

# PROGRAM FILLERS / BOREDOM BUSTERS

**Hand Clapping** - All stand up. Every time the leader crosses his 2 hands (vertically), the kids have to clap. Sometimes fake a cross by stopping just before you cross. Kids sit down if they clap when you don't cross. At the end, gradually speed up and when all are clapping wildly, teacher takes a bow.

**Hands Up** - When introducing the 'hands up if you know the answer' rule, get the kids to practice putting up their hand when you say 'hands up'. Do several times and see who can do it fast. Trick them by quickly saying, 'Hands down', but at the same time you put your hand up.

**Stand Up On 3** - kids to quickly stand up when you count up to 3. They must be sitting down. You may trick them by counting '1,2,3' very quickly (too slow, try again) OR '1..2..four' OR '1...2...thrill seekers'; OR '1...2...thursdays'. Now finally do the correct '1...2...3'.

**Thumb Wrestle** - Kids in pairs place their right hand in a 'monkey grip' (4 fingers interlinked with thumb extended vertically) with their partner. On the count of '3' the object is to use your thumb to overpower your partners thumb by flattening it. No other part of the body is involved, just the thumbs.



**Finger in Palm Snatch** - Kids in pairs follow the leaders instructions.

Both fists up (at chest level)

On 1: Left palm flat (up)

On 2: Right pointer finger pointing upwards.

On 3: Each person puts their finger pointing down into the palm of their partner.

On 4: Grab your partners pointer finger BUT move yours before it gets grabbed.

**Dead Ant** - Leader calls out 'dead ant' and the kids must roll onto their back with arms and legs facing up as still as a dead ant. The leader then moves among the kids to try and make them laugh without touching them. If a kid laughs, he joins the leader to make others laugh. The winner is the last dead ant.

**I Went To The Doctor** - Get 2 children to stand out the front with you. The Leader makes a statement and does the appropriate action (keep doing it for the whole game). The next kid repeats what you've said & done. Then the next kid also. Now you make a new statement with a new action, still keeping the old action going. Examples ...

'I went to the doctor because my right leg was wobbling (wobble your leg)'

'I went to the doctor because my eye was twitching (repeatedly wink your eye)'

'I went to the doctor because my left arm was shaking (shake your arm)'

By the time you've all 'been to the doctor' 5 times and you're all doing the 5 actions at the same time, it looks quite funny.

**Hands up/ out/ folded** - to teach the kids to sit quietly during prayer. They follow the leader's instructions -



On 1: put your right hand in the air

On 2: put your left hand in the air

On 3: fold your arms on your chest

On 4: close one eye

On 5: close the other eye

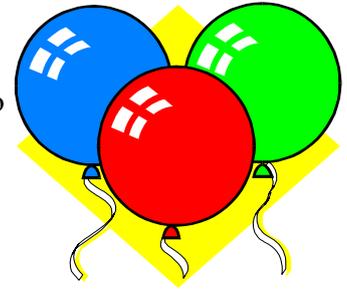
On 6: bow your head

"Now listen carefully as I talk to God (PRAY)" - at the end instead of saying 'amen' ...

On 7: open your eyes and sit up straight.

**Gofa (go for)** - Leader says, "Go for your knees (etc)" and puts hands on knees. Kids must also do this action. On some occasions you can trick them by saying one thing but doing a different action.

**Balloon Juggle** - Bring 3 kids out the front and give them 6 balloons which they have to juggle in the air together as a team. Time them with a stop watch to when the first balloon hits the floor. Get another team of 3 to do the same. Then another team. Whichever team keeps the balloons in the air the longest is the winning team.



**Couple Connection** - Kids pick a partner. Leader calls out, 'elbow to elbow' and the kids must touch one of their elbows with their partners elbow. Others - hand to neck, knee to knee, foot to shoulder, ankle to ankle, toe to toe, etc.

**Do This, Do That** - similar to the 'Simon says' game. When the leader says 'do this' the kids do the leaders action. However if the leader says 'do that' and shows another action the kids must not move.

'Do this' (put your hands on your knees) - kids do the same

'Do this' (move hands from your knees to your ears) - kids do the same

'Do this' (put your hands on your head) - kids do the same

'Do **that**' (put your hands in the air) - kids should **not** move their hands from their head.

**One-Minute Aerobics** - Leader leads the group with jumping jacks, head rolls, shoulder shrugs, etc. As the last exercise, have the kids sit down and stand up 7 times. On the last sit down they let out a sigh, 'Ah-h'. Then continue your program.

**Yawns** - Have two kids come to the front. They yawn and stretch as much as they can in order to get the others to follow. (Everyone knows yawns are catching!) The kids sitting down try not to yawn. If the leader sees someone yawning, they have to join those at the front.



**Tongue Twisters** - This can be done in pairs or from up the front.

Up the front - Have 3 kids out the front each (in turn) trying to say the tongue twister which you have written on a sheet of paper. E.g. 'I saw sea shells sitting on the sea shore'

In pairs - They can create a 7 - 9 word tongue twister where most of the words begin with the same letter. It may be related to the teaching/story of the day. See which partner can say it the fastest.

**Down and Up** - Tape a 1 metre long strip of masking tape on the floor. Challenge several kids (one at a time) to put their toes on the line, fold their arms, kneel down onto the floor & get back up again without taking their toes off the line or using their hands.

**Mr Squirt** - A leader selects a child to come to the front and explains rules - 'You have 30 seconds to compete with Mr Squirt. I will ask you a number of questions. You must answer each one, but cannot say 'yes', 'no', shrug your shoulders, nod/shake your head, hesitate for more than 2 seconds or repeat the same answer. If you do any of these things, Mr Squirt squirts you. However, if you do last for 30 seconds you (win a prize), (get to squirt leader), (etc).'



**Rotten Bananas** - The leader selects a competitor to come to the front. For 30 seconds he asks questions in quick succession, e.g. "What's your name?", "What do you brush your teeth with?", "What does your girl/boyfriends face look like?", etc. To every question, the child must reply, "Rotten Bananas" without smiling or laughing. If he does, Mr Squirt squirts him. If he lasts 30 seconds then he (wins a prize), (squirts leader), etc.

**Shoestring Race** - Everyone grabs their shoestrings (or ankles) and don't let go. Run a relay or other type of race. To become 'unstuck' from your ankles they must bump hips with another person.