



## **K/1st – Day #1**

**Superheroes Through the Roof!** - Luke 5:17-26

**Bottom Line:** I will be super and HELP others!

**Verse of the Day:** “Therefore, you should treat people in the same way that you want people to treat you.” Matthew 7:12 (CEB)

**Memory Verse:** “In the same way let your light shine before people, so they can see the good things you do and praise your Father who is in heaven.” Matthew 5:16 (CEB)

### **Today’s Training: Superheroes Through the Roof!**

**Teacher Notes:** It seems like a simple concept to help others. But how often do we miss opportunities to help others or see an opportunity to help and it looks too inconvenient, so we fail to help? In our story today, 4 friends help a paralyzed man get to see Jesus while he is lecturing a crowd. They pick him up and begin walking towards the house where Jesus is teaching. But when they arrive the house is jam-packed with people and there seems to be no way for the paralyzed man to see Jesus. The 4 friends do not give up. They climb up to the roof, dig a hole in the roof, and lower the man down right in front of Jesus who then heals the man. These **super** friends used their hands to help in a powerful way. As we begin a super week of VBC, we’ll kick-off with a simple challenge to our Superheroes in training: look for ways to help others.



## **CHECK-IN**

*As kids arrive, have one leader check kids in while the other leader guides kids in the opening activity.*

**Supplies Needed:** City Scape, Hand Die-cuts or have kids trace their hands on paper and cut out, markers, tape or glue

**DO:** Have kids decorate the city scape on the wall by adding “helping hands.” Help guide the kids as they trace their hands and then cut them out. Then, they can decorate the cut-outs and attach them to the city scape. Lead the group to talk about ways they can help each other at VBC this week.

## **Getting to Know your Superhero Friends:**

*Gather your group together. KiDSCOR Hot Potato*

**Supplies Needed:** Ball

**SAY:** I'm so excited to be at HERO U with you this week. We are going to have so much fun learning what it means to be a HERO! My name is \_\_\_\_\_ and (add other leaders names) will be your leaders this week. First, let's pray and thank God for Hero U!

**PRAY:** Dear God, Thank you for Hero U! We are so grateful to be here with friends we know and for the opportunity to make new friends! Help us to watch, to know and to become more like Jesus this week. We know we will have an awesome time! We love you, Amen.

Now, let's get to know each other. I will toss you this ball, then you will tell everyone in the group your name and then toss the ball back to me. *(Repeat with the following questions:)*

**Ask:**

What are you most excited about at Hero U?  
Who is your favorite superhero?  
If you could have any superpower, what would it be?

**Say:** We have so many fun, exciting things to do at Hero U this week. To make sure everyone has a great time all our superheroes in training are expected to always do these three things:

Superheroes Follow Directions: They pay attention to their leaders, so they know what to do next.

Superheroes Respect Others: They respect others by keeping their hands to themselves, taking turns, and showing kindness.

Superheroes Have FUN! Let's start having some fun right now by playing a game!  
Everyone stand up!

**Follow What I Say, Not What I Do**

**Supplies Needed:** None

**SAY:** Our first training exercise is going to do sharpen our listening skills for Superhero hearing! Once we finish this training, we will have the skill needed to pay attention to our leaders all week.

You are going to have to listen very carefully because I am going to give you directions on how to move, but I will be moving in a different way. You must do what I say, but not what I am doing. So, if I say "jump" but I run in place, you are supposed to jump.

*There are things that you can do to make this game trickier. Do several movements and instructions in a row that are "correct" then throw in a wrong one. Use subtle differences like "walk backwards" when "walking forward."*

Here are some movements you could use:

Moving backwards and forwards	Hopping
Jumping	Put your hand on "fill in the blank"
Spinning	Raise both hands up in the air
Standing on one leg	Sit on the floor
Jumping jacks	Jog in place
Toe touches	Silly Dance

**SAY:** Wow! That was so much fun! You guys are SUPER listeners! I think we are ready to start the rest of our superhero training!

## Superhero Chant

**Supplies Needed:** None

**SAY:** Our next training exercise is going to be our superhero pose. This is my pose (demonstrate a superhero pose. This could be hands on your hips, hand on your hip, one over your eyes like you are looking out.) Think about it for a minute and decide what you would like your superhero to pose to be.

Now that we have our poses let's learn our superhero chant. When I say Superhero's Unite you say:

We watch (hand over your eyes like you are looking out)

We know (hands on hips, stand with pride)

We become (spin around)

More like Jesus! (strike a superhero pose)

**DO:** Practice the chant and motions a couple of times with your group. Then, explain that when you need superheroes in training to pay attention, you will say, "Superhero's Unite" and then together you will say, "We watch, We know, We become more like Jesus!"

**SAY:** Today at Hero U we are going to get to do so many fun things! We are going to hear a Bible story about 4 friends who helped their other friend who couldn't walk. They knew being a HERO meant being a HELPER! Let's put our H poster on the wall to help us remember that the H in HERO U stands for HELPER. It's time for us to go to large group.

**SUPERHEROES UNITE!** (Recite chant and lead your kids to large group.)



**Take your group to the worship area for Large Group Time.**



**Supplies Needed:** Bible marked at Luke 5:17-26, Dice, Scenario Cards

**SAY:** In today's Bible story, we learned what it means to be a good friend. Good friends help one another. The paralyzed man's four friends were sure that Jesus could heal their friend. They knew all they had to do is get him to Jesus. They had SUPER faith in Jesus!

The four friends heard about a house that Jesus was at. Since they had SUPER faith that Jesus could heal their friend, they decided to carry the paralyzed man to that house and bring him to Jesus. When they got to the house Jesus was at it was so crowded, they could not get anywhere near Him. But did they give up? NO! They used their Helper superpowers! Using their helping hands, they carried their friend up to the roof of the house, made a hole in the roof, and lowered their friend right down in front of Jesus!

Jesus showed kindness and compassion to the paralyzed man. Not only did He heal him completely, but He also forgave him of his sins. The four friends put the H in Hero by being helpers to the paralyzed man. They knew of Jesus' kindness, compassion, and willingness to help everyone, no matter what. They watched, they learned, and they became more like Jesus by helping their friend. We can do the same!

Let's use our Helper Superhero powers to come up with ways we can Help. Your goal is to come up with as many solutions as you can to be a helper. Say this with me: **I can be SUPER and help others!**

**DO:** Set up scenario cards in a grid pattern on one side of the room/space. Gather kids on the other side of your space and explain that they are going to take turns rolling the dice and then running to the other side of the room to pick up the card that corresponds with the number they rolled. They will bring the card back to the "reader" (this can be the leader, or a kid that would like to read.) They will work together as a group to think of as many ways as they can to be a Helper in that scenario.

*(If space does not allow you to set the cards up on the other side of the room, have kids form a circle with the cards laid out in a grid pattern within the circle and omit the running to play the game.)*



## **Superhero Gear!**

**Supplies Needed:** Sharpies, Backpacks, Felt Wrist cuffs

**Say:** Each day this week we are going to make Superhero Gear! Today we are making a Superhero backpack that you can keep all your gear in. We will keep your backpack at Hero U this week. Each day you can add more gear to it. Then on Thursday you'll get to take everything home. You can write your name on the front or back of your backpack. Just be sure to put a piece of cardboard in your backpack so the ink doesn't bleed through when you write your name.

*Allow kids time to write their names on their backpacks.*

Now that we have our superhero backpacks ready, let's make superhero cuffs! When we wear our cuffs, we can remember to use our hands to help others and to be a good friend, just like the 4 friends were to the paralyzed man. Every time you see your bracelet you can remember that you can be SUPER and help others. Say this with me, **"I will be SUPER and help others."**

*Allow the kids to pick out the color felt they would like to use, add stickers and color on felt. While they are creating their wrist cuffs ask the following questions.*

### **ASK:**

What are some ways you can show kindness to your friends by helping them?  
What are some things your friends have done to help you that made you feel good?

*When kids finish their wrist cuffs have them put them in their backpacks and store them for tomorrow.*

## Hot Lava Memory Verse Training

**Memory Verse:** “Therefore, you should treat people in the same way that you want people to treat you.” Matthew 7:12 (CEB)

**Supplies Needed:** Construction paper, Blue Tape, Bibles

**DO:** Look up Matthew 7:12 and say it together.

**SAY:** It makes us feel good when our friends and family help us with things. Our memory verse tells us that we should treat others in the same way we want to be treated. For example, if someone helps us by saying something kind when we are having a bad day, we should help another person by saying something kind to them. Let’s play a game called “Hot Lava” together to help us remember these important words from the Bible.

**DO:**

- Create a finish line with blue tape on one side of the room.
- Divide your team into two groups.
- Give each group a stack of construction paper.
- Tell them the kids they are going to get in pairs within their group. Every kid should have a partner.
- Tell the kids they are going to use their hands to place a “safe space” on the floor. Have one partner place the “safe space” (construction paper) on the floor in front of the partner crossing the “lava.” That person steps on to the paper. Their partner then places a second “safe space” (construction paper) on the floor in front of them. Once the partner crossing the lava steps on that “safe space” (construction paper) the other partner will take the “safe space” (construction paper) behind the crosser and place it in front of them to create the next “safe space.” Continue until they reach the finish line.
- At the finish line the partners will read the memory verse and the “crosser” and “helper” will switch and return to their team repeating the same actions.
- One they reach their team the next pair of kids will play.

## SUPER COOL PAPER AIRPLANES

**Supplies Needed:** Different Color Paper, Blue Tape, Markers

**DO:** Make several X’s in blue tape on the floor around the room. Divide your group into teams. Give each team several sheets of paper and have them write their names on the paper. Show the kids how to fold a paper airplane.



**SAY:** The four friends in our story knew how powerful Jesus was and wanted to do everything they could to help their friends. We can be helpers to our friends by treating them the way we want to be treated. Remember “**I will be SUPER and help others!**”

**DO:** Tell the kids they are going to be the four friends and use their hands to “fly” their friend to where Jesus is. As the launch their planes have them say “I can be SUPER and help others!”



*Gather your group together to end your morning.*

## **TATTOOED**

**Supplies Needed:** Tattoos, Water, Paper Towels, Sponges

**DO:**

- Allow each hero to select a tattoo.
- Using a bit of water and following the directions have kids adhere the temporary tattoo to the back of their hand.

**SAY:** Today we talked about using our hands to help others. When we help others, it makes us a hero in God’s eyes. Take a moment and think about how you might be able to help someone in the next 24 hours. It could be as simple as holding the door open for someone or as big as helping a neighbor with their yard work. Helping others makes you a superhero and starts making the world look more the way God wants it to look. Simple acts of helping others make a big difference. And if you forget to help others just look at your hands and the tattoos will help you remember to lend a helping hand. Remember “**I will be SUPER and help others!**”

## **Prayer Time**

Choose a student to pray or use the following prayer:

Dear God, Thank you for the SUPER Bible story about the four friends and the paralyzed man! Help us to be a good friend and to treat others the way we want to be treated. Thank you for all our leaders and friends at Hero U! You are an amazing, loving God and we love you! Amen



## **Take-Home Challenge**

**Supplies Needed:** Take-home challenge card.

**DO:** Hand out Take-home challenge cards.

**SAY:** Each day you are going to get a card to take home with you. (*Show the kids the front of the card.*) Today's card has a letter "H" on it for helper because we learned that Jesus calls on us to be Superhero Helpers. Our challenge for you tonight is to take this card home and share it with your family. Together you can think of ways to help others! When you come back tomorrow, you can share the ways you thought of to be more like Jesus by being a helper! Be sure to keep your cards and by the end of the week they will spell out HERO!

## **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.

Name one person you could help tonight.

What's your favorite Superhero movie?

If you could have a superhero hero sidekick, who would it be?