

Coaching Helps Kids Win

Family Activity

Supplies Needed

- 1 Blindfolds
- 2 Objects to serve as Landmines

Discussion

A minefield contains hidden traps called landmines that damage vehicles and people in a battle. In the same way there are landmines in life, things like addictions, bad relationships, debt, and negative thinking. What are some other landmines in life that might cause a person damage?

Activity – Avoiding Landmines

In this activity one person is blindfolded and the others are trying to be the guides around “mines” on the floor. The goal is to move from one area of the house to another without touching the landmines by following the leadership of your guides. You could also pair up so that more than one team is heading toward the goal. Mines might be a chair, a toy, a pillow or other obstacles that are in the way. Communicating directions can be a challenge both for the guide and for the receiver. You might find it helpful to have the guide be a child. It’s always fun for others who are watching to give their input along the way.

Application

Because life has a lot of landmines, young people benefit greatly from having wise coaches in their lives to provide insight and direction. Proverbs 15:22 says, “Plans fail for lack of counsel, but with many advisers they succeed.” Parents should be high on that list of counselors or coaches for their young people.

In the activity, what made being the guide easier? What made being the receiver easier? What made each task harder? What can parents do and young people do to make the exchange of guidance in family life easier?