



Loop



ACTIVITY GUIDE

Week 3: *Unstuff Your Heart*
Generosity

Follow the Leader

This activity helps illustrate giving up your own way and following Jesus.

Activity Objective

Pay attention to the leader so you can copy their every move—or you're out!

You'll Need

- Filled Gift Box (1 per team)
- Empty Gift Box (1 per team)

Note: If your campus only has four boxes, you'll just have two teams. Each team needs two boxes, so divide accordingly.

Instructions

Before the Activity:

1. **Make sure** one of your boxes is filled with assorted items (pom poms, erasers, ping pong balls, etc.). If it is, you're good to go!
2. If your box isn't filled from the previous experience, go ahead and **refill** half the boxes with the assorted items, making sure the same number of items is in each box.

Activity:

3. **Divide** students into teams. If you have a smaller experience, you'll just have two teams. If you have a large experience, divide into either three or four teams. (*But make sure you have enough boxes for each team to have two.*)
4. **Give** each team one filled box and one empty box.
5. **Have** each team **form a line** from the back of the room to the front of the room.
6. Each team **sets** the filled box on the floor next to the person closest to the back wall and the empty box on the floor next to the person closest to the front wall.
7. **Explain:**
 - We learned about unstuffing our hearts, so let's do an activity to see how fast we can unstuff these boxes!
 - When I say, "Go," the person closest to the filled gift box must reach down, grab **one** item out of the box, and start passing it down the team.
 - When it gets to the last person in line, they need to put the item in the empty gift box.
 - But you can only grab one item at a time.
 - The first team to empty their filled box into the other box, wins!
8. **Say**, "Go!" Students **start** passing individual items down the line to the empty box.
9. The first team to empty their filled box and get all the items into the box that used to be empty, wins!
10. **If time allows**, do the activity again, timing each team to see if they can beat their record and switching who is closest to the boxes.
11. **Explain:** This was a silly game to show that it can be hard to empty out the stuff from our lives. It reminds us that we need to unstuff our heart and focus on what matters most.