



Gather:

Food time!

Then, break teens into groups using a deck of cards. We'll use the cards to break them into different teams (eg. All black cards, or hearts, or face cards).

Proclaim:

Read 1 Cor 12:27-31

Break:

Teambuilding activities

- **4- Legged table.** Teens must make a table out of themselves, like the picture below.



- **Helium Stick.** Have teens line up in two rows which face each other. Introduce the Helium Stick- a long, thin, lightweight rod. Ask participants to point their index fingers and hold their arms out. Lay the Helium Stick down on their fingers. Get the group to adjust their finger heights until the Helium Stick is horizontal and everyone's index fingers are touching the stick. Explain that the challenge is to lower the Helium Stick to the ground. The catch: Each person's fingers must be in contact with the Helium Stick at all times. Pinching or grabbing the pole is not allowed - it must rest on top of fingers. Reiterate to the group that if anyone's finger is caught not touching the Helium Stick, the task will be restarted. Let the task begin....
- **The Ground is Lava.** In Groups, teens must get from one side of the room, to the other. The trick: They can't touch the ground and must get their entire team across together,

only stepping on the paper we provide each team. To make things harder we will randomly tie blindfolds around member's legs, arms, or eyes. A blindfold signifies the loss of the use of that body part.

- **Trust Falls.** One partner falls backwards with other partner spotting. Variations include forward falls where partners extend arms and fall toward each other, connecting hands. This can be done from fairly far apart provided there are spotters ready to catch the fallers in the middle. (Note: Trust falls must be highly supervised)
- **Human Knot.** Each person grabs hands with two different people across a circle. Group works to untangle itself.

Large group wrap-up.

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