Year 3 – Lesson 1

CAPTAIN'S PAGE

THE POWER OF FUN

BEFORE THE LESSON: Have a check-in table set up. Dads and kids will receive name tags, tickets for the prize drawings, stickers and activity supplies. Be sure to have one or two volunteers assigned to the table.

GOAL: Learn about the powerful impact of having fun on relationships.

ACTIVITY: Play a couple quick "60 Seconds to Success" games to have fun.

OBJECTIVE: Understand that having fun together adds trust, joy and vitality to relationships.

INTRODUCTION: *We spend time on things that are important and hold value to us. What about our relationships? When was the last time you made time to enjoy life with those important to you?* **When dads and kids have fun together, it can be very powerful.** *Catherine Price, author of* The Power of Fun: How to Feel Alive Again*, says "when you have fun with someone, you're fully present, your guard is down and you're being your authentic self." It is important for dads and kids to make room to be present with one another.*

ASK:

- How do you feel when you are doing something just for enjoyment?
- How can you add fun to your relationships?
- What is a fun activity that you would like to do together? (Dads and kids ask each other.)
- How can you add fun into the things you already do?

60 Seconds to Success Games

1. Instructions for three games are included in this lesson, but Captains should be aware that, due to time constraints, their group may only get to one or two games. Each game consists of two rounds: a kid round and a dad round. Encourage players to take turns playing each game. For families with more than one kid, have all the children go at the same time during the kid round.

2. Captains should have supplies for the games pre-sorted and ready to distribute.

3. Use a timer to keep track of the minute, giving a verbal countdown for the last five seconds.

Appreciations *Ask participants to share their appreciations.*

- Use these sentence starters:
  - "I have fun with you when we ..."
  - "One fun thing our family does together is ..."

After breakfast, before dismissal, remind parents of the Good Dads website.

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CAPTAIN'S PAGE

THE POWER OF FUN

Cookie Face

HOW TO PLAY: When the timer starts, players will place a cookie on their forehead and then wiggle and contort their face to try to make the cookie slide down their face and into their mouth without using their hands. The player has one minute to try to accomplish this task. If the cookie starts to fall off their face, the player may use their hands to catch the cookie, but they must start over by placing the cookie back on their forehead. If the cookie falls on the floor, the player is disqualified. **IMPORTANT: Captains, please remind your students that they should not eat cookies off the floor!**

SUPPLIES NEEDED: A sandwich cookie for each player

Suck It Up

HOW TO PLAY: When the timer starts, players will use their mouths to create suction with a straw to try to pick up small, round candies to transfer them from one plate to another. Players have one minute to move all the candies. Any candies that fall on the floor don't count (and aren't for eating).

SUPPLIES NEEDED: Several round candies, straws, two paper plates

Yank Me

HOW TO PLAY: When the timer starts, players will begin by building a 5-cup tower placing a plastic cup upside down, then an index card, then a cup, and so on. Once the fifth cup is placed on top, players must yank the index cards out one at a time to try to create a single stack of five cups. Players have 60 seconds to accomplish this task.

SUPPLIES NEEDED: Five plastic cups and four index cards

Prize Time

- Remember to provide 3–5 raffle prizes. These could be associated with the theme of the day.
- Draw tickets and award prizes.

Take Home Ideas

- Make time to have fun in your weekly schedule.
- Make regular everyday tasks fun: sing while folding laundry, make funny names for normal objects, etc.
- Take a walk or bike ride after dinner.
- Drive to the store for a surprise ice cream treat as a family.

Work Cited: Price, Catherine. The Power of Fun. Dial Press, 2021.

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ACTIVITY PAGE

THE POWER OF FUN

Discussion Starter

- How do you feel when you are doing something just for enjoyment?
- How can you add fun to your relationships?
- What fun activity would you like to do? (Dads and kids ask each other.)
- How can you add fun into the things you already do?

60 Seconds to Success Games

Today we will be playing 60 Seconds to Success games. The goal of this activity is to allow dads and kids to let their guards down and have fun. For each game, you'll only have one minute to complete a fun task.

Cookie Face

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Suck It Up

HOW TO PLAY: When the timer starts, players will use their mouths to create suction with a straw to try to pick up small, round candies to transfer them from one plate to another. Players have one minute to move all the candies. Any candies that fall on the floor don't count (and aren't for eating).

Yank Me

HOW TO PLAY: When the timer starts, players will begin by building a 5-cup tower placing a plastic cup upside down, then an index card, then a cup, and so on. Once the fifth cup is placed on top, players must yank the index cards out one at a time to try to create a single stack of five cups. Players have 60 seconds to accomplish this task.

Appreciations

- Use these sentence starters:
  - "I have fun with you when we ..."
  - "One fun thing our family does together is ..."

For more resources and ideas about how to connect with your kids, check us out online at www.gooddads.com, subscribe to the Good Dads podcast and e-newsletter, and follow us on social media.

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PARENT PAGE

THE POWER OF FUN

With our busy lives, it can be difficult to set aside time to have fun with your children. Intentionally devoting time to do things you and your child(ren) both enjoy can help develop a closer bond. Play is the language of children: They can be their true, authentic selves when having fun. And so can parents! Try setting aside time every day for you and your children to enjoy time together.

Take Home Ideas

- Make time to have fun in your weekly schedule.
- Make regular everyday tasks fun: sing while folding laundry, make funny names for normal objects, etc.
- Take a walk or bike ride after dinner.
- Drive to the store for a surprise ice cream treat as a family.
- Create a fort together. Encourage your child(ren) to use their imaginations.
- Create a family scavenger hunt by creating a list of common household objects for kids to search for, e.g., 3 laundry baskets, 1 box of cereal, etc.
- Play a board game together. Make up new rules unique to your family, e.g. when someone rolls a 6 on a die, everyone must get up from their chairs and run around the table.
- Go for a family hike. Predict what kinds of nature you might see.
- Do a craft together.
- Have a pillow fight.

Book List

- *17 Things I'm Not Allowed to Do Anymore* by Jenny Offill
- *Don't Let the Pigeon Drive the Bus* by Mo Willems
- *The Day the Crayons Quit* by Drew Daywalt
- *Tacky the Penguin* by Helen Lester
- *Dear Mrs. Larue: Letters From Obedience School* by Mark Teague

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For more resources and ideas about how to connect with your kids, check us out online at www.gooddads.com, subscribe to the Good Dads podcast and e-newsletter, or follow us on social media.

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