**FRUITS OF THE SPIRIT & REVIEW GAME**

**A Large Room**

(children will need some space to run around during the game)

**Directions:**

1. First review the 12 fruits and what they are. Then play the review game.

2. Have chairs set up in one big circle with nothing in the center of the circle. They will be running across the circle to a new chair.

3. Visual Aide: Hold up the picture of the tree with the 12 fruits on it while you talk.

Be sure each child has a chance to look at thepicture.

**Explanation:**

1. Fruits of the Holy Spirit are like fruit growing on a tree. The Fruits of the Holy Spirit grow from the gifts of the Holy Spirit.

2. We are like a tree. We have been given the seven gifts of the Holy Spirit at Baptism and in Confirmation the gifts are increased in us so we can bear good fruit.

3. We need to be planted in good soil, receive water and sunshine in order to produce good fruit

(*external conditions that help lead us to faith*). The sap inside a tree is what gives the tree life. The

gifts of the Holy Spirit are the sap inside of us. When we pray we are causing the sap to move

around inside of us and produce good fruit.

**Application:**

Ask the children to name the fruits of the Holy Spirit. Briefly talk about them and what they mean. If they

have not talked about the fruits of the Holy Spirit with their teacher during their regular religious education

classes, then you may wish to use the brief examples to help them recognize the fruits at work in their lives.

Feel free to use your own examples in place of these.

**Love**: Loving God above all things and loving our neighbor; doing things with a happy heart

Example: When your Mom asks you to help clear the table after supper and you help without

complaining and have a smile on your face. You are exercising charity.

**Joy:** Unshakable happiness because we are aware of God’s presence in our lives

Example: You smile even when you lose the game you are playing because you know inside your

heart that it’s just a game and God is with you no matter if you win or lose.

**Peace:** An internal calm because we trust God

Example: Your grandparent is very sick and might die soon. You have peace in your heart

because you trust God and His plan for your grandparent. Whatever happens it will be ok.

**Patience:** Waiting calmly and accept God’s timing

Example: You have to wait for it to snow before you can make a snowman. You do not complain

each morning when you wake up and see no snow yet. You are exercising patience.

**Kindness**: Acting like Jesus towards others – being kind and concerned for persons in need

Example: Your classmate fell off their bicycle and is crying. Instead of laughing at them you go to

them and help them off the ground, asking if they are ok. You show them kindness.

**Goodness:** Wishing to do good to everyone; God wants us to be good

Example: Seeing a friend drop and spill their snack, you go over and help them clean it up and

offer to share yours with them. You are exercising goodness.

**Faithfulness**: Following Jesus in every way

Example: You arrive early at Mass and there is time to go to Reconciliation. You decide to go.

You are exercising faithfulness.

**Gentleness** Restraining our anger

Example: Your big brother is upset and is yelling at you. You decide not to yell back or break

something of his. You are exercising gentleness.

**Self-control**: Knowing when enough is enough; not being impulsive

Example: You are at the cake table and you decide to take the smallest piece because you know

you will be too full if you eat any more. You are exercising self-control.

**Play the Fruits Review Game**

Have the person in charge explain the rules and moderate the game. Be aware if someone has a handicap

that will affect their full participation and try to incorporate them as best as possible.

1. Form a circle with the chairs. One chair per person. Have some space between chairs to make

the circle bigger. (Adults can play as well. It works best with at least 15 chairs slightly spaced apart)

2. Each participant is handed two cards each with one fruit on it and the corresponding definition.

They keep these cards while playing the game.

3. One person stands in the middle of the circle; they do not have a chair. They are ‘it’.

4. Person in the middle says “I need all the fruits of the Holy Spirit, but I especially need “\_\_\_\_\_\_\_”

and “\_\_\_\_\_\_\_” and “\_\_\_\_\_\_\_”! (*they can name 1, 2 or 3 fruits in each round*)

5. The people holding an index card of the fruit named by the person in the middle get up quickly and

run to find a new seat across the circle. You cannot go to a seat directly next to your chair. You

must travel at least 3 seats away from you. Many people will be running to new chairs. (you want

at least 4 people to have their fruit called, so try to plan accordingly when handing out index cards)

6. Tell them to watch where they’re going so they don’t accidentally run into someone. First person to

touch the chair gets it, so be quick to dash across the circle!

7. Person in the middle who just called out the fruits also tries to find a seat. Last person standing is

‘it’ next. They repeat the phrase and can pick new fruits to call out, saying: “I need all the fruits of

the Holy Spirit, but I especially need “\_\_\_\_\_\_\_” and “\_\_\_\_\_\_\_” and “\_\_\_\_\_\_\_”!

8. Repeat as time allows.

9. This is a good game to burn off some of their energy. Be sure to make it a learning experience,

too. Point out when someone exhibits kindness or gentleness or self-control during the game.

10. A variation to the game would be to ask for volunteers to define the fruits just mentioned once

people are newly seated and before a new round begins. They can look at their cards for help.

You could even reward the person who correctly answers by letting them stay seated during the

next round

11. Another variation is to switch a card. Person in charge says “Switch”. Then tell everyone to

choose one of their cards and hand it to the person to their right. Or have them pass it down the

line 2 or 3 people. Switching helps them become familiar with more of the definitions.