

Strong



Experiment

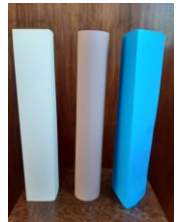
Which shape is the strongest?

You will need 3 pieces of fairly thick paper or card, sticky tape and some books.

Step 1 – Make 3 different shapes with your paper, a cylinder, a square and a triangle. Use the sticky tape to hold them in place.

Tip – To make the square, fold the paper in half lengthways, then do the same again. Unfold and use the 3 crease lines to help make the square.

To make the triangle fold the paper into 3 equal sized sections, then unfold and use the crease lines to make the triangle.



Step 2 – See which shape you can balance the most books on top of. To make the test fair use the same books for each shape.

Tip – Stand your shapes on something solid for the experiment like a table.

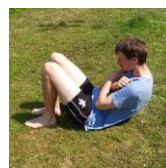
Which shape could hold the most books? Some shapes are stronger than others, it's the same with people. Test your strength with the challenges below.

Challenge

How strong are you? See if you can beat my score or challenge your siblings or parents.

Challenge 1 – How many sit-ups can you do in 30 seconds?

Joe's score to beat 7



Challenge 2 – Whilst kneeling down, how many press-ups can you do in 30 seconds?

Joe's score to beat 14



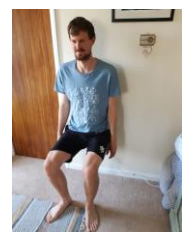
Challenge 3 – How long can you hold the plank position for?

Joe's score to beat 35 seconds



Challenge 4 – Pretend you are sat on a chair with your back against a wall, how long can you hold the position for.

Joe's score to beat 45 seconds



As a child I used to really like watching the World's Strongest Man competition. Amongst other challenges, incredibly strong men would lift and carry heavy objects and pull big trucks along. These men would be able to absolutely thrash the scores I got in the challenges, they are really strong and powerful. However no matter how strong a person is they won't be as strong or powerful as things from nature. Horses could carry way more than any human and the power of a waterfall is so much more than a human.

The Bible says that God is far stronger and more powerful than any of these things. In the book of Psalms it says, "*Mightier than the violent raging of the seas, mightier than the breakers on the shore — the Lord above is mightier than these!*" Psalm 93 verse 4. The word mighty just means having great power and strength, and Christians believe God is so mighty there isn't anything he can't do. Imagine that, nothing is impossible with God. In fact the Bible says he is so mighty he made the whole earth and everything in it and he is in control of it all. We can read all about this in the first book of the Bible, which is called Genesis. We might think that someone who could create the whole universe wouldn't want anything to do with us, we would just not be important enough, yet Christians believe the amazing thing with God is that even though he is so strong and powerful he still interested in and loves each one of us!

Go to <https://www.checkpoint.org.uk/strong> for a song about God being strong and mighty.

Spot 10 differences between the weightlifters

