



Blessed Are Who?

**This is the Games Guide for Day Three.
The complete Guide is available online at
bannerblue.org.**



Day Three: Plant Power

These games are intended to be played at home by a family or with a small group of neighbors or friends. During this time of the Covid-19 Pandemic, these games are not intended for large groups or public spaces. Please remind the kids to wash their hands frequently and to wear masks when needed.

Key Beatitude: Blessed are **the meek**, for they will inherit the earth.

Story Character: Deborah the Heroic Judge

Game Overview: Today is water day in games. The kids will take part in a water relay that will help them learn about how plants grow and about what made Deborah so great. First they will make rain by popping suspended water balloons, while also collecting that water in buckets. The bucket water will then be used to help find “seeds” amidst plant matter. The “seeds” will then take part in a physical reaction, shooting water into the air, as tall as a palm tree.

Learning Objective: Can we match the amazing power of a growing plant? We can learn a lot from plants and water just like we’re learning a lot from Deborah. Plants use the gifts of water to grow in amazing ways and to produce amazing fruits and vegetables. Deborah used the gifts that God gave her to do amazing things in the world. God calls us to use our gifts in amazing ways too.

Questions to ask the kids while you’re playing together:

- Do you like getting wet?
- What sorts of things do you need water for?
- What do plants and animals need water for?
- Do we also need God to live and grow?
- What can we do to make sure all people, plants, and animals have the water that they need?



- How would the world be better if there were more plants and animals and less thirsty people?
- What did Deborah do to try to make the world better?

Supplies Needed:

- Clothesline or Rope
- Water Balloons or regular balloons (at least 3 per kid)
- String
- Buckets (1-3)
- Grass clipping, mulch, twigs
- Mentos (at least 7)
- Aluminum foil or cling wrap
- Permanent marker
- Fork
- Masking Tape
- Baseball Cap
- Lemon-lime or orange flavored seltzer water

Preparing for the game:

1. Fill up the water balloons. We recommend at least 3-5 balloons per kid.
Water balloons are a choking hazard for young kids and wildlife. Make sure that you take special care to pick up every little piece of balloon after they have been popped.
2. Tie a clothes line within the play area and hang the balloons from the line using string. You want the balloons to end up at the eye-line of the kids.
3. Tape a fork to the brim of a baseball cap so that it is pointing away from the cap.
4. Wrap seven mentos in aluminum foil or cling wrap so that they are air tight. On each wrapped mentos, write one of these letters: B L E S S E D. We recommend using a permanent marker. These lettered and wrapped mentos will be pretend "seeds." Mix the "seeds" together with the grass clippings, mulch, and twigs in a bucket. The "seeds" should be completely concealed.



Game Instructions:

1. Explain to the kids that they will be simulating the growth of a plant using water. Explain the following steps and demonstrate if needed:
2. **Making Rain** – The kids will take turns wearing the fork hat to pop a water balloon. They can close their eyes or take the hat off if they'd prefer. Have each kid pop at least one balloon, or two depending upon how many balloons you have filled and the number of kids.



3. **Capturing Rainwater** – While one kid pops a balloon, another should be holding a "seed" and plant matter filled bucket to catch the water as it falls.
4. **Enriching the Soil** – Have the kids place the bucket on the ground so that they can all gather around it. In turns they should each reach into the bucket and try to find one "seed" amidst the water and plant matter. This is supposed to be a bit gross and messy. After all the "seeds" are found have the kids spell out the word "blessed."





5. **Explosive Plant Growth** – Reveal that each “seed” has a protective outer shell and a center packed with potential, just like a real seed. Have the kids unwrap each “seed.” Carefully help the kids to quickly place at least one of the mentos inside of a lemon-lime or orange flavored seltzer water bottle*. Quickly recap the bottle and set it upright on the ground. Make sure everyone is standing back. The bottle cap should fly off as the water creates a geyser into the sky.

***The seltzer water must be fruit flavored or the geyser will be anticlimactic. Diet Coke also works really well for this but is a bit stickier and looks less like water.**

6. After the kids have completed the entire relay at least once, have them repeat whatever steps they found most fun.

Lesson Reflection: The kids made rain; they collected that rain among the plant matter that you can find in the forest; they mixed up that plant matter in water to make soil; they found seeds in that soil; they propelled water up from that seed like an imaginary plant. It takes a lot for a plant or tree to grow. You need water, soil, a seed, sunlight, and carbon dioxide. A lot goes into growing a strong person too. Deborah had many gifts that made her a prophet, warrior, musician, and judge. She was as strong as the great palm tree that she sat under each day, but that strength came from listening to God and finding and nurturing the gifts God gave her. As Jesus teaches us, we should be meek like Deborah and humbly use our gifts to lift up others.



Extra/Alternative Game: Blob Tag

You will need to mark off a rectangular play area with clear boundaries. This game begins with one person who is "it." When that person catches someone they link elbows with the "it" person and become part of the blob. The entire blob is "it" and can tag more people. The last person left without being tagged, is "it" as the game starts again. Deborah's strength was drawn from the many gifts that God gave her as well as the people around her. She is a great representation of the Body of Christ, like blob tag.