UP & OUT LESSON HUDDLE #37
Do I pop or not?

SETTING THE ATMOSPHERE
As children arrive, collect the “In” slips from parents and see which grade they are in for their huddle teams. Remember to check all slips to make sure children are to be in Up & Out this hour.

Team Time
Each team leader (student leader) should spend time getting a conversation started within the team to find out more about each child.

- What is their favorite part of Up & Out?
- What are some things they are learning about?
- Is there anything the team can pray for as a group?

Opening Prayer
Leader prays for the group.

LESSON HUDDLE

MATERIALS:
- Balloons
- Water
- Matches or lighter
- Candle
- Safety Glasses

We are going to try an experiment today. We are going to see what happens when life gets tough. Have you ever heard the phrase “The heat is on!” when parents are referring to tough times? Maybe a teacher has said something like that before a test. Hard circumstances in life can be referred to as heat. When a friend is mean to you and hurts your feelings, that is “heat” in your life. When your brother takes the game out of your hand, that is “heat” in your life.

The heat doesn’t make you respond in anger or to turn and stomp away but many times we have those type of responses. We are like this balloon. PUT ON YOUR SAFETY GLASSES…. When life gets hard, we feel the heat and we POP!
1. Use the blown up balloon.
2. Light a candle and place it in the middle of the table.
3. Put on your safety glasses because it’s time to pop the balloon. Hold the balloon a foot or two over the top of the flame and slowly move the balloon closer and closer to the flame until it pops.

But remember I said that the heat doesn’t make you respond in anger. It isn’t the heat that makes us POP. Our response comes from our heart. If our heart is empty, we pop. But...if our heart is full....... 

1. Use the balloon with water inside
2. Slowly lower the water-filled balloon over the candle and watch as people start to run. Everyone knows that it’s going to pop... but for some strange reason it doesn’t.
3. Remove the balloon from the heat and carefully examine the soot on the bottom. Yes... there’s soot and the balloon didn’t pop.

We can see that the heat was still there. We saw it, we can even see the soot on the balloon the difference is what was inside. The balloon that is filled with water is like our heart when it is filled with the Holy Spirit. When we are filled with God’s Spirit and our heart is rooted in Him. As we all continue to bring life circumstances back to the cross and back to the Gospel we have a new response in the circumstances of life. When we focus on the hope that we have in Christ, we remember that God has given us new life through Christ and He has overcome. Because He has overcome sin and death, we have hope. We don’t have to be angry and POP in tough circumstances, instead we can focus on the hope of Christ and endure (keep on) loving others.

HOW DOES IT WORK? THIS IS PROVIDED IN CASE YOU HAVE STUDENTS ASKING... YOU DON’T NEED TO ADDRESS THIS AS A LARGE GROUP

Water is a great substance for soaking up heat. The thin balloon allows the heat to pass through very quickly and warm the water. As the water closest to the flame heats up, it begins to rise and cooler water replaces it at the bottom of the balloon. This cooler water then soaks up more heat and the process repeats itself. In fact, the exchange of water happens so often that it keeps the balloon from ever popping! The soot on the bottom of the balloon is actually carbon. The carbon was deposited on the balloon by the flame, and the balloon remains undamaged.

Using water to control heat is a valuable process. In fact, firefighters in Colorado often use a polymer foam to control large wildfires. Since polymers soak up a tremendous amount of water, they are useful in controlling and stopping the heat energy in the fire. Your body even uses water to control heat. When you exercise, what’s that dripping from your armpits? EWWW... it’s sweat! But your body actually uses the water in your sweat to control your internal temperature so you don’t get overheated.
MISSON: It Is Possible (Play Mission Impossible Theme Song)
This week your mission is to remember to fill yourselves with things that are of God! Spend time in community with other believers and get to know God through his Word. And then we you feel the heat…respond by trusting in Jesus and His victory and trust that He will give you victory too.

Huddle Up, Pray, & Break

GAME: Balloon Relay

Split group into teams and have them stand in a single-file line. Give the leader of each line a balloon. He must pass it through his legs to the player behind him. That player passes it overhead to the next player. Repeat this pattern until the balloon gets to the end of the line; the last player runs to the front of the line. We don’t want the balloons to pop, so have fun and be fast but handle with care!

CRAFT: Bubble Painting

This project can get a bit messy, but preschoolers love to dip paper into bubbles and then watch them pop. And when the popping is done, voila! You’ve got a stunning work of art.

MATERIALS:
- Smocks
- 2 Small Bowls
- 1 cup of bubble soap
- Plastic Drinking Straw
- 2 teaspoons of tempera paint (in two different primary colors)
- Whisk
- Several Pieces of white computer paper, cut in half
- Newspaper or plastic trays

What you do:

1. Divide the cup of bubble soap in half, putting 1/2 cup in each of the small bowls.

2. Pour one color of tempera paint in each of the bowls, then whisk the bubble solution and the paint together until it’s combined. Let your child help!

3. Give the student a straw and ask her to blow on the straw into the bowl until she gets a pile of colored bubbles. Have her do the same for the second bowl.
4. Gently lay one of the pieces of paper over a bowl of bubbles, so the bubbles stick, then lift it carefully, laying it flat on the newspaper to dry, bubble side up.

5. Wait and watch. When the bubbles pop, the paint will retain a perfect outline of each bubble’s original shape, leaving beautiful images of bubbledom!