

VBS Day 1



July 24th

OVERVIEW CARD

DANIEL

Key Question:

Who can do what God wants you to do?

Bottom Line:

I can do what God wants me to do.

Memory Verse:

"God made us to do good works."

Ephesians 2:10, NCV

Bible Story Focus:

I can do things God's way.

Daniel

Daniel 1

Coloring Page:

Daniel and his friends choose to obey God.

Music:

God Does Great Things

God is Big and He Loves Me

Hosanna Rock

Bible Lesson:

God's Story for Me Bible

Daniel Obays God

Pages 240 to 243

Story:

The Very Hungry Caterpillar

by Eric Carle

Memory Verse –

"GOD MADE US TO DO GOOD WORKS"

Ephesians 2:10, NCV

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ACTIVITY 1 – DANIEL

Move to the Fruit

Big Idea:

Children will complete different movements to get to the pieces of fruit taped onto the floor.

What You Need: “Fruit” Activity Page on white cardstock, and floor tape

What You Do:

Before the Activity: You should have five full pages of individual fruit. Tape the fruit in random order to the floor all around the room. If you have a larger number of children, consider providing multiple pieces of each fruit.

During the Activity: Give the children different movements to do to get to the pieces of fruit. For example: crawl to the banana, hop to the watermelon, etc. Repeat as desired.

What You Say:

Before the Activity: “Let’s get moving!”

During the Activity: “Do you see the watermelon on the floor? *(Pause.)* Everyone HOP to the watermelon. *(Pause.)* Awesome! *(Point to the banana.)* I see the banana. Let’s crawl to the banana! *(Pause.)* Way to go! Can you find the orange? *(Pause.)* March to the orange. *(Pause.)* Wahoo! *(Point to the pineapple.)* Yay! A pineapple! Let’s twist to the pineapple! *(Pause.)* I see one more piece of fruit. *(Point.)* Do you know what that is? *(Pause.)* Yes! It is a strawberry! Let’s dance to the strawberry!” *(Pause.)*

After the Activity: “Great job! These were some of the foods that Daniel ate in our lesson today. Daniel wanted to do things God’s way by eating the right foods. We can do things God’s way too! **Who can do what God wants you to do? I can do it!**”

Memory Verse –

“GOD MADE US TO DO GOOD WORKS”

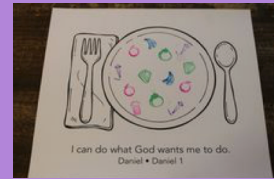
Ephesians 2:10, NCV

VBS Day 1



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ACTIVITY 2 – DANIEL



Stamp Plate

Big Idea:

Children will use food stampers to decorate their plates.

What You Need: “Stamp Plate” Activity Page on white cardstock, and a food stamp set

What You Do:

During the Activity: Give each child an Activity Page and the stamps. Encourage the children to use the stamps to put food on their plate.

After the Activity: Be sure the children have at least four different foods on their plate.

What You Say:

Before the Activity: “We are going to put good food on our plates just like Daniel did.”

During the Activity: (Give each child an Activity Page.) This is our plate. *(Hold up.)* We can use these to put food on. *(Do activity.)* Great job!”

After the Activity: “Daniel chose to eat good food, because he knew that God wanted him to. We can do what God wants us to do too! **Who can do what God wants you to do? I can do it!**”

Memory Verse –

“GOD MADE US TO DO GOOD WORKS”

Ephesians 2:10, NCV

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ACTIVITY 3 -

DANIEL



Shaker Verse

Big Idea:

Children will make shakers to use while practicing their memory verse.

What You Need: Large craft sticks, pipe cleaners, and jingle bells

What You Do:

Before the Activity: Gather the supplies. You will need one large craft stick, one pipe cleaner, and four jingle bells per child.

During the Activity: Pass out a pipe cleaner and four bells to each child. Instruct the children to run the pipe cleaner through the opening at the top of the bell and then wind the pipe cleaner around the craft stick to create a shaker. Use markers to decorate the sticks and be sure to write each child's name on their shaker so they can take it home.

What You Say:

Before the Activity: "Today I want us to make our own instruments! Doesn't that sound like fun? *(Pause.)* We're going to make some shakers that we can shake while we say our memory verse!"

During the Activity: "Can you believe you made your own musical instruments? *(Pause.)* You can do SO many amazing things, including the things God wants you to do! Let's say this month's verse together as we play our instruments. *God made us to do good works*, Ephesians 2:10. Good job! Let's say it again!" *(Repeat verse while shaking the shakers as long as time and interest allow.)*

After the Activity: "It's true: *God made us to do good works!* You did a great job rocking those shakers. You rock by listening to God and doing what God wants you to do. **Who can do what God wants you to do? I can do it!**"

Memory Verse –

"GOD MADE US TO DO GOOD WORKS"

Ephesians 2:10, NCV

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ACTIVITY 4 –

DANIEL

I'm Hungry

Big Idea:

Children will take turns tossing play food into the laundry basket mouth.

What You Need: “Hungry” face attached to circle sized laundry basket, stress ball food and masking tape

What You Do:

During the Activity: Place the food in a pile on the floor. Mark a starting line with masking tape. Set the assembled face and laundry basket combination on the floor a few feet away. Be sure to leave enough distance in between the basket and the pile of food so that the children can try to toss the food through the hole in the mouth.

After the Activity: Be sure each child has a turn to feed the picture.

What You Say:

Before the Activity: “Let’s be silly today! My friend is hungry! Let’s feed him!”

During the Activity: “Choose a piece of food (*point*) to feed our friend. You can toss it in their mouth. (*Do activity.*) Do you think Daniel would have eaten this yummy ‘(name of food)’?”

After the Activity: “You sure did fill our friend’s tummy with food! In our Bible lesson today, we heard about a boy that ate good food too! Daniel and his friends could have eaten anything that they wanted to at the king’s table. But Daniel knew that God wanted him to be big and strong. He knew that God wanted him to eat healthy food. Daniel told the guard that he wanted to only eat fruit and vegetables and drink water. He ate the food God wanted him to for TEN (*hold up 10 fingers*) days! And you know what? After the 10 days, he was bigger and stronger! He did what God wanted him to do! Daniel rocks! We can want God wants us to do too! **Who can do what God wants you to do? I can do it!**”

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ACTIVITY 5 –

DANIEL

Match the Fruit and Vegetables

Big Idea:

Children will play a fun game of memory match.

What You Need: 8 fruit and 8 vegetable plates (2 of each fruit or vegetable)

What You Do:

During the Activity: Lay each plate facing down on the floor. Ask the children to find two plates that match. Once a match is made, lay it aside. Repeat several times.

What You Say:

Before the Activity: “There are pictures of fruits and vegetables on the inside of these plates. *(Show to children.)* Let’s work together and see if we can find two cards that look exactly alike. *(Point to a picture.)* Can you find the other card that looks just like this one? *(Pause.)* Nice job! Let’s try another one!” *(Finish activity.)*

After the Activity: “You rock! Today we heard a Bible story about a kid that rocked too. Our lesson was about a boy named Daniel. Daniel and his friends could have eaten anything that they wanted to at the king’s table. But Daniel knew that God wanted him to be big and strong. He knew that God wanted him to eat healthy food. Daniel told the guard that he wanted to only eat fruit and vegetables and drink water. He ate the food God wanted him to for TEN *(hold up 10 fingers)* days! And you know what? After the 10 days, he was bigger and stronger! He did what God wanted him to do! Daniel rocks! Daniel chose to eat good food, because he knew that God wanted him to. We can do what God wants us to do too! **Who can do what God wants you to do? I can do it!**”

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Parachute Fun

DANIEL

Only Good Food - Parachute

Big Idea:

Children will try to toss all the bad stress ball food off of the parachute.

What You Need: Parachute and stress ball food

What You Do:

Before the Activity: Invite the children to stand around the parachute. Encourage the children to each take hold of the parachute and lift it off the ground. Place the food onto the parachute.

During the Activity: Instruct the children to move their arms up and down to shake the parachute and send the food off of the parachute (*plate*).

After the Activity: Repeat several times, each time only put back on the parachute food that Daniel would have eaten (*fruits and vegetables*).

What You Say:

Before the Activity: "Let's pretend that our parachute is a plate at King's table. We are going to try and keep only the good food on our plates and shake off the bad foods. Let's try and keep good food on our plate just like Daniel did. Are you ready? (*Pause.*) Let's shake off the bad food! (*Repeat activity several times, only putting back on the parachute fruits and vegetables that have fallen off after each round.*) Great job!"

After the Activity: "Look at our plate. It has only fruits and vegetables. Our lesson was about a boy named Daniel. Daniel and his friends could have eaten anything that they wanted to at the king's table. But Daniel knew that God wanted him to be big and strong. He knew that God wanted him to eat healthy food. Daniel told the guard that he wanted to only eat fruit and vegetables and drink water. He ate the food God wanted him to for TEN (*hold up 10 fingers*) days! And you know what? After the 10 days, he was bigger and stronger! He did what God wanted him to do! Daniel rocks! Daniel chose to eat good food, because he knew that God wanted him to. We can do what God wants us to do too! **Who can do what God wants you to do? I can do it!**"

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CRAFT

DANIEL

Handprint Star

What You Need: “Star” on red cardstock, black sheets of cardstock, washable white paint, white marker and wet wipes

What You Do:

During the Activity: Give each child a piece of black cardstock. Allow children to glue the star in the center of the page. Place the child’s hand in the white paint. Make handprints on both sides of the star. Write child’s name and the year at the bottom of the page with white marker.

After the Activity: Wipe the child’s messy hands with the wet wipes.

What You Say:

Before the Activity: “You know what? *(Pause.)* YOU ROCK!”

During the Activity: “We are going to make a craft that you can take home and show your family!”

After the Activity: “Great job! Your crafts ROCK, just like you! God wants us to make good choices. Daniel made good choices by doing what God wanted him to do and eating the right things. We can do what God wants us to do! **Who can do what God wants you to do? I can do it!**”

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Small Group

DANIEL

Small Group Time

What you Need: Playdoh, Musical Cookie Cutters, Rolling Pins, and Sticker Roll

SMALL GROUP LEADER (SGL): “If you are a kid who rocks and you’re in my small group, come sit with me! I’m so glad to see you today! We’re still learning about kids in the Bible who ROCK! We’ve learned about *(show the pictures)* Jesus, Samuel, David and . . . who remembers the kid we learned about today? *(Hold up picture of Daniel.)* Yes! Our lesson today was about Daniel! Daniel rocked, because he did what God wanted him to do. And you know what? You can do what God wants you to do too! **Who can do what God wants you to do? I can do it!**”

SGL: “Again! **Who can do what God wants you to do?**”

CHILDREN and SGL: “I can do it!”

SGL: “And kids who do things God’s way ROCK! Right? *(Pause.)* Right! Now it’s time for our discussion question. One, two, three, eyes on me! *(Point to picture of Daniel.)* Daniel wanted to do things God’s way when he was being trained by the king. That’s why Daniel rocked! You can do things God’s way too, and God is all about doing good things. Let’s make a list of good things we can do. When we pray we can use our list to ask God to show us other good things we can do. When I say your name, tell me good things we can do.”

SGL: “Ok, it’s time to review our lesson. I am going to ask you some questions and you will get a sticker for answering them. I have some really cool stickers today. Are you ready? *(Pause.)* Great! *(Ask the children questions about the lesson. You can make up questions from our video lesson, activities, Bible story and Children’s book. Don’t forget to ask them to say their memory verse for another sticker. You can repeat the same questions over and over as repetition is good for preschoolers.)* You are such great listeners!”

SGL: “Now I’ll pray before it’s time to say goodbye until tomorrow.”

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Additional Activities

DANIEL

1. **Fruit, Fruit, Vegetable** – simply change the words of Duck, Duck, Goose
2. **Who's Got the Fruit** - Sit in a circle with the children. Ask one child to sit in the middle of the circle and close his eyes while you secretly give the fruit to another child. The child with the fruit should hold it in his hand and put both hands behind his back. Instruct the rest of the children to put both of their hands behind their backs as well. Ask the child sitting in the middle of the circle, whose eyes are closed, to open them and try and guess: "Who's got the fruit?" (The person holding the fruit will most likely give it away with his facial expressions!)
3. **Hot Vegetable** – play a fun game of Hot Potato with Stress Ball Veggies.
4. **Food Bingo** – play a fun game of Bingo with the kids



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