



LIFESKILLS GAME

“Brush With Caution”

This game lets students have fun with toothbrushes and floss.

What do we need?

- Floss (2 containers)
- Toothbrush (2)
- Toothbrush holder (2)

How do we play?

1. Have four students come up to the front of the room and partner up so there are two teams of two players.
2. Have the partners stand about 10 feet apart from one another.
3. Give them 2 strands of dental floss that they hold between one another: one in their right hands, and the other in their left.
4. Have them kneel down so the floss is lying on the floor.
5. In the middle of the two players place a toothbrush holder/container on the floor.
6. Place a toothbrush across the strands of dental floss approximately 1 foot away from one of each of the partners.
7. When the leader says go, teams begin moving (or lifting) the floss to nudge the toothbrush to the middle between the partners and above the holder on the floor.
8. The object is to get the toothbrush to move across the floor, then up into the container.
9. Toothbrush may land in any orientation in the holder but credit will not be given for a brush simply resting across the top of the holder.
10. Whichever team completes the task first wins.

ROOTS CLOSE

There is so much pressure to look a certain way. We see people on TV and think we need to look like them or dress like them.

But if you really think about it, a person’s appearance doesn’t define who they really are. It’s like that old saying: *don’t judge a book by its cover*. And that’s true—we shouldn’t judge people by the way they look like on the outside. We should discover who they truly are on the inside because that is what really matters.

Let’s read **1 Samuel 16:7** (*read it out loud*). People often look at the outward appearance. But we have to remember that outward appearances can be misleading. Have you ever met someone who looked good or dressed really cool or really pretty? On the outside they had it all together but you got to know them and they were a total jerk? No one wants to be friends with someone like that.

But this verse says that God looks at the heart. He looks right past what you wear, your body shape or size, your haircut, and sees right into who you really are. He sees our hearts, and we need to learn to do that also. Start getting to know people for who they really are and not what they look like.

Remember that you aren’t defined by what you look like, but rather who you are on the inside and who God has made you to be. So stop worrying about what people want you to look like and start focusing on who God has made you to be.

Let’s pray.

VIDEO: ROOTS SEGMENT 5

CHALLENGE/ANNOUNCEMENTS

Insert any announcements that pertain to your particular campus.

Focus on who you truly are on the inside and live it out with the people around you. Try not to judge a book by its cover, but get to know others for who they really are on the inside.

HANGOUT



WEEK 16

Body Image

HANGOUT (15 minutes)

ROOTS VIDEO-Segment 1 (1:15)

WORSHIP (20 minutes)

ROOTS VIDEO-Segment 2 (1:31)

GAME TIME (15-20 min)

ROOTS VIDEO-Segment 3 (2:27)

TALK IT OVER (20 min)

ROOTS VIDEO-Segment 4 (2:45)

LIFESKILLS CLOSE (3 min)

LIFE SKILLS GAME (15-20 min)

ROOTS CLOSE (3 min)

ROOTS VIDEO-Segment 5 (:33)

CHALLENGE/ANNOUNCEMENTS (2 min)

HANGOUT (15 min)



HANGOUT

VIDEO: ROOTS SEGMENT 1

WORSHIP

VIDEO: ROOTS SEGMENT 2

GAME TIMES

“Pick a Package”

It is easy to focus on what's outside. We are very quick to judge people by their appearance. Sometimes we even dislike ourselves because of what we see in the mirror. But God cares more about what is on the inside. We need to stop judging a book by its cover or in this case, a package by its wrapping.

What do we need?

- Gift bags (5)
- Paper lunch bags (5)
- Random items/prizes: (10)
 - Roots t-shirt
 - Roots stickers
 - Banana/orange peel
 - Ball of tape
 - Candy
 - Garbage
 - Gift card

How do we play?

1. Have students come up to the front one at a time.
2. The leader will have a brown paper bag in one hand and a nicely wrapped present (in a nice gift bag) in the other hand.
3. The student will have to choose between the two packages.
4. Whichever package they choose, they get to keep.
5. Repeat for multiple rounds with different students.
6. Sometimes the nice package will have the more valuable contents, but other times the poorly wrapped package will have the valuable contents in it. (One may have a gift card while the other has a banana peel.)

*Leader: put some of the nice items in the nicely wrapped boxes and others in brown bags. Crinkle up the brown bags so they look pretty bad.

VIDEO: ROOTS SEGMENT 3

TALK IT OVER

SMALL GROUP QUESTIONS

1. What are all the different styles you see in your school? What kinds of things are people wearing?
2. What style do you like to wear? Why?
3. What are things that make someone look cool? Why?
4. What is one thing you like about the way you look?
5. What is one thing you don't like about the way you look?
6. Do you think how someone looks is important? Why or why not?
7. With your Bible or Bible App, find **1 Samuel 16:7** and read it together as a group.
8. According to this verse, what do people look at and then what does God look at?
9. What does it mean that God looks at the heart?
10. What are some things you can do to live out what God sees inside us?

VIDEO: ROOTS SEGMENT 4

LIFESKILLS CLOSE

Does anyone know how long you should brush your teeth for? (*Let a few students guess. Correct Answer: 2-3 minutes.*)

Okay, so we all know it's important to brush our teeth. Good oral hygiene fights cavities, gingivitis, even heart disease, and gives you good breath. But our teeth aren't the only things we should take care of.

First impressions are really important, although they aren't the only things that matter. You are at that age where you need to begin to think about taking care of yourself. Specifically, how you present yourself to others.

It's good to smell nice and be clean when you leave your house. And this will only become more important the older you get. You will probably have a job one day, and no one will want to work around someone who is smelly!

Like we talked about earlier, brushing and flossing our teeth are one part of taking care of our bodies. Because God gave them to us, it honors God when we take care of ourselves.

So, keep brushing your teeth every day, in the morning and at night.

Now let's have a little fun with it!

Next Up: LIFESKILLS GAME

Continued on back...