



## 8KIDS SONFUN AT HOME PARENT GUIDE

Welcome to the BOLT: Totally 80's Backyard VBS! With minimal preparation, easy to follow instructions, and a video that leads you and your kids step-by-step through each day, BOLT is designed to bring all of the fun and faith-formation of Vacation Bible School to the cozy confines of your home. It's so simple!

### Video Access:

Go to [church-redeemer.org/sonfun](http://church-redeemer.org/sonfun) to find each days video

### Directions:

**Step 1: Invite friends and neighbors.** If health guidelines permit and if you feel comfortable gathering with other people, invite friends, family, and neighbors to participate in BOLT with you. It's a terrific way to share the good news of Jesus with your community.

**Step 2: Gather a few materials.** During BOLT, kids will be playing games and doing origami. Everything has been designed to be performed with minimal materials—materials that you will most likely have around the house or can easily and inexpensively purchase at a local store.

**Step 3: Press play.** When you're ready, gather the kids around and press play on the video. You can find each day's video on [church-redeemer.org/sonfun](http://church-redeemer.org/sonfun)

Each video will lead you and the kids through the entire experience. Occasionally, the video will ask you to pause and do something. When you're finished doing it, press play again.

**Step 4: Play the games.** When the video prompts you to, press pause and lead the kids in playing the games. Each day has 3 games. One of the games each day is demonstrated in the video, the other two are not. You can read more about all of the games below. There's no rush to get through the games, so take your time and have fun. When you're finished, give the kids a snack, open a Bible and have someone read the verses indicated on the screen, then press play again.

**Step 5: It's origami time.** For the craft, kids will be doing origami. It's so simple, yet fun! The video will show them exactly what to do. Just have some square pieces of paper ready to go. You can buy colored, square origami paper online or just cut a piece of white paper into a square yourself.

**Step 6: There is no step 6.** That's it! It's that easy! Depending on your pace, each day should take about an hour and a half. BOLT takes place over the course of 4 days, so if you've invited friends and neighbors, invite them back for the next day.



## GAMES:

There are 3 games for each day of BOLT VBS. Feel free to adapt them to fit the number and age of kids who are participating. You can play as many rounds of each game as time and interest allows. We have also included a list of alternative "no supply" games that you can use as an addition to or substitution for other games. Please note, though, that the first game listed on each day is demonstrated in the video and used as an illustration for the day's lesson. We therefore recommend that you play the first game listed for each day.

### Day 1:

#### **Hungry, Hungry Hippos**

**Directions:** Give each player a cup and have them sit in two rows facing each other. There should be about 6 feet between the players in each row and about 6 feet between the rows. Spread cotton balls throughout the playing area between the rows. On "go," the players must use only their cup to reach out and grab as many cotton balls as they can. When all the cotton balls are gone, have the players count how many they have and announce a winner.

#### **Dizzy Bat**

**Directions:** Divide the players onto 2 or more equal teams and give each team a bat. On "go," the first player on each team must place one end of the bat on the ground and place their forehead on the other end of the bat. They must then spin around the bat 5 times while their team counts. When finished, they have to run to the other end of the playing area and back. Upon returning, the next player must do the same. The first team to have all of their players finish is the winner.

#### **Ker-splash**

**Directions:** Tell the players to pair up, then have them stand facing their partner. Give one partner a ping pong ball and the other a cup that is almost completely filled with water. The player with the cup must hold it on top of their head while the other player attempts to toss the ping pong ball into the cup. The player with the cup can move to catch the ball, but the more they move, the more wet they will get. After a little while, have the players switch roles and refill the cups as needed. The team that catches the most balls wins.

#### **Supplies Needed:**

Plastic cups  
(1 per player)

Cotton balls  
(1 bag per about 6 people)

Baseball or wiffle ball  
bat (1 per team)

Ping pong balls  
(1 for every 2 people)

Cups  
(1 for every 2 people)

Water



## GAMES (CONTINUED):

### Day 2:

#### **More Than Meets the Eye**

**Directions:** Have the players line up behind the starting line. Begin by calling out an animal or object to transform into. After they have transformed, yell, "1, 2, 3...let's roll!" The players must then race to the turn around point and back as if they were that animal or object. Animals or objects may include: kangaroo, crab, frog, baby, horse, a log, penquin, bear, or make up your own. You can award points for speed and/or best form.

#### **Figure 8**

**Directions:** Place 2 cups about 2-3 feet apart on a table. Give each player a paper plate and have them stand around the table. Challenge them to use their paper plate to fan a ping pong ball around the cups in a figure 8 without the ball falling off the table. They may not touch the ball with their plate. If you have multiple teams, you can make it a race.

**Alternative:** For larger groups, have the players sit on the floor in two rows facing each other. Inbetween the rows of players, create a row of cups with about 2-3 feet between each cup. Challenge the players to fan the ball down the row while weaving it through the cups.

#### **Showdown**

**Directions:** Divide the players onto 2 teams. Have all of the players stand together in one large circle. Choose one player from each team, put a blindfold on them, place them in the middle, spin them around several times, then quietly set a super soaker somewhere in the circle. On "go," each team must shout directions to their blindfolded teammate in an effort to help them find the super soaker. When a player finds it, they must try to spray the blindfolded opponent. Much to everyone's delight, they'll probably hit the crowd as well. Play multiple rounds with different players wearing the blindfold.

#### **Supplies Needed:**

None

Cups (2 per team. For alternative: approx. 1 per person.)

Ping Pong ball  
(1 per team. For alternative: 2-3 per team.)

Paper plates  
(1 per person)

Blindfold (1 per team)

Super Soaker (1 per team)

Towels for drying off  
(2-3)



## GAMES (CONTINUED):

### Day 3:

#### **Star Warriors**

**Directions:** This game works a lot like “Rock, Paper, Scissors.” Divide the players onto 2 teams. Consider designating a leader. Each round, teams will decide if they want to be Luke Skywalker, Darth Vader, or the Emperor. Luke beats Darth, Darth beats the Emperor, and the Emperor beats Luke. Once decided, have the two teams line up facing each other. On the count of 3, they must reveal their character by making a motion and sound effect. (Refer to the Day 3 video for the motion and sound effect.) The losing team, must then fall to the ground in a dramatic death scene. Play multiple rounds. The first team to 5 (or so) is the victor.

#### **Stay-Puft Marshmallow Man**

**Directions:** Give each child toothpicks, raisins, and some marshmallows (large and small). Using their supplies, challenge them to create the best marshmallow man they can. Show them how to use the toothpicks as the “bones” that hold the marshmallows and raisins together. Consider cutting or breaking the toothpicks into a variety of sizes. When finished, have the children display their marshmallow man and declare the most creative creation as the winner.

#### **Cotton Nose**

**Directions:** Divide the players evenly onto two or more teams and have each team line up with their team behind the starting line. Put a dab of vasoline on the nose of each player. On “go,” the first player must run to a bowl or pile of cotton balls, pick one up using only their nose, run it back to the starting line, and shake it off into their team’s bin or bucket. They may not use their hands at any time. When the player has done so successfully, the next player on their team can go. The first team that has everyone finish is the winner.

#### **Supplies Needed:**

None

Marshmallows  
(about 10 small and 5 large per person)

Raisins  
(about 8 per person)

Toothpicks  
(about 10 per person)

Paper plate  
(1 per person)

Cotton balls  
(2-3 per person)

Vaseline  
(1 container)

Bin or bucket  
(1 per team)



## GAMES (CONTINUED):

### Day 4:

#### Paperboy

**Directions:** Divide players evenly onto two or more teams. Have each team line up, then give them a rolled up section of newspaper (or regular paper) and a hula hoop. Choose one player from each team to hold the hula hoop above their head. Place them about 6-8 feet from their team, facing the opposite direction. On "go," the first player from each team must try to throw the newspaper through their hula hoop, then retrieve it and run it back to the next player. The first team to score 10 papers is the winner. Play as many rounds as time and interest allow.

#### Pac Man

**Directions:** Divide players evenly on two or more teams. Spread cotton balls all over the playing area. Give each player two cups to wear over their hands. On "go," players must run to a cotton ball, pick it up with their cup hands, run it back to their "base," drop it, then return for more. When all of the cotton balls have been picked up, have each team count their cotton balls. Announce the totals and declare a winner.

#### Helicopter Tag

**Directions:** Create a playing space big enough for the players to spread out. Place a tennis ball (or other ball that is soft) in one leg of a pair of pantyhose. Choose a player or players to be the "helicopter(s)" and have them place the pantyhose over the top of their head so the leg and ball dangle from their head. (The pantyhose does not need to cover their face.) On "go," the "helicopter(s)" must swing the ball around their head (like a helicopter) and chase after the other players. If the ball hits another player, they are out. As the number of players gets smaller, move the boundaries further in so there is less room to escape. To make it more challenging for the players, add additional "helicopters." Play multiple rounds and allow for different children to be the helicopter(s).

#### **Supplies Needed:**

Role of newspaper or regular paper (1 per team or 1 per child if you don't want them sharing papers)

Rubber band (1 per team or per person)

Hula hoop  
(1 per team)

Cotton balls  
(1-2 bags)

Plastic cups  
(2 per person)

Tennis ball  
(1 per "helicopter")

Pantyhose  
(1 per "helicopter")



## GAMES (CONTINUED):

### Alternative “No Supply” Games:

#### Important Note:

It is strongly recommended that you play the first game listed for each day. That game is demonstrated in the video and used as an illustration for the day’s lesson. The following “no supply” games can easily be added or substituted for any of the other games.

#### **Red Light, Green Light**

**Directions:** This is a classic! Have all of the kids stand at a starting line. When you shout, “Green Light!” the kids can start running towards the finish line. When you shout, “Red Light!” they have to stop in place. Keep going until all of the kids have reached the finish line. Run the game back and forth as long as time and interest allow.

#### **Freeze Dance**

**Directions:** Choose one person to be in charge of the music. When the music starts, everyone must dance (the crazier the better). When the music stops, the dancers must freeze in their position. Anyone caught moving after that is out. Play continues until there is one person left.

#### **Simon Says**

**Directions:** One person is designated Simon, the others are the players. Standing in front of the group, Simon tells players what they must do. However, the players must only obey commands that begin with the words “Simon Says.” For example, if Simon says, “Simon says touch your nose,” then players must touch their nose. But, if Simon simply says, “touch your nose,” without first saying “Simon says,” players must not touch their nose. Those that do are out and sit down until the next round.

#### **Supplies Needed:**

Nothing

Zip

Zilch



## SUPPLY LIST (ALL DAYS)

### Day 1:

- Square pieces of paper for origami (at least 1 per person)
- Plastic cups (1 per person)
- Cotton balls (1 bag per about 6 people)
- Baseball or wiffle ball bat (1 per team)
- Ping pong balls (1 for every 2 people)
- Water

### Day 2:

- Cups (2 per team. For alternative: approx. 1 per person.)
- Ping Pong ball (1 per team. For alternative: 2-3 per team.)
- Paper plates (1 per person)
- Blindfold (1 per team)
- Super Soaker (1)
- Towels for drying off (2-3)

### Day 3:

- Marshmallows (about 10 small and 5 large per person)
- Raisins (about 8 per person)
- Toothpicks (about 10 per person)
- Paper plates (1 per person)
- Cotton balls (2-3 per person)
- Vaseline (1 container)
- Bin or bucket (1 per team)

### Day 4:

- Role of newspaper or regular paper (1 per team or 1 per person)
- Rubber band (1 per team or 1 per person)
- Hula hoop (1 per team)
- Plastic cups (2 per person)
- Cotton balls (1-2 bags)
- Tennis balls (1 per "helicopter")