



SUMMER BBQ's



Activity Kit



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INTRODUCTION

Welcome to the Summer BBQ Activity Kit. This kit is packed with delicious, easy-to-make recipes and fun activities that capture the spirit of outdoor gatherings. From classic grill-inspired dishes to creative, hands-on crafts and games, each activity is tailored to engage and inspire, fostering connection and celebration among residents. Whether you're reminiscing about summers past or creating new memories, this kit promises a delightful, flavourful experience for all.

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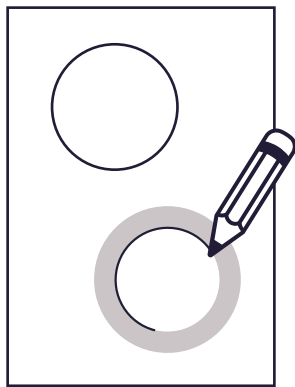


DIY SUN CATCHERS

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YOU WILL NEED:

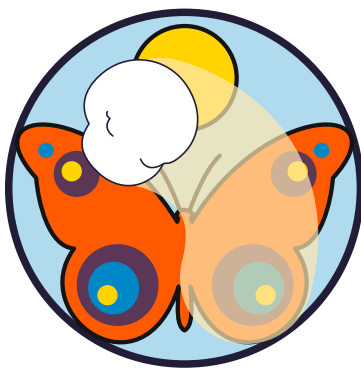
- ☐ Mason jar lids
- ☐ Plain paper
- ☐ Black Sharpies
- ☐ Coloured pens
- ☐ PVA glue
- ☐ Scissors
- ☐ Twine
- ☐ Cotton balls
- ☐ Baby oil



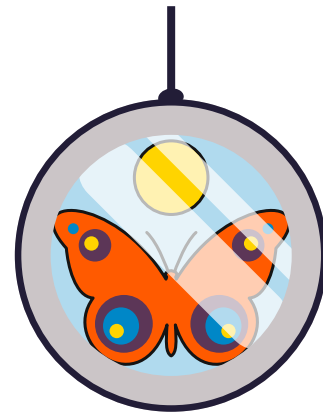
1 First, trace the mason jar lids on top of a piece of white paper and then cut out the circles. These will be the templates for your design.



2 Next, take your Sharpie pen and draw the outline of your design. Next, fill in the design with coloured pens.



3 Once your designs are coloured in, take a cotton ball and apply a thin layer of oil to the art. The design should be completely covered but you don't want it to be soaked. Use a paper towel to remove any excess oil and allow to dry for 5 minutes.



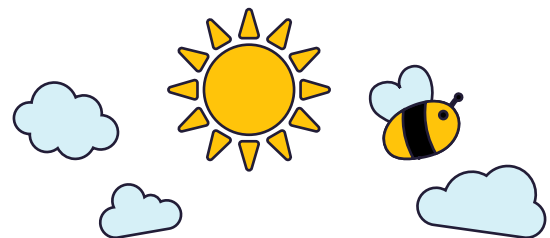
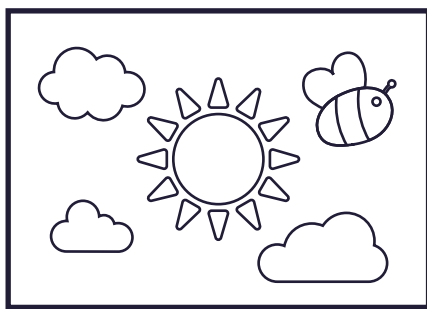
4 Apply glue to the inside of the mason jar lid and gently place the oiled design on top of the glue, facing outwards. Tie some twine around the outside of the jar lid and secure with a knot. Leave some extra twine for hanging!

MASON JAR LANTERNS

4

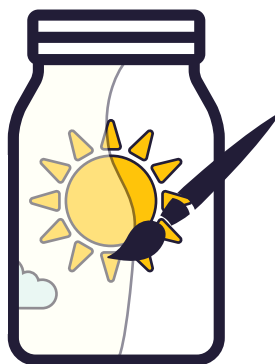
YOU WILL NEED:

- ☐ Clean, dry Mason jar per participant
- ☐ Paper
- ☐ PVA glue
- ☐ Pencils
- ☐ Assorted coloured tissue paper
- ☐ Soft brush
- ☐ Scissors

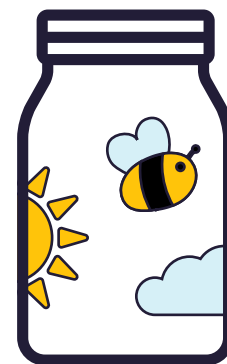


1 First, draw your designs on plain paper with pencil. Perhaps you want to create a scene, or pick a specific theme for your lantern. Then, take your coloured tissue paper and trace over the designs.

2 Next, cut out your design from the coloured tissue paper and lay them out on the table how you want them to sit on your lantern.



3 Apply a thin layer of glue to a section of your jar, and start placing your design on. It is best to do this part in sections so the initial layer of glue does not dry out. Try your best to smooth out any wrinkles.



4 Once all your designs are on the jar, apply another coat of glue over the top of the designs, ensuring it isn't too thick and stays nice and smooth. Set aside and allow to dry.

BALLOON VOLLEYBALL

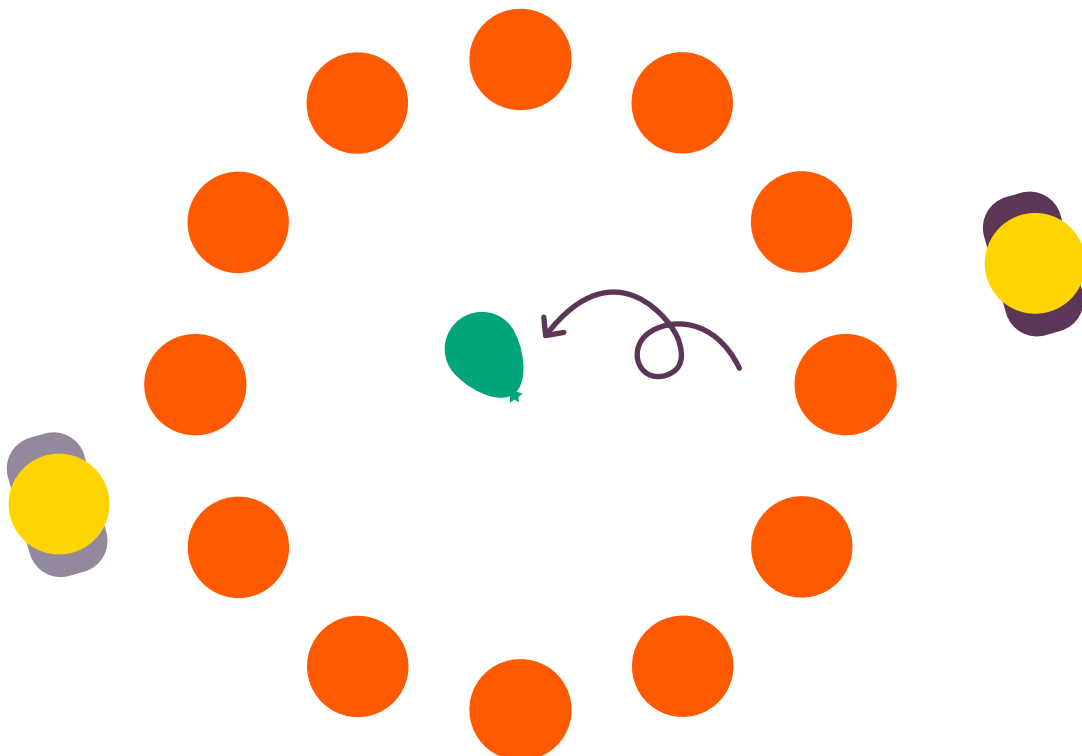
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This is a safe, low-impact and easy game for all mobility levels, offering a lively group activity to spark communication and movement. This game can be played both indoors and outdoors.

The aim is to seat the residents in a circle, and using an inflated balloon, take turns to bop or throw the balloon across the circle, however with the unpredictable nature of balloons you never know where it will go, which adds to the fun!

YOU WILL NEED:

- ☐ A chair for each participant, arranged in a circle
- ☐ A packet of balloons, with several blown up ready to play
- ☐ One (or more) carer(s) available to assist should the balloon fall on the floor



CORNHOLE TOSS

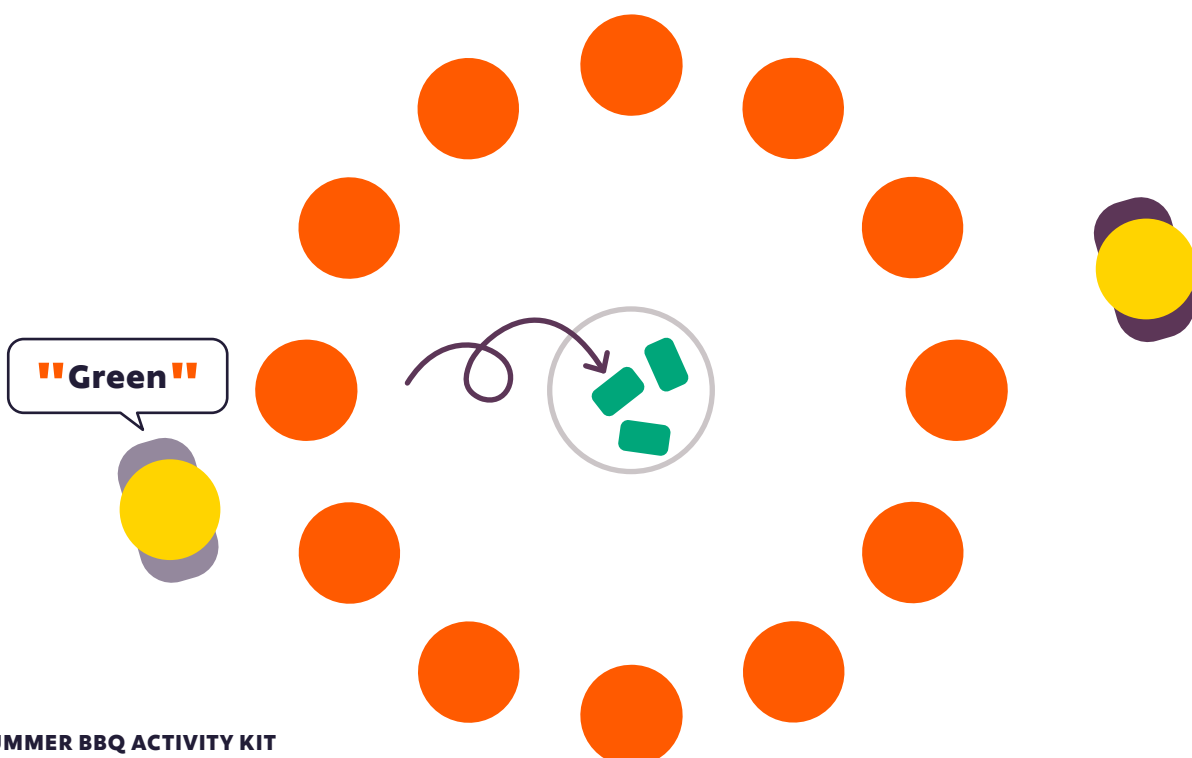
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This is a safe, low-impact and easy game for all mobility levels, offering a lively group activity to spark communication and movement. This game can be played both indoors and outdoors.

The game involves a circle of rope in the centre of a room, with chairs for the residents to sit on surrounding it holding a coloured bean bag. An assistant will call out a colour and the residents holding that colour bean bag will throw the bean bag into the circle of rope in the middle.

YOU WILL NEED:

- ☐ A piece of thick rope, placed into a circle
- ☐ A chair for each participant, arranged in a circle
- ☐ A packet of coloured bean bags, one bean bag for each participant
- ☐ One (or more) carer(s) available to assist when the round is over to re-distribute the bean bags



THROWING A BBQ



BBQs are a British past time – and a perfect way to bring residents together with food and conversation in the warmer months. Chances are many residents have attended a BBQ at one point in their life, and so it's a simple way to bring back memories and encourage outdoor time.

You can throw a BBQ themed event even if you don't have a BBQ in your establishment. Set up some tables outside with traditional gingham tablecloths, hang lanterns and string lights for a warm inviting glow, and bunting to dial into the British summertime feel. You could go one step further and include outdoor games, bring in some live music with a local singer, or invite friends and family of the residents along.

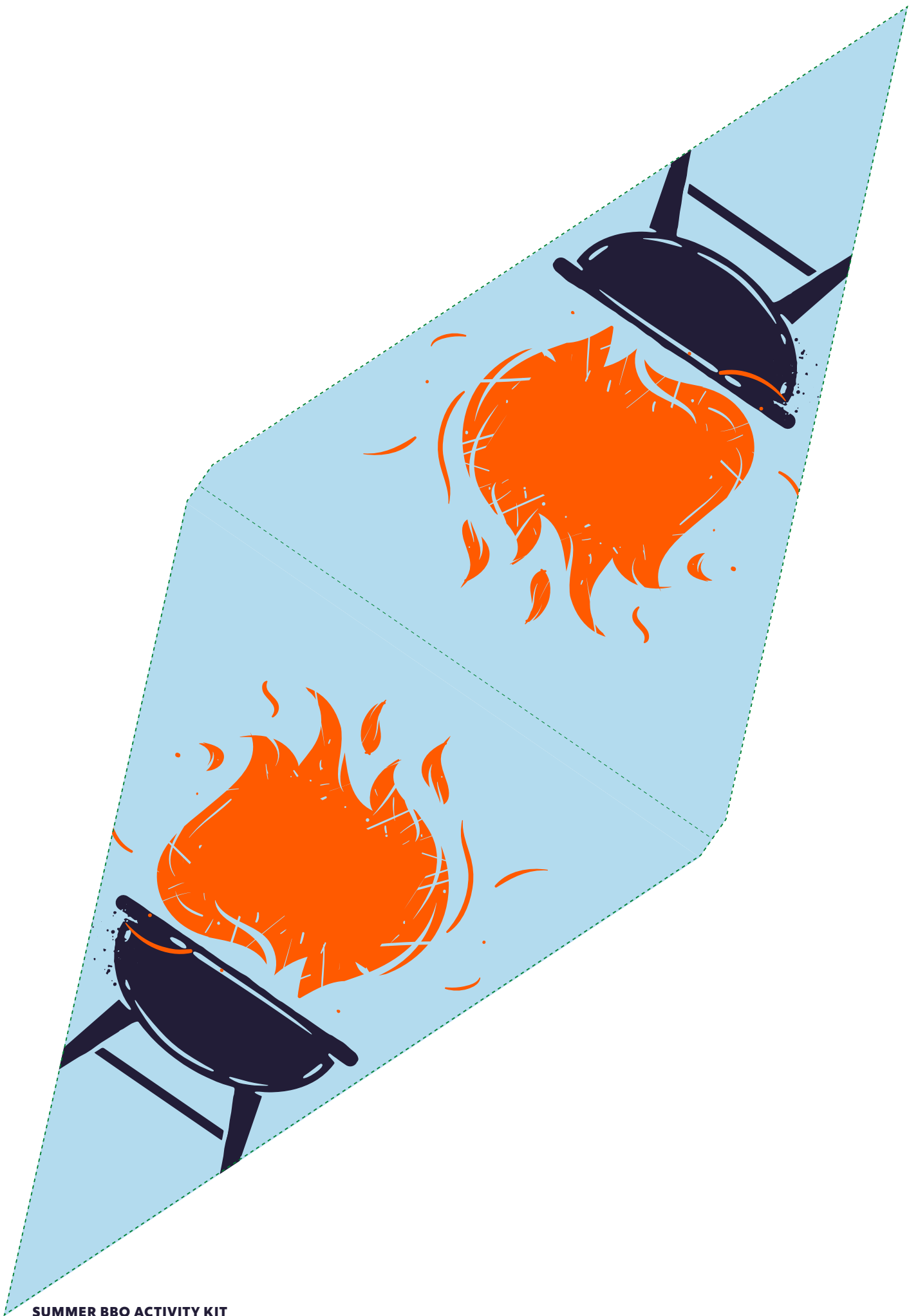


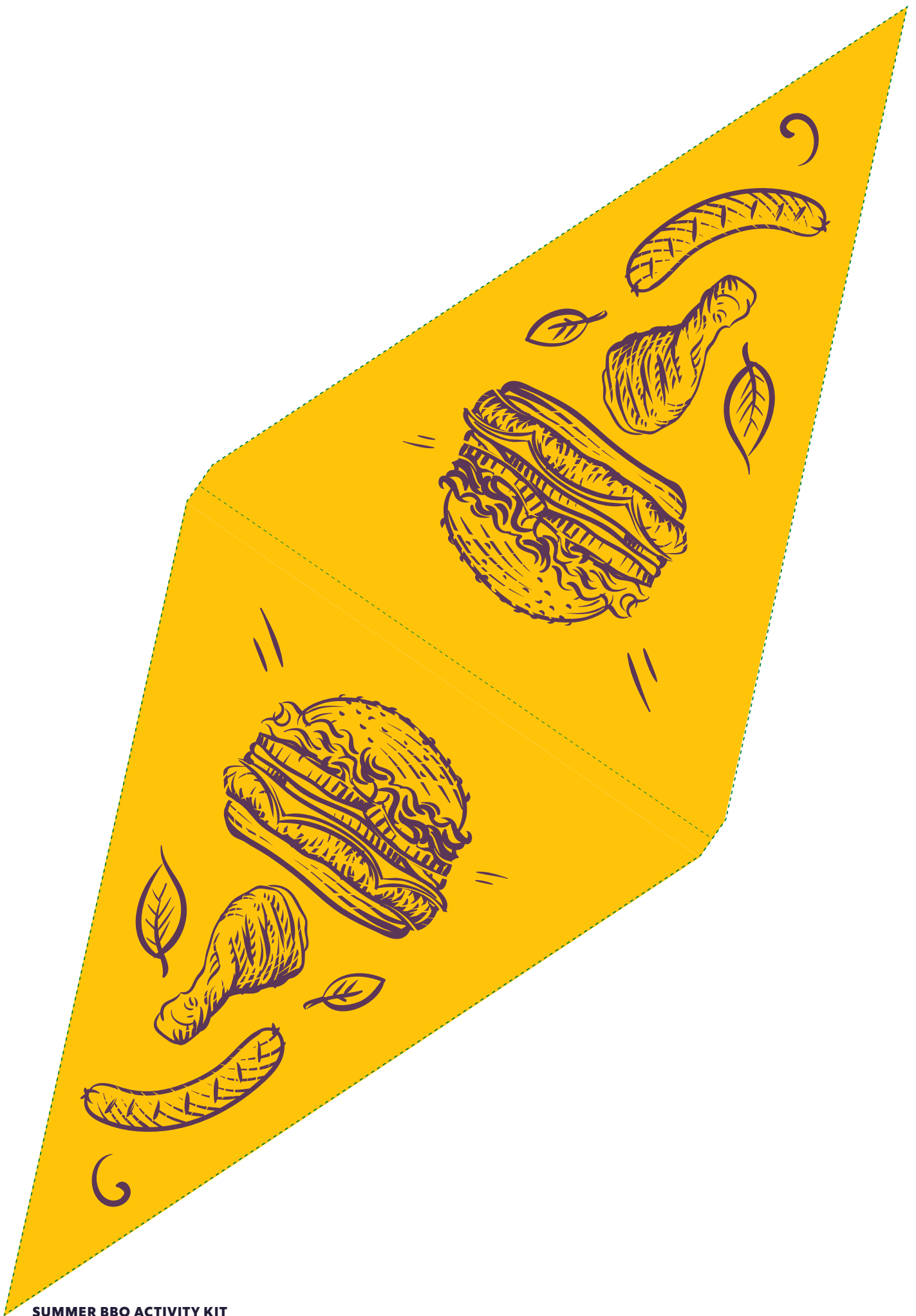
Put up string and print out as many bunting designs as required. Cut out the designs and fold along the dotted line, then hang the bunting over the string for a little festive touch to your event.

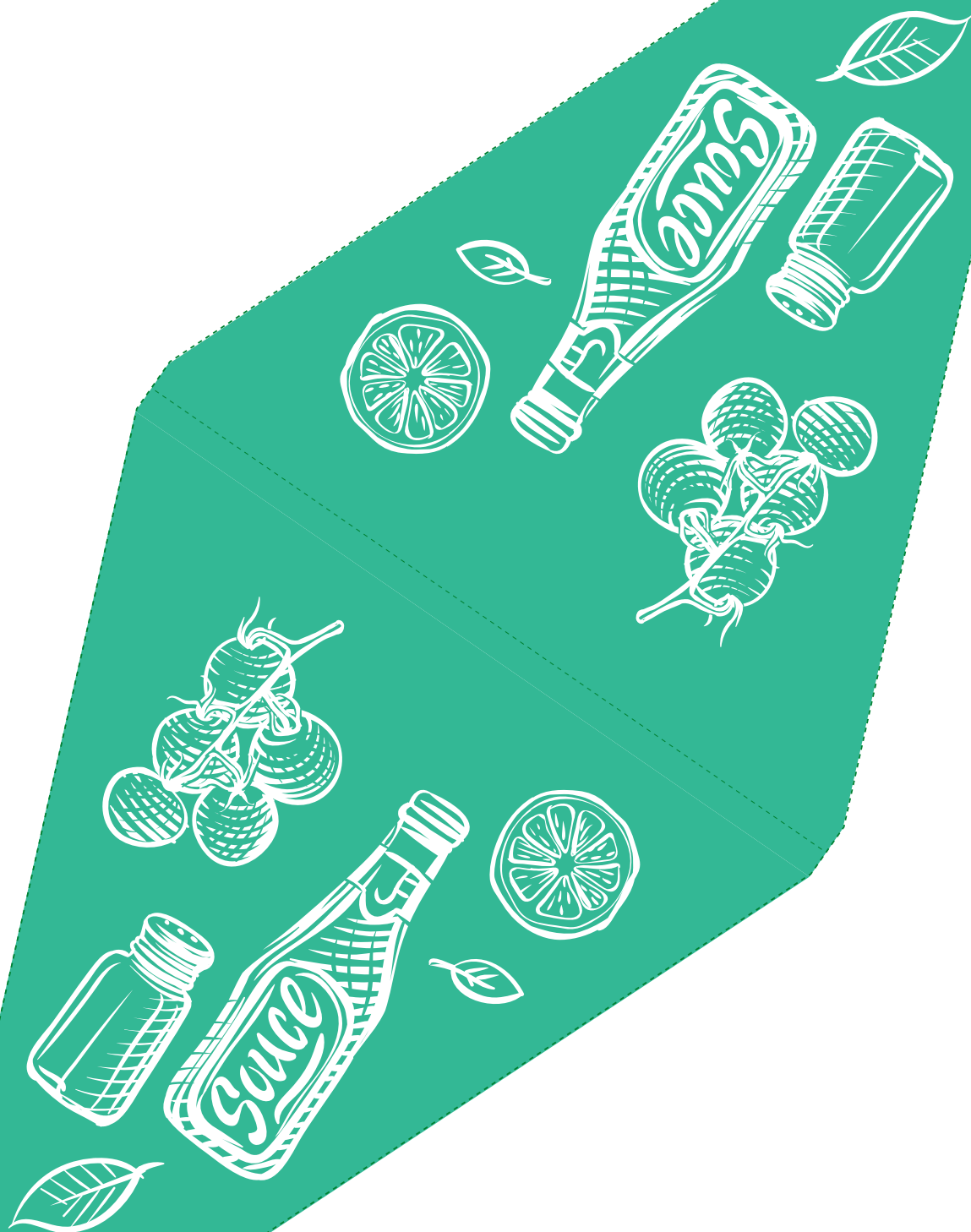
YOU WILL NEED:

- ☐ Scissors
- ☐ String









STICKY CHICKEN SKEWERS

12



INGREDIENTS

FOR THE MARINADE

- 1.5kg Chicken Thigh, skinless & boneless, diced
- 100ml Lemon juice
- 50g KNORR Professional Garlic Puree
- 100ml COLMAN'S Wholegrain Mustard
- 100g Honey

FOR SERVICE

- 50g Honey
- 20 Wooden Skewers

METHOD

FOR THE MARINADE

1. Mix the garlic, honey, COLMAN'S Wholegrain Mustard and lemon juice together then pour over the chicken, cover and chill until needed.

FOR SERVICE

1. Thread the chicken on to wooded skewers then onto a char grill or BBQ and cook for 10-12 minutes, or until thoroughly cooked.
2. Turn over half way through and drizzle over the remaining honey.



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CHICKEN TIKKA BITES

13



INGREDIENTS

FOR THE CHICKEN TIKKA

- 80g Knorr Professional Patak's Tikka Masala Paste
- 40ml Vegetable oil
- 100g Low Fat Greek Yoghurt
- 1kg Chicken thighs, bone in & skinless

FOR THE MANGO YOGHURT DIPPING SAUCE

- 125g Mango Chutney
- 40g Low Fat Greek Yoghurt

METHOD

FOR THE CHICKEN TIKKA


1. Stir the KNORR Patak's Tikka Paste with oil and yoghurt until combined.
2. Cut each chicken thigh into 4 strips and coat in the above marinade. Cover and refrigerate for 2-3 hours.
3. Cook chicken on an oiled grill until cooked through and slightly charred.

FOR THE MANGO YOGHURT DIPPING SAUCE

1. Combine **KNORR Patak's Sweet Mango Chutney** and extra yoghurt or until thoroughly cooked.

SERVING SUGGESTION

1. Serve the chicken tikka with mango yoghurt dipping sauce, lemon wedges, salad or steamed vegetables and naan bread.



If you're on the lookout for further support,
we offer a range of activities and wellbeing tools
for residents plus culinary support for chefs.

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or call us **0800 783 3728** and choose option 1.



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