



Pre-K: Day #2

Theme: Superheroes and the Raging Storm!

Bible Story: Peter Walks on Water (Matthew 14:22-36)

Bottom Line: I will be super and encourage others.

Bible Word: “Encourage one another and build each other up.”

1 Thessalonians 5:11 (NIV)

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. When 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.



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
- Complete the daily Superhero challenge
- Work together to assemble a puzzle or do Mr. Potato Head

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

Supplies – Hero “E” poster

SAY Hello everyone and welcome back 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!!

So, let's get started. When I call your name stand up and strike your best superhero pose and tell me your favorite food. *(strike a superhero pose)* I love to eat _____. Now it's your turn.

DO Call each child one by one saying, “Hello Super _____”! And have them stand up and strike a superhero pose and say their favorite food. Continue until all the children are welcomed.

ASK Ok superhero friend, yesterday your take home challenge was to help someone. I want to hear all about who you helped? *(Discuss)*

SAY Wow, you helped so many people! Way to go superheroes! Today we look at the letter “E”. *(point to Hero poster)* What do you think E stands for? *(discuss)* It looks like it has something to do with our mouths. E stands for ENCOURAGE. When we encourage, we say kind words and make people happy. So, today we will learn that I *(point to self)* can be super *(hand on hips)* and ENCOURAGE *(cup hands around mouth)* others. Say that with me? I can be super and ENCOURAGE others. *(do actions)*

DO Say a couple of encouraging things to the other leaders like, “Ms. Amy you did a great job setting up the supplies”

OK now everyone on your feet and let’s get warmed up and ready for superhero training.

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.
- Let’s get ready to go and tell other’s by running in place while I count to 10.
- Turn your head from side to side and then blink your eyes 3 times.
- Start in a squatting position and jump up as high as you can and say, Yay Jesus! Repeat.
-

DO Finish with flying practice. Say the following This or That statements and have the kids fly to the side of the room that reflects the one that they like the best. Be sure to point to where you want them to go for each answer. Would you rather...

Dance OR Sing

Play in the rain OR play in the snow

Be as small as an ant OR big as an elephant

Fly like a bird OR swim like a fish

See a mountain OR see the ocean

Eat only pizza OR eat only cereal

SAY Now it's time for Superheroes to Unite!

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



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



Superheroes and the Raging Storm

Supplies – Bible

SAY Let's walk! Everyone lineup. We are going to walk around the room in different ways. Watch me and walk like I do.

DO Guide the children to stand in a single file line with a leader in the front of the line. Walk around the room in different ways. For example: penguin waddle, crab walk, bear crawl, frog hop, alligator crawl, snake slither, and kangaroo jump

*** If you have a large group you might want to have each leader lead a line of kids.*

SAY It was so much fun to walk in different ways. Jesus walked in our Bible story today, but you will never guess where He walked. Any guesses? (*Discuss*) Let's all find a place to sit and get ready to find out in our Bible Story Time.

Have the children join you on the floor for the Super Bible Time.

SAY Today we are learning that **I can be SUPER and encourage others!** Say that with me while we do the actions. **I can be SUPER and encourage others!** That's right today we are going to use our mouths to say kind words. Let's practice saying some kind words right now. On the count of three say, "you are awesome!" 1..2..3... (*you are awesome!*) This time on the count of three let's say, "thank you" 1..2..3.. (*thank you!*) Great job! Now let's turn off our voices and turn on our listening ears. It's time for today's Superhero Adventure! "Superheroes and the Raging Storm."

READ pages 364-370 "Jesus Walks on Water" in the Beginner's Bible

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

- How do think the friends on the boat felt when it was storming? (*discuss*)
- Where was their friend Jesus? (*walking on water towards them*)
- Jesus encouraged Peter that he could walk on water too. What happened when he tried? (*at first he walked but then fell in the water when he took his eyes off Jesus*)

SAY Wow what a great story about using your words to encourage others. And guess what, Jesus wants you to be **SUPER and encourage others too!** Let's pray and ask Jesus to help us use our encouraging mouths to say kind words.

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 kind words

To encourage others

Thanks for being my friend Jesus! Amen.

SAY Now it's time for us to practice using our encouraging mouths. *(point to mouth)*. But first it's time for our superhero chant. Everyone join me in a circle – it's time for superheroes to unite.

DO *Make a circle and then say the chant together with actions.*

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)*



Superhero Gadget

Supplies – megaphone, superhero kind word stickers, superhero people stickers, sharpie (for leader)

SAY What is our letter of the day? *(point to E poster)* That's right and what does E stand for? *(encourage)*. Today we are going to make a superhero gadget called a megaphone to remind us to use our kind words to help encourage others.

DO Give each child a megaphone and put the stickers out on the table. Have them decorate their megaphone with the stickers. Be sure to write each child's name on the inside of the megaphone with the sharpie.

TALK ABOUT... What are some kind words that you could say to someone? Who could you encourage?

SAY Now it is time for us to use our superhero power of encouraging others in today's superhero challenge. It's time for Superheroes to 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)*

Superhero Challenge – Walk the Line

Supplies – Velcro line on the floor, megaphones the kids made

SAY In our Bible story today where did Jesus walk? (*discuss*) That's right, he walked on water. Jesus encouraged his friends that they could walk on water too because he would help them. Jesus wants us to be super and encourage others. Our first superhero challenge is to see if we can walk on the line which we will pretend is water. The rest of us are going to say kind and encouraging words to help you across. What are some kind words we can say? (*way to go, you can do it _____, yay ____!*)

DO *One at a time have the children walk the line on the floor. Have the rest of the children line up alongside them with their megaphones saying kind words as they walk across. When they reach the end celebrate and then let the next child go. Continue until each child has a turn.*

Superhero Challenge – Sink or Float

Supplies — A large plastic tub filled 1/2 full of water, a Little People® figure, and several items that will sink (these are in the plastic bag), towel

SAY I have a fun game we're going to play today called Sink or Float. You might notice that I have gathered some items here on the table next to this tub of water. (*Point.*) I'm going to hold up each item and I want you to tell me whether you think this item will sink (*thumbs down*) or float (*thumbs up*) when I place it in the water. (*Hold up an item and listen to their predictions.*) Okay, now it's time to see if you're right.

DO *Point out the tub of water and the items. Let each child take a turn selecting and item. Have the kids decide if they think each one will sink (thumbs down) or float (thumbs up). Once they've made their predictions, put it in the water see what happens. **Make sure you save the Little People figure for the end.** Place the Little People figure in the water and point out that every item sunk to the bottom except that one.*

SAY Out of ALL these items, only one floats. Do you remember which one it was?
(*Pause and then point to the Little People figure.*)

You're right, it was this guy! This reminds me of our Bible story today. Jesus did something no one else could do. He walked on the water. He didn't sink. Isn't that impossible? Not for Jesus! He can do the impossible and Jesus wants us to be super and encourage others just like he encouraged his friends.



Challenge of the Day – To say some encouraging words to someone.

Supplies – Zap into action card

SAY Great job today friends! Today we learned the “E” in Hero stands for what? (*discuss*) That's right, it is for encourage. And we learned that I can be super and encourage others. Now it's time to continue your training at home. Today your challenge is to encourage someone with kind words. Here are some examples: Repeat after me:

DO *Say each statement and have them repeat after you.*

You are SUPER!

You are awesome!

Thanks for your help!

You're a good friend!

ASK Who are some people that you could encourage?

What are some examples of kind words?

SAY Those are great ideas! I cannot wait to hear about all the people you encourage with your kind words.