

# POWER UP

## RAISE YOUR GAME

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## OVERVIEW

### SOCIAL: PROVIDING TIME FOR FUN INTERACTION

CHOOSE ONE OR ALL OF THESE ACTIVITIES.

#### 1. TARGET PRACTICE

*Made to Move:* An activity that uses a preschooler's natural desire to move to help them learn

#### 2. HOUSE MATCH

*Made to Play:* An activity that encourages preschoolers to follow guidelines while having fun and learning new concepts

#### 3. CAN YOU MAKE IT?

*Made to Imagine:* an activity that promotes empathy and facilitates biblical application through role-play and re-enactment

### GROUPS: CREATING A SAFE PLACE TO CONNECT

CHOOSE AS MANY OF THESE ACTIVITIES AS YOU LIKE.

#### 1. MEMORY VERSE WITH MOTIONS

[HEAR FROM GOD | MEMORY VERSE ACTIVITY]

*Made to Move:* An activity that uses a preschooler's natural desire to move to help them learn

#### 2. GOD KNOWS ME

[TALK ABOUT GOD | BIBLE STORY REVIEW]

*Made to Create:* an activity that allows preschoolers to review the Bible story, Bottom Line, or memory verse by creating a craft

#### 3. REACH FOR THE STARS

[LIVE FOR GOD | APPLICATION ACTIVITY]

*Made to Move:* an activity that increases the oxygen in the brain and taps into the energy in the body

#### 4. SHINING STARS

[LIVE FOR GOD | APPLICATION ACTIVITY]

*Made to Create:* an activity that allows preschoolers to review the Bible story, Bottom Line, or memory verse by creating a craft

#### 5. FRAMED UP

[LIVE FOR GOD | APPLICATION ACTIVITY]

*Made to Create:* an activity that allows preschoolers to review the Bible story, Bottom Line, or memory verse by creating a craft

**\*\*Allergy Alert**

**BIBLE STORY****God knows everything.**

Abraham  
 Genesis 1;  
 Genesis 12:1-4;  
 Genesis 15:1-7;  
 Jeremiah 29:11;  
 Romans 1:20

**MEMORY VERSE**

**"God's power has given us everything we need to lead a godly life."**

2 Peter 1:3a, NIV

**BOTTOM LINE**

**God's power gives me everything I need.**

**MOVE**

an activity that increases the oxygen in their brain and taps into the energy in their bodies

**SOCIAL:**

Activities that encourage preschoolers to enter the classroom and begin engaging with peers and Small Group Leaders by providing age appropriate and hands on fun while introducing new concepts they will hear in the day's Bible story.

*Prepare to offer one or more of the following activities as your 2-year-olds arrive. Let one or two teachers lead small groups of children in activities throughout the room while another teacher greets parents and kids at the door. At this age not all children will participate, but most will want to be part of the fun.*

**1. TARGET PRACTICE**

**WHAT YOU NEED:** Empty cardboard box (at least two feet on each side); Styrofoam cups; yarn; packing or duct tape; ruler; scissors; color circle stickers; painter's tape; and small inflatable beach balls or ball pit balls

**WHAT YOU DO:**

*Before the Activity:* Poke a hole in the bottom of three or four of the cups. Cut yarn into two-foot lengths. Run one end of the yarn through the hole in the cup, knot it on the inside of the cup, and secure the knot inside the cup with a piece of tape. Put a different colored sticker on each cup. Turn the box on its side and cut off the flaps. Tape the yarn on the inside top of the box so the cups are hanging down with the sticker facing out. Hang the cups at different levels. Place a strip of painter's tape on the floor as a mark to throw from. Put the box a short distance away from the tape mark.

*During the Activity:* Guide the children to stand on the tape line and take turns throwing the ball at the cups. You can make it more challenging by having them aim for a certain color. Keep a tally of the points earned. Each cup is worth five points. Introduce the term "Power Up."

*After the Activity:* Pick up all the balls and put the box and balls away. Talk about how God gave us the power to throw the balls and hit the targets.

**WHAT YOU SAY:**

*Before the Activity:* "I have a super fun game for us to play today! We are going to use our power to hit the cups and collect points!"

*During the Activity:* "To play the game, you'll stand at this line and throw the ball at the cups like this. (*Demonstrate.*) Ready to play? We'll go one at a time."

## BIBLE STORY

### God knows everything.

Abraham  
Genesis 1;  
Genesis 12:1-4;  
Genesis 15:1-7;  
Jeremiah 29:11;  
Romans 1:20

## MEMORY VERSE

**"God's power has given us everything we need to lead a godly life."**

2 Peter 1:3a, NIV

## BOTTOM LINE

**God's power gives me everything I need.**



## MOVE

an activity that increases the oxygen in their brain and taps into the energy in their bodies

Who's up first? *[Child's name]*, are you ready to use your power to win some points? Throw the ball! *(Pause.)* Wow! Good throw! *(Call out the color cups they hit.)* Great job! Who's up next? *(Continue until each child has had a turn.)* That was so much fun. Each and every one of you used your power to throw the ball to hit the target! When you hit the cups, you got points! All together your Power Up total is *[total points]*. That's incredible! Now can you use your power to collect all the balls?"

*After the Activity:* "Great job! You used your power to throw the balls and hit the targets. In today's Bible story we find out who gives us that power. I can't wait!"

### TRANSITION:

Move to Bible story time by marching quietly. new ways of being kind."

## BIBLE STORY

### God knows everything.

Abraham  
Genesis 1;  
Genesis 12:1-4;  
Genesis 15:1-7;  
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## MEMORY VERSE

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## BOTTOM LINE

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## PLAY

an activity that encourages learning through following guidelines and working together

### 2. HOUSE MATCH

**WHAT YOU NEED:** "House" Activity Pages, white cardstock, and scissors

**WHAT YOU DO:**

*Before the Activity:* Copy each of the "House" Activity Pages on white cardstock. Cut each house in half along the dotted lines.

*During the Activity:* Encourage children to find the two house halves that match and put them together.

*After the Activity:* Talk about how the man in the story today is moving.

**WHAT YOU SAY:**

*Before the Activity:* "Can you come sit with me and play this game?"

*During the Activity:* "Look at all these fun pictures. (Hold up one page.) What do you think this is? (Pause.) It's a part of a house! That's right! Can you find the match? (Pause.) Super duper! Can we find the matches to all the houses? (Pause.) Yay! You did it!" (Mix up the cards and repeat as many times as desired.)

*After the Activity:* "We put all the houses back together. Who lives in houses? (Pause.) All kinds of people live in houses—little people like you, mommies and daddies, grandparents, aunts and uncles. Well, today in our Bible story, we are going to hear about a man named Abraham and how he had to leave his house and move somewhere new."

**TRANSITION:**

Move to Bible story time by pretending to carry or roll suitcases.

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### God knows everything.

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Genesis 1;  
Genesis 12:1-4;  
Genesis 15:1-7;  
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## MEMORY VERSE

### "God's power has given us everything we need to lead a godly life."

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## BOTTOM LINE

### God's power gives me everything I need.



## IMAGINE

an activity that promotes empathy and facilitates biblical application through role-play and reenactment

### 3. CAN YOU MAKE IT?

Be sure to list the items you will be using today on the "Allergy Alert Poster" and post it at the door to your room.

**WHAT YOU NEED:** "Allergy Alert Poster," white cardstock, Play-Doh®, and star cookie cutters (optional)

#### WHAT YOU DO:

*Before the Activity:* Copy "Allergy Alert Poster" on white cardstock and hang it on the door. Place small balls of Play-Doh on the table.

*During the Activity:* Encourage children to make different things with their Play-Doh, like a tree, animals, and stars. Use the star cookie cutter if desired.

*After the Activity:* Pick up all the Play-Doh and put it away. Talk about how you used the Play-Doh to make all the fun things. Name the different things you made.

#### WHAT YOU SAY:

*Before the Activity:* "Let's make something fun with this Play-Doh!"

*During the Activity:* "Grab some Play-Doh! Who made the trees? (Pause.) God made the trees. Can you make a tree with your Play-Doh? (Pause.) Wow! Look at all your trees. Who made the animals? (Pause.) God made the animals. What kind of animal can you make with your Play-Doh? (Pause.) Those are super! Who made the stars? (Pause.) God made the stars. Can you make a star from your Play-Doh? (Pause.) Look at all the pretty stars!"

*After the Activity:* "That was fun making those things out of Play-Doh. I bet God had a great time making all the different things He made, too, like the stars in the sky. We'll hear more about that in today's Bible story."

#### TRANSITION:

Move to Bible story time by acting like twinkling stars. Hold your hands in the air, ball them loosely into a fist, and flick your fingers out and in.



# POWER UP

DAY  
**ONE**

POWER UP VBS

PRESCHOOL

**2s**

SMALL GROUP

## HEAR FROM GOD MEMORY VERSE ACTIVITY

### BIBLE STORY

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### MEMORY VERSE

**"God's power has given us everything we need to lead a godly life."**

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### BOTTOM LINE

**God's power gives me everything I need.**



## MOVE

an activity that increases the oxygen in their brain and taps into the energy in their bodies

### GROUPS:

Create a safe place to connect through activities that are written to reach every learning style while reinforcing the Bottom Line that was introduced during the Bible Story and applying it to real life experiences. In addition, these activities provide preschoolers with an opportunity to build relationships with their Small Group Leader.

*Prepare to offer one or more of the following activities after the Bible Story. Let one or two teachers lead small groups of children in activities throughout the room. At this age not all children will participate, but most will want to be part of the fun.*

### 1. MEMORY VERSE WITH MOTIONS

**WHAT YOU NEED:** No supplies needed

#### WHAT YOU DO:

*Before the Activity:* Say the memory verse and do the following motions in front of the children.

*God's (point both hands up)  
power (muscle arms)  
has given us (thumbs to chest)  
everything we need (spread arms wide to sides)  
to lead a godly life (march in place swinging arms).  
2 Peter 1:3a (Open hands like a book.)*

*During the Activity:* Say the verse again with the motions and invite the children to do it with you. Repeat several times.

#### WHAT YOU SAY:

*Before the Activity:* "I am going to say our new memory verse today. Everyone watch me! *God's (point both hands up) power (muscle arms) has given us (thumbs to chest) everything we need (spread arms wide to sides) to lead a godly life (march in place swinging arms), 2 Peter 1:3a.*" (Open hands like a book.)

*During the Activity:* "Now let's do it all together! Are you ready?" (Say the verse with the motions several times.)

*After the Activity:* "Our memory verse tells us that God gives us all the power we need! **POWER UP! Whose power gives you everything you need? God's power gives me everything I need!**"



# POWER UP

DAY  
**ONE**

POWER UP VBS

PRESCHOOL

**2s**

SMALL GROUP

## TALK ABOUT GOD

BIBLE STORY  
REVIEW



## CREATE

an activity that explores spiritual ideas through drawing  
and making things

### BIBLE STORY

**God knows everything.**

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Genesis 12:1-4;  
Genesis 15:1-7;  
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### MEMORY VERSE

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us everything we need  
to lead a godly life."**

2 Peter 1:3a, NIV

### BOTTOM LINE

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everything I need.**

### 2. GOD KNOWS ME

**WHAT YOU NEED:** Bible, "Handprint Page" Activity Page, white or light-colored cardstock, scissors, washable paints, paintbrushes, wet wipes, and markers

**WHAT YOU DO:**

*Before the Activity:* Make enough copies of "Handprint Page" on cardstock so that when cut apart each child can have one copy.

*During the Activity:* Tell each child to choose a paint color. Brush the paint onto the palm of their hand. After you paint their hand, assist them in pressing it onto the center of their "Handprint Page" Activity Page to make their handprint. Write each child's name on their page and hang it or set it aside to dry. Use the wet wipes to clean hands

**WHAT YOU SAY:**

*Before the Activity: (Open the Bible as you talk.)* "Our Bible story today was about a man named Abraham. God made Abraham, which means God knew everything about Him. God knew what color eyes Abraham had, how many hairs were on his head, and what plan was best for him. God knew everything! *(Lay Bible aside.)*

"God made you too. It's true. God made you! Who made you? **[Basic Truth] God made me!** That means God knows everything about you! God knows the color of your eyes, how many hairs are on your head, and the plan that is best for you. Yes, God STILL knows everything!

"I am going to help you make something to take home that will remind you that God made you and knows everything about you."

*During the Activity: (As you press each child's hand onto the paper)* "God knows everything about [name of child]!"

*After the Activity: (Hold up one of the completed handprint pages.)* "God's power made YOU. God's power knows everything about YOU. And God's power knows exactly what you need. That's why **God's power gives me everything I need.** So, when I ask you, **'Whose power gives you everything you need?'** I want you to say, **'God's power gives me everything I need.'** Ready? Whose power gives you everything you need? **God's power gives me everything I need!** Yay! Good job!"



# POWER UP

DAY  
**ONE**

POWER UP VBS

PRESCHOOL

**2s**

SMALL GROUP

## LIVE FOR GOD

APPLICATION  
ACTIVITY



## MOVE

an activity that increases the oxygen in their brain and taps into the energy in their bodies

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### 3. REACH FOR THE STARS

**WHAT YOU NEED:** Crepe paper streamers, star-shaped cutouts, scissors, and tape

**WHAT YOU DO:**

*Before the Activity:* Hang streamers from the ceiling so they end about three feet from the floor. Tape a star to the end of each streamer.

*During the Activity:* Encourage the children to reach or jump for the stars.

*After the Activity:* Talk about how God made everything—even the stars in the sky!

**WHAT YOU SAY:**

*Before the Activity:* "Look at all the stars! They are so pretty!"

*During the Activity:* "When I ask you who made the stars, you jump up and touch the stars and say, 'God made the stars.' Ready to play? Great! Who made the stars? (Pause.) God made the stars! Jump up and touch the star. (Repeat several times.) Move to another star and we'll play again. Who made the stars? (Pause.) God made the stars! (Repeat several times.) That was so much fun jumping up to reach the stars!"

*After the Activity:* "God made all the stars in the sky, and He knows everything! Today we heard how God used the stars to tell Abraham about his family. Tell me: **Whose power gives you everything you need? God's power gives me everything I need.** Great job, friends!"



## LIVE FOR GOD APPLICATION ACTIVITY



## CREATE

an activity that explores spiritual ideas through drawing and making things

### BIBLE STORY

#### God knows everything.

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### MEMORY VERSE

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### BOTTOM LINE

**God's power gives me everything I need.**

### 4. SHINING STARS

**WHAT YOU NEED:** "Stars" Activity Page, white cardstock, yellow glitter tempera paint, paper plates, marker, and wet wipes

#### WHAT YOU DO:

*Before the Activity:* Copy the "Stars" Activity Page onto white cardstock. Provide one page per child. Pour some paint on two or three paper plates.

*During the Activity:* Let the children to dip a pointer finger into the paint and use their fingerprints to fill the star outlines. Write children's names on their papers. Clean up messy hands with wet wipes.

*After the Activity:* Talk about how God knows everything, how God made the stars, and how He used them in the story to tell Abraham about his family.

#### WHAT YOU SAY:

*Before the Activity:* "We've had fun learning and playing with stars today. Now we are going to paint them."

*During the Activity:* "Look at all the stars on your paper. Dip your finger in the paint and fill them in. What pretty sparkly stars you made! Clean your fingers while I write your name and we'll set these aside to dry."

*After the Activity:* "God knows everything! He knows the number of stars in the sky. God told Abraham that one day his family would be as big as the number of stars in the sky. That's a really big family. **Whose power gives you everything you need? God's power gives me everything I need.**"



# POWER UP

DAY  
**ONE**

POWER UP VBS

PRESCHOOL

**2s**

SMALL GROUP

## LIVE FOR GOD

APPLICATION  
ACTIVITY



## CREATE

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### BIBLE STORY

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### MEMORY VERSE

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to lead a godly life."**

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### BOTTOM LINE

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everything I need.**

### 5. FRAMED UP

**WHAT YOU NEED:** "Parent Note" Activity Page, white cardstock, foam frames (one per child), star stickers, scissors, and a permanent marker

**WHAT YOU DO:**

*Before the Activity:* Copy the "Parent Note" Activity Page on white cardstock and cut on the dotted lines. Set out stickers and frames.

*During the Activity:* Have the children decorate their picture frames with the stickers.

*After the Activity:* Write names on the frames, put a Parent Note with each frame, and set aside. Talk about how God knows everything, how God made the stars, and how He used them in the story to tell Abraham about his family.

**WHAT YOU SAY:**

*Before the Activity:* "We are going to make a picture frame today."

*During the Activity:* "God made all the stars in the sky, and He told Abraham that his family would be as big as the number of stars in the sky. Let's take these star stickers and decorate our frames with them."

*After the Activity:* "Your frames look great! When you get home, you can put a picture of your family in the frame so you can remember that **God's power gives me everything I need. Whose power gives you everything you need? God's power gives me everything I need.**"