

Activity: Energy



Teaching Goal: Our actions add or take away energy from the family.

Scripture: Proverbs 10:1 A wise {child} brings joy to his {parent} but a foolish {child} brings grief to his {parent}.

Proverbs 11:25 He who refreshes others will himself be refreshed.

Proverbs 17:21 To have a fool for a {child} brings grief.

Proverbs 23:24 The father of a righteous man has great joy; he who has a wise {child} delights in him.

Materials: Balloon

- I Play theme song
- II Pray
- III Review last lesson
- IV Lesson and discussion

☺ Words that are written in **bold** are when you, the parent, are speaking. Feel free to use your own words.

A. **ACTIVITY:** Tell a story of your day emphasizing things that happen, both good and bad. When activities, conversations and behavior put energy into your day—blow a little air into the balloon. When activities, conversations and behavior take energy away—let a little air out of the balloon. Let the balloon “squeal” as you let out air which represents whining, complaining, etc. (For your convenience, a chart has been included that highlights key times in the day for children and parents when energy is often added or taken away.)

First, tell a story based on your interactions with one of the children. The balloon will help them visualize the kind of things that put energy into the family and the kind of things that take energy out of the family.

Second, tell the story of your day. Include stories from work or home when the children were not with you. Share how you may have made mistakes that took energy out of your day.

Third, give others an opportunity to inflate and deflate the balloon while they tell the story of their day from their perspective.

B. Talk about specific, recurring situations that continually sap energy out of the family. Give specific examples of actions, words, experiences that add energy to the family.

CAUTION: Too many energy zapping examples will turn Family Time into a negative experience!! Try to give three positive examples for each negative example used in the

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discussion. You do not need to cover every negative experience in this one activity. You will be able to apply this lesson throughout the week ahead.

C. OPTIONAL: Consider carrying a balloon around with you for the coming week. When you see a positive interaction that adds energy to the family, simply pull the balloon out and put in some air. When you see a negative interaction that takes away energy from the family, put a little air in the balloon and make a shrieking noise as you let the air out.

V. Memorize:

**Good behavior grows,
Bad behavior blows.**

VI. Close in Prayer

ENERGY CHART

A list of daily living activities that can either add energy to a family or take energy away.

Child	Parent
Waking up.	Waking up.
Brushing teeth.	First words to children.
Getting dressed.	Fixing breakfast.
Cleaning up your room.	Getting ready for work at home or in the office.
Eating breakfast.	Sending the kids off to school.
Taking medicine or vitamins.	Behavior during the daytime.
Going to school.	Greeting the kids after school.
Behavior at school.	Playing with the children.
Coming home from school.	Doing chores.
Doing homework.	Fixing dinner.
Playing with friends.	Conversation around the dinner table.
Doing chores.	Cleaning up after dinner.
Eating dinner.	Coming to Family Time.
Clearing dishes after dinner.	Interactions with spouse.
Coming to Family Time.	Interactions with neighbors.
Interactions with brothers/sisters.	Interactions with co-workers.