

How to Play Strength in Numbers

Objective: The objective of this game is to encourage teamwork and support while also emphasizing the importance of helping others in need.

Number of Players: This game is designed for groups of three.

Materials Needed:

- Canned goods – 2 per person
- Shopping bags – 2 for each group of 3

Instructions:

1. Divide the players into groups of three.
2. Give each player two cans, one for each hand.
3. Instruct each player to hold a can in each hand with their arms straight out. The arms must be held straight out, not held downward or upward. They should hold this position for one minute or more.
4. After the first challenge, ask the following questions:
 - Was this challenge more difficult than you thought it would be or easier?
 - What surprised you about this challenge?
 - Is there anything you could do to make it easier?
5. Now, in each group of three, have one member of each group hold the cans out while the other two members support their teammate's arms in whatever way they like. They should hold this position for the same amount of time as the first challenge.
6. After the second challenge, ask the following questions:
 - For those holding the cans, was this easier or more difficult?
 - For those supporting arms, was this easier or more difficult than holding the cans?
 - How do you feel about asking for help when you feel overwhelmed in life?
 - Who do you usually turn to for help?
7. Discuss how God supports us when our burdens seem too heavy and how we need to support each other.
8. If the players found the challenges too easy, move on to the next challenge:
 - Have each group of three place their six cans in two shopping bags, three cans in each bag.
 - Have one team member hold the two shopping bags straight out while the other two team members support them.
 - All group members must remain standing, and the supporting members must not kneel or sit on the floor underneath the arms.
 - The supporting members may only support the arms between the shoulder and the elbow.
 - The group or groups which hold their position the longest win!
 - If it goes on too long, have them hold the bags without support.

Donation Aspect: To add a service aspect to this activity, ask each player to bring two cans – 15oz or larger – of food from home. After the activity, donate the canned goods to a food pantry. Have some extras on hand for players who don't bring any.