all we can to ensure families can access the best possible cardiac care and support. Our services are needed more than ever and it's important to us that the support we provide, through donations we receive, is practical to heart families and making a real difference.

With no government funding, we are reliant on the generosity and support of amazing people like you taking part in our challenges and raising sponsorship.





# Colouring Competition

This is a great activity to do alongside our **Rock Red Friday** event in February - and win some fantastic prizes too!



## How?

1. Colour one of the pages attached
2. Add your Name and company
3. Pop your entry in the post to:  
**Colouring Competition BBNI Children's Heartbeat Trust**  
**Howard Building**  
**HF10 Twin Spires Centre**  
**155 Northumberland Street**  
**Belfast**  
**BT13 2JF**

Turn Page



**CHILDREN'S  
HEARTBEAT  
TRUST**

Northern Ireland's  
Children's Heart Charity  
Charity no: NIC 102410

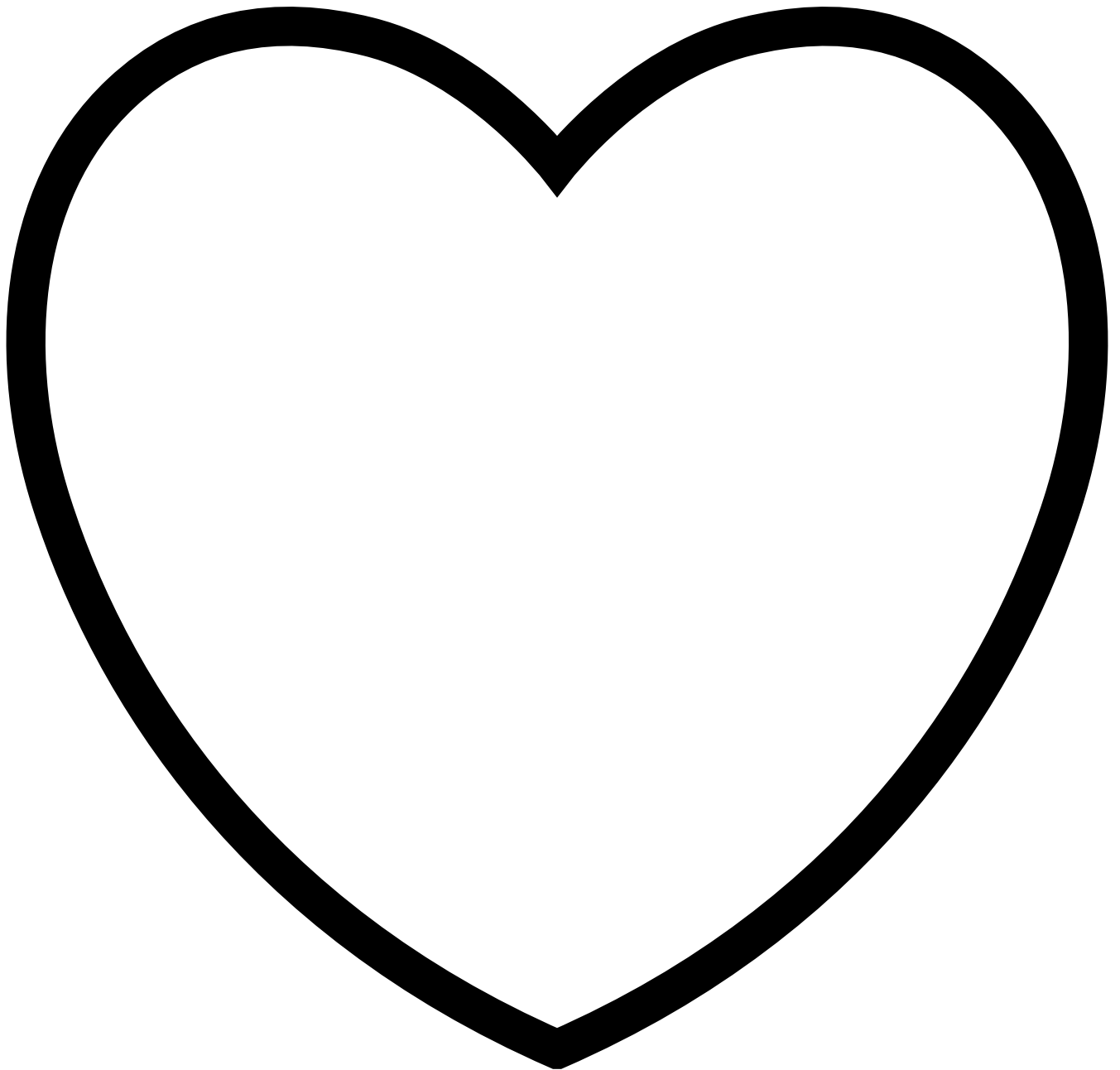
Please note the closing date for entries is Friday 1st March 2023.  
The winning entry will be contacted no later than Friday 15th March.

# Colouring Competition



**CHILDREN'S  
HEARTBEAT  
TRUST**

Northern Ireland's  
Children's Heart Charity  
Charity no: NIC 102410



Name: \_\_\_\_\_

Company: \_\_\_\_\_

Leader's contact details: \_\_\_\_\_

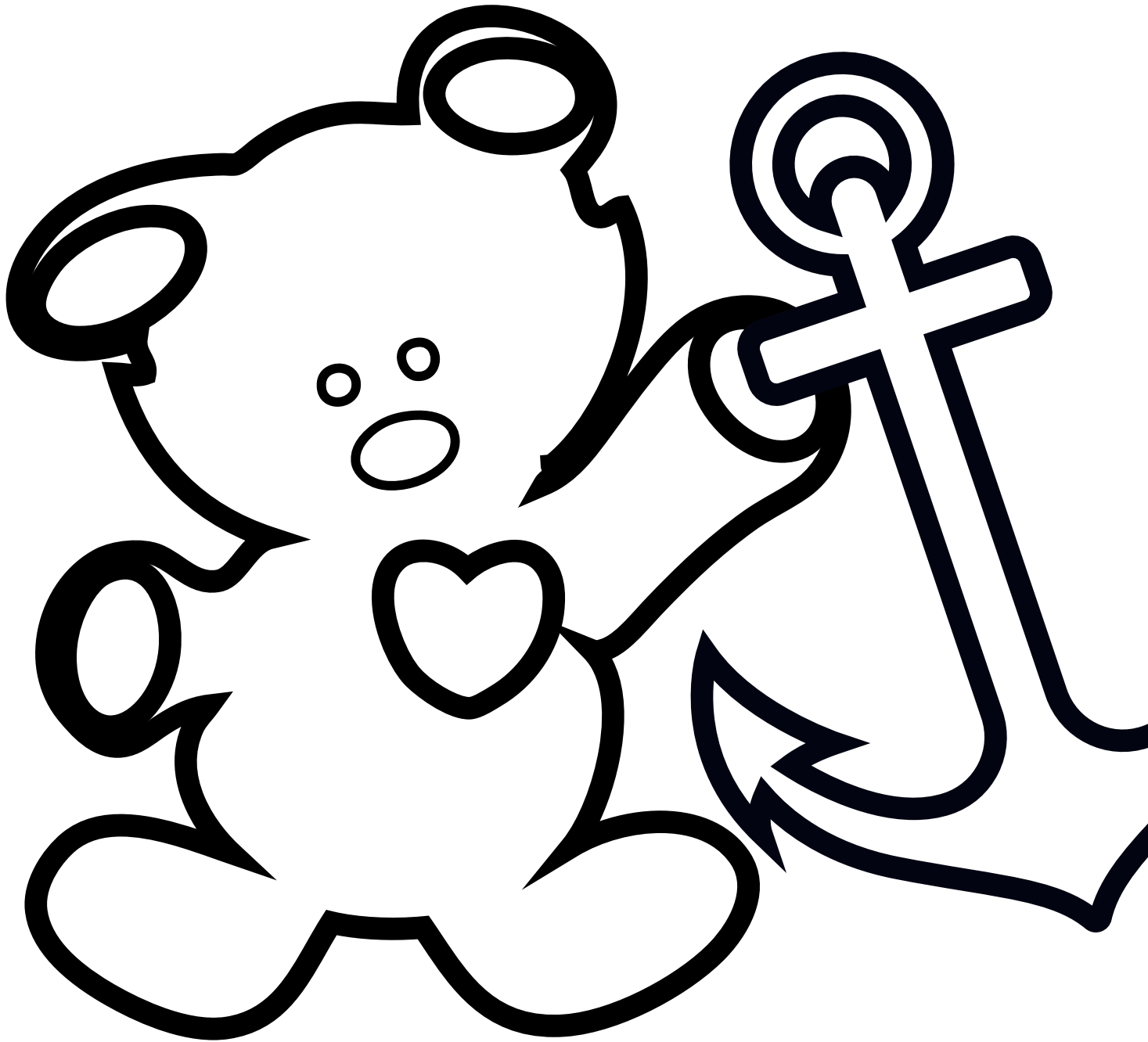
\_\_\_\_\_

# Colouring Competition



**CHILDREN'S  
HEARTBEAT  
TRUST**

Northern Ireland's  
Children's Heart Charity  
Charity no: NIC 102410



Name: \_\_\_\_\_

Company: \_\_\_\_\_

Leader's contact details: \_\_\_\_\_

\_\_\_\_\_

# Everything looks better with bunting!

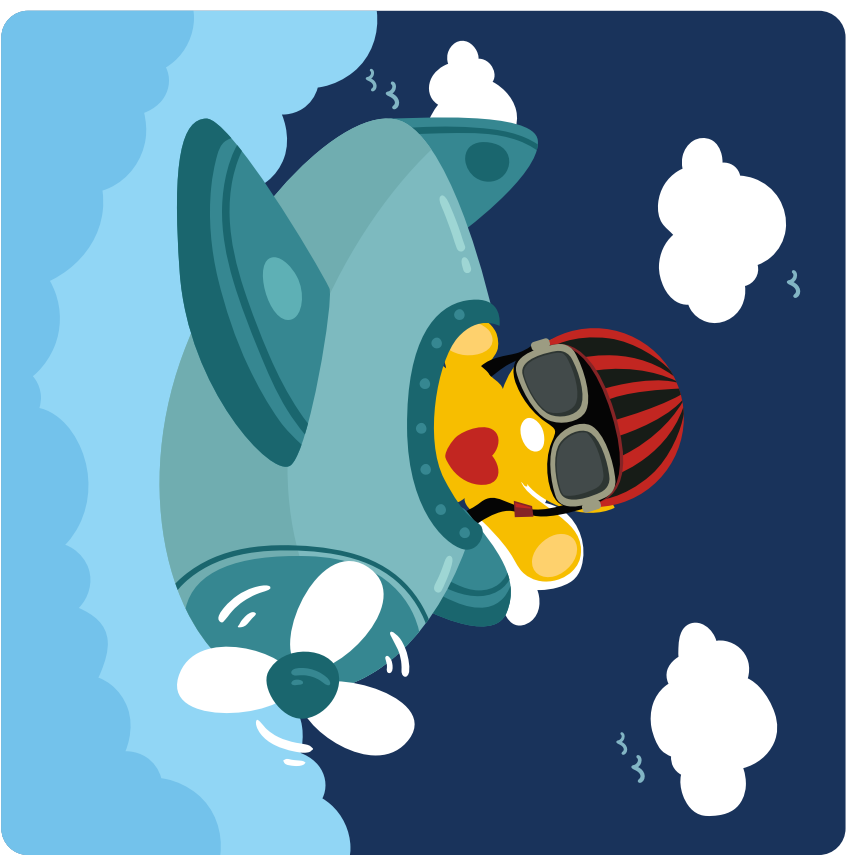
Cut along the dotted lines and create your own event bunting!

Print as many as you need!



# Spot the Difference

Can you spot the 10 differences?



Children's Heartbeat Trust

# Activity Sheet



**Word Bank**  
Heart  
ClarkBear  
Healthy  
Aorta  
Blood  
Beats  
Veins  
Left  
Right  
Rhythm  
Breath

U S T A E B C Z R A  
P N T P V R N R A O  
D L M J E E T X E R  
L O Y H I A H H B T  
Q T O W N T E E K A  
S H H L S H A A R L  
I G Z E B J L R A W  
B I G A U E T T L C  
C R H Z F B H E C E  
D K V T R H Y T H M

## WORDSEARCH

Words can overlap and be found in any direction (including diagonals).

Turn over for more fun!... >>>

Children's Heartbeat Trust has been working since 1984 to provide practical, emotional and financial support to children and young people living with heart disease and their families. We offer youth and family support services, we fund research and we campaign for the voice of children, young people and their families to be at the heart of all congenital cardiac services.

[www.childrensheartbeattrust.org](http://www.childrensheartbeattrust.org)



CHILDREN'S  
HEARTBEAT  
TRUST

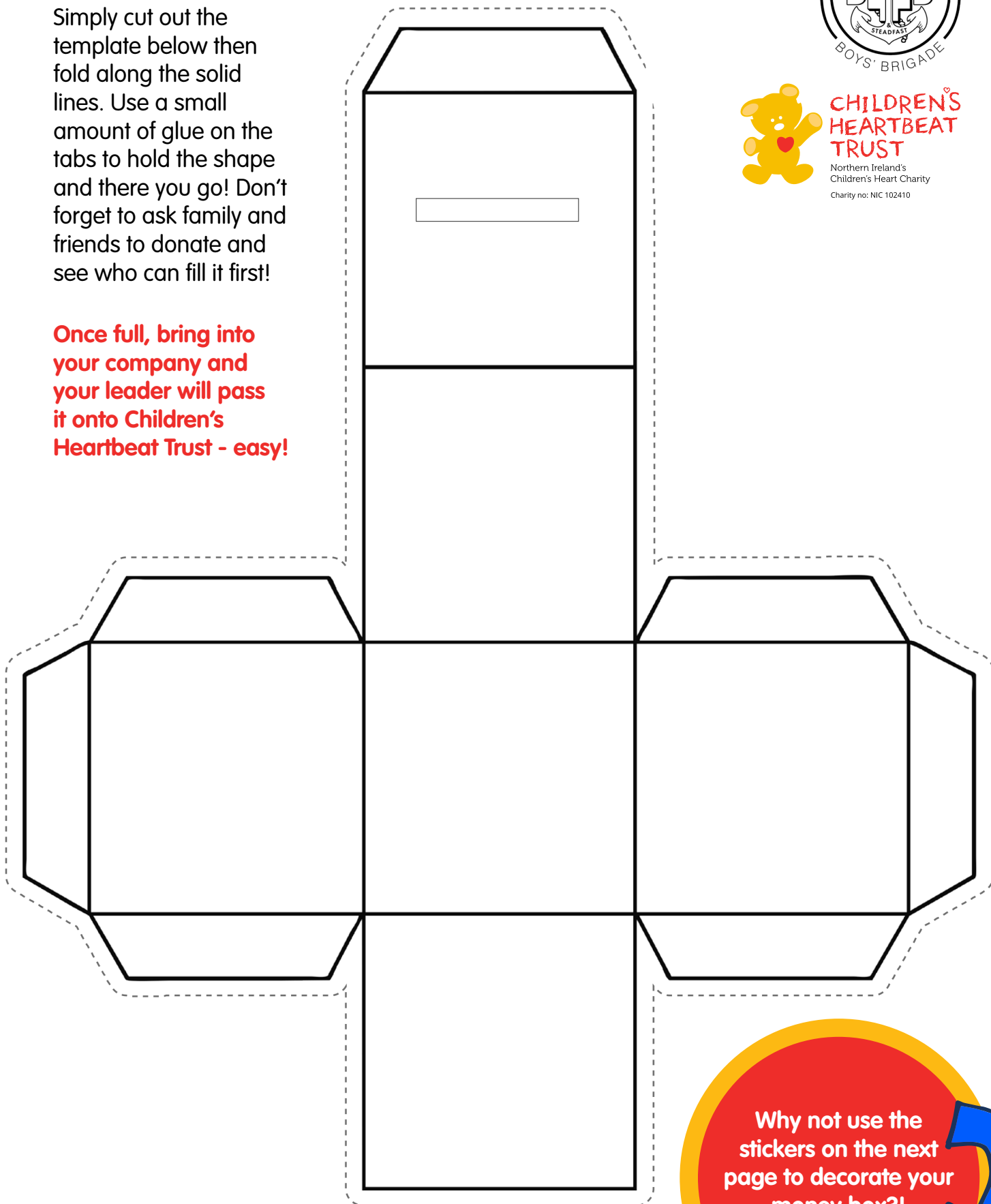
Northern Ireland's  
Children's Heart Charity  
Charity no: NIC 102410



# Get ready to make your own charity money box!

Simply cut out the template below then fold along the solid lines. Use a small amount of glue on the tabs to hold the shape and there you go! Don't forget to ask family and friends to donate and see who can fill it first!

**Once full, bring into your company and your leader will pass it onto Children's Heartbeat Trust - easy!**



**CHILDREN'S  
HEARTBEAT  
TRUST**

Northern Ireland's  
Children's Heart Charity  
Charity no: NIC 102410

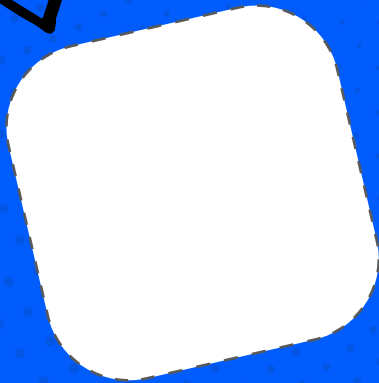
Why not use the stickers on the next page to decorate your money box?!

# Make your charity money box unique to you!

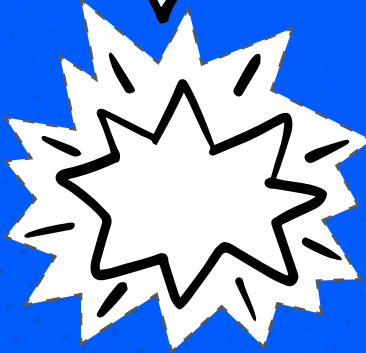
Cut out the stickers and glue them to the charity box any way you want.



Draw your own



Colour In



Your Name



# Clark's heart rate relay

Take part in Clark's heart rate relay to learn how your heart works!

## What you will need:

- Clock or timer,
- Equipment to make an obstacle course.

Before you start:

- Set up a fun obstacle course with the equipment you have, use cones, hula hoops or bean bags - anything to get your heart pumping!
- Get your campaign to test their resting heart rate. How many times does your heart beat in one minute while you're resting - remember this! Don't forget to do a quick warmup. Just a few simple stretches to get everyone ready.

## Ready, set, RACE!

1. Split your company into small teams of 4/5.
2. Each team should stand in a line behind the obstacle course.
3. When the leader says go, the first person should complete the obstacle course, then run back to the start.
4. When the first player gets back to the start, they should touch hands with the second player. The second player should then complete the course and run back to the start. They should touch hands with the third player, and everyone should keep going until everyone's had a turn.
5. As soon as each player has finished their go and set the next player off, they should test their heart rate. Do it as soon as they can, so they measure before their heart rate slows down again. Is it higher or lower than before?



## What have we learnt?

**This activity was a chance for everyone to find out how our heart works and how important it is**

- This activity was a chance for everyone to find out how our heart works and how important it is.
- Talk to your company about their heart rates, did they go up or down after exercise - why? When you're exercising, your muscles need more oxygen to work, so your lungs work harder to breathe and your heart works harder to transport the oxygen around your body.
- Everyone should think about their hearts – how did people know they were working hard? When our hearts are working hard we can feel them in our chest and we feel out of breath. When we rest we can often feel our hearts slowing down again.
- How would this impact you if your heart wasn't as strong as others?
- What sort of physical activity do people do? Some people may walk or cycle to school, play football or other team sports, how may having a heart condition impact this?

# QUIZ



Everyone loves a quiz! Use this resource in a way that works for you, make it really competitive or a simple quiz with the winner receiving a treat! Whatever way you decide to do it, it's sure to be a hit with your company.



1. Where is your heart?
2. What size is your heart?
3. What noise does your heart make?
4. How many times does a heart beat per minute?
5. In Northern Ireland, how many babies are born every year with a heart defect?
6. Can you name some of the people who work in the hospital?
7. Sometimes people have to travel long distances for surgery, how do you think they travel?
8. At Children's Heartbeat Trust we have a mascot called Clark, named after the Clark Ward in the Children's Hospital, what kind of animal is Clark?
9. What are some things we can do to keep our heart healthy?
10. Sometimes children with a heart condition can get sick very quickly, what should you do if you notice someone is unwell or sick suddenly?



**Answers**  
1. Middle of your chest, slightly to the left; 2. A child's heart is the size of a fist and a babies is the size of a walnut; 3. Baboon baboon baboon; 4. Between 60-80 for 4-8 year olds; 5. Over 200; 6. Doctors, nurses, surgeons, consultants, porters...; 7. Ambulance, car, boat, plane; 8. Bear; 9. Eat lots of fruit and veg, exercise daily, drink lots of water; 10. Get an adult and ask them to ring 999.

# How to set up a Just Giving Page

1. Go to [www.justgiving.com/campaign/bbni23-24](http://www.justgiving.com/campaign/bbni23-24).
2. Either select the “**donate now**” button for a one off donation from your company, or to create a company fundraising page select “**Start Fundraising**”.
3. If choosing “**Start Fundraising**” then select the option “**Taking Part in an Event**”. “**BBNI Charity of the Year**” should then appear- select this as your chosen event.
4. Choose your fundraising target and personalise your page. Is there a heart child in your BB Company? Perhaps they would like to share their story as part of your fundraising.
5. Add a page photo/video or stream to let people know why you’re raising funds.
6. Finally, click “**launch my page**” and that’s it!

## Job done!

Your Fundraising Page is now set up and ready to accept donations. We will receive the money that you raise directly on a weekly basis. Now you can start on the fun stuff – personalising your page and sharing it friends and family.

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In Aid of



**CHILDREN'S  
HEARTBEAT  
TRUST**

Northern Ireland's  
Children's Heart Charity  
Charity no: NIC 102410

# THANK YOU

**A sincere thank you** for fundraising in aid of Children's Heartbeat Trust. **We really appreciate your support** and look forward to receiving your colouring competition entries.

Please feel free to get in touch with any queries.

**Tel: 028 9031 2228 / 074 8337 4910**

**Email: [fundraising@childrensheartbeattrust.org](mailto:fundraising@childrensheartbeattrust.org)**

 **Twitter:**  
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