

# Friends and More Friends

## Materials

- ☐ Action list (next page)
- ☐ Strips of paper with one student's name written on each
- ☐ Container for paper strips

## Instructions

*Print one copy of the action list for your use. Put the paper strips with students' names into a container. Clear a space in the room then choose a volunteer to stand in the middle. Choose one action from the list for the volunteer to do. Then say, "You will need a friend to help you with the next action." Have the volunteer draw a name strip from the container. Read the name out loud and have that student stand beside the first volunteer, linking arms together. Give the two volunteers an action to do. Remind them to keep their arms linked as they do it. Continue playing by drawing names of students one at a time to link arms with the previous volunteers and work together to complete an action. Play until all the students have completed an action all together with arms linked. Repeat actions or make up new ones as necessary.*

## Suggested Discussion

It was fun to do all those things with your friends. But it's a good thing we don't have to walk around with our arms together like that all the time, isn't it?

- ?** When you had your arms linked in our game, you had to be sure to help the others, didn't you? What would happen if some of you decided to just sit down and not help?  
*Allow discussion.*

That would make it really hard for the others to do what they were supposed to. Having good friends is important, but we need to remember to be a good friend too.

Jonathan was a good friend to David. Even though it was dangerous for him to warn David that Saul wanted to kill him, Jonathan cared enough about David to help by making sure he got the message.

# Actions List

*Volunteers should keep at least one arm linked while doing these actions together.*

1. Spin in a circle
2. Give your linked friend(s) a high five (those with a free hand)
3. Bow together
4. Use giant steps to walk to the wall and back
5. Jump up and down three times
6. Waddle like a penguin or duck to the wall and back
7. Skip to the door and back
8. Squat down then stand up
9. Balance on one foot for five seconds
10. Form a circle and sit down and stand back up