



REMOTE CONTROL

the choice is yours



WEEKLY ACTIVITIES - JAN 22

These activities are part of the videos explained each week on gebc.org.nz/equip.
An alternative video of the story is on gebc.org.nz/switch that everyone may also enjoy.

These activities are for those in EQUIP and SWITCH to do.

They usually need two or more people to do them and younger kids may need assistance from someone older. But you can usually do them on your own by adapting them slightly if need be.

SO EACH WEEK...

- Watch the video on gebc.org.nz/equip or gebc.org.nz/switch to see the story and get you thinking.
- Follow the instructions in the video or read and follow along with the instructions provided. Choose the activities that suit you best.
- Finish off during the week by looking at your EQUIP or SWITCH journal.

SELF CONTROL

Choosing to do what you should



even when you don't want to



MORE S'MORES?

WHAT YOU NEED...

- “S’more?” and “S’mores Spinner” Activity Pages, cardboard squares, fun foam squares, marshmallows

WHAT YOU DO...

- Play this with a group of people if you can.
- Get your “S’more?” Activity Page, six cardboard “cracker” squares, six fun foam “chocolate” squares, and six marshmallows.
- Cut out and assemble your spinner.
- Place your face page on the floor.
- Begin the game by placing a “cracker” on your person’s mouth.
- Take turns spinning the spinner and adding the corresponding item on top, creating a s’mores tower.

THINK...

Did you see a poin then the tower was about to fall over? Did you try to stop it, or just let it fall?

Self-control is choosing to do what you SHOULD, even when you don’t want to. Sometimes having self-control means that you **know when to STOP**. **Know when to stop** eating sweets and junk food. **Know when to stop** playing video games. **Know when to stop** watching TV. Because EVERYTHING has a TOO MUCH. So remember to **know when to** _____.



KEEP THE BALANCE

WHAT YOU NEED...

- Cornflour, water, bowl, tray, (optional) gloves

WHAT YOU DO...

- Do this activity in a place where things can get a little messy. You may want to do it on a tray or similar.
- Today, you get to make slime! The key to making good slime is balancing the ingredients—knowing when to add and when to stop.
- Pour half the cornflour into your bowl.
- Pour a few drops of water into the bowl.
- Use your hands to mix the cornflour and water together to create your slime. *(Use gloves if you would like.)*
- The slime is the right consistency when it is thick enough to pick up and form into a ball but thin enough to seep through your fingers and drip back into the bowl.
- If your slime is too thick, add a little bit more water to your mix.
- If your slime is too thin, add a little bit more cornflour to the mix.
- Keep working with the mixture, adding contents to try to find the right balance.
- Make sure you only add in a little bit of water or cornflour at a time!

THINK...

Even though both water and cornflour are good and necessary for the recipe, you have to know when to stop adding them. Everything has its limits - even slime - and we have to learn to balance. We learned that our recipe only needs a specific amount of both cornflour and water or it will turn too watery or too hard. It will result in slime that is not usable, and that's no fun!

Too much of a good thing in our own lives can end up giving us a different result than what we initially desired. When we eat too many lollies, it may taste good in the moment but it will end up giving us a stomachache. When we spend too much time watching TV or playing video games, it could cause us to miss out on stuff with our siblings or friends.

- » When have you had too much of a good thing?
- » What happened as a result?

When we **know when to stop**, it allows us to make the most of what we do! When we figured out how to balance the ingredients and learned when to stop, it allowed us to experience the fullness of fun with our slime!