

# FOS1 - RESOURCES:GAMES

## ▶ Session 1: Introduction

### Fruit Salad

Spread a parachute on the ground and ask the children to all stand around it. Going around the circle, give each child a different fruit name (use 4-5 options depending on how many children you have) When their fruit is called they have to run under the parachute and swap places with someone else. When the leader shouts 'fruit salad', everyone has to run and avoid being trapped under the parachute.

### Apple, Apple, Pear

Similar to duck, duck, goose – but change the words to apple, apple, pear. One person is "it" and walks around the circle. As they walk around, they tap people's heads and say whether they are an "apple" or a "pear". Once someone is the pear they get up and try to chase "it" around the circle. The goal is to tap that person before they are able to sit down in the pear's spot.

## ▶ Session 4: Peace

### Toss the boat 'parachute'

Spread the parachute on the floor with the children sitting around it. Use a small plastic container such as an ice cream tub) or a small toy to use as a boat.

To play, place the boat in the middle of the parachute. Get the children to move the parachute up and down to create a wavy sea. The aim is to keep the boat in the sea. Get the children to take it in turns to shout "Peace, Be Still". You could indicate whose turn it is by tapping them on the shoulder. When they shout this, everyone has to stop and make "the sea" be still.

### Running Quiz/Games

Start in the centre of the room for each question. Highlight which side of the room the children should run to for True and False. Read each statement out. Explain to the children, if they think the statement is true, they should go to the "true" side of the room and smile. If they think the statement is false, they should go to the "false" side of the room and frown.

#### Read the following statements:

Jesus was busy at the side of the lake telling the crowd stories and teaching them. [T]  
Jesus was with the disciples in the boat. [T]  
The boat was on the Atlantic Sea. [F]  
All night the lake was calm. [F]  
Water started filling the boat. [T]  
Jesus helped the disciples scoop out water from the boat [F]  
When Jesus spoke the wind and lake calmed [T]  
When Jesus woke up he was angry. [F]  
The disciples were in awe at what Jesus had done. [T]

## ▶ Session 5: Patience

### The Waiting Game

Set a watch or stopwatch - the challenge is for the children to guess when two minutes are up (for anchors you could make this one minute). The children are to stand while they count and sit down when they think two minutes are up. Whoever is closest wins. Encourage them to patiently wait.

## ▶ Session 6: Kindness

### Musical Pair Chairs

Place two rows of chairs back to back. Put the children in pairs – each pair then sit back to back. When the music plays the children from each row stand up and form a circle and spin around. When the music stops each child must get back to their chair and sit back-to-back with their original partner. The last pair sitting down, are to stay seated for the rest of the game. Keep going until there is one winning pair.

## ▶ Session 8: Faithfulness

### Do This Do That

Either a leader can call out the instructions or let the children take turns.



### Simon Says

Similar to 'do this do that' except children copy only what Simon says.

### Pass the Parcel

Wrap a small gift in different coloured paper (you can add a forfeit on each layer if time allows). This will teach the children to wait patiently on their turn.



### What's the time Mr Wolf?

A leader or a child can act as 'Mr Wolf'. The wolf stands at one end of the room with his back to the rest of the group. Group should be at the back of the room, side by side in a line looking towards Mr Wolf.

Children call, "What's the time, Mr Wolf?" Mr Wolf responds by calling out any time (between 1 and 12 O'Clock).

The children take that number of steps towards Mr Wolf eg 2 O'clock is 2 steps. Repeat several times and children will move closer to Mr Wolf. At any time, Mr Wolf can change his response to 'dinner time', turn around and try to catch one of the children. The player who is caught becomes the next Mr Wolf and the game continues.

(another game on next page)

## Port/Starboard

A leader is the 'captain' and the children are the crew. The captain calls out commands and the children follow the instructions. Last child to follow the instruction is 'out'. (Alternatively, just play as a game with everyone 'in' until they're tired.)

Start with the crew lined up in the middle of the room. Here are some commands to get you started:

Port - Crew run to the left of the room.

Starboard - Crew run to the right of the room.

Bow - Crew run to the front of the room.

Stern - Crew run to the back of the room.

Midships - Crew return to the middle of the room.

Captain's Coming - Crew stand to attention and salute.

Scrub the decks - Crew drop to their knees and pretend to scrub the floor.

Climb the rigging - Crew pretend to climb a ladder.

Man Overboard - Crew hold on to a partner.

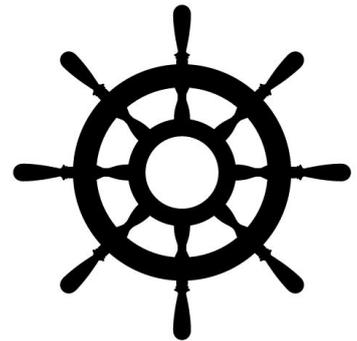
Man the lifeboats - Crew get into pairs, sit and pretend to row.

Bombs Away - Crew crouch down with hands over their heads.

Walk the Plank - Crew shout "splash".

Seagull Attack - Wave arms frantically in the air.

Sharks - Get to side of hall and off floor.



## ▶ Session 9: Gentleness

### Follow the Leader

Have all the children stand at the back of the hall with a leader in front of them. The leader is to walk up the hall in front of the children. They take a certain number of steps counting out loud e.g. one, two, three, four, five. The children copy and come behind the leader taking the same number of steps while shouting out the leader's name 3 times. The leader continues, with different numbers of steps each time. Then they suddenly shout, "I just want five minutes peace". They turn and chase the children back down the hall, trying to catch one. After the children have tried this a few times, one of them could take a turn at the front.

### Gentle Balloon Toss

Give each child a blown up balloon. Explain that gentleness is something we have to practice every day so that we can get better at it. When we practice gentleness, it gets easier to treat people gently. When we treat others gently, they will often begin to treat us more gently too. This game requires us to be gentle.

Divide the group into two teams that face each other. Instruct the children to gently toss the balloon back and forth between the teams, making sure to keep it off the floor and keep it from popping.