

Slow Down!

Materials

- ☐ Two signs (following pages)
- ☐ Masking tape

Instructions

Print one copy of the “SLOW” sign and the “GO” sign. Have the students line up at one end of the room or hallway. Use masking tape or some other object to mark the finish line at the far end of the area. Explain that you are going to stand at the finish line and show them two different signs. When you hold up the “GO” sign, the students should run or walk toward you. But when you hold up the “SLOW” warning sign, they must slow down and move on tiptoes until you show the “GO” sign again. Play until students reach the finish line. Allow the first student to the finish line to hold up the signs for the next round. Play until time is up.

Smaller area option: If you don’t have a large area, have the students run and tip toe in place. Allow students to take turns holding up the signs.

Suggested Discussion

Sometimes people choose to ignore warning signs. But we must remember that warnings are a good thing. They help us do the right thing and help keep us safe.

In our lesson today, we saw that God sent Amos to warn the people of Israel to stop sinning and turn back to God. But they ignored the warning, and disaster came.



