

FUN

EXPERIENCE 14

SEPARATION ANXIETY

Give each team a bowl of colored beads, M&M's or Skittles and have teams separate them by color as fast as possible. For additional challenge, blindfold one member of the group, and she is the only one who can touch the beads or candy. The rest of the group helps with directions.

THINK

EXPERIENCE 14

EYES TO SEE ... RHYTHMS

Jared Mackey is a pastor and dad in Denver and describes his life as "divine humor, severe mercy and endless grace." Most of society functions on the belief that from Monday to Friday, I do what I have to do, and then maybe I get a sliver of what I want to do over the weekend. Jared encourages us to consider an alternative script for our week. TGIM (Monday), anyone?

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TALK

EXPERIENCE 14

EYES TO SEE ... RHYTHMS

What hobbies would you like to have when you are 60? How can you start them now?

Do you think of rest as a priority? What does rest look like to you?

How do you model enjoyable rhythms for your children? What rhythms do you want them to have when they are a parent?

What rhythm could you change/add/remove that would bring you and your family more energy, joy or rest?

DO

EXPERIENCE 14

SCRABBLE TILE COASTERS

Using wood Scrabble game tiles, create a set of coasters. You can create theme words (rest, love, home, cozy), seasonal (snow, star, joy, tree), sentences (Pass the popcorn) or make it random. (Hint: turn over the tiles for 'blanks'.)

Visit mops.org/leader/GEK for downloadable instructions.

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