



Kick Off Event

The intent of the kickoff event is to bring the community together, prepare them for instruction, and provide an opportunity to get to know others who will be on their Build Life journey with them. The entire event should take 2 hours.

Dinner: .5 hours

Stations: 1 hour

Sending Forth: .5 hours

The event will include a fellowship dinner. It is recommended the main course be provided and attendees bring sides and desserts. Watchcare may be offered after the fellowship dinner for babies and toddlers if desired. Prayer prior to meal.

After the fellowship dinner, attendees will rotate two four mini-stations instructed by chaplains or identified persons. See Appendix A for station instructions. The stations will be 10-12 minutes each with 3-5 minutes for movement between stations. It is helpful to have someone signal when it is time to move. An easy way to determine which families go to which stations when, is to pass out schedules for groups A, B, C, D. If there are 25 families, then roughly six families will rotate to each station. Highlight the group letter to assign families to groups.

After stations, all attendees will rejoin in the community or fellowship area (where dinner was served). This is when families will be sent forth with their devotion/activities kit (See Appendix B). A chaplain can bless the families and kits and instruction on how to use the kits weekly can be given again.

After a benediction, a fun sendoff may be a dance party... encouraging everyone to get up and dance to the Lego Movie song- *Everything is Awesome!* This can be a fun time for the kids, but also allows parents to be present and enjoy their little ones.



Community Event Mini Sessions

Four mini sessions 10-12 minutes each.

1. Slipper Power: It's important to have protection! (Mental Agility)
Supplies: assorted Legos®, slippers

Have Legos® strewn on the carpet in the room as participants arrive; facilitator will need to be barefoot. Once they get settled, ask prior experience questions like: What would happen if I walked across these Legos® barefoot? Have you every stepped on a Lego® without shoes? What did that feel like? Have three items that the participants can choose from that may provide some protection in case you step on a Lego®: socks, stockings and slippers (remember we are at home, so when we are relaxing we probably aren't wearing outside shoes).



The Legos® are sort of like the things that happen in our lives. Things that hurt or may not be fun to go through: your friend might be mean to you, you may have to move from a place you really like, you don't do as well as you would like on a test, a particular subject is hard, you don't get promoted, etc.: While these sorts of disappointments will affect us and it will be tough, God gives us protection that helps us bounce back from our disappointments. What do you think some of those things are? Family, faith, community, our teachers, our friends etc.: Having safe people and places to turn to in times when things in our lives do not go as we planned or things happen that are tough and disappointing is very important. Those things and places that help us are like the slippers. They protect us, and keep things from hurting so much. So, as we all embark on this Build Life journey, think about those safe places and safe people that support



you. Pray for them and always let them know how much you appreciate them. If time permits you can also incorporate scripture to help the participants.



2. Are Build Blocks Science? (Self Awareness)

Supplies: clear jar, water, assorted Legos®, coins, rocks, marble, documentation sheet

What do you think of when you think of science? Allow participants to share. Do you think of Legos®? Maybe... Well, we are doing to do a little experiment with Legos®. I have this jar filled with scientific water I got from the facet. Now... some of you may know the answer to this, so if you do, don't tell us just yet. I have a few things we will test to see if it will float on top of the water or sink to the bottom.

First, we have a coin. Do you think the coin will sink or float? Mark your prediction on your recording paper. Drop the coin. Have participants record. Next we have a rock. Do you think this will sink or float? Record prediction. Drop. Have participants record. Now we have a marble. Mark your prediction. Were you right? Finally, the Lego®. What do you think? Mark your predication. Were you right? What makes something sink or float? In life sometimes we have things that you can't see weigh us down, doubt, anger, and disappointment. We want to float like the Lego®, so when we need to get rid of some of those things that weigh us down, how do you think that would affect us? Having a positive outlook, being responsible, focusing on others, worry less about ourselves. There is a quote that reminds of this....One of the secrets in life is that we really lead a better life when we're living for others than we do when we're living for ourselves, and I think that's the way for our creator intended for it to be, is that if we can live for other people, we really leave this world in a different way. **Max Lucado**

Can you think of someone who led their lives for others? Maybe someone who gave their life for you?

Item	Prediction	Outcome
Coin		
Rock		
Marble		
Lego ®		



3. Trust- Giving families the kits.

Supplies: Lego® build kit with instructions

Take out a box of Legos ® (without the build instructions). Talk about how every time your family gets a new box of Legos® it is exciting. We like to build new things. Sometimes we can look at the picture on the box and build, but sometimes it is more complicated. For the next 12 weeks, you are going on a journey with your family.... And it's all about Legos® and being together! Each family has a bag filled with everything you need. All the Legos® you will need and the instructions. The devotions are for you to do at home the next 12 weeks. Your family should find a day and place that makes the most sense for you. Make it a routine. This is time for you to connect, know each other better, all the while you grow in your faith, and while spending time with your family, you will also be spending time with God. How cool is that? The devotions (take them out) are detailed and they tell me step for step what to do, so that your time together will be successful.

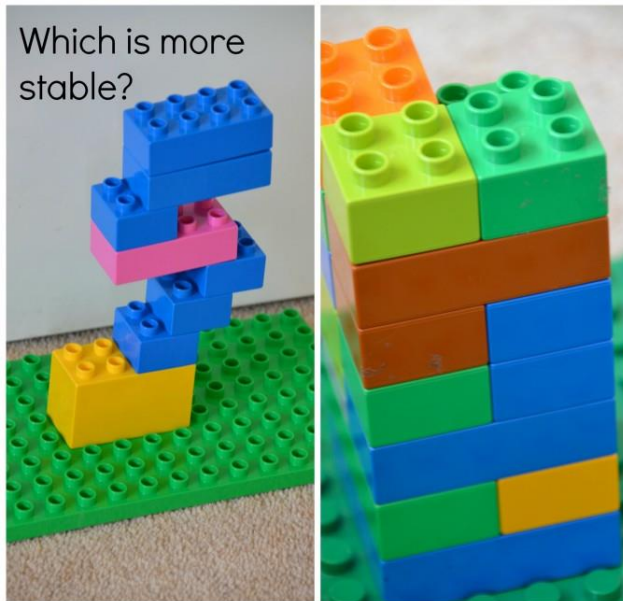
Trust is important. We trust others to care for our feelings and bodies, to treat us well, and to do what they say they will do. So, as we go forward with our Build Life program, we want to build trust, both in our families and in our communities. You have a team of people at the RSO available if you have questions, or want to share ideas. We also want you to share with us this journey how things are going, and what difference it is making for you all. You can do this via closed FB group (Fort Campbell Build Life) or IG.

Our culminating event will be a scavenger hunt for you and your family! It will take place at the museum and will have a BBQ afterwards.®



4. How high is too high? Reaching for the stars but remaining stable. (Strength of Character)

Supplies: Assorted boxes of Legos®



Give family groups the instructions, I want you to build using the Legos® as high as you can. Allow a few minutes to build the towers. Ask... so they are tall, but will they fall over? Most will. Discuss the options of building something tall and stable. How would that look different? A stable tower would have more connected blocks, making it more stable. The same is true for all of us. When we stay connected to one another and we adhere to our faith, we are stronger and more stable. What does that look like for your family? Does that require purposeful time together? How does living your faith look to you? What are some ways to spend purposeful time with those that keep you grounded, loved and connected? What places outside of our home provide that stability and connection for us? How does keeping God focused in our lives make a difference?



Appendix A.

Small group leader instructions.

Each station is designed to be an object lesson. You can make it your own, but there is a script for each station if you would like to use it. The lesson is short. The idea is to get families thinking about the importance of the time with they will spend together with God and focus on some of the themes of resiliency that help up live our best life.

If you need supplies, those items will be provided for you.



Appendix B

Supplies:

Each family kit:

- Bag
- Devotions
- Build pieces: LEGO Classic Medium Creative Brick Box 10696 Building Toys for Creative Play; Kids Creative Kit (484 Pieces)

Incentive Award

- ...

Chapel:

- washing bags
- assorted lego sets for build days and for kickoff

Culminating Event

- Build set for culminating event- one per family
- Customized figure to keep

Fellowship Dinner

- Kickoff

- Culminating Event

