

# MARSHMALLOW MADNESS



## Straw Relay Race

Divide your students into equal teams and have them line up behind a line or boundary marker. When you say go, the first person in line will suck on a straw to pick up a marshmallow and will then walk with the marshmallows held to the end of the straw to another line or a boundary marker such as a cone and then back to their team. They will then tag the next person in line. Play continues until everyone has had a turn. The first team finished, should sit down in their line and raise their hands so that you know they are finished.

*Spiritual Application:* The marshmallow didn't fall until you released the pressure holding it. What disciplines or habits have you developed that help hold you to Christ and help keep you from falling?

