



K/1st – Day #2

Superheroes and the Raging Storm! – Matthew 14:22-36

Bottom Line: I will be super and ENCOURAGE others!

Verse of the Day: “Encourage one another and build each other up.” 1 Thessalonians 5:11 (NIV)

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)

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.



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, Inspirational Words Stickers, Markers, Superhero Ball

Have kids decorate the city scape on the wall by adding “encouraging words.” Talk about words they can use to encourage others at VBC, at home, at school and with friends.

Welcome to Day 2

Gather your group together. KIDSCOR Hot Potato

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 can 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.

Say: 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 we are going to learn 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. What are some words we can use to encourage others? *(Allow kids to answer)* Those are some wonderful things you can say to someone to encourage them. Are you ready for our first training exercise? Great! Everyone stand up and form a circle.

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. 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*) so let's say our Superhero Chant and head out!

Superhero Chant

Supplies Needed: None

SAY: Do you remember your superhero pose from yesterday? Let's do them together. You guys look great! When I need my superheroes in training to pay attention I'll say "Superhero's Unite" and then you say:

We watch (*hand over your eyes like you're looking out*)

We know (*hands on hips, stand with pride*)

We become (*spin around*)

More like Jesus! (*strike a superhero pose*)

SAY: SUPERHEROES UNITE!

DO: Do the chant and motions with your group and then lead your kids to large group.



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



Supplies Needed: Bible

SAY: It's time for our Super! Bible Story Review. (Hold up Bible)

In today's Bible story we heard about how Jesus used his words to encourage Peter.

Our Bible story begins after Jesus had finished teaching a huge crowd. Jesus wanted to spend some time along in prayer, so he told the disciples to get on a boat and head to the other side of the lake while he stayed behind.

During the night, a storm blew in. The wind was howling and blowing. The boat was being tossed around. The disciples looked out on the water and saw someone walking towards them. They thought it was a ghost!

ASK: How would you feel if you were out on a boat and thought you saw a ghost?

SAY: It wasn't a ghost, was it? No, it was Jesus. He called out to the disciples saying, "Have courage, don't be afraid."

Peter said, "If it is you, call me to come out on the water." Jesus used His words to encourage Peter and called him out onto the water! Peter jumped out of the boat and walked on the water towards Jesus. Jesus' words encouraged Peter and he was able to walk on water!

ASK: Do you remember what happened next?

Peter's courage started to fail him, and he started to sink, crying out to Jesus to save him. Jesus did not hesitate. He used his hands to help Peter and pulled him out of the water and into the boat. The disciples knew for certain that Jesus was the son of God! Jesus used his words to encourage Peter and His hands to help him!

ASK:

- If you were Peter, do you think you would have been able to step out of the boat onto the water? Why or why not?
- Is it easier to do something hard when friends and family encourage you? Can you think of a time when someone's encouragement helped you?

(Connect with kids by sharing a time when someone's encouragement helped you.)

SAY: We can always count on Jesus to help us and encourage us, and He wants us to use our words to help encourage others too! Say this with me, **"I will be SUPER and encourage others!"**



Cartesian Diver

Supplies Needed: 1 Liter Bottle Filled with Water, Paper Clips, Bendy Straw, Clear Plastic Cup.

SAY: Ok, Superheroes in training, are you ready to do a SUPER science experiment? Let's get started! We're going to need a 2L 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 by displacing the air in the straw by squeezing the bottle. Making the straw heavy enough to sink.

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 tell us one way you could encourage someone, or something kind you could say. For example, you could tell someone “Good Job!” “I like . . .” “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, Megaphones, 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. Make sure to give examples of what to say. 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

DO: Look up 1 Thessalonians 5:11

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.



SAY: 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!**”

Take-Home Challenge

Supplies Needed: Take-home challenge card, markers, unlined Index Cards

DO: Hand out Take-home challenge cards.

SAY: Today’s challenge is to say one of these phrases to someone in 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?

DO: Have kids write down and decorate a word or phrase they could use to encourage someone on their index cards. (Awesome! Wonderful! Cool! Great!) Younger kids might need more help. Tell them they can use the cards to remind them to do their take-home challenge.

Prayer Time

Choose a student to pray or use the following prayer:

Dear God, you are such an awesome God! Thank you for 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 that you will say something encouraging to?

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