



LOW-ENERGY GAME

Feets of Strength Olympics

[10 min]

Supplies

- upbeat music (optional)
- music player (optional)
- sticky notes (1 per child)
- bucket
- paper
- coins

Tips

- If you used the Music Video block, consider repeating the songs from today's lesson during the game. You can find the downloadable album [here](#).
- If your room is tiled rather than carpeted, do the running and hopping games before you ask kids to take off their shoes and socks. It will be less slippery!

Do Activities With Feet

Say: **Today we're exploring how God is all-powerful. When you're *that* powerful, you can do *amazing* feats of strength. Let's see what we can learn about God's power by trying our own feats of strength using...our feet!**

- Have kids remove socks and shoes and place them out of the way. Feets of Strength games you might play include the following:
- Leapin' Lizards: Kids leap to place a sticky note as high on a wall as possible.
- Hippyty-Hop: Kids cross the room in as few leaps as possible.
- Heel-to-Toe Race: Kids race around the room or around a course you've created using only heel-to-toe steps.
- Toe Golf: Kids start against one wall and use their toes to throw small paper wads at a bucket against the far wall. They toe-toss their paper wads from wherever the paper wads land until they get the paper wads in the bucket.
- Digit Discus: Kids throw coins as far as possible using only their feet.

Talk About It

Say: **Well done! Your feet *are* powerful! In fact, during the course of a day, they'll absorb the force of several hundred tons—and that's without leaping! Plus, when you run, your feet experience the force of up to *five times* your body weight.**

Ask: • **Tell someone near you something you appreciate about your sometimes-underappreciated, frequently forgotten feet.**

• If you were powerful enough to win any race, what race would you want to enter and win?

Say: If you exercise, jog, and practice running all day, every day, you'll become a more powerful runner. But no matter what you do, you'll never be as powerful as God. God is all-powerful. Nobody and nothing can equal or stand against God!

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