

# SE!KIDS

**WHAT YOU NEED:** Balloons! (at least three)

**WHAT YOU DO:**

Round One:

- Blow up three balloons and give them to one player.
- Time them to see how long they can keep all of the balloons in the air.
- Everyone else should cheer them on!
- The game ends when a balloon touches the floor. Give everyone a chance to try.

Round Two:

- This time, work as partners and see how long you can keep all of the balloons in the air.
- Try switching partners up and even try adding more balloons!

**WHAT YOU SAY:**

Wasn't it easier to keep the balloons in the air when you had some help? This is exactly how our lives can be. Today we saw in the Ecclesiastes 4 how "two people are better than one." And God gives us friends who can make us better. They can help us and also make things way more fun! That's what friends do. Good friends support each other, and they help each other. What else do good friends do? *(Let kids respond.)* That's one of the reasons why it's important to choose our friends carefully. God created us to have relationships with others. It's important to find friends who want the best for you and will help you trust God. And it's important to *be* a friend who helps others trust God.

Hint: If you have younger kids, try two balloons instead of three.