

# Praise Party

By Paige Evers



Have fun making some happy, holy noise on New Year's Eve, New Year's Day, or as early in the new year as possible. Create a simple instrument and gather a few household objects to start January off with a prayer, a bang, and a blessing. Set aside a few moments as a family to praise God with song and dance. Thank God for being with you as you begin a new year together.

**For**  
Young Family

**Season**  
Winter

## Needed

- Instruments you have on hand (for children or adults), pots and wooden spoons to clang, or noisemakers
- Empty paper towel rolls or toilet paper rolls, dry pasta, paper, tape, and markers
- [Som Sabadell flashmob](#) YouTube video

## Prepare in Advance

- Cut out two medium-sized circles from the paper. Make the circles large enough to cover the ends of the paper towel or toilet paper rolls.
- Pour dry pasta into a bowl.
- Have the adults watch the [Som Sabadell flashmob](#) video ahead of time and decide if they want to include it in the activity with their children.

## Activity Plan

1. Say this prayer aloud to begin.

*Dear God, we thank you for a new year. Thank you for all your blessings to us in the year that just ended. Be with us in this new year. Fill us with your love. Help us share your love with others. We praise you! Amen*

2. Make a "Praise Shaker."
  - Explain to your children that you are going to make an instrument to help you praise God.
  - Work with your child to cover one end of the tube with a circle of paper and tape it to seal it closed.
  - Show them how to fill the shaker with dry pasta (supervise small children closely for safety reasons, or have an adult complete this step for them to keep the small pieces out of reach).
  - While children continue filling the shaker to about halfway full, have an adult or older child read Psalm 150 from your Bible (or see last page).
  - Point out all of the times "Praise the Lord!" is repeated in the psalm. What instruments are mentioned? Who can praise God? Answer: everything that breathes! Everyone!
  - When the shaker has enough pasta inside, tape it closed with the second paper circle.

- Help your child decorate the tube by writing “Praise the Lord” and the year on the outside. Have them draw on the tube with markers to make it colorful.
3. Gather the shakers and other instruments or noise makers. Sit or stand in a circle with the instruments on the floor. Go around the circle and ask each person to share something he or she wants to praise God for in this new year (for example, good health, friends, work, the child’s day care or school teacher, time with extended family during Christmas, safe travel.)
  4. Designate your first Praise Party leader. She kicks off the party by shaking her instrument and shouting “Praise the Lord!” from Psalm 150. Everyone else echoes “Praise the Lord!” and plays their instruments while dancing or walking around.
  5. The Praise Party leader stops and everyone else stops as well.
  6. Sit or stand in a circle again with the instruments on the floor. Go around the circle and ask each person to share something he wants to ask God to help with as you begin a new year together, (for example, new experiences at school or work, changes in the family, the health of elders, finding ways to help others.)
  7. Take turns with a new Praise Party leader. He begins the joyful noises again by playing his instrument and shouting “Praise the Lord!” Everyone else follows with instruments, singing, and praising the Lord. Change leaders, trade instruments, and move around praising God for as long as you’d like.
  8. Finish by saying this blessing.

*May the Lord bless us and guide us in this new year. May we be filled with God’s love and joy. May we live everyday praising the Lord and serving others. Amen.*

### **Media Spotlight**

9. If you’d like to show your children an example of people and instruments coming together to make a joyful noise, have them view the [Som Sabadell flashmob](#) video on YouTube with you.

Take the opportunity to read Psalm 150 again with them. As you watch the flashmob, point out how all the different instruments come together to make a beautiful song. Ask your children to look for signs of the audience’s joy, just like your joy when you praised God together to start the new year.

## **Psalm 150**

Praise the Lord! Praise God in his sanctuary; praise him in his mighty firmament!

Praise him for his mighty deeds; praise him according to his surpassing greatness!

Praise him with trumpet sound; praise him with lute and harp!

Praise him with tambourine and dance; praise him with strings and pipe!

Praise him with clanging cymbals; praise him with loud clashing cymbals!

Let everything that breathes praise the Lord! Praise the Lord!

