

Pass the Football

Materials

- Toy football or another light object to pass
- One copy of Action Strips
- Small bowl or football helmet for the strips
- Kids' worship music

Instructions

Print and cut out one set of Action Strips and place in a football helmet or small bowl. Have the students stand in a circle. Explain that they will pass the football around the circle while you play some music. When you stop the music, whoever is holding the football is "out" and must stand in the center of the circle. Continue the game until three students are standing in the middle. Have one student from the middle draw an Action Strip from the bowl/helmet and read the silly action. The students in the middle must then perform the silly action together as their punishment. After completing their punishment, students may return to the game. Play for a set time or until each student has had a turn in the middle.

Suggested Discussion

The punishments in our game were fun and silly, but in real life punishments aren't any fun.

Sometimes people think that everything bad that happens is God's punishment. We may have consequences for sin, but we must remember that bad things like sickness and suffering can happen as part of living in a world that's been polluted by sin. Our lesson today will explore how we can deal with bad times and even give thanks for them!

Hop on one foot for 15 seconds.

Act like a turkey.

Do a crazy dance.

Turn in a circle while singing “Mary Had a Little Lamb.”

Sing “Happy Birthday” while holding your nose.

Say the alphabet backwards.

Make silly faces at each other without laughing.

Pat your stomach and rub your head at the same time.

Link arms and march like soldiers.

Jump up and down while cheering for your favorite team.