Loop

ACTIVITY GUIDE

Week 2: *Guard Your Heart*
Purity

Egg Relay Race

This activity is a fun way to show how filters can guard our hearts.

Activity Objective

Get your egg safely to the next person—*without* dropping it!

You'll Need

- Egg splat balls (1 per team)*
- Spoons (1 per team)*

Note: *Collect the egg splat balls and spoons at the end so that we can reuse them throughout the weekend. There are extras in your room in case a splat ball actually shatters or a spoon breaks.*

Instructions

Activity:

1. **Divide** the room into two or three teams, depending on how many students you have. Make sure you have the same number of students on each team.

2. **Tell** teams to line up and **send** half of the students to the left side of the room and half the students to the right side of the room, facing one another.

3. **Give** the first person on the right side of each team a spoon and an egg splat ball.

4. **Explain:**
   - We're going to do an egg relay race! We'll play two rounds, so pay attention to these rules.
   - **Round 1:** Every person on your team has to put the egg splat ball on the spoon and walk it over to their teammate on the other side of the room—*without dropping it*. It's not over until it's back to the person who started on your team.
   - But, here's the kicker. If you drop the egg, you have to turn around and start your turn over.
   - The first team to successfully get the egg through every person on their team, wins!

5. **Say**, "Go!" Students then have to **start** the egg race, getting the egg on the spoon safely to the other side of the room.

6. **Keep going** until a team finishes the relay race. **Congratulate** the winning team, but now you'll move on to Round 2.

7. **Explain:**
   - Now it's time for **Round 2**! We have the same rules as Round 1 *except* you get to use a "filter" to get your egg safely across.
   - The person behind you gets to walk next to you as you transport the egg. They can catch the egg if it falls so that you don't have to start over.
   - The first team to complete the race, wins!

8. **Say,** "Go!" and students start round two, using their filters.

9. **Keep going** until you have a winner.

10. **Ask:**
    - Which race was easier—the one with or without filters? What make it easier?
    - What are some filters that you can put in place to guard your heart?