

Sub for Me Game

Materials

- ☐ Action cards
- ☐ Container for cards

Instructions

Print and cut out two sets of the action cards and place them in the container.

Divide students into two groups. Have one group line up on one end of the room—the starting end. Have the other group line up at the other end of the room as in a relay race.

Draw a card from the container and read it out loud. Explain that the first student at the starting end of the room must do the action all the way to the other side of the room. It may be hard, but when he reaches the other side, he will touch the first person in line and say, “Sub for me.” Then he can go to the end of the line and rest. The “sub” will finish doing the action all the way back to the other side of the room.

Continue drawing cards and repeat with the next in line until the cards are gone or everyone has had a turn.

Suggested Discussion

That was a lot of work! It’s a good thing you had someone to sub for you. It would have been pretty hard to do all of those things yourself. Usually when people need a substitute, it’s because they can’t do something on their own. They need someone to substitute for them like when a teacher is sick or when a teammate gets hurt or tired in a game.

Now, think about our substitute, Jesus Christ. We are sinners, so there is no way for us to pay the price of our sin on our own. We need someone to help us. But Jesus never sinned—He is perfect. That’s why He could take our place—be our substitute—and pay for the punishment of our sins so we can be saved through faith in Him.

Hop on both feet

Hop on one foot

***Flap your arms
like a bird***

Crawl like a turtle

***Walk like an elephant,
using arms for a trunk***

Take baby steps

***Waddle like a penguin
with arms close to you***

Jog backwards

***March with
knees up high***

***Walk/squat down
low like a chicken,
use arms for wings***