



## **Pre-K: Day #1**

**Theme:** Superheroes Through the Roof!

**Bible Story:** Four Friends Help (Luke 5:17-26)

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

**Bible Words Of the Day:** “You should treat people in the same way that you want people to treat you.” Matthew 7:12 (CEB)

### **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. They pick him up and begin walking towards the house where Jesus is teaching, but as they arrive the house is jam-packed with people and there seems to be no way to 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 to look for ways to help others.



## Welcome Time

*As the children arrive greet them by name and invite them to go to one of the welcome stations set up in the classroom.*

- Build onto the university city scape – add handprints that they trace, color and cut out.
- Complete the Superhero challenge of the day.
- Play at the centers you have set up around the classroom.

*A time when each child is welcomed and called by name and we get to know the friends in our class.*

**Supplies** – “H” Hero Poster

**SAY** Hello everyone and welcome to Hero University! My name is say your superhero name as you strike a pose and I am here with my other amazing superhero teachers strike a pose as they say your name. This week at Vacation Bible Camp we will watch, we will learn and we will work to become more like Jesus!!

Let's start by getting to know the other superheroes in our class. When I call your name stand up and strike your best superhero pose. Here's mine! (*strike super hero pose*)

**DO** Call each child one by one saying, “Hello Super \_\_\_\_\_”! And have them stand up and strike a superhero pose. Continue until all the children are welcomed.

**SAY** We are going to have so much fun this week at Hero University. Today we will look at the letter H. (*point to Hero poster*) What do you think the letter H stands for? (*discuss*) H stands for Helping others. I cannot wait to teach you more about helping. But for now let's talk about what we will be doing each day in VBC. We will spend time

together in this room, and we will also have a chance to travel to different places to hear the Bible story and to praise and worship God.

**Talk About...**What will a typical day in VBC look like?

- What are your classroom expectations? (*Kind hands, walking feet, listening ears..*)
- Talk about the different jobs for the kids. (*line leader, snack person, prayer leader...*)

**SAY** OK now everyone on your feet and let's get warmed up and ready to be a superhero.

**DO** Have all the children do super kid training by doing some of the following exercises:

- Stretch your helping hands out to your side and do 5 arm circles.
- Let's get our loving hearts beating by twisting side to side.
- Now let's get ready to go and tell other's about by running in place while I count to 10.
- Start in a squatting position and jump up as high as you can and say, Yay Jesus! Repeat.



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



## Superheroes Through the Roof

*Have the children join you on the floor for the Super Bible Adventure.*

**Supplies** – The Rhyme Bible Storybook

**SAY** It has already been quite a day at Hero University. Today we are learning that I can be SUPER and help others! *(do actions)* Say that with me while we do the actions. I can be SUPER and help others! *(do actions)* That's right today we are going to use our helping hands to help others. Show me your helping hands *(put hands out in front of you)* Now let's use our hands to wave hello to a friend *(wave to friend)*. Now let's wave our helping hands in the air because we are excited to see what happens next. *(wave hands in the air)*. Now let's put our helping hands in our lap turn on our listening ears. It's time for today's Superhero Adventure! "Superheroes Through the Roof."

**READ** pages 218-225 "Four Good Friends" in The Rhyme Bible

**ASK** Let's see what you learned from our Bible Story today. Raise your helping hand if you want to share your answer.

- How did the four friends use their helping hands? *(discuss)*
- I wonder how the four friends felt when they got to the house and there were so many people that they couldn't get their friend inside? *(talk about)* They didn't let that stop them.
- What did they do next? *(they went on the roof and lowered him through it)*
- How did Jesus help them? *(he healed their friend)*

**SAY** Wow what a great story about using your hands to help others. And guess what, Jesus wants you to be **SUPER and help others to!** Let's pray and ask Jesus to help us use our helping hands.

**PRAY** Ask if anyone wants to pray and if not lead them in this echo prayer (*the kids repeat what you say.*)                      *Dear Jesus*

Please help me

To use my helping hands

To help others

Thanks for being my friend Jesus!

Amen

**SAY** Now it's is time for us to practice using our helping hands. (*wave hands in front of you*).

But before we do I want to teach you our superhero chant that we will say each day. Everyone join me in a circle. Throughout the week whenever one of the leaders says, "Superheroes Unite" we will come together in a circle just like this and we will say the following chant.

**DO** *Make a circle and then teach the kids the superhero chant by repeating what you say. Say it a couple of times and then do it all together.*

**We watch**     (hand over forehead like you are looking for something)

**We learn**     (hands on hips)

**We become**   (spin in circle)

**Like Jesus.**    (superhero pose)

**SAY** Great job superheroes! I think we are ready to make something that will help remind us to use our helping hands. Everyone find a place to sit at the tables.



## Superhero Cuffs

**Supplies** – super cuff felt pieces attached with Velcro dot (2 per child), foam stickers, crayons, sharpie (for leader)

**SAY** Today in our Bible story, we'll hear about four friends who used their helping hands to lower their friend who couldn't walk through the roof. And do you remember what happened next? (*discuss*) That's right the amazing Jesus healed their friend. Today we are going to make some superhero cuffs to remind us to use our helping hands to help others.

**DO** Give each child two super cuffs felt pieces. Put the stickers and crayons out on the tables. Encourage the children to decorate one side of each of their super cuffs using the stickers and crayons. When they are done, wrap them around each wrist and try them on. Be sure to write each child's name on the inside of each cuff. Now they are ready to complete the Superhero Challenge.

*\*\*When each child is done wearing their super cuffs have them put them in their super backpacks.*

**TALK ABOUT...** Who could you help? How could you use your helping hands to help them?

*If you could have any superpower what would it be? (You will probably need to give some examples.)*

## Superhero Challenge – Moving Blocks

**Supplies** – blocks, towels

*Have the children join you where you have the block challenge set up.*

**SAY** What does the "H" stand for? (*point to poster*) That's right – help. If we want to be superheroes for Jesus we should help others. Let's put our super helping powers to

work right now as we work together to help each other with the Superhero Block Challenge. But before we do let's say our Superhero Chant. "Superheroes Unite!"

*(the children should form a circle and then say the chant together.)*

*We watch....we learn...we become...like Jesus! (do with the actions)*

**DO** *Divide children into 2 or 3 groups. Each group will need to have a towel and the same number of blocks. The challenge will be to move the blocks to a designated point in the room using the towel. Here are a couple of rules to follow:*

- *They have to use the towel to move the blocks.*
- *All the children should be involved in helping.*
- *If any block falls off the towel they have to go back to the start and try again.*
- *When all the blocks have been moved celebrate!!*

*\*\*if you want more structure in the game you could have each child move 2 blocks at a time on the towel and then bring back to the start for the next child to move 2 blocks until all blocks have been moved.*

## **Superhero Challenge – Through the Roof**

**Supplies** – blocks, stuffed animal

**SAY** *Way to go Superheroes! You did a fantastic job helping each other move the blocks. Now it is time for another challenge. This time we are going to use your helping hands to work together to build a house for this stuffed animal with the blocks. After the wall is built make sure the animal can fit inside. Superheroes are you ready? Here we go!*

**DO** *Staying in their same groups work together to build a home. Once the home is built make sure the animal can fit inside.*



**Challenge of the Day – To use our helping hands to help someone.**

**Supplies –** Zap into action card, tattoos, and damp sponges

**SAY** Great job today friends! Today we learned the “H” in Hero stands for what? (*discuss*) That’s right, it is for help. And we learned that I can be super and help others. Now it’s time to continue your training at home. Each day during class, we will have a Superhero Challenge that you get to do with the people in your home! Today you get to use your helping hands to help someone.

**ASK** Who are some people that you could help?

How could you help them?

**SAY** Those are great ideas! We are going to put a tattoo on our hand to remind us to lend a helping hand to someone else. Remember this could be as simple as holding the door open for someone or as big as helping with a neighbor’s yardwork. I cannot wait to hear about all the people you help.

**DO** Allow each hero to select a tattoo. Place the temporary tattoo on the back of their hand and put the damp sponge on it until the tattoo adheres to their hand.