



FAMILY ACTIVITIES: TAMING THE TONGUE

FOR YOUNGER KIDS:

BIBLE MEMORY FITNESS CLUB

Supplies: None

Today's Bible verse:

"The tongue is a small part of a person's body. But it talks big. Think about how a small spark can set a big forest on fire." James 3:5 (NirV)

Directions: Practice the verse together until everyone can remember it. When ready, tell everyone they are going to work out their brains *and* their muscles. Have everyone perform the fitness actions listed below one at a time while reciting the Bible verse. If desired, you can repeat each fitness action multiple times. Continue until every action has been performed, then ask if anyone would like to make up their own actions.

Fitness Actions:

- **Warm-up:** With one hand, touch your toe. With the other hand, reach up high. Switch sides.
- **Cardio:** Jumping jacks.
- **Muscle Building:** Sit ups.

Question: What does that verse mean to you? Have you ever used unkind words? How did it make you feel? How do you think it made the other person/people feel to hear those words?

FOR OLDER KIDS:

THE TOOTHPASTE CHALLENGE

Say: In today's story, we learned that our words have a lot of power! And once they come out of our mouth, we can't take them back. We're going to do a challenge right now that will help us think about that.

Directions: Squeeze out a long line of toothpaste onto a plate. Challenge your kids to get all of the toothpaste back into the tube. Help them come up with and execute different plans and strategies. After several minutes of trying (and making a mess) ask the kids if they think it's even possible. They will most likely come to the conclusion that it is not. When the kids have given up, give them some wet wipes and paper towels to clean and dry their hands. Finally, ask the following questions:

Question: How does that challenge remind you of the words that come out of our mouths?
(*Answer: once the words come out, they can't go back in.*)

Question: Have you ever said something that you wish you could take back? How did those words hurt someone?

Question: What could you do to be more careful with your words?