



# Loop



## ACTIVITY GUIDE

Week 3: *Don't Sugarcoat It: Hard Times*  
Maturity

### Endurance Exercises

This activity helps illustrate building our endurance by doing hard things.

### Activity Objective

Complete a series of exercises with your small group to build your endurance.

### You'll Need

- No materials needed

## Instructions

### Activity:

1. Students **divide** into their small groups.
2. **Explain:**
  - We learned about building our endurance during hard times today, so let's practice building our physical endurance.
  - We're going to do a series of exercises together with our groups. Encourage your friends to keep going, even when it's hard!
3. The emcee **leads through** the exercises from the front of the room.
4. Have groups **spread out** so each group is close enough to encourage each other but far enough to have plenty of room.
5. **Read off** the exercises from the list below, mixing it up each time. Do this for as long as students keep going or for six-seven minutes.

### Endurance Exercises:

- Plank for 30 seconds
  - 10 push-ups
  - 10 sit-ups
  - 10 crunches
  - 20 jumping jacks
  - Wall sits for 30 seconds
  - 5 burpees
  - Run in place for 20 seconds
  - Floss for 30 seconds
  - Freestyle Fortnite dance for 45 seconds
  - Army crawl for 10 seconds
6. Students must **do** the exercises and encourage their group to keep going. If they take a break, they can jump back in because we're building our endurance!
  7. **Explain:** This was a fun activity to remind us that things will get hard sometimes. Just like those exercises, it can be hard to keep going. But we aren't alone. Your group was there to encourage you, and we know that when we go through hard things, God is still good and He won't leave us.