



# Loop



## ACTIVITY GUIDE

Week 2: *Giant Trust*  
Outside the Zone

### Giant Stack

This activity helps show that no matter what giants we face in our lives, God and our Loop friends can help us overcome it!

### Activity Objective

As a group, build a giant and then knock it down with “stones.”

### You'll Need

- Cups (number varies by experience)\*
- Paper (1 sheet per student)
- Markers (1 set per group)

**\*Note:** *The number of cups you'll need varies by the number of students in your room. Just make sure every student gets at least one, if not more, and you won't need to worry about recycling any of these materials except the markers.*

## Instructions

### Activity:

1. **Give** every student a cup and a marker.
2. **Explain:**
  - While most of us will probably never face an *actual* giant, we all have giants in our lives—things we're afraid of.
  - So, together, we're going to make a giant out of these cups and then try to knock it over later.
  - Your challenge is first to use the marker to **write** something you're afraid of on the cup. You can write it on the inside if it's personal.
  - Then, you'll **stack** the cups to make a giant. Let's see if we can make our giant 6 foot 9 inches!
  - Keep writing your fears and stacking cups for **five minutes**. I'll time you, and you have to make it the biggest giant you can by the end of the time.
3. **Say**, “Go!” and **time** students for five minutes.
4. Students **write** what they're afraid of on the cups and **stack** them as tall as they can to make a giant.
5. When time's up, say, “**Stop!**” Admire the height of the giant your students created.
6. **Explain:**
  - That's a huge giant! Now, it's time for the second part of our challenge—knocking it over.
  - To do that, you'll **write** something you think can help you overcome the fears you wrote down on a piece of paper.
  - **Crumple** the paper up, and when we're all ready, I'll count us down from three.
  - Then, we'll **throw** our “stones” all together at the giant to see if we can knock it down.
7. **Give** students markers and a piece of paper.
8. Students **write** what they think can help them overcome the fears they wrote on the paper, **crumple** it up, and **wait** for you to count them down.
9. **Count** students down by saying, “On three! One, two, three!”
10. Students **throw** their “stones” all together and try to knock the giant over!
11. **Celebrate** your victory and have students help you throw away the cups and papers.
12. **Explain:** Through God's help and through help of people in this room, you can defeat your giants.