

Training Time Fillers

Because each training is unique, you may find that you finish a session early and have extra time before a scheduled break. Also, you may notice participants feeling tired after your lunch break. Use these fun, energizing activities to fill in extra time spaces or re-engage your participants after a break.

Game 1: Hammer

1. Instruct participants to divide into groups of three or four (no more than four). Form a circle.
2. Forming hands into fists, participants stack their fists one on top of the other forming a tower. Their fists should be mixed so that no one's left fist is touching their own right fist.
3. On the caller's command, participants will move their fists as directed. When the caller says up, the bottom fist moves to the top of the pile. When the caller says down, the top fist moves to the bottom of the pile.
4. Participants continue to follow commands until the caller says, "Hammer!" When the caller says "Hammer," the top fist rises and attempts to slam the stack of fists below it. Those under the hammer attempt to pull out their fists before they get hit.
5. Repeat two to three times. The caller should use different combinations each time. For example, the caller might say "Up, down, down, down, up, hammer!" followed by "Down, up, down, up, up, down, down, hammer!" the second round. You can also increase the speed of the commands each round for an additional challenge.

Game 2: Ready, Set, Grab

1. Have participants stand in rows. (Not everyone needs to be in the same row.)
2. Instruct participants to place their left hand out towards the person on their left, palm up. Next, instruct them to place the tip of the right pointer finger into the middle of the palm of the person standing on their right.
3. The caller will yell out, "Ready, set, grab!" You can place any amount of time in between saying each word.
4. When the caller yells, "Grab!" participants must attempt to grab the person's finger touching their own palm while pulling up their own finger before their neighbor grabs it.
5. Continue for two to three rounds. Then switch hands so participants hold out their right hand and place their left finger in their neighbor's palm.

Game 3: Name Game

1. Instruct participants to get in groups of seven to eight people. Form a circle.
2. Participants will go around the circle and introduce themselves. When they do, they will say their first/given name as well as something they like to do that begins with the same letter.
3. Participant one says, "Hello, my name is ___ [name] and I like to ___ [activity that starts with the same letter as name]."
4. Participant two must repeat the same sentence. "This is ___ [name of participant one] He likes to ___ [participant one's activity]." Then participant two gives his own name and activity.

5. Play continues around the circle. Each person must remember and state all the people's names and activities before saying their own.
6. When you get back to participant one, he must state the names and actions of all those in the circle.
7. (Option): Have each person add an action to his or her activity. For example, run in place as you say, "I like running." This really helps with remembering!

Game 4: Left, Center, Right

1. Choose one participant to come to the front of the room. Have the participant stand facing the opposite direction, with his back to the group.
2. Have the group stand up. On the count of three, each participant must either raise his left arm, his right arm, or place both arms up over his head. This includes the participant at the front of the room who is facing away from the group.
3. Any participant in the audience that is matching the same arm position as the participant in front is out. For example, if the participant in front is holding her left arm in the air, all participants behind her who have their left arm up are out. They must sit down.
4. Continue until only one participant is remaining standing in the audience.

Additional Video Options:

The BIG Story Training (How God is using TBST around the world):

http://youtu.be/mpFx_piV-og

An Introduction to the 4/14 Window (why children are strategic):

<http://youtu.be/d7AS24VlydM?list=UUHZ2I5aBAOX9Dr1cQb33cNw>

Aim Lower (How children help complete the Great Commission):

<http://youtu.be/mGpKH7MU4Sk>

Children in Revival throughout History (stories of how God has used children in history):

http://youtu.be/xoSwE2Bfu_0?list=UUHZ2I5aBAOX9Dr1cQb33cNw

Today (Animation of how God is using kids around the globe):

<http://www.max7.org/resource.aspx?id=3460bd87-b9aa-46dd-8d1d-0a0073a50888>