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## 14 Preteen Ministry Games

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# Preteen Ministry Game on Discipleship

**Topic: Becoming Like Jesus**

**Bible: Luke 9:23**

**Say:** Today, we are going to learn about discipleship.

It takes training and discipline to become like Jesus.

We don't train more by trying harder, but trusting more.

It requires you to get out of the driver's seat of life and let God take the lead.

The more we live connected to God, the more we trust Him and become like Jesus.

It takes training and discipline to set aside time to pray, read the Bible, talk to God throughout the day, listen to God's voice, and journal.

Those activities keep us connected to God, which helps us trust God & become more like Jesus.

**Read Luke 9:23 (The Message):**

"Then he told them what they could expect for themselves: "Anyone who intends to come with me has to let me lead. You're not in the driver's seat—I am. Don't run from suffering; embrace it. Follow me and I'll show you how." Luke 9:23 (The Message)

Discuss the following questions in small groups:

What does this verse have to do with today's topic?

Why is it hard to allow God to lead us?

What benefits are there to allowing God to take the lead?

## **GAME: STICKY BALLOON**

### **Supplies**

20 balloons per group of 3 or 4 preteens & lots of masking tape.

Preteens blow up their own balloons or have them already blown up beforehand.

On each balloon, preteens write down ways to live like Jesus.

If you are preparing them beforehand, then write ways to live like Jesus on each balloon.

### **How to Play the Game**

Break up preteens into groups of 3-4.

Give a roll of masking tape to each group.

Preteens work together to wrap one player in each group with masking tape (sticky side out) from the top of their knees to their arm pits.

Once wrapped with masking tape, players begin putting on the balloons until all of them are sticking to their teammate.

The group that finishes first wins.

### **After the game, say:**

Our goal as followers of Jesus is to live like Jesus.

The balloons represent living like Jesus.

The more we “train” to be like Jesus, the more we become like him in our actions and attitudes.

The way we train to be like Jesus is to stay connected to Him in our daily lives.

The more we experience God in our lives, the more we become like Him.

When our friends look at us, they should see the attributes written on the balloons (patience, kindness, acceptance, etc).

# S'mores Stuff It

**Topic: Build Your Life on a Solid Foundation**

**Bible: Matthew 7: 24-27**

Use this game as an opener for a lesson about building your life on a solid foundation.

## Supplies

- Graham crackers
- Marshmallows
- Hershey chocolate bars
- Table big enough to build S'more towers
- Toilet paper

## How to Play the Game

Divide preteens into equal teams (of 5-10 players) and line them up.

Put table on opposite area from preteens and put the S'mores ingredients on the table.

One at a time each preteen will race to the table.

At the table, players will assemble a S'more – graham cracker/chocolate/marshmallow/ graham cracker.

Players then completely eat their S'mores (have some leaders available at the tables to make sure the S'mores are completely swallowed).

The next preteen will then run down and do the same.

Continue the same process for all players.

Since the game involves eating something, you will probably have some students who don't want to play. Designate those players as the toilet paper throwers. Their job is to stand 10-15 feet away from the players who are racing to and from the tables and throw

rolls of toilet paper at the players (no head shots). If hit, the player has to run back to their destination (either the line or table).

The team that has everyone finish first, wins.

Optional – award the winning team with a fun prize (ex: pack of Skittles, Twizzlers, etc.)

**After the game, discuss these questions:**

- What was fun about the game?
- What was difficult? What was easy?
- Do you like S'mores? Why or why not?

**After the game, say:**

In the game, the stronger the bottom S'more piece was, the quicker you were able to make and eat the S'more.

Sort of like when building a house, it is important to build the right foundation.

The definition of foundation is “the lowest load-bearing part of a building”. Basically, it is the bottom of a building that holds all the weight and makes it strong.

If the foundation of a house is bad, then, the rest of the house is in big trouble.

I challenge you to focus on building your life on a strong foundation. Now is the time for change!

When it comes to your relationship with Jesus, if you don't have a good foundation things will be harder. In fact, Jesus tells us how important it is to build a good foundation in Matthew 7: 24-27.

Have preteens look up verse and have a volunteer stand up and read it out loud.

**Read Matthew 7: 24-27:**

“Anyone who listens to my teaching and follows it is wise, like a person who builds a house on solid rock. Though the rain comes in torrents and the floodwaters rise and the winds beat against that house, it won't collapse because it is built on bedrock. But

anyone who hears my teaching and doesn't obey it is foolish, like a person who builds a house on sand. When the rains and floods come and the winds beat against that house, it will collapse with a mighty crash."

**Say:** The "rock foundation" Jesus is talking about is God, and the truths He had been telling everyone about. The "sand foundation" Jesus was talking about was what the religious leaders had been teaching at the time, which was more about following laws, rules and rituals.

One of the most important things we can do to build a foundation is believe what he says is true and put it into action. When we do this, the second sentence of the verse tells us what will happen.

### **Re-read Matthew 7:25**

"Though the rain comes in torrents and the floodwaters rise and the winds beat against that house, it won't collapse because it is built on bedrock."

**Say:** When hard times come, bad things happen, we feel like our lives are about to fall apart. However, when we put into action God's truths, we'll be okay. Bad stuff will happen in our lives, but we will stay strong because God will be holding us up. He will help us through the bad stuff.

### **Discussion Questions:**

1. What does it mean to build a strong foundation in God?
2. What are some things that you worry about?
3. How do you handle these things?
4. How can you build a better foundation in God?
5. What is one thing this week you can work on personally to strengthen your foundation with God?

Have preteens get into groups of two and pray for each other.

# Preteen Ministry Game on Faith

**Topic: Relying on God**

**Bible: Proverbs 16:9; 19:21**

## Supplies

- Balloons
- Pennies
- Nickels, dimes, quarters
- Markers

## How to Play the Game

Before your preteens arrive, put a different coin or amount of coins in each balloon.

Blow the balloons up to different sizes to make them all look different.

Then, divide your preteens in teams of two and give a marker to each group.

One group at a time will go to the pile of balloons and choose which on they think is the best one to win.

They will do so by putting some marking on it to show they like that balloon.

Each team will have a chance to do this and they can mark the same balloon as another team.

Give each team a different amount of time to look over the balloons. 10 sec, 20, sec, 60 sec., whatever you want to make this as unfair as possible in their eyes.

Then, once all the teams have marked a balloon have them all go to one side of the room, opposite of the balloons.

On go, one person from each team will race to the balloon pile and try to get the balloon they marked and return to their teammate. If they do not get their balloon that is ok, they just need to choose another one.

After all the teams have a balloon, have them pop them and collect the coins. Ask them how much the total coins are worth, which team has the most, who has the least.

Then, tell them that the coins were not the object of winning the game. Ask them to see who has the oldest coin, and the team with the oldest coin win a prize.

Allow players time to collect all the coins and split the money between them.

## **TEACH**

**After the game, say:** It was exciting to watch as balloons were flying everywhere.

I bet none of you could have known when you were looking at the balloons which one had the oldest coin.

Congratulations to the winning team! That prize might not seem like much right now but after 30 or 40 years in the bank the interest might make it worth a few dollars.

### **Discuss the following questions:**

- So, what wasn't fair about this game?
- Did any of you know what you needed to win?
- If you did know, could any of you know by looking at the balloons?
- What happens when you start trying to figure things out on your own?
- What happens when you try to compare your life to someone else's?
- What can we learn from God about all the things that went on in this game?

### **Say:**

There are a lot of different things we can learn from this game, but we are only going to talk about a few of them.

First, no matter what you thought you had no idea what was inside each balloon and no idea what you needed to win the game.

Just like in life, there are going to be times when you think you know what you need, but only God truly knows this.

You need to have faith that he knows what is best for you.

Let's read the following verses out of Proverbs.

**Read: Proverbs 16:9:**

A man's heart plans his course, but Yahweh directs his steps.

**Read Proverbs 19:21:**

There are many plans in a man's heart, but Yahweh's counsel will prevail.

**Say:**

God tells us that no matter what our heart is telling us, God knows what we need and when we need it.

He knows how we need to get there and will guide us.

The problems come when we begin to lose faith.

We get scared or anxious because we want it now.

We think we know what we need and how to get it.

We try to control all these things because we think we know what is best.

God designed us to rely on Him, and the world we live in tells us differently.

The world tells us to get what you want you want, when you want it. Only then will you truly be happy.

**Ask:**

- Has anyone ever asked God for something and it didn't happen?
- Is anyone willing to share this with us?
- How did you feel?

Thank anyone willing to share with the group.

*Share about a time in your life when you asked God for something and it didn't happen. (A parent dying, divorce, losing your job). Open up to your preteens and let them know how you felt. Let them know you felt the same as they did. Maybe you didn't understand why things turned out the way they did.*

**Say:**

There are times in our lives when we want something so bad that it just has to be what is right.

Honestly, only God knows what is right and we need to have unwavering faith in Him.

Get into groups of 4-5 preteens and have them pray with each other. Here are a few prompts to get them going:

- Pray for understanding.
- Pray for unwavering faith when we think we deserve more.
- Pray for God to lead them.
- Pray for an open heart to what God knows is best.

# Controlled Chaos

**Topic: How to Manage Stress & Anxiety**

**Bible: Read Joshua 1:9; Philippians 4:16-18**

## Supplies

- 3 round trashcans – each one a different color or marked with different colors.
- Small beach balls or large balloons (a lot of them).
- Pool noodles or wrapping paper tubes: one for every player.

## How to Play the Game

*Note: The goal of this game is to create “controlled chaos” and confuse the students.*

Divide preteens into 3 groups.

Each group will be a different color based on the color of the trashcans.

Spread out your trashcans in a large triangle.

Give each student a pool noodle.

Lay out balloons or beach balls all around the trashcans.

On go, teams will try and get a balloon or beach ball into any of the other team’s trashcans.

If they succeed, one player from that team will immediately join the team who just scored on them.

Continue this for 2-3 minutes.

At the 2-3 minute mark, yell out change # 1 and rotate trashcan triangle to the left one time.

Change #1: You can only score in the can on the right of your team's trashcan. If you succeed, your team gets one of their players. If you score in the wrong trashcan, you lose a player on your team.

Continue playing for another 2-3 minutes.

At the next 2-3 minute mark, yell out change #2 and rotate trashcan triangle to the left one time.

Change #2: Only score in the can on your right. If you succeed, your team gets one of their players. If you score in the wrong trashcan, you lose a player on your team.

Continue playing for another 2-3 minutes.

At 2-3 minute mark, yell out change #3 and rotate trashcan triangle to the left one time.

Change #3: Only boys can score to the right and girls to the left of their team color. If you succeed, your team gets one of their players. If you score in the wrong trashcan, you lose a player on your team.

Continue playing for another 2-3 minutes.

At 2-3 minute mark yell out final change: Rotate trash can triangle back to the original position and back to the original rules

If a team runs out of players feel free to draft some from a more powerful team to keep game going.

Feel free to make up any other rule changes. The object of the game is dealing with a lot of changes.

## **TEACH – How to Manage Change & Stress**

### **Say:**

Great game guys and girls! Hopefully things didn't get too confusing and crazy.

Everything seemed to be changing so quickly that I wasn't sure if you all would be able to finish the game.

I thought maybe you would just give up.

We sometimes want to give up when experiencing a lot of stress and change.

As preteens you are now entering a crazy time of life.

You experience a lot of change and stress, especially at school.

You are not little kids anymore and you're not quite teenagers.

Things at school are changing so fast for you; it can make you just want to give up and stop trying.

**Ask:**

- Who was ready to just give up in the game because of all the rules changing?
- Who had a hard time understanding the rule changes?
- How did you deal with everything changing?
- What some of the changes you are experiencing in school?

**Ask:**

- Has it been hard to deal with those changes?
- How are you dealing with the changes?
- Have you ever felt like no one understands?
- When you begin to feel this way where do you turn to?

**Say:**

Thanks for all your honesty.

This stage of your life can be one of the hardest times of your life.

However, you are not alone!

Look around this room. Everyone has dealt with or is dealing with the same changes.

Also, there is nothing you are dealing with that God does not know about and does not want to help you with.

When you experience a lot of change and stress, you can turn to God for help.

Let's see what he has to say about dealing with change.

**Read Joshua 1:9:**

“Haven't I commanded you? Be strong and courageous. Don't be afraid. Don't be dismayed, for Yahweh your God is with you wherever you go.”

**Say:**

Know that you are never alone, God is always there, and there is nothing he is afraid of or too tired of to help you with. Have courage to push through the craziness and not give up because God is always with you.

**Read Philippians 4:16-18:**

“In nothing be anxious, but in everything, by prayer and petition with thanksgiving, let your requests be made known to God. And the peace of God, which surpasses all understanding, will guard your hearts and your thoughts in Christ Jesus.”

**Say:**

Even here God tells us not to be anxious but to pray to Him and let Him know how you are feeling.

He will give you peace, which is greater than anything you can imagine.

No matter how crazy things are or how much is changing and you are freaking out and ready to give up, God is always there.

**Ask:**

Have your preteens get back into their original teams.

Ask if any of them want to share something they are dealing with specifically at school and pray students.

Have a leader help each group pray for one another.

# Kool-Aid Gummy Dunk N Slide

**Topic: Valuing Others**

**Bible: Psalm 139:13-16**

## Supplies

- 3 large kiddie pools
- Large bags of gummy worms and gummy bears of all different colors
- Three different colors of Kool Aid mix (enough to color a kiddie pool of water)
- 3 small buckets
- Large roll of plastic sheeting
- Shaving cream and balloons

## How to Play the Game

Lay out plastic sheeting and begin to water it down to make slippery.

Fill the three pools with water and add a different color Kool-Aid to each until the color is strong enough.

Put an equal number of gummy worms and bears in each pool, colors do not matter.

Divide your students into three teams and line them up on the opposite end of the plastic.

On go, one student from each team will run or slide down to the pools.

They will choose any pool and dunk their head in and fish out a gummy. They can only take one, and they cannot spit it back into the pool.

Only one student is allowed at each pool.

Gummies are worth different points:

- Green Worms: 5pts
- Red Worms: 3pt
- Yellow Worms: 2pts
- All but red gummy bears are worth 1 pt a piece
- Red gummy bears are minus 1pt

Once they get a gummy they run back to their team and put it in their team's bucket. A leader will add their points up as the game goes on.

The winning team is the team who reaches 50 pts., first.

**Say:** That looked like it was harder than it sounded. But the biggest question I have right now is, what is your favorite Kool-Aid flavor? Mine is (your favorite Kool-Aid flavor), but the color really doesn't matter as long as it has enough sugar in it.

**Ask:**

- What did it feel like when you got just a gummy bear?
- What did it feel like if it was red?
- As you were getting closer to 50 pts did you take extra time to choose a gummy that was worth more points?
- How do you choose friends?
- What makes one-person worth more than another when it comes to people to hang around?
- Are you worthy to be someone's friends?
- Have you ever felt like a red gummy bear, someone that's not as important as others?

**Say:** The world is the most common place we turn to when we begin to determine the value or worth of having someone as a friend. We then begin to think of others as unworthy, or lower than us.

**Ask:**

- What does the world tell us makes a person worth more?

**Say:** There is something amazing I want to let you all in on. God designed and created you in His image. This does not mean you look exactly like God, but you are designed and created to be like Him. When we break this down and try to define our worth or value, it is very easy to figure out. No one is worth more than another because God values everyone the same.

**Read Psalm 139:13-16:**

“You made all the delicate, inner parts of my body and knit me together in my mother’s womb. Thank you for making me so wonderfully complex! Your workmanship is marvelous—how well I know it. You watched me as I was being formed in utter seclusion, as I was woven together in the dark of the womb. You saw me before I was born. Every day of my life was recorded in your book. Every moment was laid out before a single day had passed.”

**Say:** God designed each of us differently, but He did not create one to be better than another. He values each of us the same even though we are different. When you are starting to put value judgments on others, remember that God loves everyone and values everyone the same, no matter what. It is ok to not want to be friends with everyone, but you still need to respect them and love them.

**Ask:**

- Have you ever know someone that just annoys you for some reason?
- How do you treat this person?

**Close:** Have students take some quiet time alone to pray about the person that they thought about. Encourage them to ask God for forgiveness for the way they treated this person. Tell them that they need to also talk to God about how they value others.

# Triple Blindfold Obstacle Course

The preteens in your ministry can't follow Jesus alone.

They need to be in relationship with others their age who are following Jesus.

They need to be in community.

I like to define community as "Doing life together with God in the picture." I got this terminology from Willowcreek Church many many years ago. It communicates the essence of Biblical community.

## **In the context of a preteen ministry, community means...**

Students are in relationship with peers and leaders (doing life together).

God is the center of those relationships (with God in the picture).

## **Community is a place where preteens...**

Know others and are known

Accept others and are accepted

Pray for others and are prayed for

Celebrate others and are celebrated

Encourage other and are encouraged

When students are in community, their relationship with God flourishes.

So, in order to help your students get the idea of community, we came up with a free lesson on the subject.

It includes a fun activity, teaching and discussion questions.

Enjoy!

***Nick Diliberto, The Preteen Ministry Guy***

## **Topic: Community**

### **Bible Passage: Ephesians 2:19**

### **Game: Blindfolded Obstacle Course**

#### **How to Play the Game**

Set up an obstacle course/maze that all students can go through.

Play 3 rounds of the obstacle course race.

**Round 1** — Participants must navigate the course blindfolded on their own.

**Round 2** — Participants may choose a friend to be a “guide” and shout directions from the finish line, but they cannot make contact.

**Round 3** — The “guide” can lead the blindfolded participant any way they choose. This includes holding their hand, pushing them from behind, or even carrying them through the course on their back.

#### **After the activity, ask the following questions:**

- For those of you who were blindfolded, which round was the hardest and which round was the easiest?
- What made Round 1 so difficult?
- What was the major difference between Round 2 and Round 3?
- For the whole group, what worked best to navigate the course in Round 3? Was there anything that would've worked better than what our guides did? (Holding hands, walking beside them, walking behind them, picking them up and carrying them)
- What are some other real-life activities that can be easier with help? (homework, chores, studying the Bible, serving others)
- On a scale from 1 to 10 (1 being not important and 10 being VERY important), how important is it for God's followers to serve and grow together?

## **TEACH – Community**

As Christians, we are wired to be a part of a family.

Not just a family with moms and dads, but a bigger family—the family of God.

We are brothers and sisters who share the same Father, God. We all need one another.

In fact, the phrase “one another” is used at least 58 times in the New Testament.

Love one another, serve one another, pray for one another, encourage one another, teach one another, submit to one another, and bear one another’s burdens—all of these are mentioned in the New Testament as it talks about the Family of God.

Listen to this passage.

### **Ephesians 2:19 says:**

“You are a member of God’s very own family and you belong in God’s household with every other Christian.” [paraphrased]

God has called us to assist one another and encourage one another as brothers and sisters.

We need to belong to a community like this.

Being in community means we’re doing life together with God in the picture.

We’re connecting with friends and making new friends...all who are following Jesus.

We’re connecting with our leaders at church, who help us grow closer to our relationship with God.

However it’s more than just hanging out and having fun. We’re placing God the center of our relationships.

We’re praying for our friends (and getting prayed for).

We’re encouraging and uplifting our friends (and getting encouraged and uplifted).

We’re accepting each other as-is (and being accepted as-is).

We're celebrating the good stuff happening in each other's lives.

**There are many reasons why being in community is so important, but we're just going to highlight three of them.**

**1. I need to be in community because...I need to grow spiritually.**

God has called each of us to grow in wisdom and knowledge of Him. This is impossible to do alone. We need to be with other believers who can encourage us and hold us accountable.

**Read Hebrews 10:24**

This verse instructs us to think of ways that we can encourage each other in our spiritual growth. We should be thinking of what we can do or say that will encourage others to live according to God's will.

**Read Hebrews 3:13**

This verse calls us to hold one another accountable to sin. Being in community means that we encourage one another to live a life that is pleasing to the Father.

**2. I need to be in community because...more can be done together than can ever be done alone.**

There is always strength in numbers. This is true for Christians. There is power that comes in community.

**Read Matthew 18:19-20**

The power of God is unleashed when meet together in community.

This verse shows us that Christ is there with us, and He is listening to us pray together.

There is power in this promise.

### **Read John 13:35**

The world sees the love that we share as a group of preteens in community.

When we encourage one another and pray with one another, the whole world sees it and knows that we are part of God's family.

Think about this, being in community is a testimony to the entire world that Jesus Christ has changed your life and He can do the same for them.

### **3. I need to be in community because...God designed me that way.**

Being in community is not just a good idea; it's the way God designed us.

Scripture tells us that God gives us spiritual gifts when we become a Christian, and these gifts are to be used to serve other believers.

### **Read 1 Peter 4:10**

### **Read 1 Corinthians 12: 12-14**

God has given every believer a set of gifts, and He wants us to work together, by using our gifts, so that we can accomplish His mission.

We need to be in community so that we can fulfill our role—our part—in the body of Christ

### **Galatians 6:10 says:**

“Let us do good to all people, especially to those who belong to the family of believers.” We should be thinking of how our words and our actions build up other believers. God had commanded us to be a part of a small group community. We need to obey His command because we need to grow spiritually and there is so much power that comes through our community.

### **End in prayer**

# Whipped Marshmallow Grab

**Topic: Greed**

**Bible: Philippians 4:11-13**

Teach students about greed with this awesome activity, lesson and discussion questions. So much fun!

## Supplies

- Marshmallow (medium or large sized)
- Whipped cream
- If you want to go with a less messy version, then substitute the whip cream and marshmallows with individually wrapped pieces of candy (ex: Jolly Ranchers, etc).
- Something to mark a dividing line, diving the group in half (ex: masking tape, orange cones or swimming noodles)

## Game: Whipped Marshmallow Grab

Mark a line dividing the playing area in half.

Divide the group into two even teams.

Throw on the ground an even amount of marshmallows on each side.

Top the marshmallows off with whipped cream.

*(Note: for a less messier version, use inexpensive individually wrapped candies)*

On GO, players run to the opposing team's side, grabbing up to two marshmallows at a time and bringing the marshmallows back to their side of the playing area.

If tagged while on the opposing team's side, players drop the marshmallows in their hands and travel back to their side empty handed.

Once back on their side, players can continue to grab more marshmallows.

The team with the most marshmallows on their side at the end of the game wins.

Play for as long as you want, then end the game when time is up.

**(Note: Some players might attempt to grab more than two marshmallows at a time. If that happens, it's okay. You're actually setting up that opportunity as a teachable moment.)**

**After the game, say:** The goal of the game was to be greedy and grab as many marshmallows as possible.

Some of you were accused of grabbing more than two marshmallows at a time.

And if you played by the rules, you were probably at least tempted to grab more.

Others were accused of not going back to your team's side when tagged.

Chances are almost everybody was tempted not to go back when tagged.

This game is a picture of what happens when you're greedy.

When you're greedy, you are mean, you fight and you argue.

Instead of being greedy, learn to be happy with what you do have.

Learn to rely on God's power to be content.

Not just in a game you play at church, but in everyday life.

### **TEACH – Greed**

Greed is when you have a strong desire to have more of something that you really don't need.

Greed is a selfish desire.

Being greedy isn't healthy because you're always chasing after the next bigger or better thing.

You're never happy with what you have.

You're only thinking of what you want, regardless of how your desire or actions affect others.

You don't care if you hurt others to get what you want.

You're irritable, rude and impatient.

You want it all and you want it right now.

The interesting thing about greed is the more you get, the more you want.

Your desire for bigger and better is never satisfied!

**God has a different way for us to live.**

Instead of being greedy God wants us to be content, which means to be happy with what we do have.

**Read Philippians 4:11-13**

"I am not telling you this because I need anything. I have learned to be satisfied with the things I have and with everything that happens. I know how to live when I am poor, and I know how to live when I have plenty. I have learned the secret of being happy at any time in everything that happens, when I have enough to eat and when I go hungry, when I have more than I need and when I do not have enough. I can do all things through Christ, because he gives me strength."

**Say:** In this passage, Paul says he learned the secret of being content.

We can do anything with God's help, who gives us strength.

Instead of thinking that the next bigger and better thing will satisfy you, realize the key to happiness is to be content with what you do have.

Ask God to give you the power to be content and He will.

Focus on what you do have, not what you want.

(Feel free to elaborate on this point in your own words.)

(Use a personal example of when you struggled with greed. Talk about how it affected you and those around you. Then share what you learned through the experience.)

### **Small Group Discussion**

**Discuss the following questions in small groups:**

- Why do you think it is easier to be greedy rather than content?
- Talk about a time when you (or someone else you know) was greedy?
- How can being greedy be bad for you?
- What are the benefits of being content (being happy with what you do have)?

# Life Saver Swing

**Topic: Focus on Jesus**

**Bible: Hebrews 12:1-3; James 1:12; Galatians 6:9; Romas 2:7; Hebrews 10:36**

## Supplies

- one piece of string (about 2-3 feet long) per two players
- one Life Saver candy (the gummy ones work best) per two players

## How to Play the Game

Break preteens up into groups of two. Tie a Life Saver on the end of a string 2-3 feet long. The other end of the string goes in the mouth of one player, who swings their head around attempting to get the Life Saver in the mouth of their teammate. The player attempting to get the Life Saver in their mouth cannot use their hands. Once in their mouth, the player bites off the Life Saver from the string. The team that does this first wins.

## After the game, ask:

- What did you like about that activity? Explain.
- What was difficult about that activity? Explain.
- What can this activity teach you about persistence (or perseverance, focusing on Jesus, keeping your eye on Jesus, etc.)?

# Marshmallow Toe Relay

**Topic: Teamwork, Body of Christ**

**Bible: 1 Corinthians 12:12-26**

## Supplies

- Mini marshmallows
- Paper plates
- Optional: chocolate syrup or maple syrup

## How to Play the Game

Break preteens up into groups of 8-10. Have each group sit on a chair (or on the ground) in a line, side by side their teammates. Players should have their feet out in front of them. Place a paper plate in front of each player. Tell students to take off their socks and shoes. The player at the end of the line has a large stack of mini-marshmallows on their plate, and all the other players have an empty plate.

On “go”, the player at the end of each line grabs as many marshmallows as possible with their feet and toes, placing the marshmallows on the plate of the teammate next to them. Marshmallows that don’t make it on the plate are dead and can’t continue on.

The player at the end continues to grab and pass marshmallows with their feet and toes until they are all gone. The marshmallows continue down the line to each player. The first player in the line is piling up the marshmallows that made it on their paper plate.

The team that has the most marshmallows on the first player’s plate at the end of the game wins. Give the winning team a bag of marshmallows to share.

## Optional:

If your group wants to get messy, add chocolate syrup or maple syrup to the pile of marshmallows. Be sure to have something to wipe off their feet if you choose this option.

**The Point:**

Do the game just for fun as an ice-breaker or use it as an opening activity on the topic of Teamwork on the Body of Christ. Talk about why it is important to work together, just like in the game – everyone has to do their part.

# Angry Potatoes

**Topic:** Anger

**Bible:** Ephesians 4:26-27

## Supplies

- Potatoes
- Sling shots
- Raw spaghetti
- Marshmallows
- Black sharpies

*Note: If you have a large group, then you might want to have two groups of students do this activity upfront on the stage.*

## How to Play the Game

Break up students into groups of 3-4.

Give each group a few minutes to build a tower using marshmallows and raw spaghetti.

If you want, have students compete to see who can build the highest tower.

Give each group 2-3 potatoes.

Instruct students to write down on the potatoes with sharpies what makes them mad. It could be specific situations, actions or people.

Assign each group the task of knocking down another team's tower. The goal is to be the first team to knock down a tower. (But be sure to have the activity continue until all the towers are knocked down.)

The towers are knocked down by placing the potatoes in a sling shot and shooting them from 15-20 feet away.

(Optional: If a sling shot is not available, then have players simply throw the potatoes at the towers).

Award the winning team a prize.

**After the game, say:**

This game is a picture of what can happen when we're angry.

On our potatoes we wrote down things that made us mad.

Those very things (the potatoes) were used to destroy something.

Just like anger has the power to destroy, tear down and hurt others.

**Read Ephesians 4: 26-27:**

"And don't sin by letting anger control you. Don't let the sun go down while you are still angry, for anger gives a foothold to the devil".

**Small Group Discussion Questions:**

- What did you write down on your potatoes? Why does it make you angry?
- What does "don't let the sun go down while you are still angry" mean to you?
- How can anger be a "foothold" for the devil...and what does "foothold" mean?
- How can we deal with our anger in a healthy, rather than destructive way?

# Human Battleship

[Click here to Watch a Video of the Game](#)

## Supplies

- Folding tables or stack of chairs
- Balls

## How to Play the Game

- Split into 2 teams and make a room divider. When we played, we used folding tables as a divider. That way, students couldn't see the location of the other team. But a stack of chairs will work just fine too.
- Students throw balls in the air attempting to hit players on the other side.
- Players are eliminated if hit by a ball, even if it bounces first. Players have to stay still and can't move around. Players have to keep backs to the ground.
- When hit, exit the playing area and help toss balls back in play for teammates.
- In order to win, you must eliminate all the players on the opposing team.

# Glow in the Dark Pillow Fight

Have students dress in all black and bring a pillow with a pillow case. No memory foam pillows! Those are seriously dangerous.

## Supplies

- You'll need thin balloons (easier to pop or regular balloons can work)
- 2 inch glow sticks (1 per balloon)
- Glow in the dark bracelets or necklaces (1 per player),
- Duck tape (or glow tape)
- Black sheets or butcher paper to cover all windows.

## Game Prep

Cover up windows with butcher paper or black sheets. Blow up the balloons and place the glow sticks inside them.

## Optional Supplies

Black lights

Glow tape

Strobe light (We had to put our strobe light away due to a student with epilepsy).

## How to Play the Game

Blow up balloons, put a glow stick in the balloon and tape it to the backs of students! The idea is for students to put the balloons taped on the back of other players.

You can set up as a single elimination game (once your balloon pops, you're out) or a team competition (organize teams by balloon color). Either way, we suggest playing several rounds.

You can build an entire event around this game or even play it on Wednesday night service or weekend service.

# Powdery Snowball Fight

This is an outside game. Play it in parking lot or open field.

## Supplies

- A lot of pantyhose legs. (We suggest buying them new from Walmart in those plastic eggs for about 50 cents each).
- Lots of flour (a couple of the huge bags work well).

## Game Prep

Fill each pantyhose with flour (the size of your fist or a little bit smaller), tie off the ends and cut the excess off. Make sure to tie it so that you can untie and refill the pantyhose.

Have all students wear all black - if that isn't possible, that's ok, it still shows up on other colored clothes.

## Here are a few different ways to play the game:

- All players line up shoulder to shoulder on one end of the playing field. Players need to run to the other side of the playing field without getting hit. Designate two players in the middle who are armed with "powdery snowballs". As players run across the field, the two players in the middle swing around the "powdery snowball" attempting to hit players. If hit, players are armed with a "powdery snowball" and hit other players. For each round, players run from one end of the field to the other. Once they reach the other side, they are safe. Continue until one person is left. Then, play again.
- Play like dodgeball, but use the "powdery snowballs" instead of balls. Don't know how to play? [Learn how to play dodgeball](#)
- Every player for themselves. Spread out students around the playing area. Everyone attempts to swing and hit other players. If hit, players are eliminated. Continue until only one player is left. Then, play again.

**Note:** The “powdery snowballs” do have the potential to hurt, so tell students to not swing or throw too hard. Warn students to not hit in the head. If they do, then they have to sit out of the game for a few minutes.

# Marshmallow Baseball

Same rules as baseball, but with a twist.

## Supplies

- Use camp fire size (biggest) marshmallows instead of baseballs
- Giant plastic bats instead of regulation baseball bats.

## How to Play the Game

We played in our gym so the marshmallows didn't get too nasty, but it can be played anywhere.

Also, the big marshmallows are soft enough for players to throw at other players to get an out. So, as players catch the marshmallows from a hit, the infielders (or outfielders) can throw the marshmallows at the batters.

If hit, they are out. Of course, players can still tag the batters as well, like traditional baseball.