



LOW-ENERGY GAME

[10 min]

After You

Supplies

- upbeat music (optional)
- music player (optional)

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](#).

Repeat and Add Movements

Say: **How much can your brain remember? Let's play a game and find out!**

- Have each small group stand in a circle so kids are facing each other.
- Encourage kids to think of a unique movement to show the group. Examples include doing two jumping jacks, pretending to shoot a basketball, tapping your toe, and clapping a specific rhythm. Give kids a few moments to come up with their movements.
- Choose one child in the circle to go first. That child will do his or her movement, and then the next person must repeat that movement before demonstrating a new one. Continue in this way to create a chain of movements, with kids first repeating all the movements before adding their own.
- If a child forgets a movement, he or she is "out" and must sit down. Continue around the circle as many times as needed, adding more movements. The last child standing is the winner.
- If you'd like, play high-energy music while kids play.

Talk About It

Have small groups discuss these questions.

Ask: • **Was it difficult to repeat others' actions first before doing your own? Why or why not?**

• **When is it hardest for you to remember to put God first? Why?**

Say: **In this game, we had to remember what came first. In our lives, we put God first. We look to him and follow his lead.**