



WHAT'S IN A NAME? ACTIVITY SUPPLEMENT

GOOD FRIENDS • WEEK 1 • SAMSON AND DELILAH

Tip:

If you make it through all the letters on this page:

- You can go through the letters listed on this page again.
- You can make challenges for other letters of the alphabet, too.

Game adaptations if a kid in your group has a disability:

- They can choose which letter to have you call out. (Help them look at the letters on this page to choose.)
- They can give the instructions to the group for each challenge. (Whisper instructions in their ear so they can share them.)
- They can participate in the challenges they're able to do.

A	Jump up and down 10 times.
E	Pretend to pedal a bike super fast for 15 seconds.
I	Try to touch the ceiling.
O	Pretend your hands are crawling spiders.
U	Bend down and touch your toes 10 times.
Y	Pretend you are a piece of popping popcorn.
X OR Z	Pretend you're swimming super fast.