

## Recreation Sessions

### Dizzy Dean

Divide your group into two or more teams. Tell them that when you say go, the first person in line will run to a baseball bat that you have about twenty feet away, bend over to put their forehead on it while keeping it touching the ground, and spin around eight times as fast as he can. And then, if you're in a gym, have him shoot a basketball and then run back to tag the next person on his team. If you're outside, just have him run back to tag the next person in line. Be careful to warn them not to fall down...or at least to fall down gently.

Ready...set...go.

*Spiritual Application:* They chose to spin around. Nobody made them, and they took the chance that they might fall down. We make choices everyday in life too, and some of those choices can make a mess out of our lives. That's why God has given us parents, to help guide us, teach us, and sometimes stop us from making bad choices.

#### NOTES:

- (1) Have adult sponsors count how many times they spin and to help encourage them to keep the bat touching the ground.
- (2) Remove anything dangerous into which they might stumble.
- (3) This is a great event to video!