



OBJECT LESSON

Water Stack

[10 min]

Supplies

- disposable cups (3 for every 5 kids)
- small dessert paper plates (2 for every 5 kids)
- standard-size foam or plastic plates (1 for every 5 kids)
- medium mixing bowls (1 for every 5 kids)

Easy Prep

- Fill the bowls nearly full of water. Place them out of reach of preschoolers but still easily accessible.

Watch How to Stack on a Wobbly Surface

Take one of the bowls you've filled with water, three cups, two dessert plates, and one foam plate.

Say: **Today we've been talking about how gentleness is a fruit of the Spirit, and we have a fun experiment where we'll have to be extra gentle! I'll show you first, and then you'll get to do the experiment with a group of friends.**

- Place the foam plate on top of the water in the bowl.
- Then use the cups and dessert plates to build a tower by gently stacking the cups and plates. The wobbly water surface under the foam plate makes this a fun challenge that requires gentle movements as you stack so the tower doesn't topple. Show everyone a few options of how they can build with the cups and dessert plates (see photos for ideas).



Experiment

- Form groups of five, and assign an adult or teen helper to each group. Give each group a bowl of water, three cups, two dessert plates, and one foam plate.
- Have groups repeat the experiment you demonstrated. Group members can take turns gently adding items to build their tower.
- Encourage groups to try different building configurations and help each other figure out how to place items very gently. This will allow helpers to alter the challenge of building the tower depending on the fine motor skills of each child in the group.
- Groups can celebrate and cheer when they successfully build a tower using all their supplies.

Talk About It

Say: **What a fun way to build!** Invite a few kids to share with the whole group what they built and how they built it gently.

Say: **When you were gentle as you built your towers, they were stronger and stood up well. When we're gentle with people, like our friends here today, we can build stronger friendships, too. Gentleness is a fruit of the Spirit, so God will help us be gentle with others.**