

Balloon Hug Race

Materials

- ☐ Lots of medium-size balloons
- ☐ Large boxes or laundry baskets
- ☐ Optional: balloon air pump

Instructions

Divide students into teams. Have them line up on one end of the room. Place the balloons on the other end of the room in large boxes or laundry baskets. They can be all in one place or separated per team.

Students will take turns running to the balloons and picking up at least two of them. They will need to hug them tightly as they run back and hand the balloons off to the next person in line who will then run with the balloons, return them to the boxes, and run back to tag the next person in line. Repeat the round with the next two in line. The team to go through the line first wins.

Option 1: Have two students run together, pick up as many balloons as they can, and hug the balloons between them as they run back to start. There they hand off the balloons to the next two in line who take them back to the other side in the same way.

Option 2: Have students stand in a circle. Put all the balloons in the middle of the circle and allow students to see how many they can pick up and carry back to their place in the circle before time is up.

Suggested Discussion

Jacob was afraid Esau might be angry with him. When he heard Esau was coming with 400 men, he thought they were coming to attack him and his family!

But Jacob was surprised when Esau forgave him and hugged him instead. We played this balloon hug game to remind us that Jacob and Esau were reconciled. They hugged each other and could live in peace again.