

## Stack the Cup Relay

### Supplies

10 cups per team

Stable Table (for each team)

### Set-Up

Teams with equal number of teammates

Starting Line

Table across the room from Starting Line

Cups stacked on the Table

Teams form single file behind the Starting Line

### Goal

Be the first team with every player having an opportunity at the table to alternate between making a pyramid of cups (four at the bottom, three on the next level, two on the next level, and one at the top) and taking the pyramid down to make a single stack of cups.

### Process

On the Facilitator's 'Go', the person at their team's starting line runs to the table and begins to create a pyramid...once the pyramid is built, they leave it and head back to their team's line...

Once they cross the starting line, they may take hands with the next teammate who will make their way across the room to the team's pyramid of cups. This teammate's job is to take the cups down and make a single stack of cups. Once that is accomplished, they make their way back to their team's starting line and tag the next teammate in.

Players alternate between stacking and pyramid building.

Winning team is the team which cycles through all their players. Offer congratulations.

Alternative play – play as described, however instead of single stack, have kids make a stack of 3 and a stack of 7.

Using this method, one can talk about the 10 Commandments and The Greatest Commandment (Love God, Love your Neighbor).

The 10 cups represents the 10 Commandments.

The stack of 3 cups represents Love God (first three Commandments that directs our relationship with God) and the 7 cups represents Love your Neighbor (last seven Commandments that relate our relationship with each other).