



Crafts, Games & Activities

World Meeting of Families Australia - Family Focus Activities

Games

TUCKSHOP

You will need: a large open space, a bucket/basket/container.

Works well with large groups and various age groups.

Time: 5-15 mins

Instructions:

- Split the group into teams, they do not have to be equal number but aim for balanced teams. Families could form their own teams; you will need a leader for this game to facilitate it.
- The leader gives the following explanation:
 - *I am a customer, and each team is a tuckshop, because there is just one customer and lots of tuckshops I don't come to you, instead you come to me. I will call out an item that I want to buy from and the first tuckshop that can deliver that item first into my bucket gets a point. **The team with the most points wins!***
- Start with a practice round so people can understand the game. Here are some ideas of what to ask for but look around your space and see what is accessible.
 - A hat
 - A book
 - 3 left shoes
 - 4 white socks
 - A set of rosary beads
- To finish the game, announce and play a final round and tally the scores to find out who wins.

WHO AM I?

You will need: A pen for each person, small pieces of paper/post-its (enough for 3-5 per person), a container.

Can be a challenging game for young children.

Time: 10-20 mins (depending on the number of players)

Instructions:

- Split the groups into teams of 3-5 people each. If playing with a large group, you may want to play multiple games alongside each other. Games can be of at least 2 teams playing against each other.
- Get each person to write down 3-5 names on the small pieces of paper (one name per piece) and to place them in the container.
- This game is played in three rounds and the /team with the most points at the end wins.
 - **First round:** A person from the team takes out a piece of paper and has to try to get their team to guess who it is without saying their name. They have 30 sec (can be longer if you choose) to get as many as they can, the team gets a point for every correct guess. Teams take it in turns.
If they run out of names before their turn is finished, pause the time and start the second round and restart the time.
 - **Second round:** Once all the names have been guessed they are all placed back in the container and this time the person up the front can only use **three words** for their team to guess the person.
 - **Third round:** Replace all the names in the container and this time they can only use one word to guess the name.
- Keep track of the score and the team with the most points wins.

HEADS AND TAILS

Suits large groups and does not need much space, people can do it where they are standing.

Can be played as individuals or as large teams e.g., kids versus grown-ups.

You will need: two coins and two people to flip them at the same time.

Instructions:

- Get the crowd to guess what face of the coin will be facing up when you flip the coins, as there are two coins the choices are; two heads, two tails or one head and one tail.
- Here's how they guess: head - hands on heads, tails - hands on their hips/rears, heads & tails - one hand on each.
- Once everyone has placed their hands flip the coins and anyone who gets it wrong takes a seat. Everyone left standing goes on to the next round.
- The last person left standing is the winner.

ANIMAL TAP

Suits groups from 10-30, will need a space large enough for everyone to gather in a circle. You will need: A pillow/cushion or soft item for 'tapping'.

Instructions:

- Choose one person to be in the middle and give them the pillow. Everyone else gathers in a circle around them. Each person in the circle chooses an animal (there can't be double ups, each person has to have their own animal).
- Get a three-beat rhythm going with the people in a circle (like Queens We will rock you), it can be two claps on their legs and one hand clap, or two hand claps and a finger snap. Start with one person in the circle, they call out their own animal and then call out another on the beat; for example:
Clap, clap "dog", clap clap "elephant"
- The person who chose the elephant then continues the rhythm
Clap, clap "elephant", clap clap "cow"
- While this is happening the goal of the person in centre is to 'tap' whoever is speaking with the pillow before they can announce another animal, the goal of the people in the circle is to avoid getting tapped.
- Once the person in the centre taps someone in time they swap out and take the others place and their animal and the games resumes with a new person in the centre.
- As the game continues, speed up the beat so it gets faster and faster.

Variations:

- Add actions to the animals as well, so they say the name and do the action on the third beat.
- Instead of animals you could just use names, a way for everyone to learn each other's names.

HULA HOOP CHALLENGE

For these challenges you will need groups of 6-10 depending on the ratio of adults and children you have altogether.

1. Get on board! - Each team places the hula hoop on the floor and it challenged to get every person in the team into the hoop with no hand or foot touching outside the hoop. You can make this more or less challenging by adjusting the size of the hoops or the groups.
2. Hula thread through - Have your group stand in a circle holding hands. This challenge is for the team to pass the hula hoop once around the circle without anyone letting go. For an extra challenge, have them pass two different-sized hoops around the circle in opposite directions.
3. Hula hoop tag - This game is adapted from the classic game of tag. Firstly, mark out the playing area so that everyone knows where 'out-of-bounds' is then place 8-12 hula hoops in the playing area (adjust according to the number of people playing and the size of the area if needed). The hula hoops represent 'bar'. Choose one or two people to be 'it' and let the chase begin! Those being chased can avoid being caught by stepping into the hula hoops but they are only allowed to stay in the hoops for 5 seconds before they have to get out.

CHAIN TAG

This is a very simple game based on the common game of 'tag'.

In Chain Tag, two people are chosen to be it. They will hold hands and chase people down. When they catch someone that person becomes part of the chain and links hands with them. They can also split into even numbers (like groups of 2 or 4) once the chain gets long enough. This game continues until nobody is left unchained.

NOUGHTS AND CROSSES RELAY

The set up for this game is the same as a relay activity with two teams on opposite sides of a playing area (you can mark this with rope or other markers).

In the centre of the playing area use rope to create a large 'Noughts and crosses' game board. Give each team a set of 6 coloured disposable plates (a different colour for each team).

When the facilitator calls 'go', the first person from each team runs down to the noughts and crosses board and places their plate in one of the game board squares. After they place the plate, they race back to their line to high five the next person in line. The next person then takes their turn to run down to the noughts and crosses board and places their plate in one of the other game board squares. The goal is to have your team get 3 in a row (horizontally, vertically, or diagonally). If all 3 plates have been played and there is no three-in-a-row, the next person in line will run down and move one of their own team markers into an open square on the game board. The game is over, when one team achieves three-in-a-row.

Crafts

MY FAMILY

Aim: The aim of this activity is to help families see how their family along with those around us build a community that stands together.

This can be done individually or as a family project.

This activity can be 10-25mins.

You will need:

- A sheet of paper A4/A3 depending on how many people are working on it together.
- Coloured paper in various colours including greens browns
- Scissors
- Glue
- Pens
- Optional: For a tree trunk you can draw onto the page, glue brown paper or use tissue paper or sticks.



What to do:

- Begin with the tree outline either drawn or glued onto the page.
- Then add leaves, with each leaf write down the name of a family member, begin with the close family in the centre then add on more and more for extended family members.

Debrief it:

Once everyone has finished their family trees, get them to lift them up and show one another, they can describe who is in their family trees. Then debrief it in the following way

I can see lots of great trees, some have lots of leaves all spread out and others may have fewer leaves but are close together. That's like families, some a big families and some are small, some are close together and others are spread out far and wide. But when I look around I see lots of trees its like we have a forest in here. Imagine for a moment, a huge forest - the biggest forest you can imagine of all different types of trees. That is like our Church, we aren't single trees that's stand alone we are families of all shapes and sizes that come together, supporting and loving one another. Pope Francis calls our Church a family of families, a place where we can love one another just like God loves us.

ANCIENT PROMISES

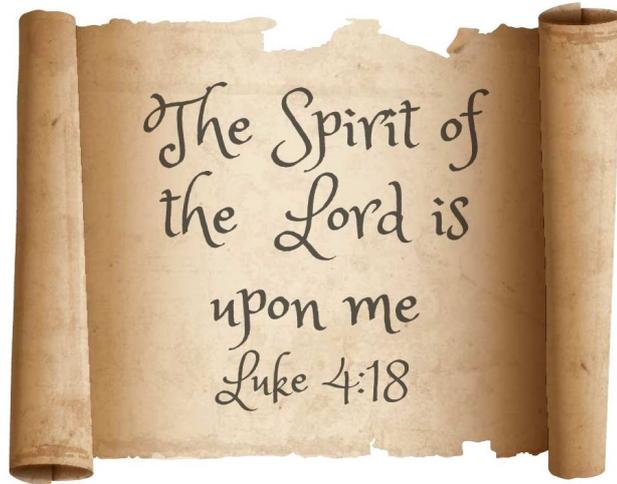
Aim: This activity is a fun and creative way for children and families to understand that the God made a promise to his people a long time ago to always be with us.

You will need:

- Paper
- Teabags/instant coffee and water
- Paint brushes
- Marker pens

Instructions:

- Lay out some newspaper to cover and protect surfaces. In small cups mix teabag/coffee (1/4tsp) with some cold water (1/2c).
- Scrunch up the paper into a ball then smooth it out again. The wrinkles will 'age' the paper. Then paint it so it is all covered in a thin layer of brown water and leave to dry.
- Once dry, then write on the paper. You may want to use scriptures from the prophets of the Old Testament and decorate the pages.



Ideas for promises:

- 'The Spirit of the Lord is upon me' Luke 4:18
- 'Do not fear, for I am with you' Isaiah 41:10
- 'The Lord himself goes before you and will be with you; he will never leave you nor forsake you. Do not be afraid.' Deut 31:8
- 'In this world you will have trouble. But take heart! I have overcome the world.' John 16:33
- "'For I know the plans I have for you' declares the Lord, 'plans to prosper you and not to harm you, plans to give you hope and a future.'" Jeremiah 29:11

Debrief it:

These scrolls look ancient, not like they were made just a few moments ago. It's a good way for us to remember the promises God has made us. He has promised us today that he will always be with us, and he has promised us, our parents, grandparents great- grandparents, and has made that promise for thousands and thousands of years to come. God will always be with you and he will always love you.

CALM DOWN BOTTLES

Aim: A creative and calming tool children can use in moments when their emotions feel bigger than they are. Sitting with these calm down bottles for a while can help kids take a moment to think about what's happened and then come back and find peace with others.

You will need:

- Clear bottles (one per person)
- Water
- Clear glue (like Elmer's clear glue)
- Assorted glitter
- Assorted items (e.g., crosses for Jesus, hearts for love, birds or flowers for peace, circles for friendship, even letters to spell certain words, or whatever else you might find in the local \$2 shop!)

Note: there is a little bit of trial and error involved in this activity depending on the capacity of the bottles you have and the thickness of the mixture that you prefer. We recommend testing it at home to work out the quantities that will suit you.



Instructions:

- Pour some of the clear glue into the bottle
- Add glitter of your choice
- Add the other items of your choice and discuss that they can represent the things Jesus wants to see in us.
- Gently mix and continue until you are happy with the thickness of the liquid and the density of the glitter and other items
- Secure the lid firmly

Debrief it:

Sometimes when things that are not so good start to creep out of us, it can be helpful to take a bit of time to calm down and be mindful of the good things we want to have shining out from inside us.

These calm bottles can help with that!

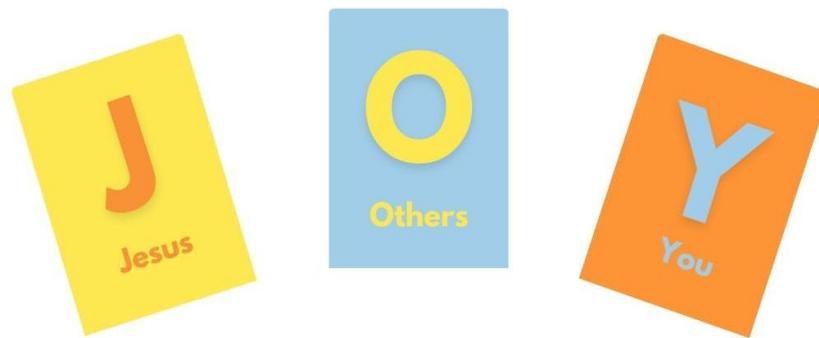
We have filled them with things that represent the good things Jesus wants to see inside us: crosses for Jesus, hearts for love, birds or flowers for peace, circles for friendship.

In moments when you are feeling really angry or sad you can shake up the bottle and then watch it as it starts to settle down and as the bottle settles, so can we. Look for the things Jesus wants to see in you and think about how you can show him and show others.

Activities

MAKING JOY

Aim: This activity asks children to think about what they can do for themselves, for others and for Jesus to bring joy.



Instructions:

- On three large pieces of paper, write out the letters J O Y on each of them and the words Jesus, Others and You below, as above.
- This activity can be done in two ways. Firstly, using small bean bags or something that can be thrown and land on the paper get the children to line up and one at a time, throw the bean bags onto the one the paper. Whichever letter it lands on the children have to name something they can do for them. For example:
 - For Jesus: spend time in prayer, come to Mass, write a letter to Jesus
 - For Others: do something helpful at home, write a note telling someone what you like about them, share a treat with someone else/
 - For You: spend some time doing a hobby, hang out with your friends, dance around to your favourite music.
- Alternatively, put the large paper on the wall and give each child three post it notes, get them to write one thing for each and then invite each child to come up and add their notes to the each of the letters and share with everyone what they have written down.

HELPING HANDS

Instructions:

- Put the families into teams of 3 or 4 and each person has something they can't do e.g. one person is blindfolded, one person can't speak, one can't walk, one can't use their hands (You could use a selection of old scarves as blindfolds etc).
- Get them to complete a series of tasks together as a team and overcoming the things they 'cannot do'. For example, create a simple obstacle course they have to navigate, have them complete a simple jigsaw puzzle, build the tallest tower possible with disposable cups.
- Discuss the activity afterwards to unpack the things that the children and families discovered and learnt throughout the activity.

