

Meekness Games

Game: Meek Touch

Have fun with the concept of meekness as strength under control. Play a relay game where you quickly pick up regular-sized marshmallows with kitchen tongs and place them in a bowl. Check for squished marshmallows to see who was the gentlest. Another fun relay-type game is to take turns with transferring eggs from one carton to another as quickly as possible, being firm but gentle. Be prepared for some broken eggs and have fun with the game. When the game is over, discuss what it felt like to use a "meek" touch and keep any excitement under control. How was meekness a strength?

Game: M&M Move

Gentle movements are the key to this game. There are several variations to this game. Choose what works best for your group. In every variation, the goal is to move M&M candies from one bowl to another by sucking through a straw and getting the M&M to stick to the end of the straw. When they stop sucking, the candy will fall. If they move too abruptly, the candy will fall. Any candies that fall onto the floor or table don't count for any points.

Give each person a set of M&Ms. The first to move all their candies from one bowl (or cup) to another wins. Or you can see how many M&Ms each person can transfer in one minute. Another option has everyone sit in a circle facing in. The players get as many M&Ms out of a big bowl and into their own bowl as they can until the time limit. If you are playing with young children who might struggle to outperform older players, consider playing on teams and make a relay out of it. The first team to get all their candies from one bowl to another wins. If you want to avoid candy, make little bees out of cardstock or construction paper. (Two inches across should be good. If they are too big, the kids won't be able to hold onto them with the straw.) Put all the paper bees in a stack or in a bowl, and the kids have to try to move the bees from one place to another by sucking on the end of a straw and getting the bee to stick to the other end.

When the game is over, discuss what it felt like to use a "meek" touch and keep any excitement under control. How was meekness a strength?

Pray the beatitude prayer on the guide together.