

## LENT 3 – ACTIVITY FOR 4<sup>TH</sup> GRADE TO 8<sup>TH</sup> GRADE STUDENT SUNDAY SCHOOL.

# LIGHT AND DARKNESS

### STEP-BY-STEP INSTRUCTIONS

#### 1. Introduce the Activity

Explain to students:

“We are going to act out different choices and behaviors. After each one, the class will decide whether it belongs to Light or Darkness.”

Briefly remind them:

- **Light** means living in ways that reflect Jesus
- **Darkness** means choices that lead away from God’s ways

#### 2. Divide the Class

Choose one of these options:

- **Whole group** taking turns one at a time
- **Two teams**
- **Grades 3–5 together and 6–8 together**

If your class is mixed and lively, two teams usually work best.

#### 3. Choose the First Actor

Invite one student to come forward and draw a slip.

Tell them:

- Read the slip silently
- Do **not** say the words
- Act it out using motions and facial expressions only

#### 4. Set the Acting Time

Give the actor about **20–30 seconds** to act out the card.

Optional:

- Use a timer
- Let younger students have a little longer

#### 5. Let the Group Guess

The class guesses:

1. What behavior or action is being acted out
2. Whether it belongs to **Light** or **Darkness**

Example:

- Student acts out helping someone pick up books

- Group guesses: “Helping a classmate.”
- Then they say: “Light.”

### **6. Discuss the Choice**

After the correct answer is given, ask one quick follow-up question, such as:

- “Why is this Light?”
- “What would the Light response be?”
- “How could this happen at school, home, or church?”
- “What Scripture or truth does this remind us of?”

Keep this part short so the activity keeps moving.

### **7. Sort the Card**

Place the card into the correct basket:

- **Light**
- **Darkness**

This gives a visual reminder of the lesson.

### **8. Continue Around the Group**

Repeat until each student has had a turn, or until you’ve used the number of cards you want for class.

---

## **Optional Variations**

### **Team Version**

1. Divide into two teams.
2. One student from Team A acts out a card.
3. Team A gets first chance to answer.
4. If they miss it, Team B may steal.
5. Teams earn one point for:
  - Correct action guessed
  - Correct Light/Darkness category

### **Reverse Version**

Instead of only identifying Darkness, ask:

“What would the Light version of this look like?”

Example:

- Card: gossiping
- Students identify Darkness
- Then answer: “The Light response would be speaking kindly or refusing to spread rumors.”

This is especially strong for older students.

### **Silent Freeze Frame**

For younger students, let them make a frozen pose instead of full acting.

## **Teacher Tips by Age Group**

### **Grades 3–5**

- Use very simple actions
- Give lots of encouragement
- Choose obvious examples like sharing, lying, helping, teasing
- Keep turns quick

### **Grades 6–8**

- Use more thoughtful situations
- Add discussion after each round
- Ask what the Christian response should be
- Let them explain why something fits Light or Darkness

---

## **Good Charade Examples**

### **Easier for Younger Students**

- Sharing food
- Praying
- Lying
- Helping clean up
- Teasing
- Saying sorry
- Forgiving
- Ignoring someone lonely

### **Better for Older Students**

- Gossiping
- Cheating on homework
- Standing up for someone
- Excluding someone
- Being respectful online
- Refusing to forgive
- Admitting a mistake
- Encouraging someone discouraged

---

## **Closing the Activity**

When the game is over, gather students and say something like:

“Every day we make choices. Jesus calls us to walk in the light, to love others, and to live in ways that reflect Him.”

## **ADDITIONAL OPTIONS FOR LIGHT/DARKNESS**

### **LIGHT (Living in God's Ways)**

1. Helping a classmate who is struggling
2. Telling the truth even when it's hard
3. Forgiving someone who hurt you
4. Saying thank you to God in prayer
5. Sharing your lunch with someone who forgot theirs
6. Encouraging a friend who feels sad
7. Obeying your parents respectfully
8. Helping clean up without being asked
9. Including someone who feels left out
10. Speaking kindly about others
11. Admitting when you make a mistake
12. Praying for someone who is sick
13. Being patient with younger children
14. Listening when someone is talking
15. Keeping a promise
16. Returning something that doesn't belong to you
17. Thanking someone who helped you
18. Standing up for someone being teased
19. Showing respect to teachers and leaders
20. Choosing not to gossip
21. Being thankful for what you have
22. Offering to help carry something heavy
23. Being honest on a test or assignment
24. Comforting someone who is crying
25. Saying "I'm sorry" when you hurt someone
26. Being generous with your time
27. Visiting or helping an elderly neighbor
28. Being kind to animals
29. Speaking gently instead of yelling
30. Choosing peace instead of arguing
31. Reading the Bible
32. Praying before making a difficult decision
33. Welcoming someone new
34. Helping a younger sibling with homework
35. Showing gratitude instead of complaining

36. Giving to someone in need
37. Respecting church and worship
38. Encouraging someone who feels discouraged
39. Taking responsibility for your actions
40. Being thankful to God each day
41. Being humble instead of bragging
42. Listening to wise advice
43. Showing kindness to someone who is different from you
44. Being respectful online
45. Choosing honesty instead of cheating
46. Showing mercy when someone apologizes
47. Being calm instead of angry
48. Helping a friend make a good choice
49. Thanking God for His blessings
50. Following Jesus' teachings

**DARKNESS (Turning Away from God's Ways)**

1. Lying to avoid trouble
2. Taking something that doesn't belong to you
3. Making fun of someone
4. Refusing to forgive someone
5. Gossiping about others
6. Cheating on a test
7. Blaming someone else for your mistake
8. Being mean to someone weaker
9. Ignoring someone who needs help
10. Using hurtful words
11. Being disrespectful to parents
12. Being disrespectful to teachers
13. Laughing at someone who falls
14. Bullying someone
15. Excluding someone on purpose
16. Spreading rumors
17. Being selfish with everything
18. Breaking a promise
19. Being angry and refusing to calm down
20. Ignoring God completely
21. Complaining all the time

22. Being jealous of someone else
23. Refusing to say sorry
24. Taking credit for someone else's work
25. Being dishonest online
26. Watching things you know are wrong
27. Encouraging others to do wrong
28. Being rude to strangers
29. Wasting food while others are hungry
30. Ignoring someone who is hurt
31. Making fun of someone's appearance
32. Using bad language toward others
33. Being proud and bragging constantly
34. Refusing to help when you can
35. Starting fights
36. Holding grudges
37. Disobeying rules on purpose
38. Being cruel to animals
39. Laughing at someone's mistake
40. Spreading hurtful messages online
41. Being dishonest with money
42. Being lazy when responsibility is needed
43. Breaking something and hiding it
44. Encouraging bullying
45. Refusing to listen to wise advice
46. Ignoring someone who feels lonely
47. Being greedy and never sharing
48. Turning away from someone who needs kindness
49. Choosing revenge instead of forgiveness
50. Pretending you did nothing wrong when you did