

Activity 1

Helmets Off Game

This game is played like musical chairs. You will need a “helmet” for all but one child. When the leader yells “hats off!” all the kids throw their hats up in the air and scramble to get a new one. The child without a hat is removed from the game. Play until there is one child remaining.

The point: We always need to keep our “helmets” on because without them our mind is not protected from bad thoughts. If our mind is not protected from bad thoughts then it is easy to sin.

Supplies: hats from Circle Time
Armor – Helmet of Salvation

Activity 2

Funnel Water Lesson

The leader will show kids the funnel and explain the way it works. Show the children that what you pour in will come out the other side. Our minds are like a funnel. What we put in our minds is what will come out our mouths and hands. If we think unkind thoughts about others, then we will be unkind to others. If we listen to bad words, then bad words come out more easily. Now cover the top of the funnel with plastic wrap and pour water into the funnel. Nothing comes out of the funnel! In fact it flows off of the funnel and goes somewhere else. If we put on our helmet of salvation then it will protect our minds and hearts from sin and it will be harder for sin to break into our minds.

Supplies: funnel, plastic wrap, Pitcher of water, large bucket or bowl to catch water
Armor – Helmet of Salvation

Activity 3

Helmet of Salvation Craft

Let the children decorate their helmet with a verse label, sequins and stickers (as available). Go over the memory verse with them.

Supplies: plastic helmets (1 per child), verse labels, stickers/sequins (as available)
Armor – Helmet of Salvation

Activity 4

Hat Tower

Place a large pile of bowls in the center of the play area. Have children take turns piling bowls on their heads in the middle of the play area. The objective is to see who can get the most hats on his/her head before they topple over.

During and after play, make sure they understand the importance of guarding their minds.

Supplies: small bowls
Armor – Helmet of Salvation