

Act It Out: Serve and Share

This simple activity enables children to experience the joy of serving others and the joy of receiving from others.

Supplies Needed

- snacks prepared in individual portions (e.g. fruit, dried fruit, bread, crackers, etc.)
- water or juice
- small cups
- small containers for holding snacks
- napkins (serviettes)
- facilities for washing hands or hand sanitizer
- serving table
- *optional*: piece of fabric to use as “clothing”



Preparation Needed Ahead of Time

- Purchase food and supplies, being careful to factor in any food allergies.
- Prepare snacks and divide individual portions into cups, bowls or plates for serving.
- Fill cups half full with water or juice and set out.
- *Optional*: locate cloth or towels for “clothing”.

Activity

1. Ask the children, “Do you like food? Today everyone will be given something to eat and drink. Let’s get ready by washing our hands!”
2. Seat the children around a table or in a circle on the floor. Sit down with them.
3. Explain that each person will help the person next to him or her by first giving something to eat and then something to drink so the person is no longer hungry or thirsty!
4. Say, “I’m going to be the first person to help so that you will all know what to do. Let’s fold our hands and wait until everyone has a snack. Then we will all eat together.”
5. Go to the serving table and take a snack. Return to the circle and ask the child seated next to you to repeat after you, “I was hungry (repeat) and you gave me food (repeat).” Give the child a snack.
6. Invite the child you served to get a snack for his or her neighbor and coach the children through speaking. Once all of the children have a snack, invite the children to eat.
7. Repeat this exercise with the drink.
8. *Optional*: Once snacks are finished, invite one child at a time to “clothe” their neighbor with a square of cloth or towel. As you do this, talk about how clothes protect us from heat and cold and what it might be like if we didn’t have clothes.
9. “Let’s finish today with a prayer. Let’s all fold our hands. ‘Thank you Lord for giving us healthy food and drink. Help us take care of other people who need these things. When we help other people, we are also helping You! Amen.’”