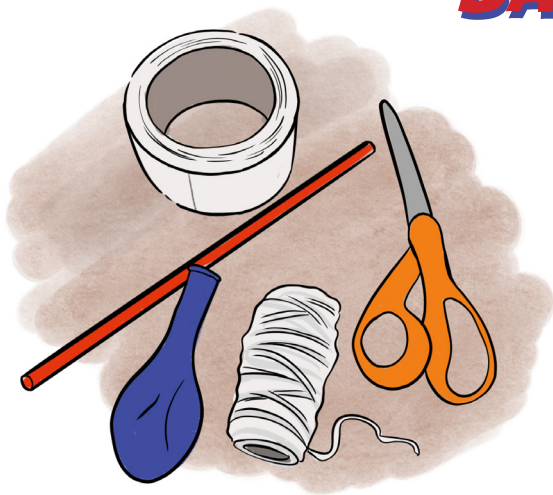


BALLOON ROCKET



Items Needed:

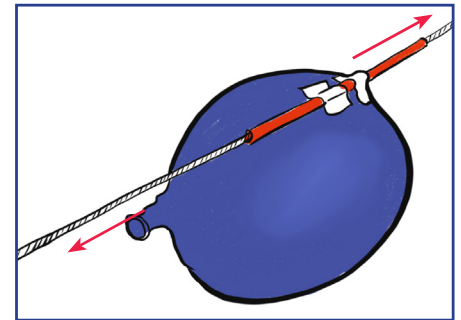
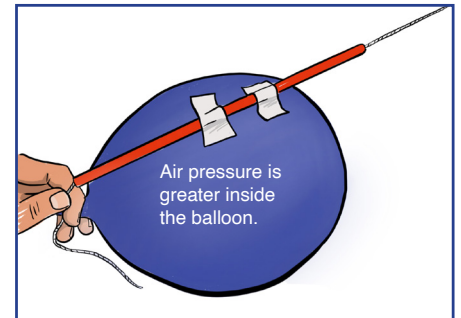
- A balloon
- A straw
- String
- Scissors
- Tape

Directions:

- 1 Determine where you want to launch your balloon from and where it will end up.
- 2 Tie one end of the string to a fixed object; ie: doorhandle, table leg, tree, etc.
- 3 Place the string through the straw.
- 4 Add two pieces of tape to the straw.
- 5 Blow up the balloon (do not tie it) and attach the tape and the straw to the balloon.
- 6 Take the balloon to the far end of the string and let it go. The string acts like a guide for the straw. (You can also tie off both ends of the string if you want.)

Fun things to experiment with

- Have two strings side by side and race your friends with various sizes of balloons.
- Use markers and design your balloon.
- Try adding airplane wing shapes to the straw with tape and cardstock paper.



When the balloon is released the force of the air exiting propels the balloon forward.

What's Happening?

Air pressure inside the balloon is greater than the air pressure on the outside of the balloon. When you release the end of the balloon the air inside pushes outward forcing the balloon to propel forward—down the string “track.”



Bible Lesson

Sometimes the things around us can cause us to be upset, angry, worried or stressed on the inside. Those feelings can build and build and cause us to feel a type of emotional pressure which can cause us to react or release that in a moment of anger, a harsh word, etc.

God wants us to stay on “track” to stay focused on Him. When we start to feel stressed on the inside He wants us to turn to that stress over to Him. We can do this by spending time in His Holy Word—the Bible. We can also pray and ask God to help us with the feelings of pressure and stress.

Dear Jesus, You know what's happening in my life right now and I just can't deal with it all. I'm just worried about everything! I'm basically stressed out! I don't want to let everybody down, but I'm overwhelmed. Lord, please help me! I'm claiming Your promise in **Psalm 55:22**, *“Cast your burden on the Lord, and He shall sustain you; He shall never permit the righteous to be moved (made to slip, fall or fail).”* Thank You for Your promise and for taking this stress from me. **Amen.** (Taken from *Prayer Promises for Kids* by Brenda Walsh)