Oh Fill My Cup

But don't let it overflow!

Overview

- ★ # of Participants: **2+**
- ★ Where to Play: **Indoor/Outdoor**
- ★ Age of Participants: **Elementary/Middle/High School**
- ★ Approximate Time to Play: **5-20 minutes**
- ★ Materials: **Three plastic cups**

Summary

- ★ Two teams each have their own cups of water
- ★ Teams will take turns filling a third cup of water, pouring either large or small amounts of water
- ★ The goal is to be the last team to pour water into the third cup before it overflows.

How to Play

Fill three cups with water about 2/3rds of the way up, and divide your group into two teams. Give each group their own cup, but leave the third one in the middle. One representative from Team 1 will come forward with their cup with the simple goal of pouring *any* amount of water into the neutral cup without it spilling over. They can choose to just pour a little, or they can pour a lot, as long as none of it spills. If they are successful, a representative from Team 2 will try to do the same. This starts off easy, but as the water level gets closer to the top you have to be more and more careful. Eventually teams are adding the tiniest little drops of water to the cup, and because of surface tension, the water starts to bubble over the top level of the cup. Eventually, after you've reached what seems like an impossibly high water level, one of the teams will pour too much in and the cup will overflow, awarding a point to the other team. Reset the cups, and the first team to win four rounds wins!

Discussion Opportunity

Conflict is an inevitable part of life, but the way that we handle conflict is hugely important when it comes to our relationships. If someone has done something to hurt us, or perhaps you're the one that's done something hurtful, it's tempting to ignore the problem. No one likes dealing with conflict after all, but if you leave things unchecked, just like the water in the cup, the tension continues to rise and rise. Eventually, even the tiniest little thing can cause the tension to break, and if we let issues get to that point it can lead to a massive argument, or perhaps even the severing of the relationship altogether. It's important to humbly deal with things early if we want to build strong relationships.

Watch the Video Explanation Here!