

Gentle Walk

Using two wooden spoons and two fake or real eggs, have a egg-spoon walk: Choose two volunteers to use wooden spoons with eggs balanced on top to walk from the starting point to another marker and back.

Spiritual Application: It's a race, but they don't know that the winner is the one who was the most gentle. The winner isn't the one who finished first but the one who dropped the egg the least. Sometimes we go so fast, we don't take time to be gentle with others. We get selfish and forget what really matters in life. What are some ways that you have been selfish? Have there been times that you were too busy or too selfish to be gentle with others? How can you be gentle with someone this week?