

GAMES

How Long Is a Minute?

Equipment - Stopwatch, most have this on your phone.

Objective - As a simple warm-up activity, participants try to estimate the length of a minute. Any size group and any setting will work. Begin with everyone standing, and when each person believes a minute has passed, he sits down. As a variation, let them attempt to measure or estimate a three-minute period of time. They may hold up one finger when they believe one minute has passed, two fingers at the two-minute mark and three fingers at the end of that time. Most participants will believe time has passed more quickly than it actually has.

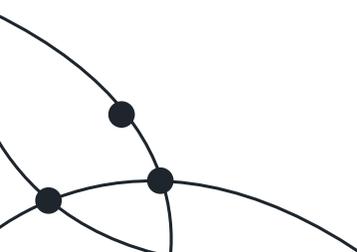
Application - If nearly everyone in the group believes a minute has passed, peer pressure or feeling uncomfortable may lead someone to shorten their time estimate. After the activity, discuss participants' accuracy and responses. Use Romans 12:2 for discussion about not conforming to the ways of this world, but be transformed by the renewing of your mind.

Back Artistry

Equipment – One piece of paper and one pen or pencil per 10 students

Objective - This activity is done easily, in any setting, with any number of participants. People get in groups of 10 to 12 and sit one behind the other. The person at the back of the line begins by using a finger to draw a simple design on the back of the person in front of him. That person in turn tries to replicate the design, drawing it on the one in front of her, and so on up to the first person in the line. The front person may either draw on paper or describe what they think was drawn on his back. Compare with the original design drawn at the back of the line. Keep the designs simple to begin with, like a Christmas tree or a star.

Application – Things are not what they always appear to be. If we are not careful and we spread rumors we hear and do not know to be facts, they usually get blown up and grow way beyond reality. Use Ephesians 4:29 to explain what comes out of our mouth needs to be good and for the building up of others.



Create a Song

Equipment - None needed

Objective - As a fun warm-up suitable for any setting, each person in the group finds some way to make some noise. A set of keys to jingle, two shoes or rocks to tap together, fingers snapping, and many other creative options are possible. Sit in a circle. The leader begins by establishing a simple rhythm which they repeat over and over. One by one each person in the circle adds his own beat or music to the pattern. As each “instrument” is added, allow the group to listen for a moment before the next person chimes in. After everyone is a part of the song, suggest that they simultaneously change or alter the rhythm of their instrument. The leader may alter the foundation beat. Participants begin dropping out one by one; notice how each person’s music was an important part of the total song.

Application - Discuss the different contributions made by each person and his or her importance within the total group. Use 1 Cor 12:12-31 to explain how every Christian is a part of the body of Christ and thus needed if we are to fulfill our purpose as a church.

Structures

Equipment - Bag of marshmallows and a box of spaghetti

Objective - Break group into smaller groups of 5-8. Using a handful of marshmallows and spaghetti, build the best structure possible. Give group 5-10 min to complete the activity. The group also needs to give the structure a name and a purpose. Once the time is up, have each group show their structure to the larger group.

Application - 1) Which structure is the best? You were asked to make the best structure possible; did you accomplish what you wanted to do given the time allotted? If so, don’t compare your structure to other people’s structure.

2) Everything needs a purpose. You designed this structure and gave it a purpose. God did the same for you.

