

# UNITY WORLDWIDE MINISTRIES EASTERN REGION YOUTH OF UNITY FALL RALLY 2019



## FAMILY GROUP HANDOUTS

### TIPS FOR FAMILY GROUP LEADERS

**Take Time to Be Centered:** Spend time in meditation or prayer to connect with God. You set the energy and flow of the group. If at any point you feel things uncentered take a moment, ask the group to join you in a moment of silence to reset.

**Focus on the Group:** Always start by centering and connecting the group with an opening prayer even if you are starting late. Use the prayer provided or use it as an example to create your own. Ask the group to focus when you need their attention. If people are having trouble staying focused on one activity or discussion, try another centering prayer or take three deep breaths as a group.

**Set the Tone:** Your energy sets the tone for each activity. The group will pick up on your energy. If the next activity is light, keep it light. If it is quiet, keep it quiet. Use your example, your words, and your actions to guide the group.

**Be Prepared:** Read and understand the material before you begin the Family Group experience. Check the materials and supplies before the activity. Clarify any questions about the material during the Family Group leader meeting.

**Let the Group Do the Discussion:** You may need to become comfortable with waiting for a response from people in the group. BE OKAY WITH SILENCE! Discussion means more than one answer and everyone's input is valid. Allow several people to respond before moving on.

**Keep It Moving:** Avoid dragging out activities as this creates boredom and lack of focus.

**Time:** Be on time or early to each Family Group meeting so that the group can start on time. Check the timing in your Family Group material before you begin each session. Watch the time during the workshop. Be willing to stop an activity if the next one needs to start. If the needs of your group require you to change or skip an activity, do this at your discretion while honoring the input of the Regional Team and the overall goal of the material.

**Encourage Everyone to Participate:** Allow a person the right to pass, but be aware of the tendency of some people to dominate and some to hold back. Remind everyone that each person and all ideas are important.

**Closing:** Always take time for a Closing Circle even when running late. Do a short prayer, a God or a group hug to acknowledge the end of the time spent together.

**Other Groups:** Try to maintain a normal conversational level of talking because there will be other groups nearby. Be aware of quiet times of prayer and meditation in other groups around you, and keep the level of noise down.

**Heart Agreements:** Be familiar with the Heart Agreements, and remind individuals of these agreements if necessary.

**Optional Activities:** Keep your Family Group together during the entire time allotted for Family Group. If your group finishes early, do one or more of the optional activities until the end of the Family Group time. Do not close your Family Group early.

**Additional Help:** If you need any advice or assistance at any time during your Family Group, please ask the Family Group Coordinator.

*Thank you for serving your region as Family Group Leader - you are amazing!*

# FAMILY GROUP #1

FAMILY GROUP #1/Rachel	Friday Evening
	8:00-9:00 PM (1 hour)

## **Opening Prayer:**

**Leader:** Begin the Family Group by joining hands and reading the Opening Prayer

**Prayer:** Close your eyes and take a deep breath, then release. Dear mother father God, I will enjoy this rally and be able to bond and connect with people throughout and I am also hoping to connect with this rally's theme. I will not let anything negative enter. Amen

**Affirmation:** **Leader:** Invite someone to read the Affirmation. Read the Affirmation out loud; then invite everyone in the group to say the Affirmation together.

**Affirmation:** I will not let anything hold me back!

## **Quote:**

**Leader:** Invite someone in your group to read the quote. Once the quote is read, take a couple seconds to let the quote sink it then re-read the quote

**Quote:** "We delight in the beauty of the butterfly, but rarely admit the changes it has gone through to achieve that beauty."

— Maya Angelou

<b>ACTIVITY 1 - GETTING ACQUAINTED</b>	5 minutes
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Going around the circle, have each person introduce themselves by stating:

- name
- chapter
- number of Rallies attended
- One time when you were reminded of your true divinity

**Leader:** Be sure to welcome any first timers and offer to be available throughout Rally to answer any questions or address any concerns.

## **Family Group FOCUS:**

**Leader say:** The theme of this Rally is Let It Bee! This weekend is about learning to forgive different factors of your life. This family group will focus on forgiving your environment.

**ACTIVITY 2 - Activity: Introduction of environment**

15 minutes

*Materials: None*

**Leader:** This weekend we will find tools that will help us let things we can't control go and use these to help us in the near future

**Questions:**

1. What's your definition of environment? (Family group leader: once everyone has answered, explain that environment is your surroundings or conditions in your life)
2. What are some things in your environment that usually hold you back? Why?
3. How can someone or something help you heal from a negative point in your environment?

**ACTIVITY 3 - Environment Games**

15 minutes

**GAME 1:**

**Materials:** Slips of paper and pens

**\*\*Family group leaders pass out the slips of paper and pens\*\***

**Instructions:**

Group leaders say "Now we will play a quick game. This game is called Mood Charades.

**How to play:**

1. Write down an environment(s) on a piece of paper.
2. Go around the circle, say what environment(s) you wrote down.
3. Take turns acting out the emotion(s) that the environment THAT YOU WROTE DOWN makes you feel.
4. If you feel called to, explain why that environment makes you feel the way it does.
5. Go around the circle until everyone has had their turn.

**\*AVOID DOING BASIC EMOTIONS** try to use uncommon ones such as overwhelmed, stressed, frustrated, giddy, etc.

**\*ACT** out at least 3 emotions that you environment makes you feel

**GAME 2:**

Let's play Red light, Green light but instead its about forgiveness.

1. The person "It" will be the environment and faces away from the group.
2. The environment will yell "Forgiveness" participants can move forward.
3. Each time "it" turns around, change the environment OR the people walking forward can keep in mind an environment they need to forgive.
4. As they move they say, "We forgive you." This will help the environment hear when the participants get closer.
5. The environment can turn around and yell, "Stop!" anytime to stop the movement forward. The environment should wait until all others have stopped moving forward, then turn away from the group again, saying, "Forgiveness."
6. The first player to touch the environment gets to be the next environment.  
\* MAKE sure you walk! DO NOT run.

*Materials: a large sheet of paper, markers, masking tape*

1. As the leader, take a couple of minutes to explain to your group the purpose of a Family Group. Share how the groups are designed to be a safe place where each of us is free to be ourselves and to experience acceptance and love. The Family Group works together during all of the Family workshops scheduled during the rally. It is important that each person is present and on time for each workshop in order to build the consciousness of love and support that is shared in the group.

Explain to the group that to create a safe environment, there are certain agreements that must be discussed and agreed upon. Ask the group what agreements they would like to have to feel safe and have a good experience together.

Create a poster of the Agreements that the group suggests and feels comfortable with.

Some important agreements for the Family Group appear below. Feel free to suggest any or all of them and to put them in the words the group feels comfortable with.

- o Be on time - if one person is late, it affects the whole workshop.
- o Participate enthusiastically in all activities.
- o Try something different. If you usually are very outgoing and interactive, try the opposite. If you usually quiet and inward focused, try asking more questions or offering your perspective.
- o Do not criticize, put anyone down, interrupt, or be sarcastic.
- o Give loving attention to each person sharing.
- o Know that there 3
- o are no right or wrong answers.
- o Respect every one's right to pass at any turn.
- o Be supportive of one another at all times.
- o Keep what is shared in confidence with this group.

**Leader: Please share exception to confidentiality rule: We are legally and morally bound to report situations that indicate a danger to yourself or someone else.**

Other possible agreements are:

- We will listen with our hearts and not interrupt one another.
- We will behold the Christ in each person.
- We will end each Family Group with hugs.

When everyone has agreed upon the Heart Agreements and feels comfortable with them, have each person sign the poster, committing themselves to the group and the group's agreements. Tape your Heart Agreement up on the wall where your group meets

*Materials: white paper bags, markers, masking tape*

Pass out the love note bags to each member of the group. Explain that

- Each person receives a bag in which to collect “loving thoughts” from other members of their Family Group throughout the weekend, as well as from others here at rally.
- A table is set up to provide notepaper, markers, stickers, etc. for writing these special notes to each other. This can be done after meals and during free time, but not during scheduled activities.
- Everyone should leave the love note table promptly when activities are scheduled to begin.

Then:

- Pass around the markers and encourage each person to personalize their bag by decorating it. Make sure they put their Name, Church, City and State somewhere on the bag where people can read them.
- When the bags are finished, put them up on the wall near your Family Group meeting space using the masking tape.
- If your Family Group is meeting in one of the cabins, put them in the hallway of the main meeting room on the wall next to your Family Group Number.
- Use the number in the bag and tape to the wall in the hallway where you are hanging your love note bags.

Leader: Encourage Family Group members to write love notes to others in their group as well as other groups throughout the weekend and place them in their bags. Remind them how nice it is to give, receive and read these love notes after the weekend is over.

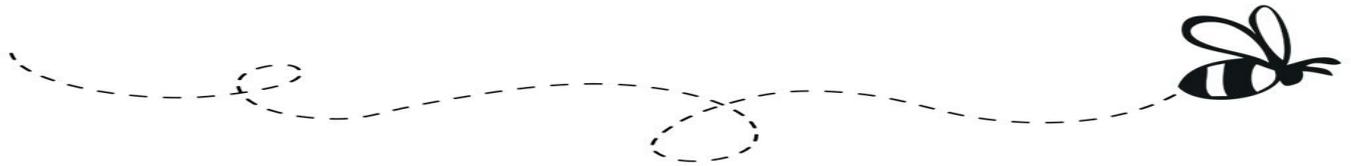
Theme Discussion: As you are creating your beautiful love note bags, take some time to think about what the theme of this rally means to you. While sharing markers, share your ideas together. The following questions may be used as discussion prompts, but feel free to ask different questions based on where the discussion goes in your particular group.

- What kinds of things make you feel grounded?
- In your life, what are you most grateful for?
- What do you think is the relationship between personal growth and spiritual growth?
- When the path of your journey is working for you, do you recognize it ...and work with spirit?
- In what ways do we allow our growth to be suppressed by others?
- What is the benefit of having a destination/goals as we grow?
- Do you think there is a way to both accomplish challenging goals and enjoy the effort to get there? Explain.

Leader: Invite a member of the group to read the closing prayer.

**Closing Prayer:** Dear mother father God, thank you for this amazing first family group. I hope throughout the weekend, we can get closer spiritually and be able to connect to this weekends theme. I hope we all can laugh and be at joy during this rally and be able to go home and talk about our experiences. Amen

NOTE FROM RACHEL: Hey everyone! I hope you guys enjoyed this first family group material!! If you have any questions or just want to hang out and chill sksksks then come and find me!! I'm always available or I try to be. Love you all so much and hope you have a good Rally weekend!!



# FAMILY GROUP #2

FAMILY GROUP 2 / SARAH	Saturday Morning
	9:45-11:00 am (1 hour and 15 minutes)

## Family group focus:

**Leader say:** This family group meeting will focus on using the power of forgiveness to forgive yourself and heal from within.

## Opening prayer:

**Leader:** Invite someone to read the opening prayer.

I invite you to close your eyes. Take a deep breath in and out. Dear mother, father, god, as we heal we acknowledge the time and resources it will take to truly be able to forgive not only others, but ourselves. As we go through the day, allow us to recognize our ability to fully forgive ourselves. Amen!

## Affirmation:

**Leader:** Invite someone to read the affirmation.

(read the affirmation once out loud, then invite all members of the group to repeat it together) **I have the strength and power to forgive myself.**

## Quote:

**Leader:** Invite someone to read the quote.

"In order to heal we must forgive... and sometimes the person we must forgive is ourselves." - Mila Bron

<u>ACTIVITY 1 - CHECK-IN</u>	5 minutes
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Go around the circle, to the left, and answer these questions:

- a.) What has your favorite part of rally been so far?
- b.) What is the most beneficial thing you have learned this rally?
- c.) What are you most looking forward to today?

<b>ACTIVITY 2 - Self Forgiveness Booklet</b>	30 minutes
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**Supplies needed:** Booklets, list of steps of self forgiveness, pens, pencils, and markers.

**Instructions:** Get everyone to write the steps of self forgiveness, list located in folder, in the booklets. Give them time to draw and write things on the pages that will help them remember these steps to self forgiveness. Then, answer the discussion questions.

**Discussion questions:**

- 1.) How could you use this tool, the booklet, to help you when you need to focus on self forgiveness?
- 2.) What scenario could this booklet be helpful?
- 3.) Which step is the most beneficial to you?

<b>ACTIVITY 3 - Self Forgiveness List Exercise</b>	30 minutes
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**Materials needed:** paper, pens, and pencils.

**Instructions:** Make a list of the people in your life you have wronged or events in your life you need to forgive yourself for. When you're done go through the list one by one and say in your head or out loud that you forgive yourself for whatever it is you may have done. When you are done rip up the paper, throw it away, and feel those negative feelings towards yourself be released.

**Discussion questions:**

- 1.) How did it feel to rip the paper up and release all those built up feelings?
- 2.) How does self forgiveness differ from forgiving others? Which is harder?
- 3.) Does feeling guilt and not being able to forgive yourself ever impact your self esteem? In what ways?
- 4.) How could you practice self forgiveness in your everyday routine?

**Note from Sarah:** You all have the power to create the life you want. You are all strong individuals and I believe in each and every one of you. MWAH!

**\*HAND OUT SHIRTS**

**Closing prayer:** Dear Mother, Father, God, thank you for giving us this time to focus on forgiving ourselves. Allow us to go throughout the day, the week, the year, and the rest of our lives nurturing our spirits and souls by forgiving ourselves. Amen!



# FAMILY GROUP #3

FAMILY GROUP #3 MALACHI	Sunday Morning
	9:30-10:00 am (30 minutes)

6:30-7:45 pm (1 hour 15 minutes)

Family Group FOCUS: You COMPLETELY have control of how you experience and perceive things. Nothing can hold you down.

Leader say: Today we are going to be focusing on our heart talk and letting go of anything we need in a safe place with no judgment or ridicule.

Opening Prayer:

Leader: Invite a member of the group to read the opening prayer OR make up one of their own.

I invite you to close your outer eyes and open your inner eyes. Take a deep breath in and breathe out. Dear mother, father, god thank for allowing us to experience this weekend with accepting, loving, and positive energy all around us. Allow us to bring this energy outside of this rally. AMEN!

Affirmation:

Leader: Introduce the Affirmation. Read the Affirmation out loud; then invite everyone in the group to say the Affirmation together.

Affirmation: "I affirm that with my willpower and strength, I will not let anything, anyone, or any circumstance determine how my life is lived. I have a choice. This heart talk will be my opportunity to let go of anything that does not assist me in my spiritual awakening"

Quote:

Leader: Ask if anyone in the group would like to read the quote. What do you get from that quote?

Quote: "Life is like riding a bicycle. To keep your balance, you must keep moving forward."  
-Albert Einstein

ACTIVITY 1 - HEART TALK  
60 minutes

Materials: tissues, heart

Leader say: The Heart Talk is a time to share from our hearts. It is a sacred time that empowers us through honest sharing and respectful and loving listening. This is a time to release anything that may be weighing us down or keeping us from being close to others. This is also a time to express the joys and blessings that are present in our lives. Our Heart Agreements are very important in this activity so that everyone feels safe in sharing with the group. What is shared in the group should stay in the group. The exception to the confidentiality agreement is if something is shared that represents a danger to yourself or others.

There are certain rules that are followed in the Heart Talk:

Only the person with the heart may talk. The person talking receives love, undivided attention and deep listening from everyone in the group.

No one should respond to someone else's sharing. This is not a time to offer advice or in any way to try to counsel or fix another. It is only a time to listen deeply to others and share from your own heart.

Honor the inner strength and wholeness of each person in the group. Tearfulness during the Heart Talk should not be taken as a sign that the speaker needs physical contact from others in the group.

The heart is sacred and should be handled with care. It is always passed to the left. Everyone has the right to pass.

Be considerate about how long you talk. Monitor your sharing so you don't monopolize or take up more than your share of the time.

The Heart Talk ends once the heart goes around the circle once with nobody sharing or once the time allotted has been used.

Leader: Begin the Heart Talk with the following meditation. While reading this meditation aloud to your Family, allow yourself time to listen to the words, you may also want to read through it once before reading it aloud. If you are giving yourself time to hear the words, then everyone else will have time to absorb them as well. Just don't close your eyes. And take your time and don't speed through the meditation.

Meditation:

I invite you to find a space that you feel comfortable, whether sitting on the floor or within your chair. Now I invite you to close your outer eyes if you are comfortable to, and open your inner eyes. Breathe in, and release your breath while also releasing stress or any anxiety you might have been feeling. Breathe in again and feel the air enter your lungs, and release again feeling your body become more relaxed with each breath. And take one last breath in and out. Now feel into this moment, know that you are safe. Know that here in this moment and moments from now on you are loved, you are always loved. You are not only loved, but you are love. You, are, love. Know that God made you to be on this earth because you are beautiful and an amazing gift.

Now imagine a light within your hands. Add love and affection to this light. Feel the warmth on your hands. Now place your hands on your heart and feel this warmth and light spread from your hands, to your heart, and then to the rest of your body. Feel this love and affection and know that right now in this moment it is enough. You are enough. Now we are going to take a moment of silence and to feel this love. I invite you back into this moment. Remember that you can always feel this love within because you can create this love and give it to yourself and those around you. Now when you are ready you may open your eyes and return to the space.

Leader say: The heart is in the middle of the circle and may be picked up by anyone in the circle to begin the Heart Talk.

#### ACTIVITY 2- Heart Talk session/activity 20 minutes

Leader says: The heart talk is a way for us to be free and speak our minds. The heart talk ends when the time allotted is up or when the heart has gone around the circle with everyone passing. Please do your best to end the heart talk on time.

Finishing Heart Talk early:

If your group finishes early, your group may choose one of the optional activities found at the end of the Family Group material or the group may work on love notes in the remaining time. Please keep your Family Group together during the allotted Family Group time.

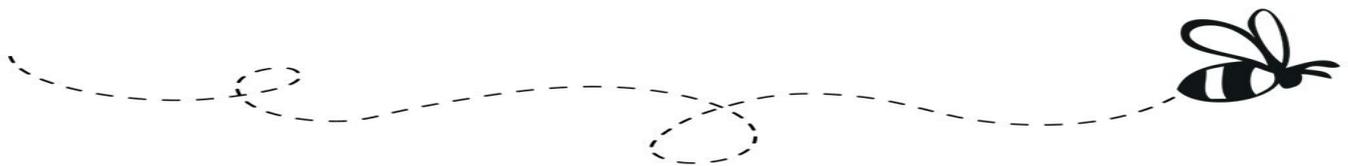
Leader: Invite a member of the group to read the Closing Prayer.

Closing Prayer: I invite you to close your outer eyes and open your inner eyes. Dear mother, father, god thank you for these sacred moments of sharing. We affirm that everyone is a beloved child of God and that each of is in our own Time and in our own way, forgiveness comes. Amen.

NOTE FROM MALACHI: Hey. You're like really awesome. Like, REALLY awesome. Hope you like this rally. You're gonna be surprised, but it's the first one our Regie team planned B)

#### LEADERS

Please bring your family group bags to the staging area and sort your materials into the containers provided. Please help us by throwing away any markers, pens, or glue sticks that are dried out or used up, putting pens and pencils together in rubber bands, and putting a complete set of markers in each box. Remember to pick up your "Sunday Bag" before tomorrow's Family Group meeting. It will have everything you need for tomorrow's Family Group meeting. Thank you!



# FAMILY GROUP #4

<b>FAMILY GROUP #4 LEE</b>	<b>Sunday Morning</b>
	<b>9:30-10:15 am (30 minutes)</b>

**Focus:** The focus of this family group is to learn to forgive someone or some people in your life; repairing your bond and strengthening it.

**Opening prayer:** I invite you to get centered close your eyes and relax, we thank you mother father God for the challenges we face and surpass as well as the people in our lives that have shaped us through hard times and good times. We would also like to thank you for our power of forgiving the challenging people in our lives and the power of bettering ourselves. Amen.

**Affirmation:** I am an understanding, capable being with a healthy life and healthy relationships.

**Quote:** “Darkness cannot drive out darkness; only light can do that. Hate cannot drive out hate; only love can do that.”

-Martin Luther King Jr.

<b>ACTIVITY 1 - CHECK-IN AND FEEDBACK</b>	<b>10 minutes</b>
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*Materials: evaluation forms, pens*

Ask group members how they are feeling, what they liked about Rally, and what was most meaningful to them. While group members are checking in, pass out evaluation forms and request group members to provide written feedback to the team. Remember that the team has worked very hard and done their best to create a unique, spiritual and fun Rally experience. Feedback should come from a loving space and a desire to lovingly provide appreciation as well as helpful suggestions.

<b>ACTIVITY 2 - DISCUSSION</b>	<b>5 minutes</b>
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For those of us who have been to Rally before, we know the feeling we carry into our world after we leave Rally. It is sometimes difficult to hold this feeling if we are in environments we find challenging. We know it is possible to hold this “Rally High” outside of Rally, but how do we do it? Discuss how we might better know there is only light in our lives, and that we are enough. Consider how we might overcome ideas such as fear or self-doubt. What support and resources do we have in our lives to help support us once we leave rally? Is there anything learned during Rally that will help us as we transition back to “the real world”?

<b>ACTIVITY 3 - Family discussion</b>	<b>15 minutes</b>
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Ask the group if they can think of something about their family that they would change about them. Have a three part, group discussion on how you could make the rule or parenting strategy more just.

**Note:** this is a time to get closer/relate with your family group members as well as learn problem solving skills.

You are going to this in **three** rounds

1. Talk about something(s) you dislike about your family
2. State why you think they do this (think to their family or how they grew up)
3. Talk about your plan to either treat other people better or if you want a family, how you will treat them differently.

<b>ACTIVITY 4 - Forgiveness/Apology notes</b>	<b>15 minutes</b>
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**Leader:** In this activity we will be writing letters of forgiveness/apologies to someone or some people in your life using the upcoming meditation and your feelings, which are always valid.

**Meditation:** I invite you to relax and get comfortable as you close your eyes take a deep breath in... and out... now I invite you to go to your happy place, your inner paradise. I want you to imagine someone that fills you with unconditional love, positivity, and support, soak in that love, happiness and positivity and use it as your fuel. Now imagine a mirror in front of you, and I want you to look into this mirror at yourself, and realise how wonderful you truly are. As you admire yourself in the mirror, the reflection shifts to someone in your life that you need to forgive or that you need forgiveness from. Imagine what you would say to them and know that they are human just like you and that their feelings are also valid. Send some of your positivity, love and happiness to this person and hold them dear to you, as you write this message of forgiveness (pause) When you are ready, come back to the room with a purpose of forgiveness and understanding.

**Note (read aloud):** It is important to take a step back and ask yourself: what does this look like from the other person's point of view

**P.S.** they can write as many notes as they want and take some if needed

**Closing prayer:** Dear mother father god we thank you for this weekend, these people, the tools we have learned to use and our amazing lives, we are so grateful for. WE ARE PERFECT! Thank you holy spirit, Amen.

**NOTE FROM LEE:** I want you all to know, you are loved and you do not need to let anyone stand in your way from being your complete and amazing self. Don't hold on to something that dulls your light, LET IT BEE!

**LEADERS**

Please bring Sunday Bags and all materials to the staging area and sort materials in the containers provided.

Thank you for your service and dedication. We hope you enjoyed your experience!

Blessings and love from

**MALACHI, SARAH, RACHEL, LEE and JANELL**



**OPTIONAL ACTIVITIES**

The following activities may be used if your group finishes any of your Family Group meetings early and needs additional activities.

**OPTION A - CIRCLE ACTIVITY**

5-10 minutes

Have the group form a circle. Have one person stand in the middle of the circle. Have somebody time 30 seconds. During this 30 seconds everyone on the outside of the circle says really nice things to the person on the inside of the circle. (i.e. you're beautiful, you have a very calming presence, you have an amazing voice, you have a great sense of humor that brings laughter to everyone around you, you are kind and thoughtful, you're great at basketball, etc.) Don't be afraid to have everyone talking at once. The effect should be a sort of torrent of compliments washing over the person on the inside of the circle. Once the 30 seconds is up have another person step into the center of the circle and repeat the process until everyone has had a turn on the inside of the circle.

If you want to make things a little more interesting, the group can combine this activity with the willow activity (Option D) so that each person is passed within the circle of trust and told positive things.

<b><u>OPTION B - HUMAN KNOT</u></b>	5-10 minutes
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Form a circle with hands in the middle. Take the hand of someone in the circle. Do not take the hand of the person standing on either side of you. Do not take both hands of the same person. Now you have to untie the knot and re-form the circle without letting go of your hands.

<b><u>OPTION C - CIRCLE MASSAGE</u></b>	5 minutes
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Have the group stand in a circle so that their shoulders are touching. Have the group turn to their right and gently massage the upper back and shoulders of the person on your right. After a few minutes, turn to the left and massage the back and shoulders of the person on the left. As you massage, send love and light to the person you are massaging.

<b><u>OPTION D - WILLOW TRUST CIRCLE</u></b>	5-10 minutes
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Form a circle standing around a volunteer who stands in the middle. Have everyone in the circle stand shoulder to shoulder facing the center of the circle with hands held at chest height, palms forward. Each person should have one foot slightly behind the other for good balance. The people in the circle have become a summer breeze and the person in the center will be the willow.

The willow stands in the center of the circle with feet together, arms crossed over the chest, and eyes closed. Keeping the feet stationary and the body straight but relaxed, the willow lets go, swaying from side to side, forward and back. Those in the circle support the willow with gentle pushes of their palms. Make sure that there are at least two people supporting the willow at all times. Each person gets to be the willow in the wind, having the opportunity to trust others and experience the trust in the group.

Since the purpose of the activity is to provide an experience of trust, each member must

contribute to a comfortable trusting environment by observing these guidelines:

- No talking or laughing.
- Do the activity in silence so everyone can experience the feeling of trust.
- Be smooth and gentle when moving the person around and pay attention to individual differences. (height, weight, degree of trust)

<b>OPTION E - THE FRUIT GAME</b>	5-10 minutes
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One of the hardest things in life is self-control, which this activity accurately displays! Put chairs in a circle and have everyone stand up in front of their chair. Get everyone in your group to pick a different fruit. When the game begins, the person who starts says their fruit name, and then the fruit of another person in the circle. Example:

1<sup>st</sup> Person: "Lemon, Banana."

2<sup>nd</sup> Person: "Banana, Kiwi."

3<sup>rd</sup> Person: "Kiwi, Orange"

There are, however, two special rules to this game: You must keep your tongue out the whole time, and you cannot laugh! Anyone who does either is "out" for the remainder of the game. Anyone who is "out" sits down in their chair.