

## Encourage One Another

The Bible tells us that we need to ‘encourage one another and build one another up’.



### An activity to demonstrate the power of encouragement

Choose a child to demonstrate how quickly they can run to the end of the room or outside area and back (or any suitable alternative activity that might work better in your context).

Tell the other children that they have to watch in silence.

Record the time and tell the children how long it took.

Now tell all of the children that they have to cheer loudly and encourage the volunteer as much as they can while they do the activity a second time.

Record the time – it should prove to be significantly quicker.

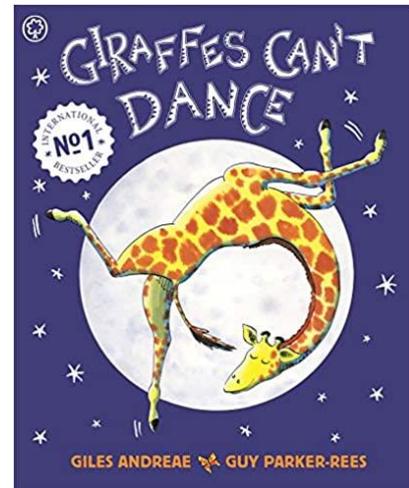
Explain to the children that this is what happens when we feel encouraged – it gives us ‘super powers’.

### **A story about encouragement**

Read 'Giraffe's Can't Dance'  
by Giles Andreae and Guy Parker-Rees

There is a very good animated version here:  
<https://www.youtube.com/watch?v=vZjsLK5vwNU>

Talk about why Gerald couldn't dance when  
The other animals laughed at him  
and how he was able to dance when  
her received encouragement.



### **Make a 'clapping hands' poster**

Talk to the children about how we often clap hands to encourage other people  
(it may be possible to relate this to the 'clap for carer' depending on the  
children).

Either cut out some clapping hands templates or draw around the children's  
hands to make these (lots of templates are available online but there is one  
below). Allow the children to decorate them in any way appropriate and then  
stick these on a large sheet with the words 'We encourage each other' in the  
middle.

