



LOCOMOTION GAMES

DAY 1: HOLD THE TRACK LINE

This super-fun game is all about holding on tight when things get tough. It's played with at least 2 participants, but the more playing, the more fun it will be.

No supplies are needed.

How to Play

- All participants will link together to form a train, and their goal is to keep the train together—no train cars going off the rails!
- Everyone in the group will hold the waist of the person in front or hold hands to form a linked “train” line.
- Groups can decide which end of the line is the train's engine and which is the caboose.
- The person at the head of the line—the engine—will then run and move around the play area, changing directions frequently, and the rest of the train will follow and try to hold on to each other.
- If anyone detaches from a train line, the group can shuffle positions in line and play again.

Wrap-Up Questions

1. What part of the game was the most fun? What part of the game was the hardest?

SAY: It could get pretty hard to hold on and stay together! That's true when we have to do something hard in our lives, too. When we're struggling, it can pull us apart from friends.

2. How have hard times in your life been hard on your friendships?

Share an example of your own, such as a time of struggle that made you grumpy or tired, so you argued with a friend or just wanted to be left alone.

SAY: It's normal to be frustrated or upset when we're trying to do something hard, but that's when we need our friends most! Let's hold on to our friends, because a lot of times it's through the help and love of friends that Jesus' power helps us do hard things. (Trust Jesus!)