

COFFEE-CAN STILTS (Gross-motor activity):

Materials: (For adult use only)

- Two coffee cans
- Heavy string/rope
- Drill

Drill two holes at the top of both sides of an upside-down coffee can. Run heavy string/rope through each hole and connect at the top for students to grasp. Repeat process for second can.

Before allowing students to use the stilts, be sure to demonstrate how to hold on to the strings up tight while lifting your feet to walk on stilts. Have another adult helper closely monitor the students walking on stilts.

After students have a chance to walk on stilts, discuss the phrase, “You don’t need to stand on stilts to be near GOD and pray.” ie:

- GOD is with us always, we do not have to be “closer to heaven” to talk to HIM.
- It is difficult to stand on stilts and balance, taking all our concentration, distracting us from the simple act of praying.