

GROUP ACTIVITY

This activity can be used in a small group at church or even with your kids at home!

Uplifting Balloon

Set up: Give each child a balloon and a permanent marker.

Say: (*Hold up deflated balloon for kids to see.*) Today we talked about how it's easy for people to feel like this balloon - deflated, defeated, and discouraged! But we also learned some ways to fill people up. We're going to play a game right now that will help us think of how we can give to people, help people, and encourage people!

Directions: Have each child draw a person on their balloon. When they have answered one of the questions below, they can blow two times into their balloon. Have them pinch the bottom of the balloon closed in between questions. When all the questions have been answered, have them tie off the balloon but don't tie off your balloon.

Question 1: Think of some people who don't have all the things they need in life. What are some things you can give those people?

Question 2: Think of some people who need help with something. What are some ways you can help those people?

Question 3: Think of some people who could use some encouragement. What are some things that you could do or say to encourage those people?

Say: Wow! Look how much bigger your person is on the balloon! They don't look as defeated and small as when we started! Look at what encouragement can do for others! (*Encourage kids to tie off their balloons.*) What would happen if we didn't take time to encourage others? (*Step away from the kids and release your balloon high in the air so it flies around and deflates.*) Look at my person now! Back to being deflated! Let's take some time this week to focus on encouraging others!