

ACTIVITY PAGES

ACTIVITY #1 – THE PATIENCE GRID

WHAT YOU NEED: “Patience Grid” Activity Page, game tokens

WHAT YOU DO:

- Lay the “Patience Grid” in the middle of the group.
- Give each kid a game token.
- Show the kids that the top row of ten spaces on the “Patience Grid” is the start line.
- Instruct each kid to put their token in a square on the start line.
- Explain that you will read a situation out loud.
- Anyone who thinks it would be hard to wait in that scenario moves their token forward one block toward the finish line.
- As you read each situation, kids should move forward one block if that would be a hard situation for them to wait.
- Example situations (add any that are relevant and applicable for your kids, such as waiting for a local sports team to win a championship or waiting for a particular bus or train):
 - waiting for Christmas morning
 - waiting for your birthday party to start
 - waiting for a movie to come out
 - waiting for a special gift to arrive in the mail
 - waiting for your sister to get out of the bathroom
 - waiting for your dad to get home from work
 - waiting for your grandparents to arrive for a visit
 - waiting for your turn on a video game
 - waiting for your friends to be ready to play
 - waiting for your mom to be done with her work call
 - waiting for your teacher to answer your question
 - waiting for the cookies to cool so you can eat them
 - waiting for your favorite dinner to be ready
 - waiting for your favorite shirt or blanket to get out of the laundry

WHAT YOU SAY:

Let’s see who won! All right, who is closest to the . . . START line? Because that’s our winner! That’s right, [kid’s name] wins because they are practicing being patient. ***[Make it Personal] (Share a situation when you have a hard time waiting.)***

And in more serious situations, waiting can be hard and scary. When you have to wait, remember God is with you. When I remember that God is with me, it helps me wait. I know that I’m not alone, and I always have someone I can talk to!

ACTIVITY #2 – HULA HOOP RELAY

WHAT YOU NEED: 2 hula hoops

WHAT YOU DO:

- Have children split into two teams and hold hands to form a human chain.
- Hand the first child in line the hula hoop.
- When you say “Go,” the first child must put their whole body through the hula hoop and pass it onto the next child.
- Continue on until one team finishes with the hula hoop at the end of their line!
- Play as many rounds as time allows.

PRAY AND DISMISS

WHAT YOU NEED: No supplies needed

WHAT YOU DO:

- Take prayer requests and then pray together!

WHAT YOU SAY:

Today was great. There’s so much I need to work on when it comes to patience, but I’m thankful I can pray and talk to God about all of it. I want to be patient and make wise choices because I trust God. And it’s pretty obvious after hearing Esau’s story that ***[Bottom Line]*** if you don’t wait, it could cost you. Spend some time this week practicing patience even when you want to lose it!