

POWER UP

RAISE YOUR GAME

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OVERVIEW

SOCIAL: PROVIDING TIME FOR FUN INTERACTION

CHOOSE ONE OR ALL OF THESE ACTIVITIES.

1. WAIT, WAIT, ROLL!

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

2. POWER UP TRIVIA

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

3. TWINKLE, TWINKLE, LITTLE STARS

Made to Explore: An activity that channels a preschooler's innate curiosity into a discussion of the week's crucial concepts

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. FILL THE BASKET

[TALK ABOUT GOD | BIBLE STORY REVIEW]

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

3. SPELLING MATCH

[LIVE FOR GOD | APPLICATION ACTIVITY]

Made to Think: An advanced activity specifically designed for older preschoolers

4. MOVING PICNIC

[LIVE FOR GOD | APPLICATION ACTIVITY]

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

5. FINGERPRINT FAMILY

[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

6. STAR SENSORY BAG

[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

7. JOURNAL AND PRAYER

[PRAY TO GOD | PRAYER ACTIVITY]

Made to Reflect: An activity that encourages personal application and prayer

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 3-, 4-, or 5-year-olds arrive. Let one or two teachers lead activities in different areas of the room while another teacher greets parents and kids at the door.

1. WAIT, WAIT, ROLL!

WHAT YOU NEED: Playground ball or Nerf® soccer ball

WHAT YOU DO:

Before the Activity: Get a large ball that is heavy enough to roll but soft enough that it won't hurt anyone.

During the Activity: Sit with the children in a circle and encourage them to roll the ball to each other across the circle. Children must hold the ball when the Small Group Leader says, "Wait," and then roll it to a friend when the Small Group Leader says, "Roll." Then that child must hold the ball while the Small Group Leader says, "Wait," and roll it to a friend when the Small Group Leader says, "Roll." Continue until each child has had the ball at least once.

After the Activity: Put the ball away so the children aren't distracted by it.

WHAT YOU SAY:

Before the Activity: "Friends, come and sit in this circle with me. We're going take turns rolling a ball to our friends across the circle. When you get the ball, I want you to hold the ball while I'm saying, 'Wait.' You can't roll the ball. You have to be patient and hold it. Then, when I say 'Roll,' you roll the ball to a friend. Remember, don't roll the ball until I tell you to. We'll keep going until everyone has had a turn."

During the Activity: "All right, my friend [child's name] is going to start the game for us. Wait, wait, wait, wait, roll! Roll the ball to a friend in our circle. (Pause.) Great job! Okay, now it's [another child's name]'s turn. Wait, wait, roll!"

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MOVE

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

After the Activity: "That was really fun! You did a great job waiting. In our story today, we are going to learn about a man named Abraham. He had to wait for something very special. He waited a long, long time. Let's go see what it is!"

TRANSITION:

Continue playing the waiting game as you move to Worship and Story. Say, "Wait, wait, wait, walk," several times as the children move.

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Romans 1:20

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. POWER UP TRIVIA

WHAT YOU NEED: A bell to ring or a push light

WHAT YOU DO:

During the Activity: Place the bell or light on a table and stand next to it. Gather the children to stand a few feet from you. Ask the preschool trivia questions below. The children must raise their hands to answer. When they answer correctly, let them step forward to push the light/ring the bell to power up.

WHAT YOU SAY:

Before the Activity: "I have some questions for you to answer. When I say the question, I want you to raise your hand and WAIT for me to call on you. If I call your name, you may come up here, answer the question and if you get it right, push the special POWER UP button. (*Point.*) Are you ready to play? Remember, you must raise your hand and wait for me to call on you."

During the Activity: "Okay, here are the questions:

1. What animal likes to bark and wag his tail? (*dog*)
2. When we go to sleep, you put your head on a . . .? (*pillow*)
3. (*Singing*) Mary had a little . . .? (*lamb*)
4. The sky is . . .? (*blue*)
5. This has leaves and a trunk and is fun to climb. (*tree*)
6. What animal says meow and has soft fur? (*cat*)
7. These are in your mouth, they're white, and they help you chew your food. (*teeth*)
8. In soccer, you kick this down the field to score a goal. (*ball*)
9. You wear these on your feet. (*socks or shoes*)
10. A cow says . . .? (*moo*)
11. To get here today, you rode in a . . .? (*car*)
12. You see with your (*point to your eyes*)? (*eyes*)
13. You hear with your (*point to your ears*)? (*ears*)
14. You talk and taste with your (*point to your mouth*)? (*mouth*)
15. You smell with your (*point to your nose*)? (*nose*)

After the Activity: "You did such a great job, friends! You know so much. Today we're going to hear a story about someone who knows everything about EVERYTHING! I can't wait."

TRANSITION:

Move to Worship and Story by asking more preschooler trivia questions for them to answer. Categories for questions include: animal sounds ("A cat says . . ."), body parts ("You pick up things with your . . ."), colors ("A banana is . . ."), etc.

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2 Peter 1:3a, NIV

BOTTOM LINE

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EXPLORE

an activity that extends learning through hands-on experimentation and discovery

3. TWINKLE, TWINKLE, LITTLE STARS

WHAT YOU NEED: Star projector or glow-in-the-dark star stickers; and a table (*More cost effective and/or portable option: glow-in-the-dark star stickers, cookie sheet, and a towel*)

WHAT YOU DO:

Before the Activity: Set up a star viewing area. There are several ways to do this.

1. Use a star projector to make stars shine on the ceiling of your classroom or use it under a table to project stars on the bottom of the table.
2. Stick glow-in-the-dark star stickers to the bottom of a table.
3. Place glow-in-the-dark star stickers on a cookie sheet and cover with a towel. Remove the towel for the children to see the stars.

During the Activity: Sit with children and look at the stars. Discuss how many stars are in your room, and talk about how there are SO many more stars in the sky—more than we can count.

WHAT YOU SAY:

Before the Activity: "I like looking at stars, do you? Let's take a look at some stars together."

During the Activity: "Who made the stars in the sky? (*Pause.*) That's right! God made the stars. How many stars can you count? (*Pause.*) Which one is your favorite? (*Pause.*) Do you ever look at stars when you're at home?" (*Continue as long as there is interest.*)

After the Activity: "Today in our Bible story we're going to learn about a man named Abraham. God told Abraham that his family would be so big that there would be more people in his family than stars in the sky. Can you believe that? I can't wait for you to hear all about it."

TRANSITION:

Encourage the children to count their steps on the way to Worship and Story. See if it's as many steps as the number of stars they counted.



POWER UP

DAY
ONE

POWER UP VBS

PRESCHOOL
3-5s

SMALL GROUP

HEAR FROM GOD MEMORY VERSE ACTIVITY

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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.

Offer as many of the following activities as your time, facilities, resources, and leadership allow. You may want to lead one activity at a time. Or, offer two activities at once and allow half the kids to participate in each. Then switch groups and repeat the activities.

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.)



POWER UP

DAY
ONE

POWER UP VBS

PRESCHOOL
3-5s

SMALL GROUP

**HEAR
FROM GOD**
MEMORY VERSE
ACTIVITY



MOVE

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

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
3-5s

SMALL GROUP

TALK ABOUT GOD

BIBLE STORY
REVIEW



PLAY

an activity that encourages learning through following guidelines and working together

BIBLE STORY

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Abraham
Genesis 1;
Genesis 12:1-4;
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MEMORY VERSE

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BOTTOM LINE

God's power gives me everything I need.

2. FILL THE BASKET

WHAT YOU NEED: Floor tape, three large baskets, and ball pit balls

(NOTE: You may need to duplicate this game depending on the number of children in your group.)

WHAT YOU DO:

Make a large square on the floor of your game area. Place one basket in the center of the square. Fill the two other baskets with ball pit balls and place them on opposite sides, outside of the square. Instruct the children to take the balls from the two baskets, stand on the tape, and try and toss the balls into the empty basket in the middle of the square. The goal is to fill the basket in the middle of the square with as many balls as you can. When the basket in the middle is full, pause the game and dump the balls into the two other baskets outside the square. Place the empty basket back in the middle of the square and play again. Continue playing as long as the children are having fun.

WHAT YOU SAY:

Before the Activity: (Gather the children around you as you hold one ball pit ball.) "In today's Bible story, God gave Abraham His plan. Since God knows everything, He knew everything about Abraham. God's plan was that Abraham's family would be SO big it would have as many people in it as there are stars in the sky. That's a lot of people! Abraham didn't know how God could make this happen since Abraham didn't even have a baby yet, but God said His power could give Abraham everything he needed. And it did!

"Today we're going to play a game with a lot of—not stars, not people—balls! (Hold up the ball.) I want you to try and toss all of the balls in those baskets (point to the baskets outside of the square) into that basket (point to the basket inside the square). BUT you have to stand on the tape. (Point.) You cannot step inside the square. Got it? Everyone put your hand on top of mine. (Hold your hand out and encourage the children to stack one of their hands on top of each other.) Now, on the count of three yell, 'Power Up!' and hold your hand high in the air. Ready? One, two, three, POWER UP!"

During the Activity: (Cheer for the children and assist them in chasing down runaway balls.)

After the Activity: (Gather the children around you.) "That was SO fun! There were balls everywhere I looked. They were there (point) and there (point)

**TALK
ABOUT GOD**
BIBLE STORY
REVIEW



PLAY
an activity that encourages learning through following guidelines and working together

and there (*point*). They were everywhere! And that's how it was with Abraham's family. God's power gave Abraham everything he needed for God's plan to work. And you know what? God has a plan for you, too. He sure does! God knows everything, which means He knows everything about YOU! And just like with Abraham, God's power will give you everything you need for His plan to work. **Whose power gives you everything you need? God's power gives me everything I need!"**



POWER UP

DAY
ONE

POWER UP VBS

PRESCHOOL

3-5s

SMALL GROUP

LIVE FOR GOD

APPLICATION
ACTIVITY



THINK

An advanced activity specifically designed
for older preschoolers

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.**

3. SPELLING MATCH

WHAT YOU NEED: "Pictures to Spell" and "Letters" Activity Pages, white cardstock, and scissors

(NOTE: If time and budget allow, consider adding BOGGLE® Jr. to your room this week to extend the spelling fun!)

WHAT YOU DO:

Before the Activity: Copy the "Pictures to Spell" Activity Pages onto cardstock. Copy the "Letters" Activity Page onto cardstock and cut apart.

During the Activity: Place one of the "Pictures to Spell" Activity Pages on the table along with its matching letters. Select a child to match the cutout letters to the letters they see on the page. Identify each letter as the child matches them. Continue with the rest of the pictures, allowing different children to match the letters.

WHAT YOU SAY:

During the Activity: "What do you see in this picture? (Pause for responses.) Yes! It's a cow! Do you see the letters below the picture? I have some letters that match these here on the table. Let's find a 'c' that matches this 'c'." (Continue matching letters until you've matched the letters on each Activity Page.)

After the Activity: "You are such great matchers! I see a baby, the color red, stars, a cow, and a house. These are all words from our Bible story today about Abraham. God had a special plan for Abraham, and Abraham trusted God. We can trust God too and He will give us everything we need. Tell me: **Whose power gives you everything you need? God's power gives me everything I need.** Great job, friends!"



POWER UP

DAY
ONE

POWER UP VBS

PRESCHOOL

3-5s

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

BIBLE STORY

God knows everything.

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MEMORY VERSE

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2 Peter 1:3a, NIV

BOTTOM LINE

God's power gives me everything I need.

4. MOVING PICNIC

WHAT YOU NEED: Blanket, medium-sized basket, play dishes, and play food

WHAT YOU DO:

Before the Activity: Spread the blanket out in the activity area. Place the dishes and the food inside the basket.

During the Activity: Encourage the children to take the basket to the blanket and set up a picnic using the dishes and food. Invite the children to all sit down and pretend to eat at the picnic. Say, "MOVE," and challenge the children to pack up the food and dishes as fast as they can. Move the blanket to another place in the activity area and set up the picnic again. Repeat several times.

WHAT YOU SAY:

Before the Activity: "Let's have a picnic! We have everything that we need to have an awesome picnic in our basket." (*Hold up.*)

During the Activity: "I have a blanket for us to set up our picnic on. (*Point.*) I am so excited for our picnic! (*Do activity.*) Great job! Now let's be like Abraham in our Bible story today and MOVE! Pack up all of the food and dishes in the basket SUPER FAST! Let's MOVE!" (*Finish activity.*)

After the Activity: "Great moving! We were like Abraham in our Bible story. God gives us all the power we need, just like He gave Abraham all the power he needed. 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
3-5s

SMALL GROUP

LIVE FOR GOD

APPLICATION
ACTIVITY



CREATE

an activity that explores spiritual ideas through drawing
and making things

BIBLE STORY

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Abraham
Genesis 1;
Genesis 12:1-4;
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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

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everything I need.**

5. FINGERPRINT FAMILY

WHAT YOU NEED: "Fingerprint Family Portrait" Activity Page, white cardstock, scissors or paper cutter, washable inkpads, fine-tipped washable markers, and wet wipes

WHAT YOU DO:

Before the Activity: Copy the "Fingerprint Family Portrait" Activity Pages onto cardstock and cut in half. You'll need one half sheet per child. Set the inkpads and markers on the table.

(NOTE: To help the children understand what is needed for this activity, make a fingerprint family of your own ahead of time to show them. Point out each member of your family and show how you drew in the arms, legs, hair, facial features, etc.)

During the Activity: Explain that they will create a picture of their family using their fingerprints. Show your own family portrait as an example. Instruct the children to place their index finger on the washable inkpad and press it down on the page. Repeat, adding a new fingerprint for each member of their family, leaving space between each fingerprint. Pass out wipes for children to wipe their fingers clean. Then use the markers to add in arms, legs, hair, and facial features to create each member of their family.

After the Activity: Make sure each child's name is on his/her page, and set aside to dry.

WHAT YOU SAY:

During the Activity: "Today we're going to make pictures of our families. But we're going to create them in a super fun way. (Show your fingerprint family as an example, and name each person on the page.) This is my family. Do you know what this is? (Point and pause.) It's my fingerprint. How many people are in your family? If there are four people in your family, I want you to press your finger into the inkpad and then press it on the page four times. You'll need one fingerprint per family member. Make sure to leave space between each fingerprint so you can add arms and legs and such."

After the Activity: "You did a beautiful job on your fingerprint families! God gave Abraham a family. And He gives us families too. God's power gives us everything we need. **Whose power gives you everything you need? God's power gives me everything I need.**"



POWER UP

DAY
ONE

POWER UP VBS

PRESCHOOL

3-5s

SMALL GROUP

LIVE FOR GOD

APPLICATION
ACTIVITY



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and making things

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6. STAR SENSORY BAG

WHAT YOU NEED: Two zip-top sandwich-sized bags per child, ½ to ¾ cup of blue hair gel per child, one tablespoon of foil stars per child, "Bottom Line Labels" Activity Page, Avery® #5163 labels or equivalent, and clear packing tape

WHAT YOU DO:

Before the Activity: Print the "Bottom Line Labels" Activity Page on the label paper. Each child needs one label.

During the Activity: Help each child put ½ to ¾ cup of blue hair gel and one tablespoon of foil stars in a zip-top bag. Seal the bag and place it inside another bag and seal that bag. Tape the bag shut with clear packing tape. Have each child put a label on their sensory bag.

WHAT YOU SAY:

Before the Activity: "Today we're going to make some really fun sensory bags with stars! We will give you your supplies and then I'll tell you what to do with them."

During the Activity: "Everyone should have a bag. Can you hold it up? (Pause.) Great! I'm going to give each of you a Bottom Line label to put on your bag. Can you put it on? (Pause.) Great! Next, someone will come around to help you put the gel and stars into your bag. We might get a little messy, but that's okay. After we seal and tape your bag, you can play with it."

After the Activity: "These sensory bags you made today are so fun! The sensory bag will help you to remember that God knows how many stars are in the sky. God knows everything, and His power gives you everything you need.

Whose power gives you everything you need? God's power gives me everything I need."



POWER UP

DAY
ONE

POWER UP VBS

PRESCHOOL
3-5s

SMALL GROUP

**PRAY
TO GOD**
PRAYER
ACTIVITY



REFLECT

an activity that creates space for personal understanding
and application

BIBLE STORY

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7. JOURNAL AND PRAYER

WHAT YOU NEED: Paperclip "Memory Verse Card" in your Bible at 2 Peter 1:3. Provide a journal and a fun-shaped pen for each Small Group.

WHAT YOU SAY:

SMALL GROUP LEADER (SGL): "It's Small Group time. Let's pretend we are twinkling stars and wiggle our fingers like this (*hold arms up and wiggle fingers*) while we walk to our Small Group spot.

Walk to your Small Group spot.

"We made it! Thanks for pretending to be stars with me. Let's sit down and talk about today's Bible story now. One, two, three, sit down with me!

Open the Bible and lay it where the children can see it.

"Our Bible story today was about a man named Abraham. Can you say, 'Abraham'?"

Pause for response.

"Abraham trusted God when God told him to pack up and move. He trusted God when God said that his family would have as many people as there are stars in the sky.

"Why did Abraham trust what God said? (*Short pause.*) Because Abraham believed God made everything, AND God knows everything, AND God has the power to give us what we need.

Point to the children each time you say "YOU" below.

"Guess what! YOU can trust what God says too, because God made YOU, and God knows everything about YOU, and God has the power to give YOU what you need.

"So when I ask, '**Whose power gives you everything you need?**' I want you to say, '**God's power gives me everything I need.**' Let's practice. Whose power gives you everything you need?"



POWER UP

DAY
ONE

POWER UP VBS

PRESCHOOL
3-5s

SMALL GROUP

**PRAY
TO GOD**
PRAYER
ACTIVITY



REFLECT

an activity that creates space for personal understanding
and application

CHILDREN AND SGL: "God's power gives me everything I need."

SGL: "Yay! Let's say that again. **Whose power gives you everything you need?"**

CHILDREN AND SGL: "God's power gives me everything I need."

SGL: "And I have the perfect memory verse for us to learn this week that will help us remember that God's power gives us everything we need. It says this.

Turn the pages of your Bible to the Memory Verse Card.

"God's power has given us everything we need to lead a godly life, 2 Peter 1:3a.

Close Bible and lay it aside.

"Let's stand up and say that verse together with the motions so we can remember God's power gives us everything we need."

CHILDREN AND SGL: "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.) (Repeat the verse with motions a few times.)

SGL: "Great job! Let's sit back down so we can write in our prayer journal and talk to God.

Hold journal and fun-shaped pen.

"Today we are going to make a list of things God made. And since God made everything, we can make a list of all kinds of things! So think of one thing God made, and when I call your name, tell me what it is and I'll write it on our journal. We can use our list when we pray.

Say each child's name and write down what they say. Remember to print the names so the children can recognize their names and the letters.

"Only God has the power to make all of these things. And because God made everything, He knows everything! Let's praise God for knowing all things and being so powerful. Would anyone like to pray before I pray?"

Give each child who wants to pray the opportunity to do so.



POWER UP

DAY
ONE

POWER UP VBS

PRESCHOOL
3-5s

SMALL GROUP

PRAY TO GOD

PRAYER
ACTIVITY



REFLECT

an activity that creates space for personal understanding
and application

PRAYER

SGL: "Dear God, we praise You because You made everything. Thank You for making (*read the list the children made*). And because You made everything, You know everything. God, there is no one as powerful as You! Help us to trust Your plan for us and believe that Your power gives us everything we need. We love You, God. In Jesus' name, amen."