

# Pretzels & People

**Objective** – To think about the people who support our family during difficult times & understand Baptismal Covenant.

**Supplies** – 1 bag marshmallows (big ones work best), 1 bag pretzel sticks, 1 bottle food coloring, 1 plate per person

**Instructions:**

- Gather your family at a kitchen table. Divide the pretzel sticks equally among everyone. (Our pack allowed us each to have 13). Each person gets twice as many marshmallows as pretzels.
- Then each person gets the same number of marshmallows more is there are members of the family. We have 3 people in the family, so we each got 3 extra marshmallows. Use food coloring and put a color dot on each of these marshmallows. My daughter said “red for resilience.”
- Each person is then challenged to use their marshmallows and pretzels to build a structure that holds up the “red” marshmallows. This will inspire laughter and some creative ideas. Even if it is licking, encourage the creativity.
- During the building, here are some suggestions to guide your conversation:
  - “It takes a lot of pretzels & marshmallows to hold up the “red” marshmallows.”
  - “When are times that you have needed help?”
  - “Who are people who have helped you?”
  - “What have people done that has helped you?”
  - “What do you do to help other people?”
  - “How do you use baptismal questions to parents, godparents, & congregations?”
- If you are in the process of moving to a new community, then you can talk about the people who used to help and about help that you need in this time.
- Encourage everyone to participate in the creativity and discussion – even if they feel like just eating the snacks.
- When you are finished building, take a picture of each creation. Consider sending the picture to people you have talked about. Thank them for the support that they have provided.



*Your Army Garrison Chaplain and the IMCOM-E CARE Center have resources and programs to support Army families transitioning in Europe. Contact us.*

**IMCOM-Europe – Chaplaincy Academy for Religious Education (CARE)**

rebecca.a.powell16.civ@mail.mil , grace.c.yeuell.civ@mail.mil

