

# Through The Hoop

## Opening Activity

### Lesson 7 - I Will Obey Jesus!

#### PURPOSE:

This opening activity will demonstrate that we have rules for a reason and we need to follow them.

#### DESCRIPTION:

In this activity, the children will play a game in three stages. In the later stages, the teacher will start to remove the rules until the game does not even make sense.

#### MATERIALS NEEDED:

For this activity, you will need this Help Sheet, a white board or poster board, and a marker. For each team you will need a hula hoop. For each child you will need a small prize.

*Note: The prize could be candy, stickers, or some other small prize. Write the rules to the game on the board. You may write them before the children arrive, or as you describe them below.*

#### TO INTRODUCE THE ACTIVITY SAY:

1. I have a competition for you today. It is called, Through The Hoop.
2. It has some very simple rules that we can follow.
3. If we all complete the game according to the rules, you each will get a prize.
4. I'll explain the rules, and then we will play.

**For detailed instructions on how to lead the activity, watch the Training Video.**

#### DURING THE ACTIVITY SAY:

1. The first rule is that each team will use a hula hoop.
2. The second rule is that each team needs to stand in a line and hold hands without letting go at any time.
3. The third rule is that you have to go through the hula hoop until it reaches the end.
4. Now it is time to play Through The Hoop! On your mark! Get set! No, wait a minute.
5. I do not like that rule about holding hands. I don't think it is fun to hold hands with someone else. We are going to break that rule.

*Note: Cross the rule out on the board.*

6. Now it is time to play Through The Hoop! On your mark! No. No, wait a minute, again.
7. I still do not like all of the rules in this game. I think it would be easier to just pass the hoop to the next person instead of going through it. We are going to break that rule.

*Note: Cross out the rule on the board.*

8. That will be easier and much more fun.
9. Now it is time to play Through The Hoop! On your mark! Get set! Go!

*Note: Let the teams play. Then stop and continue.*

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10. Great job playing Through The Hoop. There's just one problem.
11. Remember when I said that if we played the game by the rules, you would all get a prize? Well, we broke the rules.
12. So even though the game might have been easier or seemed more fun to some people, we cannot get the prizes.

*Note: Re-write the rules back on the board.*

13. This time, let's play the game by the rules, so that everyone can have a prize!
14. Remember the rules. The first rule is that each team will use a hula hoop.
15. The second rule is that each team needs to stand in a line and hold hands without letting go at any time.
16. The third rule is that you have to go through the hula hoop until it reaches the end.
17. Now it is time to play Through The Hoop! On your mark! Get set! Go!

### AFTER THE ACTIVITY SAY:

1. What were the reasons that I wanted to break the rules? *(Make the game more fun. Make the game easier.)*
2. Sometimes we are tempted to break rules in life for the same reasons that I wanted to break the rules of this game.
3. We sometimes think that breaking rules will let us have more fun.
4. And we sometimes think that breaking rules will make things easier.
5. But, just like in this game, if we break the rules, we won't get a prize.
6. Today, we are learning about obeying Jesus. Just like this game turned out better when we obeyed the rules, our lives will turn out better when we obey Jesus.

### CLOSING STATEMENT:

We sometimes think that disobeying rules will make things easier or more fun. But when we broke the rules of the game, we didn't get the prize. In life, we need to obey the rules. Rules are there for a reason and when we obey things will turn out better.