

# MOUNTAINS AND VALLEYS



Anchors / Juniors



10 minutes



Friendship



Game

## WHAT YOU NEED

- Plastic cups or cones
- A large space
- A timer

Jesus never worked alone; he had his friends the disciples with him on his journey who learnt from him and supported him. We do better when we have good friends around us. Many hands make light work, and we learn that things are easier when we are supported by those around us. When we face problems, God is always with us and helps us through it and lightens our burdens.

This is an exciting game of teamwork and speed. It encourages the young people to work together to try and complete a task. This will encourage play with other young people in the group they might not regularly play with during BB. The game ensures that everyone in the team gets involved so no one feels left out and this will build on friendships within the group if they are all helping each other.

## INSTRUCTIONS

1. Prepare the game by putting the cones or cups out on the floor of the room, some facing the right way up and some facing down.
2. Split the young people into two teams and give one team the responsibility of making sure that all the cups or cones are the right way up and the other team making sure they are facing the other way.
3. On the count of three both teams play at the same time to make sure they try and turn over all the cups or cones and at the end of the time count how many are in each position and the team with the most win.