



Supplies

- upbeat music (optional)
- music player (optional)

Tip

- 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](#).

Create and Do Animal Exercises

Say: **God is all-powerful—and we like to be powerful, too. That's one reason people exercise: to be the strongest, most powerful versions of themselves. Let's see what we can learn about being powerful as we jump into a session of Animal Exercises!**

- Ask kids to spread out, preferably in a large circle so they can see one another.
- Explain that you'll call out an exercise and an animal. Kids will do the exercise as if they were the animal you mentioned. There's no "right way" to do each exercise, so allow for creativity.
- Keep the pace fast so this activity's energy stays high.
- Animal exercises might include the following:
 - lobster lunges
 - duck dives
 - snake slithers
 - squid squats
 - penguin push-ups
 - llama leg lifts
 - jellyfish jumps
 - rhino races
 - snail stretches
 - shark sprints
- Add your own, or take suggestions from kids.
- If you'd like, play upbeat music as kids play.

Talk About It

Have kids gather in their small groups to discuss these questions.

Ask: • **Which of these exercises did you find easiest? most difficult? Why?**

• If you could be 10 times as strong as you are today, what would you do with all that strength?

Say: It would be great to be so powerful that you could lift a school bus or sharpen a pencil with your teeth! But no matter how many penguin push-ups you do, you'll never be as powerful as God. God is all-powerful. God can create a universe and light a flooded altar on fire. That's power!

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