



## CHAMPIONS FOR CHRIST

Virtual Recess Curriculum

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## Champions for Christ – Class 1: COURAGEOUS

### Materials:

- \* Obstacle course equipment
- \* Blindfolds
- \* Red, Green, Yellow dots or cones
- \* Hula Hoops
- \* Basket, bucket, or box
- \* Trash bag (or trash can)

**Objective:** Kids + families will learn that COURAGE is a characteristic of a champion (CHAMP), while building physical, mental, and spiritual strength + endurance.

**Introduction: (2 minutes)** “Welcome to Olympics!! We are excited to start training YOU (and your family) to be a CHAMPION!”

- Each week we are going to learn a new characteristic of a champion
- We are going to get STRONGER together as we train for the family Olympics later this month
- Introduce yourself + your helpers
- Review Rules
- Today we are going to talk about being Courageous. Do you know what that means? Don't worry if you don't – we are going to find out together – but first, let's get warmed up!

### Warm Up: (5 minutes)

- Obstacle course – show off yours for inspiration and encourage kids to create their own
- Change motions
  - slow motion,
  - march,
  - fly,
  - speed racer,
  - tip toe backwards.
  - Pretend the floor is covered with jello, glue, peanut butter, or sand.
  - Walk as if they were wading through ankle-deep, knee-deep, or chest-deep water

### Water Break

**Stretch + Mini-Education (3 minutes)** Go through the stretches of all major muscle groups as you introduce the education lesson for the day. You have all heard of the Olympics right? The Olympics are a sporting event where the best athletes from all around the world compete. The best wins a gold medal and 2<sup>nd</sup> and 3<sup>rd</sup> places win silver and bronze. The best in the WORLD! Have you ever been the best at something? I bet you have. We all have something that we are very good at, but that something is different for everyone. Do you ever wonder what makes a champion, (or

as I say “CHAMP”)? We are going to learn that together over the next few classes and today we are going to talk about the “C” in CHAMP which stands for Courageous. Joshua 1:9 tells us to “be strong and courageous, do not be afraid, do not be discouraged, for the Lord God is with you wherever you go.” Let’s play our first game together and learn about courage.

### **Main Activities: (25 minutes)**

Crazy Courage: Place GREEN, YELLOW, and RED cones (or dots) all around the playing area and add hula hoop as a “base” and sit in it. I am going to shout out something that makes me nervous or afraid. After I finish, you are going to jump up as fast as you can, run and jump on RED if it makes you nervous too and you don’t want to try it, YELLOW if you are nervous but you are going to try anyway, and GREEN if it makes you super excited to try it! Got it? Look - the RED, YELLOW, and GREEN spaces are spread out all over the playing area, and after each time we will “reset” right back here to the “base” (safe place). Let’s go!

#### Examples:

Climb a mountain  
Play in a sports game  
Stand up for someone being bullied  
Present a project or “show & tell” to my class  
Jump off the diving board  
Ride in an airplane  
Admit that I told a lie  
Apologize to someone after I hurt their feelings  
Confess I did something wrong  
The first day at a new school  
The first day at your school  
Walking into a room of people I don’t know  
Going to the Doctor  
Petting a snake at the zoo

### **Water Break/Recess Review**

You know what – so many of our friends were nervous about the same things! And many of you were COURAGEOUS in ways others are not. Do you think Olympic athletes get nervous to compete with the BEST athletes in the world, in front of millions of people watching them both in person and on TV? I am sure they do! But you know what – they are BRAVE and COUREAGEOUS and they choose to still compete, even when they are afraid and nervous. That is what champions do! What are some things that make you nervous? Sometimes I get nervous to talk in front of people, or to share an idea I have, or to try something that I don’t know how to do. Does that ever happen to you?? Of course – it happens to all of us! Let’s play another game.

Shoe shuffle relay: Divide the class into groups of 4. Each group will be a team in a relay race. Ask the players of each team to take their shoes off and leave them in a pile on one end of the playing area, then line up on the other end. The first player will be blindfolded, run to the other end of the playing area (with a partner helping them), grab 2 shoes and put them on, then run back. Repeat until all participants have had a turn and all shoes are back with each team.

Repeat a second time with a different motion (running backwards, donkey kicks without shoes flying off, side shuffle, karaoke, etc.).

### **Water Break/Recess Review**

Was it hard to run in someone else's shoes? Did your own shoes feel the most comfortable and fit the best? God made us all with unique gifts and talents – we don't have to try to be like someone else. Part of being courageous means we trust in the abilities God gave us to do hard things, and remember He is always with us.

Brave basketball: Being courageous means remembering in hard times that we can do hard things. "I can do all things through Christ who gives me strength". Now, you should also have 3 pieces of paper. On those papers I want you to write or draw something that makes you nervous or afraid – quickly! Ok great. Now we are going to crumple those papers up and throw them away! BUT – it's not always that easy is it? We need courage to get through the obstacles, hard things, and things that make us nervous or scared. You are going to get those papers into the basket on the other side of the room. Every time you throw I want you to say "I can do all things through Christ who gives me strength". Wherever that paper lands, you are going to run to it, grab it, and throw it again, repeating "I can do all things through Christ who gives me strength". Once you get it in the basket, run back and do the same with paper 2, and then your 3<sup>rd</sup> paper ball. Remember, you must throw from wherever your ball lands and you must repeat "I can do all things through Christ who gives me strength" each time. Got it? Let's do this!

GREAT JOB! Now let's take those things that make us nervous and rip them up and put them in the TRASH! Because we know that even if things are scary, God makes us strong and courageous!

**Recess Review:** Wow! I have a lot of brave friends! And just being around you – gives me more courage. Your courage is contagious champions!

### **Cool Down/Stretch (5 minutes)**

Breathing exercise. Sometimes when we are scared or nervous, we start to feel icky. But breathing helps us to find our courage. Let's practice. Big breath in through your nose as you reach all the way up to the sky, and out through your mouth as you touch your toes. One more time. GOOD! Now let's sit, crisscross apple sauce on the floor. One hand on your belly and one on your chest. Close your eyes and take a deep breath in.... and out. Again – this time in your head say "I am strong and courageous. God is always with me. Joshua 1:9"

Great job! Anytime you feel nervous or scared, you can pause and breathe, repeat those words, and Jesus will give you courage. You are His champion!

**Wrap Up (2 minutes)** Thank you for joining us today for Olympic training! I can see we have a lot of courage filled champions in this group! See you next class!

## Champions for Christ – CLASS 2: HONEST

### Materials:

- \* Obstacle course equipment
- \* Balloon (1 / participant) or beach balls (1 for every 3 participants)
- \* Pool Noodle (1 / participant)
- \* Frisbee or paper plate (1 / participant)
- \* Plastic grocery bags or scarves (1 / participant)

**Objective:** Kids + families will learn that HONESTY is a characteristic of being a champion (CHAMP), while building physical, mental, and spiritual strength + endurance.

**Introduction: (2 minutes)** “Welcome back to Olympic training!! Last time we learned that champions are courageous, and today we are going to learn that champions are also HONEST. We are excited to continue training you (and your family) to be a CHAMPIONS!”

- Remember, we are going to get STRONGER together as we train for the family Olympics later this month
- Introduce yourself + your helpers
- Review Rules
- Today we are going to talk about being HONEST as we get stronger for the upcoming Olympics. Let’s get warmed up!

### Warm Up: (5 minutes)

- Obstacle course – show off yours for inspiration and encourage kids to create their own
- Change motions
  - Crawl
  - Side shuffle
  - Crab walk
  - Speed racer
  - Donkey kick
  - Pretend the floor is covered with slippery ice
  - Walk as if they were wading through ankle-deep, knee-deep, or chest-deep water

### Water Break

**Stretch + Mini-Education (3 minutes)** Go through the stretches of all major muscle groups as you introduce the education lesson for the day. “Remember, the Olympics is a sporting event where the best athletes from all around the world compete. Champions (winners) get gold medals! Last class we talked about how champions are courageous. Today we are going to talk about how Champions are HONEST. Other words for honest are trustworthy and fair. One of the 10 commandments tells us not to lie. Exodus 20:16 Thou shalt not bear false witness. That verse means, do not lie.

Have you ever played a game where someone didn't follow the rules? That is called cheating, and it's not being honest. True champions don't cheat. Have you ever lied to your mom, dad, friend, or teacher? Lying is not being honest. Not being honest has consequences - it causes others not to trust us. Let's learn more about this today as we play some games ok?!

### **Main Activities: (25 minutes)**

Balloon Challenge: Grab a balloon and let's see how many times you can keep it in the air. If it falls to the ground, you have to start over counting. Let's see who has the highest score in 1 minute. Great job! What was your score?! I am trusting you to be honest! Now let's make it harder – you must keep your hands behind your back. You can hit the balloon with your head, shoulders, knees, feet – you just can't use your hands. Let's see if you can beat your score from before ready?? GO! How did you do?? Ok now let's do this. 1 person in your house – the oldest person playing with you - can use their hands, but everyone else has to keep their hands behind their back, and I want to see who has the highest score. But this is a speed round – only 10 seconds. GO!!

*ALTERNATIVE: You can use a beach ball instead of balloons outside, and group the class into groups of 3.*

### **Water Break/Recess Review**

Were you honest when you reported your score to your group? Did it feel fair when the oldest person in your group got to use their hands but you didn't? Being honest means we follow the rules, without cheating, and we don't lie. But being honest also means we treat people fairly, how we would want to be treated. Let's play another game.

Tail Tag: Each participant places a grocery bag, or scarf in their side pocket with the majority of the bag hanging down. The goal of the game is to keep your "flag" but to steal as many others as possible. If you "steal" someone else's flag, tuck it in your pocket and keep going! If you lose your flag, try to get one back! No one is ever out.

How did you all do? Who has the most flags?? If we are going to play again, how can we make this fair? Should they keep all the flags or should we give one back to each player? We are going to start again in 20 seconds - this time you must CRAB WALK instead of run!

### **Water Break/Recess Review**

Great job – that is not easy is it? Did you guys decide to give a flag back to each player before we started the second round? YAY!! That is being honest and playing fair. If you didn't, what made you decide not to? Did everyone in your group agree? If so, then you were being honest and trustworthy also. If not, do you think your group will trust you the next time you play a game, or do you think they might feel like you don't like to play fair? Think about it but let's play our next game!

**Noodle-Be Relay:** Divide the group into teams of 4. For this game you need a pool noodle and a frisbee (or paper plate). You are going to start on one end of the playing area and run through 2 obstacles to the other end of the playing area and back, with the frisbee on top of the noodle! If it falls off, you must start again. Let's practice first and then we will race!

GREAT JOB – I think you got it! Everyone line up on one end of the room, and let's see who wins this race. Remember, if it falls off, you must be honest and go back to the start to begin again – even if you don't think anyone saw it fall. Ready - GO!

**Recess Review:** Great job! I love how you all showed honesty and followed the rules, even if you didn't think anyone could see you. Being honest means doing the right thing – especially when you don't think anyone is watching you.

**Cool Down/Stretch (5 minutes)**

Follow the leader cool down. Let's take turns being the leader. Each time my whistle blows, a new leader will take over ok? Turn up the music and let's just move around the room, following our leader!

Time to stretch! Leader – show your favorite Recess stretch! Here is mine. (blow whistle). Next leader – new stretch. Repeat twice more.

**Wrap Up (2 minutes)** Thank you for joining us today for Olympic training! We are training to be CHAMPIONS for Christ in life! You have learned what it means to be filled with courage and to be honest, and those are very important characteristics of champions!

Remember, you can play these games at home with your family and become strong champions together. Have fun!



## Champions for Christ – Class 3: ACCOUNTABLE

### **Materials:**

- \* Beach Ball + pool noodle (1 / participant)
- \* Hula hoop or Something to mark starting line on the floor
- \* Limbo stick or hurdle for jumping over and climbing under
- \* Bean bags
- \* Scavenger hunt paper with 10 items listed (attached)

**Objective:** Kids + families will learn that champions are ACCOUNTABLE while building physical, mental, and spiritual strength + endurance.

**Introduction: (2 minutes)** “Welcome back to Olympic training!! So far we have learned that champions are courageous and honest, and today we are going to learn that champions are also ACCOUNTABLE. We are excited to continue training you (and your family) to be a CHAMPIONS!”

- Do you feel STRONGER since you have started training? Are you starting to feel like a champion?? I hope so! I know I am!
- Introduce yourself + your helpers
- Review Rules
- Today we are going learn about what it means to be ACCOUNTABLE as we get stronger for the upcoming Olympics. Let’s get warmed up!

### **Warm Up: (5 minutes)**

- Obstacle course – show off yours for inspiration and encourage kids to create their own
- Change motions
  - Giant steps
  - Bunny hop backwards
  - Bear crawl
  - Fly
  - Sleep walk

### **Water Break**

**Stretch + Mini-Education (3 minutes)** Go through the stretches of all major muscle groups as you introduce the education lesson for the day. “Remember, the Olympics is a sporting event where the best athletes from all around the world compete. Champions (winners) get gold medals! We are learning what makes a champion. Together we have learned that champions are courageous, and honest. Who remembers what it means to be courageous? Honest??

GREAT!! Today we are going to talk about how Champions are ACCOUNTABLE. Another word for accountable is responsible. What does it mean to be responsible? Champions take responsibility for their actions. They don’t try to blame someone else for their mistakes. They ask for forgiveness and try hard to keep learning and to do

better the next time. Can you think of a time you made a mistake? Of course, you can! Me too! We all make mistakes – even champions! But the important thing is that when we do, we admit it and immediately apologize. James 5:16 says “*Therefore, confess your sins to one another and pray for one another, that you may be healed.*”

### **Main Activities: (25 minutes)**

**Noodle Hockey:** Use a pool noodle to try to get a beach ball in the goal. One player will have a noodle and ball and start behind the “starting line”. Another player will guard the “goal”, by standing in front of a line or box on the opposite side of the playing area. The player with the noodle tries to score as many goals as they can in 3 mins. Each time a goal is scored, they must return to the starting line to try again. After 3 mins – switch!

### **Water Break/Recess Review**

How did you do? Did you ever accidentally hit the goalie with your noodle? Did you try to blame the goalie if you were not able to make a goal, or did you just go back to the line and try again? Showing accountability means we apologize immediately, and we don’t blame others when something doesn’t go our way – we simply try again. Accountability also means doing the things you are supposed to do. For example, doing your chores, homework, exercising, and showing up to practice – just like you did today for Olympic training!

Champion Circuits: Set 3 activity stations up around your playing area

1. A limbo stick or hurdle that you can jump over and then crawl under, jump over and then crawl under (repeat)
2. Push-ups
3. Balance on one foot with bean bag on your head – switch feet

We are going to do each station for 30 seconds, and then switch to the next station. Some of things might be hard, but we are going to try our best and keep practicing. When we do, it shows we are accountable and responsible ok?

### **Water Break/Recess Review**

WOW! My heart is beating super-fast is yours? I know I must be getting stronger. It was not easy, but I tried my best to complete every exercise and be accountable to myself and to my family because I know if I get stronger, my team will do better! Let’s play our next game!

Scavenger hunt: Divide the group into teams. Each team should all have a paper with 10 items on it. As a group, you need to decide who is responsible for finding each item. You will have 5 minutes to find as many things as you can, and quickly collect as many things as you can that you are responsible for. At the end of 5 minutes, we will see which team found the most items. Ready??

**Recess Review:** Let’s see what you got! Did each member of your team accept accountability and find the items that were assigned to them? Doing our part on a team

is an important way to show accountability. Everyone on a team has a different job, and the team can't win unless everyone takes responsibility for their own part. Imagine on a soccer team if one player refused to kick the ball, or stopped coming to practice? Or if you were working on a school project and your partner didn't do their assignment so you received a bad grade also. I am proud of each of you for showing accountability – just like a champion. Snap a picture and share in the group! Let's cool down a little bit, our training for today is almost done.

**Cool Down/Stretch (5 minutes)**

Beach Ball Balance. Lay on your back with your feet in the air. Try to balance the beach ball on your feet!

Great job! Let's stretch out.

\*\*NOTE: You could also use balloons here

**Wrap Up (2 minutes)** Thank you for joining us today for Olympic training! We are training to be CHAMPIONS in life! You have learned what it means to be filled with courage, to be honest, and to be accountable. These are all very important characteristics of champions! Let's practice accountability by making sure we apologize immediately for mistakes, we show up for our responsibilities (chores, homework, exercise), and we listen to our leaders! Can you do that champions??

Remember, you can teach these games to your family at home and tell them about what you are learning so you can become strong champions together. Have fun!

## Champions for Christ – Class 4: MIGHTY

### **Materials:**

- \* Obstacle Course equipment
- \* Potato sacks
- \* Cones
- \* Hula hoops
- \* Stuffed animals (med size)
- \* Balls (or bean bags)

**Objective:** Kids + families will learn that champions are MIGHTY and be able to define it while building physical, mental, and spiritual strength + endurance.

**Introduction: (2 minutes)** “Welcome back to Olympic training!! So far we have learned that champions are courageous, honest, accountable, and today we are going to learn that champions are also MIGHTY. We are excited to continue training you (and your family) to be a CHAMPIONS!”

- Do you feel STRONGER since you have started training? Are you starting to feel like a champion?? I hope so! I know I am!
- Introduce yourself + your helpers
- Review Rules
- Today we are going learn about what it means to be MIGHTY as we get stronger for the upcoming Olympics. Let’s get warmed up!

### **Warm Up: (5 minutes)**

- Obstacle course – show off yours for inspiration and encourage kids to create their own
- Change motions
  - FREEZE
  - One foot
  - Other foot
  - Hands behind your back
  - Slow motion
  - Your favorite animal

### **Water Break**

**Stretch + Mini-Education (3 minutes)** Go through the stretches of all major muscle groups as you introduce the education lesson for the day. “Remember, the Olympics is a sporting event where the best athletes from all around the world compete.

Champions (winners) get gold medals! We are learning what makes a champion. We have learned what it means to be courageous, honest, and accountable. How many of you practiced being accountable since our last training session? (use names here if possible). Today we are going to learn what it means to be MIGHTY. What do you think MIGHTY means? It means to be strong and powerful, even if you are small! Do you know anyone who is MIGHTY? I do! His name was David and he fought a GIANT

named Goliath. David was just a kid like you, and Goliath was HUGE – a giant. But David killed Goliath with a stone and a slingshot! How do you think he did that?? Remember earlier in training we learned that Philippians 4:13 tells us “I can do all things through Christ who gives me strength”? God gave David power, he made him MIGHTY, and that is how he defeated Goliath. And the great news is that God makes us MIGHTY also. We can exercise and train to be ready for battle, then when we try our best and trust God, he does the rest and gives us the strength and power we need!

### **Main Activities: (25 minutes)**

Slay the Giant: Divide the class into small groups (no more than 3). Each small group have a stuffed animal (i.e. giant) set on a stool (or box) and mark a line a few giant steps away from it (you could also use a hula hoop or dot to mark the spot). Using balls, take turns trying to knock your giant off the stool. Remember, to try your best, and to ask God to help you! Before you throw remind yourself, “I can do all things through Christ who gives me strength”. Once you knock him down praise God for helping you by shouting “Glory to God!”, then set it up and try again!

### **Water Break/Recess Review**

Great job! I can tell you all are mighty champions!! You didn't give up, and you asked God for strength – that makes a champion mighty! Being mighty means that not only is our body strong, but our mind and our faith in God is strong also. Repeating bible verses – God's word – helps our faith and mind stay strong and exercise makes our body strong! Let's play another game.

Sack Race: Set up cones to create a racetrack around the playing area. Participants must get inside the sack and jump around the racecourse, zigging in, out, and around the cones! First one finished wins!

Repeat going backwards.

### **Water Break/Recess Review**

That was fun right!? And you got stronger and grew MIGHTY as you were doing it! Jumping during sack races helped your heart and bones to be strong! Did any of you remind yourself “I can do all things through Christ who gives me strength” while you were racing?? I know I did!

Jump the Hoop: Lay 3 hula hoops on the ground, each one a bit higher than the next. Players will start at one side of the room, run and attempt to jump into one of the hula hoops. Repeat a few times trying to get the highest hoop. Optional: keep score! The first hoop is 1 pt, 2<sup>nd</sup> is 2 pts, and highest is 5 pts! GO!

**Recess Review:** Way to go! Did you keep score? How many points did you get?? Remember to be HONEST like a true champion!

### **Cool Down/Stretch (5 minutes)**

Praise Jesus Pokey!

Put your mighty muscles in, mighty muscles out... all praise Jesus when we turn ourselves around... that's what its all about.

- Mighty minds
- Mighty bodies
- 

Great job!

**Wrap Up (2 minutes)** Thank you for joining us today for Olympic training! We are training to be CHAMPIONS in life! You have learned what it means to be filled with courage, to be honest, to be accountable and today what it means to be MIGHTY. Remember, we can do our part to exercise and stay strong, but God gives us strength when we need it if we ask Him! Just like he made David strong enough to defeat a giant! Is there something that feels hard for you right now? Let's God to make you mighty! PRAY

Remember, you can teach these games to your family and become strong champions together. Have fun!

## Champions for Christ – Class 5: PERSERVERANCE

### Materials:

- \* Towel
- \* Pillow
- \* Balled socks or bean bags
- \* Post-its (or paper with tape on the back)
- \* Balloon
- \* Basket

**Objective:** Kids + families will learn that champions PERSERVE and be able to define it while building physical, mental, and spiritual strength + endurance.

**Introduction: (2 minutes)** “Welcome back to Olympic training!! So far we have learned that champions are courageous, honest, accountable, mighty, and today we are going to learn that champions also show PERSERVERANCE. That’s a big word but we are going to talk about what it means. We are excited to continue training YOU and your family to be a CHAMPIONS!”

- Do you feel STRONGER since you have started training? Are you starting to feel like a champion?? I hope so! I know I am!
- Introduce yourself + your helpers
- Review Rules
- Today we are going learn about what it means to persevere as we get stronger for the upcoming Olympics. Let’s get warmed up!

### Warm Up: (5 minutes)

- Obstacle course – show off yours for inspiration and encourage kids to create their own
- Change motions
  - FREEZE
  - Speed
  - FREEZE
  - Speed
  - FREEZE
  - Speed

### Water Break

**Stretch + Mini-Education (3 minutes)** Go through the stretches of all major muscle groups as you introduce the education lesson for the day. “Was the obstacle course harder today?? We did a LOT of full speed ahead – and that can make us tired right? But when we keep going, even if we are tired or frustrated, that shows PERSEVERANCE, and that is part of what makes a champion. God knows that sometimes in life we will get tired and want to give up. Has that ever happened to you? Maybe a test at school was really hard, or maybe even today during the obstacle course you wanted to quit. God reminds us in Hebrews 12:1 to “... *run with perseverance the*

*race marked out for us*". That means that God knows everything that is going to happen in our life, and He wants us to trust Him and not give up, even when it feels hard. Let's play some fun games to practice perseverance, ok?

### **Main Activities: (25 minutes)**

Knee Ball: Set up a basket a few feet from a starting line. Start at the starting line with your balloon. Using only your knees and feet, try to get the balloon into the basket. Each time you "score", go back to the starting line. See if you can make 5 baskets before time is up!

Repeat. This time using your hands to hit the balloon into the basket.

### **Water Break/Recess Review**

Great job! That games takes perseverance and patience, right?! Did you ever feel like giving up, or was it easy for you? Was it easier with your hands? Sometimes perseverance means trying something new to reach our goal – as long as we are still following rules of course! Let's play another game.

Target CHAMP: Use 6 posterboards and write a "C" on one, "H" on one, A, M, and P and on the last one draw a cross. Stick the posters to a wall (or lay them on the ground) and stand behind the line. Using bean bags, try to hit the "target" that I call out. Try as many times as you can until I call the next target. If you run out of bean bags, run quickly to grab them and try again. If you hit it, you get 1 point. Ready??

### **Water Break/Recess Review**

Was that easy or hard? Did you hit the targets? How many times did you have to try? How many points did you get? How many points did your team get?? Add up all the points and share in the group – let's see which team won! Remember to be HONEST, and ACCOUNTABLE. Did you practice being MIGHTY in your mind by repeating the bible verse we learned? "I can do all things through Christ who gives me strength"? I am proud that you did not give up! Champions keep trying and keep practicing – that is PERSERVERANCE. You can leave the targets and try this again later today!

Tug of War: Divide the class into 2 teams, each on opposite sides of the tug of war rope. At the sound of the whistle, each team starts pulling, attempting to pull the rope to their side. This is not easy! It takes teamwork and perseverance... don't give up – remember you can do hard things. Just try your best! Ready, set, go!!!!

Mix up the teams and REPEAT.

**Recess Review:** Was it easier the second time? Do you feel MIGHTY? COUREAGOUS? You didn't give up right?? I am proud of you Champion!!

### **Cool Down/Stretch (5 minutes)**



Balloon pass. Put the class into groups of 2. Encourage the pairs to stand back-to-back and give them a balloon. Pass the balloon around their waist, then under their legs and over their head. Next ask the pairs to place the balloon between their backs and sit down without popping the balloon.

Great job! Let's stretch out.

**Wrap Up (2 minutes)** Thank you for joining us today for Olympic training! We are training to be CHAMPIONS in life! You have learned what it means to be a CHAMPION (or CHAMP as I like to say). You are filled with courage (what does this mean??), you are honest (what does that mean??), you are accountable (who remembers what that means??), you are mighty (tell me what that is..), and you persevere (who remembers this big word??).

Being these things ALL THE TIME are hard on our own right?! We need God and the power of the Holy Spirit to help us and thankfully we can always trust God to be there – we need to pray and be best friends with Him! Are you friends with God? I am! Let's PRAY together.

Remember, you can teach your family these games and talk about what you are learning at class so you can and become strong champions together. Have fun!