



ACTIVITY GUIDE

Week 2: Grow Up

Maturity

Baby Food Surprise

This activity helps show that we need to put away childish things—and childish foods.

Activity Objective

Finish the baby food as quickly as you can!

You'll Need

- Baby food pouches (2 per group)*
- Blindfolds (1 per group)

Note: *Make sure each group gets one vegetable baby food pouch and one fruity one. Also, make sure you collect the blindfolds at the end because we will reuse those. Throw away the leftover baby pouches.

Instructions

Activity:

1. Students **divide** into their small groups.
2. **Tell** groups to pick one person from their group to volunteer as tribute for the activity. Warn them to pick someone with a strong stomach!
3. Each group **sends** one person from their group to the front with their group leader. The emcee will **blindfold** each volunteer.
4. Each group **sends** one other person from their group to be the assistant.
5. **Bring out** the baby food pouches, giving one vegetable pouch and one fruit pouch to each blindfolded participant's assistant.
6. **Explain:**
 - This week, we're talking about growing up and getting rid of childish things. Let's practice by giving up childish foods!
 - Each blindfolded person will get two baby food pouches. One of them is way grosser than the other, but you don't know which one is which.
 - Another person from your group will give you a pouch, and you must eat it as fast as you can! Then, you get the other pouch.
 - The first person who finishes both baby food pouches, wins! Your whole group will get bragging rights.
7. When you say, "Go!" each assistant must **hand** an open baby food pouch to their blindfolded friend.
Note: *They don't get to tell the blindfolded friend which one they pick. So, the friend decides whether the person will eat the good or bad one first.*
8. The blindfolded person must **eat it** as quickly as possible. When they finish, they get the other pouch.
9. **Say**, "Go!"
10. The first person to finish the baby food pouches, wins!
11. **Explain:** This was a fun activity to remind us that we need to put away childish things. At one point in your life, you ate foods just like this, and it's what you needed. Now, it's gross because you're way too mature to eat baby food. A lot of things in life are kind of like that, so let's put away childish things and grow up.