

Cray Cray Relay

Object: Divide each of your students into teams.

Supplies: 2 kiddie pools, 2 old pairs of scrubs, 2 goggles, 2 pairs of flippers, 2 hats, water guns, 2 toothbrushes, 2 twin size sheets, 2 pairs of long socks, water buckets, water hose, 2 typed or written lists with supplies checklist (1. Scrubs, 2. Flipper, 3. Flipper, 4. Hat, 5. Toothbrush, 6. Twin Size Sheet 7. Goggles 8. Sock, 9. Sock)

Preparation:

Have 2 kiddie pools that are spread out and filled with water. Place 1 set of each supplies item in the pools.

Explain to the students the object of this relay is for each player to run down to their kiddie pool and find one item on their list and bring it back to their line. Each team must continue this until they have all of their items. Once they have all their items, they must dress one of their teammates with all the items. Once the student is dressed, he/she will lay down in the center of the twin bed sheet. Two other teammates will grab each end of the sheet and carry their teammate over to the kiddie pool and set him/her into the pool.

*Optional - Give leaders a water hose, water guns, and water buckets to pour onto the students as they attempt this Cray Cray Relay!

Break It Down

Scripture: Proverbs 3:5-6 (NIV)

Main Point: Just like the Cray Cray Relay we have to follow God's instructions for us so that we can walk the path that He has set out for us! If we didn't have instructions or advice that was given to us, we wouldn't know how to do life the way God wants us to. He gives us His word so that we may be encouraged even when we feel tired, weak, and even confused, because let's face it, life can get CRAY CRAY sometimes.

Is it always easy to trust God? Explain? Why is it important for us to stay in His word?