



FAMILY ACTIVITIES: WISDOM IN TIMES OF TROUBLE

FOR YOUNGER KIDS:

FREEZE DANCE

Supplies: None

Directions: Today we are going to freeze dance. I will give you a dance style, and you will dance like that until I shout “FREEZE!” After everyone freezes, say together, “Dear God, help me do what is right.” Repeat this for each of the silly dances listed, then have anyone make up their own silly dance.

Say: Believe it or not, this game helps us remember how to make good choices. When you feel like doing something bad, you can FREEZE! Then say, “Dear God, help me do what is right.” When we pray to God, **He helps us make good choices!**

Dance list:

- Silly robot dance
- Silly snake dance
- Silly kangaroo dance
- Silly chicken dance
- Silly elephant dance
- Silly ant dance

Question: When is it hard for you to make a good choice?

FOR OLDER KIDS:

METEOR SHOWER

Set up: Use tape to create a square on the floor that is about 2 feet (0.61 meters) in width. Crumple around 10 pieces of paper into balls.

Directions: Read the verse together several times. Today’s Bible verse says:

**“If any of you needs wisdom, you should ask God for it. He will give it to you.”
James 1:5**

Explain that the square is a space station and the crumpled pieces of paper are meteors. Choose one person to protect the space station from getting hit by the meteors. Have everyone else stand 4-5 feet away and throw meteors at the space station. The protector will have to catch or swat the meteors out of the air, but some meteors will inevitably get through. Once a meteor has touched the floor, it cannot be moved. Count how many meteors landed in the space station and have the protector recite the verse that many times. Change positions and continue playing rounds for as long as you would like.

Note: Depending on the number of people in your family, you may want to adjust the number of meteors up or down.

Question: Do you think God has ever given you wisdom about something or helped you figure something out? What happened?