



CATCH UP!

THEME: WORKING TOGETHER



Red een Kind (ReK) is a Christian, child-focused development organization working with local Partners in Asia and Africa. Internationally the organization is known under the name Help a Child (HAC).

Help a Child wants every child to have a loving and dignified existence and a promising future.

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This document is part of the **CATCH UP!** activities book from the complete **CATCH UP!** package for children's clubs:

- **CATCH UP!** How to organize and facilitate a children's club
- **CATCH UP!** Activities Book
- **CATCH UP!** Training

This complete package is available at the knowledge portal
<http://howto.helpachild.org>



INTRODUCTION

This chapter presents the following information:

- **WHO** is this activities book for?
- **WHY** is this activities book written?
- **WHAT** is this activities book about?
- **WHERE** and **WHEN** can this activities book be used?
- **HOW** can this activities book be used most effectively?

Please read these pages carefully before you begin to use the activities!

WHO?

This activities book has been written for all the children's clubs of REK, Help a Child. The book can be used by all partners and volunteers who are facilitating children's clubs.

The stories and activities are focused on children in the age of 8 to 14 years. But most activities have options to make games easier or harder, so you can choose the level that fits your children's club, even if the children are younger than 8 years or older than 14 years.

WHY?

After a little research we found out that some partner organizations are struggling to make the children's club a success and to keep it running. Some of the partner organizations pointed out that more guidelines for the club would be helpful. We were planning on giving more directions to the children's clubs. Hopefully this book will help you organizing the clubs and make it full of original and informative activities.

WHAT?

The main focus of this activities book is to support the development of children by using different themes. This book will give you information about the development of children and why support in the development is important. Besides that the activities book gives you lots of subjects to talk about and games to play at the children's clubs, that will help the development of the children.

The book contains 5 different themes:

- **EMOTIONS**
- **LISTENING**
- **RESPECT**
- **SETTING BOUNDARIES**
- **WORKING TOGETHER**

This document only contains the theme: WORKING TOGETHER.
Check out the knowledge portal for the other themes and the complete activities book:
<http://howto.helpachild.org>

Each theme is divided in three parts. The first part of each theme is the **information**. This chapter contains information and tips about the theme and the development of children around this theme. The information forms a foundation for the rest of the activities around the theme.

After every introduction you can find a **bible story** about the theme. It starts with a short summary, followed up by the complete story. After the story you find questions about the story and the theme that you can use to have a group conversation with the children. There is always a bible sentence you can teach the children and a prayer to close the bible time. Every theme contains 8 different **games** you can play with the children. All games are about the theme and help children to understand, to practice and to learn, but are also fun to do. Every game has 'options' in the end, if you don't think the game fits your children's club, check the options to make it fit. There are options to make it easier, harder, different or a contest. Also there are options if you don't have the materials that are needed or there are children with a disability at your club. At last there is often the option 'afterwards' which contains questions and subjects to talk about with the children after the game is played.

WHERE AND WHEN?

Use this activities book at the children's clubs at the place where you facilitate it. Per game it is made clear if the game can be played inside or outside. Feel free to use this activities book for other occasions or clubs!

HOW?

There is not one right way to use this activities book. It's up to you to see what you can use and how you can use it. See and discuss with others what will fit your children's club the most. The themes are placed in alphabetic order, the book does not have to be used from the first page until the last page.

The themes are really related to each other, so it is easy to combine and let the themes follow up. The order of rank doesn't matter: emotions are important while setting boundaries or working together. But setting boundaries is also about working to get together and respect each other. Just like it is respectful to listen to each other and respect emotions of others. Look at your child club and see which one can be used the best at this moment.

The bible stories

The bible stories aren't obliged, it's up to you if you want to use it at your children's club. The stories don't have to be specifically used for Christian children. They can also be used as a way to talk about the theme with each other and enlarging general knowledge of the children.

The games

The games are placed in random order, see which game fits your club the best as introduction which can be used more deepening. You are not obliged to use all games, feel free to combine games from different themes at your club gatherings!

We chose to give a lot of games to do at the club gatherings because of the positive effect of playful learning. By playing children develop locomotion, creativity, fantasy, mental capacity, and special insight. They learn to work together, handle frustrations and they get to know their selves and their skills and interests. Playful learning is the most natural form of learning. It challenges children to come in action and move their borders. So the games at the children's clubs will give a positive support in growing up and developing themselves!

Possible set up of children's club gathering:

1. Welcome the children and start up a song, a dance or a yell
2. Short group conversation about the theme of the day
3. A short and easy game to introduce the theme
4. A bible story about the theme with questions and prayer
5. A game about the theme that takes a long time
6. Sing a song (maybe you know a song about the theme or the bible story)
7. A last game to 'close' the club
8. Short talk with the children about what they think of the club today and an invitation for the next time

Feel free to adjust games or stories you learned when you were little. It is nice to pass through games and stories that are typical for your culture.

Be sure you prepare the children's club gathering very well! Know which theme you work on, prepare the story you are going to tell and know before the start of the gathering which games you are going to play. Be sure you know how the games work so you don't need to read the explanation again while the children are waiting. Good luck!

INFORMATION



**WORKING
TOGETHER**

Two people together have more knowledge than one individually.

Children have to learn that they can work together to fix certain problems.

Working together contributes to a positive atmosphere in a group and it improves self-knowledge. Working together is not always easy, especially for young children. They are not able yet to learn several social skills.

Social insight

While working together it is important that children are able to view the situation from the perspective of another person and reason from their own. When they have to learn this you can help them by asking questions how things would be for another person in the group.

Listening

Listening is one of the most difficult things to do for children, but it is a very important skill in working together. While working together it is important to listen to each other and really hear what they have to say. Making rules can help in learning to work together. Examples for rules are: put your hand in the air if you want to tell something or if you have a question, when someone else talks you are quiet, etc.

Sharing

Working together also means sharing. Most of the time the children have to share materials they have to use and divide tasks they have to do. The basics of sharing are learned at a really young age while playing together. To develop the skill to share you can help the children by talking about it, asking questions about what is the right thing to do in sharing and showing them that you also share.

Waiting

With sharing comes waiting. For instance waiting for materials you want to use or waiting until you may say something in the group. Waiting is hard for children, especially when it takes a long time. Be aware of this and make sure that how younger the children, the shorter they have to wait.

Above are the skills that are needed while working together and by doing it the children will develop these skills. But there are more skills that will develop in a positive way. The children realize that all members of the group share the same goal and the rewards of achieving it. Working together can also be seen as cooperative learning, learning together. Cooperative learning goes hand in hand with social and emotional learning.

The skills that the children will develop are:

- **self-awareness:** recognizing own feelings and identifying interest, strengths and weaknesses
- **self-management:** managing own feelings and behavior to control impulses
- **social awareness:** understanding the feelings and needs of others and appreciating similarities and differences in the group
- **relationship skills:** maintaining positive relationships with others
- **responsible decision making:** making good choices together with the group through discussion

BIBLE STORY: FEEDING THE CROWD



Summary

In the story about Jesus and the disciples feeding a huge crowd with only five pieces of bread and two fishes it is obvious that the disciples have to trust each other and Jesus, and that they have to work together. You can find this story in the Bible in John 6:1-5 and in Luke 9:11-17.

The story

On a beautiful spring day, a young boy, carrying his picnic lunch, was skipping along a dusty road. He saw many people gathering on a hill by the lake just up ahead so, being curious, he took his picnic lunch and decided to join them. His mind was racing with questions as he darted in and out through the crowd, trying to make his way to the front so he could see just exactly what was happening. "What's going on? I wonder why there are so many people here... Is it a big party?" were some of the questions going through his mind.

He sucked in his breath and scrunched himself as small as possible to squeeze through the crowd. The boy nudged people to the left and right, and occasionally he stumbled over someone's foot. But he finally made his way to the front where he discovered the reason for the huge gathering. A man named Jesus and some of his friends had arrived in a small fishing boat. The crowd of people was pushing to get a good look at him.

Seeing the great multitude, Jesus and his friends decided to stay in the boat. Jesus stood up in the little boat and welcomed the people. He knew they had come to see him and he wasn't going to disappoint them. The people in the crowd were edging themselves closer and closer so they would be able to hear what Jesus was saying. Minutes passed and even hours, but the people didn't get tired of listening to Jesus. They had never heard anyone as interesting as this man. He had so many wonderful stories to tell, and they were hanging on to his every word.

As the evening drew near, one of the disciples turned to Jesus and asked: "Shouldn't we send them away now? It is getting late, and none of them have eaten anything the entire day." Much to his surprise, Jesus answered him: "No, do not send them away. You find food to feed them." Looking around at the crowd that had continued to grow larger and larger, and hungrier and hungrier, the disciple was a little confused and bewildered. "But, Jesus!" he exclaimed, "there is no way we can feed this many people! It would take about months to get enough food to satisfy this large crowd!"

As the disciples looked around the crowd wondering how they would ever be able to follow Jesus' wishes, one of the disciples saw the small boy with his lunch. The disciple knelt down and asked kindly, "Would you be willing to share your lunch?" The boy jumped up and down in excitement and joyfully answered, "For Jesus, I will gladly give it all!" The disciple took the lunch to Jesus, and said, "I found a little boy who was willing to give us his lunch. It is small,

but here it is." Another disciple spoke up, "There is only five small loaves of bread and two tiny fish in there! How is that supposed to feed all these people?"

Jesus didn't take time to explain. He wanted each person to see for himself what was going to happen next. Jesus simply took the lunch; he broke the bread and fish into pieces, and he blessed it. Then he gave it to the disciples, and told them to feed the people. Even though they knew there wasn't going to be enough for everyone, they also knew it was better to obey Jesus than to try to argue with him. They scattered themselves around the crowd and started passing out pieces of fish and pieces of bread. They walked and walked, stooping down to hand the food to the hungry people sitting on the hillside. They were so busy that they didn't even notice that their baskets were not getting empty. Finally when everyone had eaten enough to fill them up and it started getting very late, the crowd started to get smaller as people began to go back to their own homes.

Jesus told his disciples to pick up baskets and collect all the leftovers so that nothing would be wasted. The disciples were surprised as they stared at the sight before their eyes. As they gathered the leftovers, there was a buzz of excitement. "How amazing it is that Jesus could take a small boy's lunch and fill all these hungry people!" one exclaimed. "Yeah, and I've already picked up a whole basket of pieces over here!" another yelled back. "My basket is almost full also!" said another with awe. When they finished, they took it all to Jesus and began to count. One, two, three, four, five, six, seven, eight, nine, ten, eleven, twelve! Twelve baskets leftover! Wow! What a miracle Jesus had performed right there before their very eyes! Two little fish and five small loaves of bread had fed over five thousand people with plenty of food to spare!

Think!

Why did the crowd gather on the hillside?
Why did the disciples want to send the people home?
What was in the little boy's lunch?
What did the disciple ask the little boy to do?
Did the little boy want to share his lunch?
How many people shared the little lunch?

Learn!

"Jesus said, "I am the Bread of Life. The person who aligns with me hungers no more and thirsts no more, ever." -John 6:35 (MSG, The Message).

Pray!

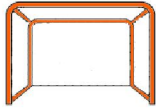
Dear Heavenly Father, thank you for giving each of us something that we can give back to You. Help us to give cheerfully knowing that, no matter how small our gift may seem, You can turn it into a miracle. In Jesus' Name we pray. Amen.

TWINS



**WORKING
TOGETHER**

GOAL



- Working together
- Listening to each other
- Development of empathy

MATERIALS



- No materials needed

TIME



- **15 – 20 minutes**

THE GAME

In the twins game the children have to work together in couples. In this game they are going to work together and you tell them what to do. Everything they do they have to do together, they won't make it on their own. A difficult but fun game to do.

In short:

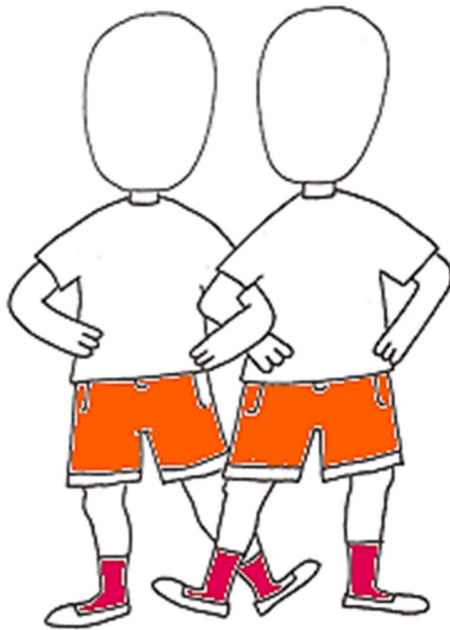
1. Explain the game to the children
2. Let the children make couples and let them stand in a place where they have enough space
3. Let the couples sit down with their backs against each other
4. On your sign they have to try to stand up straight while keeping their backs together
5. Wait until every couple stands
6. On your sign they have to walk as far as possible while staying back-to-back
7. As last the couples have to try to sit down again while keeping their backs together
8. Gather everyone around you and talk with the children about the game. Was it difficult to do? What worked well? What helped them to finish the task?

OPTIONS

- **Make it easier:** if the children are too young to do the game with only the backs together you can make it easier for them if they can stand back to back and twist their arms together. In that way they have more balance. The game can stay the same.

- **Make it harder:** give the children a 'no talking rule'. When they are not allowed to talk they have to try harder to view the situation from the perspective of the other child.

- **Make it a contest:** after a short try out you can make this game a contest. Make a course the couple has to follow. The couples that fail in keeping their backs together during the course are out of the game. The first couple that walks over the finish line is the winning couple!

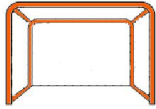


THE BALL GAME



**WORKING
TOGETHER**

GOAL



- Working together
- Listening to each other

MATERIALS



- Ball
- A playfield

TIME



- **20 – 30 minutes**

THE GAME

This game will be played in two teams. The team members have to work together to win. Team 1 is scattered through the field, team 2 stands at one edge of the field, behind a line. All the members of team 2 are standing behind each other, in a long line. The child in the front, the first one in the line, has the ball. He can kick or throw the ball into the field. Now he starts running around his team members, so he runs around the line. Every time he has made one round it counts as one point. He has to gather as much as possible points. In the meantime team 1 in the field has to fetch the ball. Once they have the ball the team also has to come together and stand in a line behind each other. The first one has the ball and has to pass it to the child behind him, over his head. That child grabs the ball and passes the ball also over the head to the child behind him. When the last child in line has the ball he can run to team 2 and bounce the ball behind the line. Now the child of team 2 has to stop running. Collect all points. Now the next child of team 2 can stand in front and throw or kick the ball into the field. This goes on until all the members of team 2 had their try. Calculate all points together. This is the score of team 2. Now the teams can switch, team 2 goes into the field, team 1 can throw or kick. Calculate in the end which team has gathered the most points: that team is the winning team!

In short:

1. Explain the game to the children
2. Make two teams, both teams have about 10 children
3. Make clear the lines of the field to the children

4. Start the game, you are the leader so lead the game with a loud voice
5. When the teams are done, switch
6. When all the children had their try at kicking the ball, calculate all points and tell which team is the winner!

OPTIONS

- **Make it different:** to bring a change in the game you can change little aspects. For instance for the team in the field: instead of passing the ball above the head, let the children pass through the ball between their legs. Think creative!
- **Lack of materials:** if you don't have a ball you can use another object. Before using it: think about the safety of the children. Is the object safe enough for the children to throw, kick and catch?
- **Big group of children:** if you have a big group of children at the club you can make more teams. For instance 3 teams of 10 children. Let two teams play while the third team waits next to the field. After that all teams have had all three positions and their done. Calculate all the points of the teams, now one team is the winner.

| <u>In a corner, throwing the ball</u> | <u>In the field, fetching the ball</u> | <u>Waiting next to the field</u> |
|---------------------------------------|--|----------------------------------|
| Team 1 | Team 2 | Team 3 |
| Team 2 | Team 3 | Team 1 |
| Team 3 | Team 1 | Team 2 |

- **Disability:** if there is a child who is not able to participate in a team, you can give him a task to help you. For instance he can stand with the team who throws/kicks the ball. He can count out loud the number of rounds the child runs. Or he can support the team in the field by giving tips what they have to do.

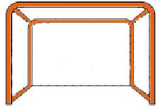


HIDE AND SEEK: INSIDE OUT



**WORKING
TOGETHER**

GOAL



- Working together

MATERIALS



- No materials needed

TIME



- **10 - 30 minutes**

THE GAME

Play this game in a place with enough options to hide. This game is just like the regular hide and seek, but then in the opposite direction. One child hides, the rest of the children have to go look for him. The children that are looking around have to search individually. When a child finds the child who hid, he stops searching and joins him at his hiding place. The game is finished when everybody found the child and the whole group is together at the hiding place. Play the game again, the child who found the hidden child first can hide now.

In short:

1. Explain the game to the children
2. Discuss with the group how far they may go, how big is the place they play the game in?
3. Choose a child who can go hide himself
4. Let the other children close their eyes and count to 20
5. Let the children search
6. Wait until all the children are at the hiding place
7. Play the game again

OPTIONS

- **Make it easier:** make the area of the game smaller so the hiding spot is easier to find.
- **Make it harder:** make the area of the game bigger so the hiding spot is more difficult to find.
- **Afterwards:** talk with the children about the game, how did they experienced the game? How did it feel to search on your own? Did they find the hidden child fast?

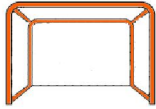


THE BLIND BOAT



**WORKING
TOGETHER**

GOAL



- Working together
- Listening

MATERIALS



- Blindfold

TIME



- **10 - 25 minutes**

THE GAME

There is a boat, but the boat is blind. The boat has to find the harbor without damages! One child of the group is the boat, he has to close his eyes. The rest of the group has to scatter around, they are the rocks in the ocean. The boat starts at the beginning and has to go, through all of the children, to the harbour where he is safe, that is the end. It sounds simple, but it is difficult because the boat can't see: he has to trust the group. The group has to work together to lead the boat to the harbour. The group can guide the boat by giving tips: 'two steps to the left', 'stop!', 'to the right!' But watch out! When the boat hits a rock it will s

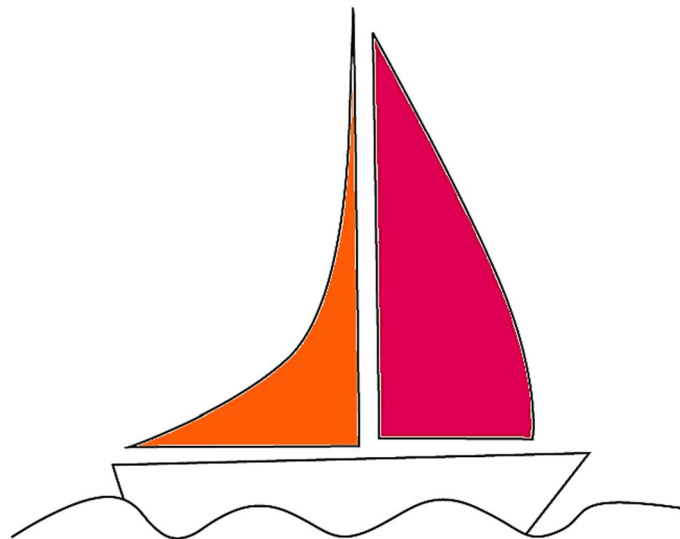
Note: When using a blindfold be sure the children of the group trust each other and the ground is safe to walk on. When there are new children or young children in the group, just let them close their eyes so when they are scared they can peek a little.

In short:

1. Explain the game and tell the story to the children
2. Choose one child who can be the boat and discuss the point of beginning and the finish
3. Make sure the eyes of the child are closed, if you can, use a blindfold.
4. Spread the other children through the space
5. Spin 'the boat' around himself and let him start
6. When the boat arrived in the harbor, choose a new child who can be the boat
7. The game is done when all children have been the boat, use the options below to make the game different

OPTIONS

- **Make it easier:** help the children giving tips to the boat.
- **Make it harder:** make new rules in the game. For instance the rule that the children can't talk. If they want to make something clear to the 'boat' they only can make a sound.
- **Make it different:** discuss with the children and let them think of new rules. For instance the rule that children guide the boat with noise. When the children make loud noises the 'boat' is wrong, when the children make no noise the boat goes in the right way.
- **Make it different:** instead of letting the group lead the boat, give the boat a guide who tells him where to walk.
- **Make it different:** instead of letting the children be the rocks, let them be people who have to be saved out of the ocean. Let the boat first pick all of the people out of the ocean and eventually bring them to the harbor. The boat needs a guide to tell him where to walk.
- **Afterwards:** talk with the children, how did it feel be the boat? Was it hard to reach the harbor? And how did the group experience it, how did they work together?

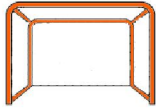


THE HUMAN KNOT



**WORKING
TOGETHER**

GOAL



- Listen to each other
- Work together

MATERIALS



- No materials needed

TIME



- **5 - 15 minutes**

THE GAME

Create a human knot and make a circle again without letting go of hands. The ultimate game to practice listening to each other and working together!

In short:

1. Let the children stand in a circle
2. Explain the game to the children
3. Everyone has to grab with their right hand, the hand of a child
4. Now everyone has to grab with their left hand, the hand of another child
5. Now there is a human knot!
6. Let the children talk, listen, climb and crawl to undo the knot
7. Important rule: it is forbidden to let go of hands!
8. The game is over when the knot is undone and there is one or more circles of children

OPTIONS

- **Make it easier:** give specific hints to the children about what they have to do to undo the knot.
- **Make it easier:** play the game in separate, smaller groups so the knots are smaller and easier to undo.
- **Make it harder:** give one child the task to undo the knot. He has to tell what the rest of the children have to do, they have to listen to him.
- **Make it harder:** let one child (or do it yourself) make the knot by saying for each child individually how he has to stand and which hands he has to hold. He can make it extra hard for the children.
- **Make it harder:** make up some rules to make the game more difficult, for instance: 'one person can speak at the time', 'the words yes, no, you and here are forbidden' or 'no one can speak'.
- **Afterwards:** talk with the children about how they experienced the game: was it hard or was it easy? What helped them to undo the knot? And what did not help them to undo the knot?

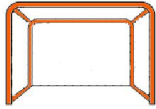


BLIND ARCHITECTS



**WORKING
TOGETHER**

GOAL



- Working together
- Listening

MATERIALS



- A large rope
- Blindfolds

TIME



- **10 – 20 minutes**

THE GAME

Blind architects is a game that requires working together and good communication to succeed the tasks.

In short:

1. Let the children stand individually, scattered through the place
2. Let them close their eyes and to be sure, if you can, give every child a blindfold
3. Tell the children: 'Now all put your hands in front of you, open your hands. I am going to put a big rope in it.'
4. If all the children have the rope in their hands, go on: 'Now together you are going to make a square, good luck!'
5. Watch the children how they work together. When the time is up (10 minutes) or when the square is complete, they are done
6. They can take of their blindfolds. Talk with the children about the game, how did it go? Did they work together? Did it take a long time before they had the square?

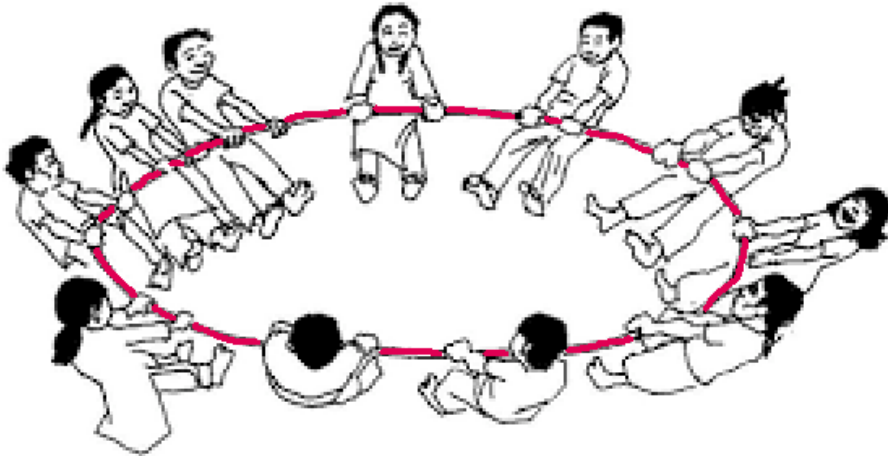
OPTIONS

- **Make it easier:** give the children the hint to lay down the rope on the ground, that is the easiest way to make a square.

- **Make it different:** if the children succeeded in making the square you can give them new tasks. For instance new shapes like a circle, a triangle or a heart.

- **Lack of materials:** if you don't have a rope you can give the children the task to stand in different shapes themselves, without a rope. You can let them hold hands.

- **Big group of children:** if you have a big group of children, split the group into two groups. Let one group do the task with the rope and let the other group watch. Afterwards they can reflect together, what did the group do and what did the other group see? What could be done better?

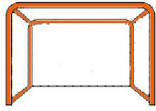


THREE LEGGED SPORTS



**WORKING
TOGETHER**

GOAL



- Working together
- Listening to each other

MATERIALS



- A soft rope / bandana / something to hold two legs together
- A ball (if that is used in the sports game)
- A field (if that is used in the sports game)

TIME



- **20 – 30 minutes**

THE GAME

Discuss and choose with the children a sports game they play often. This can be netball, football, basketball or something like that. Today the children will be playing this game in a different way. Let the children make couples, let them stand next to each other and bind the middle two legs together. Now play the game in the normal way, so make teams, make sure where the field is, etc. The children are now challenged in a game they know well, but they get to know the game in another way. They have to communicate and coordinate their movements together. Being connected will require practice in order to field a ball, catch, throw or score. It reinforces teamwork, listening and communication.

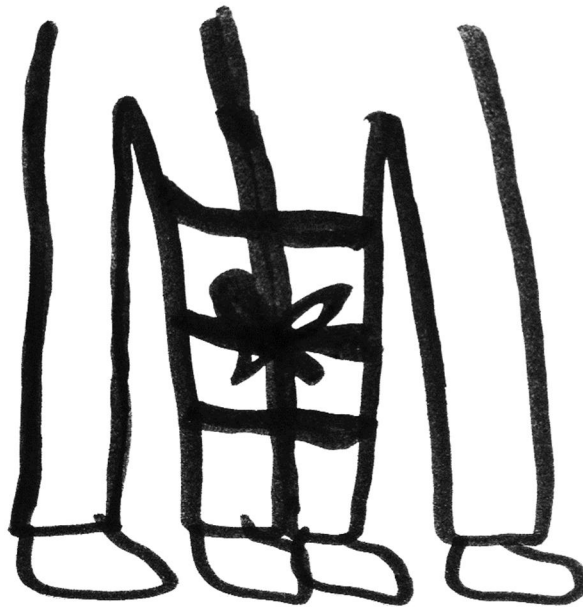
Important: connecting the children is important to the game, but help keep the children safe. They will likely fall at times, so a loose bandana tied around their legs should suffice. Be sure not to cut off circulation and make sure the playing field is relatively level!

In short:

1. Explain the game to the children
2. Let the children make couples, bind them together
3. Start the sports game
4. Afterwards, talk about the differences in the game in the 'normal way' and the 'three legged way'. What was different? How did the working together went? Was it hard? What was important to do if the children wanted to be a good team?

OPTIONS

- **Make it easier:** before starting the sports game, let the children do some tasks to practice to work together and to get used to be tight together. For instance, walk or run 100 meters together, throw a ball, jump at the same time, etc.
- **Make it different:** let the children switch from partners, so they experience different styles of working together.
- **Lack of materials:** if you don't have the materials to bind the legs of the children together, then let them hug each other or hold hands the entire game, without letting go of each other.

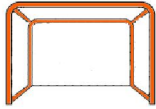


CAPTURE THE FLAG



**WORKING
TOGETHER**

GOAL



- Working together

MATERIALS



- Two flags (a piece of fabric can also be used)

TIME



- **20 – 30 minutes**

THE GAME

Make sure there is a large area, which can be roughly divided in two parts. This is the field where the children will play the game. Split the children into two teams and allocate each team with one half of the area. Each team chooses a base position, where they keep their "flag". This place may not be known by the other team. Also they have to choose a 'jail' position, where they will keep their prisoners, and makes it known to the other team.

Each team tries to capture the other team's flag. Whenever a team member ventures onto the other team's territory, he is at risk of being caught (tagged) by the enemy team. When caught he is taken to that team's 'jail', where he must remain until he is freed (touched) by one of his team members.

When someone manages to capture the other team's flag and return it to their own territory, their team wins.

In short:

1. Explain the game to the children
2. Decide with the children what the lines of the field are
3. Make two teams
4. Let the children hide their flags on their side of the area (without the other team knowing where) and make sure everyone know where the two 'jails' are.
5. Let the game begin
6. Make sure you are standing on a central point of the playing area, so the children know

where you are and can come to you when they need you

OPTIONS

- **Make it easier:** help the teams with finding a good hiding spot for the flag and a good place for the 'jail'.

- **Make it different:** if the children are a bit older and get the game, you can participate in the game.

- **Lack of materials:** if you don't have a flag or another piece of fabric, think of something else that can be used as something that needs to be found. For instance, a ball, a book or a bin. Keep in mind: the younger the children, the bigger the item, the easier it is. The older the children, the smaller the item can be, then it's harder to find.

