



LOW-ENERGY GAME

Stack-ability

[10 min]

Supplies

- large disposable cups (paper or plastic) (4 per child)
- long tables (1 for every 6 kids)
- upbeat music (optional)
- music player (optional)

Easy Prep

- Make a stack of 12 cups for every group of 3 kids.

Tip

- If you used the Music Video block, consider repeating the songs from today's lesson during the game. You can find the downloadable album [here](#).

Quickly Unstack and Restack Cups

Say: **Today we heard about when the Israelites celebrated with a big banquet—that's a big party with food and fun. Let's pretend we're setting a table for a fun party, but we'll make an awesome game out of it!**

- Form teams of three, and have each team line up along a long side of a table.
- Give each team a stack of cups to place upside down on the table in front of the first team member in line. This person will be the Stacker.
- Tucking one hand behind his or her back, the Stacker will use only one hand to unstack the cups as quickly as possible along the table's edge without knocking any off the table.
- The Stacker will quickly restack the cups, again being careful not to knock any off the table.
- Then the Stacker will pass the stack of cups to the next person on the team to repeat the unstacking and restacking.
- Any cups that fall to the floor are forfeited. The team's goal is to move as quickly as possible through turns while keeping all the cups on the table.
- Cue the teams to begin. If you'd like, play upbeat music while kids play.
- For additional rounds, try challenges such as stacking 10 cups into a pyramid and then back into a single stack or making two pyramids of six cups each.

Talk About It

Ask: • **What made this more fun than just setting some cups out on the table for a party?**

Say: **There was fun in making a game out of cup-stacking and setting a table. Fun is a part of celebrating, and celebrating brings us joy.**

Ask: • **What are other things you've celebrated, maybe even with a fun party?** Share an example of your own, such as a graduation or accomplishment at school or work. Kids will likely share about birthdays, holidays, or fun events at school.

Say: **We celebrate for all kinds of reasons, and one thing you'll find at every celebration is joy. But joy is a fruit of the Spirit, and that means we can have joy every day, whether it's a celebration day, a regular day, or even a not-so-good day.**