

# BANANAS



**GET INTO  
THE BIBLE**



**10 MINUTES**



**IN THE  
CUPBOARD**



## GETTING INTO THE ACTIVITY

Your words and actions have a lasting impact on others. God calls us to love others, not hurt them.

Your task is to destroy a banana in 30 seconds. How did that feel? Have you ever broken anything more important than a banana? Could you put the banana back together?

Use tape, or anything else, to try and put the banana back to how you found it. How did you get on? Does it look just like before? Or was it difficult to fix and still looks a bit broken and damaged?

Just like with the banana, our words and actions can have a lasting impact on others. Even if we try to fix things afterwards or make things better, often the damage is already done. This means we should always be careful and kind to other people, so we won't cause any lasting damage or upset to those around us. John 13 v 34 "Love one another as I have loved you". What can you do today to show love to others?



## WHAT YOU'LL NEED

- Banana
- Tape



## NOTES FOR PARENTS & CARERS

All activity should be supervised by an adult. Share a picture of your banana activity with your BB group or post on social media using #BBatHOME.