**Speak or Throw!**

**You have a choice to build others up with wise words or put them down.**

Matthew 12:34b …For out of the overflow of the heart, the mouth speaks.

Needed – Plain white paper (could be recycled/trash) these will be wadded up to form “snow” balls. A bucket or receptacle to create a target to aim at, and tape to delineate a free throw line child(ren) cannot to cross.

• Child(ren) will stand about 6 feet away from the bucket, in a line.

• Parent shouts a circumstance where the child must come up with a wise or encouraging word. If the child can say something **positive and unique** within five seconds (before mom stops counting) they get to toss their paper wad into the bucket (goal 1 point for each make), if not the parents gets to throw one paper wad at the child (if there is a hit the parent gets 1 point) see how easy it is to tear down versus build up. The object is to obtain ten points before the other side, child(ren) take turns.

• Basically this is a flexing the brain muscle challenge, giving kids quick experiences to overflow with wise words. In life this takes time as we focus on God’s Word, but you will not grow unless you practice. *Here are some suggestion, however add some of your own, that apply.*

• Ask a question:

1. A classmate says, “You are not my friend anymore.”

*Countdown: Five – Four – Three – Two – One…Speak or Throw*

1. “I don’t have any friends”, says the child next to you in the lunch line.
2. Your friend discovers his parent are getting a divorce, what could you say to him?
3. You friend yells out a cuss word right in front of you, at recess.
4. Mom asks you to fold your laundry.
5. Dad asks you to take out the trash
6. One of your classmates makes fun of the new kid.
7. You friend keeps muttering under her breath, that she is dumb.
8. Your brother just lost to you in a game and says, “You cheated!”
9. Your grandmother just gave you socks for your birthday.
10. Your sister just grabbed a toy out of your hand.
11. You come home from school and find out that you hate tonight’s dinner.
12. You play baseball and just struck out because out what you believe to be a bad call…
13. You’re in a nerf battle with your brothers, one says he shot you, but you didn’t feel it.
14. Your younger sister just used your tooth-brush.
15. It is your turn to jump all by yourself on the trampoline.
16. You cleaned your room last year and your mom is already asking you to do it again.
17. You friend at school can watch any movie she wants, but your mom won’t.
18. Your mom got a haircut and asks you if you like it…but you don’t.