

## Activity: Energy



**FAMILY TIME**  
TRAINING

Teaching Goal: Our actions add or take away energy from the family.

Scripture: Proverbs 10:1 A wise {child} brings joy to his {parent}  
but a foolish {child} brings grief to his {parent}.

Proverbs 11:25b He who refreshes others will himself be refreshed.

Proverbs 23:24 The father of a righteous man has great joy; he who has a wise {child} delights in him.

Materials: Balloon

I. Lesson and discussion

✓ Words written in **bold** are when the leader is speaking. Feel free to use your own words.

A. ACTIVITY: Holding the deflated balloon, say: **This balloon represents our family life. The air that goes in and out of the balloon represents energy that we either put into or take out of our family.** Talk about specific, recurring situations that add or suck energy out of the family. For example:

**I'm going to tell a story of a good morning in our home. I wake up and {name} is already awake and in a cheerful voice says, "Hi dad!"** *Blow a little air into the balloon.*

**I say, "Good morning! Please wash your face and brush your teeth. Then we'll go to the kitchen for breakfast." {Name} says in a cheerful voice, "I've already washed and brushed my teeth!"** *Blow a little more air into the balloon.*

**{Name} says, "I would like pancakes for breakfast." I say, "We don't have time to make pancakes but you can have cereal." {Name} says, "That's okay. Cereal is good!"** *Blow a little more air into the balloon.*

**I say, "It's time for school. Please get your books ready and put your shoes on." {Name} says, "I've already got my books and I'm ready to go!"** *Blow more air into the balloon, which is now full. Pinch the bottom of the balloon and hold the air in.*

**What a great morning! {Name's} positive words and actions made me feel so good. You put energy into my life and into the life of the family. I look forward to seeing you after school and spending more time with you!**

Now, I'm going to tell the story of a bad morning in our home.

**I wake up and {name} is already awake. I say, "Good morning," and in a grumpy voice {name} growls, "Ugh."** *Let a little air out of the balloon, pinching the opening so that it*

**FAMILY TIME TRAINING**

*makes a squawking sound. The air going out and the squawking sound represents energy going out of the family.*

I say to {name}, **“Please wash your face and brush your teeth. Then we will go the kitchen for breakfast.”** {Name} **says, “I don’t want to brush my teeth!”** *Let a little more air out of the balloon and make a squawking sound.*

{Name} **says in a demanding voice, “I want pancakes for breakfast.”** I tell {name}, **“We don’t have time to make pancakes but you can have cereal.”** {Name} **says, “I want pancakes not cereal!”** *Let a little more air out of the balloon and make a squawking sound.*

I say to {name}, **“It’s time for school.”** {Name} **says, “I don’t want to go to school. I want to stay home and play.”** *Let the last air out of the balloon while making a squawking sound.*

**I’m exhausted from this morning! The negative words and actions sucked the energy out of me and out of the family. I’m worried you are going to have the same negative attitude after school and I’ll be out of energy. Invite a volunteer to read Proverbs 10:1, 11:2b5 and 23:24. Let’s choose to put energy into the family.**

B. APPLICATION: For the next few days, consider carrying a balloon around in your pocket. When you have a positive interaction that adds energy to the family, simply pull the balloon out and blow in some air. When you see a negative interaction that takes away energy from the family, blow a little air into the balloon and make a squawking noise as you let the air out.

II. Close in Prayer

III. Pass It On: Make an extra copy of this lesson and *pass it on* to another family.