



Greeting:

Welcome and greet your kids as they enter the room for the first time. Use the acronym W.A.R.M. to guide your welcoming time. As leaders be "W.A.R.M." toward your kids.

W-Welcome and greet each child by name every day!

A-Actively Participate-Kids notice when the leaders are sitting on the edge. Join in and participate in all the experiences of camp even when you are not leading them.

R-Relationship Building-Kids will open up if they know you care for them. Ask questions, get to know them this week.

M-Model Jesus- For some kids, you may be the only person to show them how to follow Jesus.

Have a container ready to collect any monetary donations for our mission project. This first day they may not know about it so don't expect to collect much. The mission collection team will come by your classroom to collect the money to count and deposit each day. Please leave it on your check in table or in a spot they can easily find it.

Teacher Notes: Have you ever heard the phrase: “Sticks and stones may break my bones, but words will never hurt me?” I can’t think of a more untrue statement than that. Sure, sticks and stones will break bones, but words hurt, and they can hurt a lot. However, words used in the right way, in an encouraging way can totally change a person. In today’s story Peter is walking on water towards Jesus. Jesus told him to get out of the boat and come to him. Jesus encouraged Peter to walk on water. And Peter did for a while until he looked around and saw the waves. He took his eyes off of Jesus he stopped listening to Jesus and because of that Peter began to sink. The difference between Peter walking on water and not walking on water was listening and paying attention to Jesus. Jesus’ words had the power to help Peter walk on water. Our words can be powerful too and our next step towards becoming a superhero is focusing on our words and building each other up.

ROLL CALL! MEET YOUR SUPER HERO FRIENDS!

CHECK-IN

As kids arrive have one leader checks kids in while the other leader guides kids in the following activity.

Supplies Needed: Comic book pages, Markers, Stickers

Have kids create their own comic book pages showing ways they can encourage others by using words. Talk about ways they can encourage each other at VBC today.

WELCOME TO DAY 2

Gather your group together.

SAY: I’m so glad to see everyone back today! We are going to have another great day at Hero U! First, let’s pray and thank God for Hero U and all our friends and leaders here!

PRAY: Dear God, thank you so much for bringing us all back together today at Hero U! Help us to remember that yesterday we learned to be SUPER and help others. Help us to watch, to know and to become more like Jesus today. We know we will have a great time! We love you, Amen.

DO: Take turns having everyone answer this icebreaker question together.

SAY: Would you rather your superpower be walking on water or flying through the air?

Remind your group of the superheroes pledge that we will follow during the week of camp.

- A hero treats others with respect
- A hero participates in camp
- A hero has fun

SAY: We'll ask you to follow this pledge with each other during camp. If there are any problems let us know and we'll help you have a great time at camp.

Yesterday at Hero U we talked about using our hands to help others and challenged you to find a way to help someone last night. Raise your hand if you would like to share how you used your hands to help someone. It's awesome to see so many hands raised. I'm going to toss (kid's name) our Superhero ball, tell us what you did to help someone and then toss the ball back to me. *(Continue until all kids who want to share have a chance.)*

Wow! Those were some great ways to help others. Today at Hero U learned how to be a superhero by encouraging others. The E in HERO U stands for encourager. Let's put today's poster next to yesterday's H poster to help remind us to be a helper and an encourager.

Opening Activity #1: The Telephone Game

Supplies Needed: None

SAY: Our training exercise today is called The Telephone Game. It's going to help us to remember to choose our words wisely and only use them to encourage others. We are going to be SUPER at it by the time we finish the game. Here is how we are going to play it:

- I am going to whisper something to (child standing next you in the circle.)
- Then they are going to whisper the same message to the person standing next to them.
- We will keep going around the circle until we get back to the person who started the game and then the last person to hear the message gets to say it out loud!
- There are two rules.
 - First, you must whisper the message. If you say it too loud everyone will hear it and the game won't be as fun!
 - Second, you can only whisper the message ONE time.
- Remember to listen carefully and try and repeat the message exactly as it was told to you.

You can use the following phrases or make some up of your own. *(Silly phrases and alliteration make the game more fun.)*

Superheroes fly, fly, fly through the bright blue sky.
Bold, brave Bob helps lost little lambs find their home.
Daring Doug does good deeds daily.
Super Sally says sweet words.
Caring Carolyn creates cute cards.
Friendly Fred makes new friends.
Helping Henry helps clean up homes.
Patty promptly says positive words.
Kind Katie cares for kitties.

SAY: That was so much fun! It was crazy how the message changed as it went around the circle! Today at Hero U we are going to learn how we can use our words to encourage

others. It's so important to be kind to others. It's what Jesus wants us to do. Jesus was kind to everyone, and He wants us to be kind too. We can be kind by encouraging others. Say this with me, **I will be super and encourage others!** It's time for Large Group and then we will go to *(fill in with activity for the day.)*

Opening Activity #2: Going Up!

Supplies Needed: *Balloons, Markers*

DO:

- Divide kids into groups of three and inflate one balloon for each group
- Have kids come up with as many positive words or phrases as they can in 90 seconds and write them on the balloons. (Way To Go/Awesome/You're the best)
- Have each group of 3 stand in a circle spreading out about 3 feet apart.
- Tell them they will have 30 seconds to keep the balloon in the air without letting it touch the ground. Seems simple enough, right? However, each round comes with an added challenge or twist that you will read to them before the round begins. If at any time the balloon touches the ground, they are out. See how many rounds they can complete.

Round #1-No challenge just keep in the air.

Round #2-Sitting down

Round #3-Use only one hand per person.

Round #4-Add a second balloon

Round #5-On your knees.

Round #6-Eyes closed

Round #7- No one can hit it twice in a row and no walking around.

SAY: Much like when you kept the balloon in the air when you use encouraging words it can build people up and keep them floating in much the same way you kept the balloon up in this challenge.

Before traveling to Drama and Worship gather the children around

SAY: There are a lot of kids here at camp, each of you are special and important. We want everyone to have the best time ever. To help with that we have what I like to call...**Camp Rules of Fun and Friendship!** We'll visit these each day and they'll help us all have fun and be good friends! *Show printout and invite kids to read each aloud. Post in a highly visible place in room.*

1. Pay Attention
2. Respect Others
3. Stick Together
4. Have Fun
5. Be a Friend

Each day we'll travel to the sanctuary or what we sometimes call big church to learn an awesome story from the Bible. We'll also be meeting some very cool and silly folks along the way. Let's go!



Drama and Worship In the sanctuary 5:40-6:15 pm



SUPER! BIBLE STORY TIME!

Supplies Needed: None

What you do:

- **Assign** heroes the following roles: Peter, Jesus, Storm creator, everyone else are the disciples.
- **Tell** the heroes they will be acting out the Bible story as you read from the script below.
- **They** get no practice, no props, they just have to act out what they hear read.

Peter Walks on Water-Instant Drama

(Whoever is reading this do so very slowly, so they have time to act things out and have fun with it. If you need to repeat a line that is ok too)

This is Peter! Watch as Peter waves to the crowd and then flexes his muscles. Peter is a disciple of Jesus. Watch as Peter points to the sky.

Peter wasn't the only disciple of Jesus. Watch as Peter shakes his head no. In fact, Jesus had at least 12 close friends that hung out with him all the time. Watch as Peter points to the other disciples who are doing their best ninja moves.

Watch as Peter and the other disciples give each other some knuckles and then yawn really big!

It was the end of a really long day. It was nighttime.

Jesus had the disciples to get into their boat, row across the lake, and meet him on the other side. Watch as the disciples step into the boat and begin to row. Watch as their arms go around in a circle.

Watch as Peter and the disciples row slowly then quickly then slowly then quickly!

Now listen as a storm begins to show up. Listen as the storm makes storm noises like thunder!

Watch as the disciples keep rowing, and the storm keeps coming. Watch as Peter and the disciples row slowly then quickly then slowly then quickly!

This was a pretty big storm and pretty scary especially at night. Watch as Peter and the disciples make big, scared faces.

Now watch as the disciples point into the distance. What is that walking towards them? Is it a ghost?? Listen as the disciples scream!!!!

It's not a Ghost it is Jesus! Watch as Jesus waves hello and smiles big. This storm is not a big deal to Jesus. Wait a second is Jesus walking on the water. Watch as Jesus tip toes around walking on the water.

Listen as the storm makes more storm noises!

Watch as Peter raises his hand and jumps up and down. He wants to walk on the water too.

Listen as Jesus says come here Peter!

Listen as Jesus says You can do it Peter!

Watch Peter begins to carefully tiptoe on the water. He's doing it! Peter is walking on the water.

Listen as Jesus says good job Peter!

Watch as the disciples make a big surprise face! How is Peter doing this?

Now watch as the storm gets really big, and Peter starts to get scared. Watch as Peter points at the storm and makes a big, scared face! Uh Oh! Peter is not focused on Jesus anymore.

Now watch as Peter begins to sink and lies on the floor! Listen as Peter yells help me Jesus.

Jesus walks over and helps Peter up. Watch as they walk carefully on the water back to the boat.

When Jesus got back into the boat the storm stopped. Watch as the storm walks five steps away from Peter.

That was pretty amazing. Can you believe Peter walked on Water with Jesus? Watch as everyone gives each other some knuckles.

Great job everyone! Let's cheer for our actors!

Discuss the following questions

1-Why do you think Peter was able to walk on water?

2-What do you think Jesus said to Peter as he was walking on water?

3-On a scale of 1-10 with 10 being the most powerful; how powerful are the words we say?

SAY: There is no doubt that the words Jesus used today encouraged Peter to get out of the boat and walk on water. Yesterday we learned that the H in Hero stands for helper. Heroes help other people. Today we want you to remember that the E in Hero stands for encouraging. A Hero encourages other people. The words we use can either build other people up or tear them down. Our goal is to have our words encourage other people to do great things much like Jesus' words encouraged Peter to walk on the water.



WOW! THAT WAS COOL!

Cartesian Diver

Supplies Needed: *Bottle Filled with Water, Paper Clips, Bendy Straw, Clear Plastic Cup with Water*

SAY: Ok, Superheroes in training, are you ready to do a SUPER science experiment? Let's get started! We're going to need a bottle, water, a straw, a clear cup, scissors, and paper clips. (Explain the following steps as you do them.)

How to make a Cartesian Diver:

- Fold the straw where it bends and cut the long length of the straw off so that it is even with the short length.
- Open the paper clip up and push one end into one end of the straw. Repeat with the other side of the straw.
- Attach an additional paper clip to the bottom of the straw so that it dangles below the straw.
- Test the diver in the cup of water to make sure it floats vertically. If the straw does not stay vertical, add more paper clips.
- Add your "diver" to the bottle of water and screw the cap on tightly.
- Squeeze the side of the bottle to make the diver sink, release it to make him float.
- A cartesian diver works because the air in the straw allows the "diver" to float. When you squeeze the bottle the diver sinks because the straw fills with water.

DO: Assemble your Cartesian Diver. Pass the diver around and have the kids squeeze the bottle to make the diver sink, then as they release the bottle think of encouraging words they could say to a friend, family member, neighbor, or classmate.

SAY: Jesus encouraged Peter to step out onto the water and have faith in Him. Jesus wants us to encourage others with our words too. I am going to pass our diver around and each one of you will get a chance to try it out. Squeeze the bottle to make the diver sink and as you release the bottle tell us one way you could encourage someone, or something kind you could say. For example, you could tell someone "Good Job!" "I like your . . ." "You can do it." (*Have kids raise their hand when they are ready to share*)

Allow each kid to take a turn with the diver.

SAY: Those are some great ways to encourage others. Say this with me, **"I will be SUPER and encourage others!"**

Superhero Gear!

Supplies Needed: *Sharpies, Megaphone, Stickers*

SAY: It's time to make the next piece of our superhero gear! Today we are learning that we can use our words to encourage others! So, we're going to make a megaphone!

DO: Give each kid a megaphone and some stickers. Allow them to decorate their megaphones. Make sure each kid writes their name on their megaphone.

SAY: Your megaphones look awesome! Let's form a circle and use our megaphones to encourage others.

DO: Have kids form a circle and take turns shouting out kind things to one another. When each kid has had a turn have the kids shout, "**I will be SUPER and help others!**" into their megaphones.

When kids finish their megaphones have them put them in their backpacks and store them for tomorrow.

Verse Catch

Verse of the Day: "Encourage one another and build each other up. 1 Thessalonians 5:11 NIV

Supplies Needed: Ball, Bibles, Paper & Markers

DO: Look up 1 Thessalonians 5:11 & write the verse on a piece of paper large enough for everyone to read.

SAY: Our verse of the day is from 1 Thessalonians 5:11 and it says, "Encourage one another and build each other up." Let's say it together. "Encourage one another and build each other up. 1 Thessalonians 5:11.

Now, let's play a game called Verse Catch. All we need for our game is a ball and our voice.

DO: Say one word of the verse and have the kids repeat the verse back to you as you toss the ball back and forth. Repeat a few times. Then have everyone say the entire verse together.



ZAP! INTO ACTION!

Take-Home Challenge

Supplies Needed: Take-home challenge card.

DO: Hand out Take-home challenge cards.

Today's challenge is to say one of these three phrases to someone within the next day:

You are SUPER!

You are Awesome!

Thanks for your help!

You're a good friend!

What are some other encouraging words you can say to someone?

I had such a great time at VBC with you today! I loved hearing how Jesus encouraged Peter to trust in him. We can be like Jesus and encourage others! Remember, I **will be SUPER and encourage others!**"

Prayer Time

Choose a student to pray or use the following prayer:

Dear God, you are such an awesome God! Thank you for our time at Hero U and our friends and leaders here. Thank you for the Bible story of Peter walking on water to help remind us that we can be more like you and use our words to encourage others. Help me to always use my words to show love to others by encouraging them. Amen

End of Day Discussion Questions

Have kids gather up any items they are taking home and huddle up in a circle. Ask the following questions:

What was your favorite part of VBC today?

Tell me one thing you learned today.

Who is someone you will see tonight or tomorrow before VBC that you will say something encouraging to?

What is something you're looking forward to doing after VBC today?