



Pre-K: Day #3

Theme: Superheroes' Kitchen Nightmare!

Bible Story: Jesus Feeds 5000 (John 6:1-13)

Bottom Line: I will be super and RESPOND to others.

Verse Of the Day:

Teacher Notes:

Imagine the scene for just a moment; over 5,000 people listening to Jesus in a remote area of town. Pretty much in the middle of nowhere. As the day goes on the people are getting hungry and there are no meal options. Jesus encourages the disciples to find dinner for everyone, but even a cheap dinner would cost more than \$40,000. At this point a youth enters the story offering his lunch of 5 loaves of bread and 2 small fish to Jesus. It wasn't much but he was willing to share. We know how the story ends; a miracle occurs with this lunch and everyone gets plenty of food! The youth could have easily kept his lunch to himself, but he sees a challenging situation and RESPONDS! That is what Superheroes do they respond when someone needs help. As we go through Day 3 of VBC we'll see small and big ways we can respond and when we do we become super!

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 Superhero challenge
- Work together to assemble a puzzle



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

Supplies – Hero “R” poster

SAY Hello everyone and welcome back to another day at 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!! Because each one of you can be superheroes too. When I call your name stand up and strike your best superhero pose and tell me who you something you are good at. (strike a super hero pose) I am good at _____. 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 something that they are good at.

ASK Yesterday our take home challenge was to encourage someone and say kind words. Who did you encourage yesterday? (discuss)

SAY Way to go! You did a great job encouraging people! So far this week we have learned so much. (point to H poster) What does the H stand for? (using our helping hands to HELP). How about the E? (to encourage others and say kind words) Today we are

looking at the letter “R”. Any ideas what the R might stand for? *(discuss)* It looks like it might have to do with our eyes. “R” stands for respond. Today we will learn that I can be super and RESPOND to others. *(do actions)* Say that with me? I can be super and RESPOND to others. *(do actions)*

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

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.*
- *Start in a squatting position and jump up as high as you can and say, Yay Jesus! Repeat.*

SAY Let’s see how well you respond to these statements.

DO *Say the following statements and if it is true for them jump up and strike a super kids pose.*

Sit down and then say another statement.

- *I have a sister*
- *I love ice cream*
- *I love to dance*
- *I like to play soccer*
- *I have a pet dog*
- *I like to read books*
- *I love Jesus!*

SAY Now 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)*



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



Superheroes' Kitchen Nightmare

Supplies – The Rhyme Bible

SAY Today we are learning that I can be SUPER and respond to others! Say that with me while we do the actions. I can be SUPER and respond to others! That's right, today we are going to use our eyes to be on the lookout for those who might need help. Let's see how well your eyes can find things. Get those eyes ready. Here..we..go! Point to something red. *(point)* Point to something round. *(point)* Point to something really big. *(point)* Point to someone you could help. *(point)*

Great job! Now let's open our eyes and turn on our listening ears. It's time for today's Super Hero Adventure! "Superheroes' Kitchen Nightmare."

READ pages 244-255 "Lunch to Share" 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 many people were on the hill listening to Jesus? (5000) That is a lot of people. Do you think that we can count that high. *Start counting and stop about 20.*
- The people were hungry so they went to search for food. What did they find? (2 fish and 5 loaves of bread)
- How did the little boy respond and help? (He gave them his lunch to share)
- How many people were they able to feed? (all of them)

SAY Wow! What a great story about responding to the need of the people. They saw with their eyes that they were hungry and responded by giving them what food they could find. Jesus wants you to be **SUPER and respond to others too!** Let's pray and ask Jesus to help us use our eyes to be on the lookout for people who might need help.

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 be on the lookout for people in need

And help them.

Thanks for being my friend Jesus! Amen.

SAY Now it's time for us to be on lookout and use our responding eyes. (*blink eyes*). But first it's time for our superhero chant. Everyone join me in a circle – it's time for superheroes to unite.

DO Say the superhero 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)



Superhero Mask

Supplies – masks, adhesive gemstones, foam stickers, crayons, sharpie (for leader)

SAY Today in our Bible story Jesus saw that the people were hungry and needed something to eat. So he responded to them and did something amazing? What did Jesus do? (*discuss*) That's right he multiplied the food so everyone could eat. Jesus wants us to be super and RESPOND to others! Today we are going to make some superhero masks to remind us to be on the lookout and respond to those in need.

DO Give each child a mask and set the crayons, gemstones and stickers out on the tables. Have the children decorate their mask. Be sure to put their name in sharpie on the back side of their masks.

TALK ABOUT... Who is someone that responds when there is a fire? An emergency? Someone is sick? Who are some other helpers in our community that respond to needs?

SAY Now it is time for us to use our superhero power of responding to 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 Challenges

#1 Super hero Soup

Supplies – I SPY cards* (one for each group), bowl (one for each group), smiley stamper

***make sure that you have items that match the I SPY cards hidden throughout the room.*

SAY Today we are using our eyes to be super and RESPOND to others! Our superhero challenge of the day is to see how well you can use your eyes to find things and make some superhero soup. So, let's put on our superhero masks and get ready for today's challenge.

DO *Divide the children into groups with one leader with each group. Each group will need a set of I SPY cards and a bowl. Show your group the first card and have them work together to find it and bring back and put in the bowl. Show them the next card and repeat until all ingredients have been found. After all the ingredients have been found celebrate and give them each a smiley face stamp on their hand.*

#2 Can You Find It?

Supplies – dice with action cards*, pile of blocks that are different colors

SAY Let's keep using our superhero eyes to see what we can work together to build.

DO *Continue in your same groups. Each group will need two dice with action cards. Put a pile of building blocks in the middle of the floor. Take turns rolling the dice. Each time all children on the team perform the action and then the child who rolled it should go and get the blocks listed. Continue until each child has a couple of turns.*

*** for an extra challenge select a building card and use your teams blocks to build it.*



Challenge of the Day – Make a card for a community helper.

Supplies – Zap into action card*

SAY Great job today friends! Today we learned the “R” in Hero stands for what? (*discuss*) That’s right it is for RESPOND. And we learned that I can be super and RESPOND to others. Now it’s time to continue your training at home. There are a lot of needs in our community and many ways to respond to those needs. Today we talked about the beds ministry and how they deliver beds to kids who do not have a bed to sleep in. We can respond to those needs by collecting money and bringing it to VBC tomorrow for our mission partners. Here are some ways to collect money:

- If you eat out with your family, drink water instead of pop, juice, or milk. Put the money you save in your coin carrier.
- Help clean out the car. Put any coins you find in your coin carrier to bring in for the project.
- Earn some coins for the project by doing some special chores around the house that will help your family.

ASK What are some ways that you could collect some money to help the bed’s ministry?

SAY Those are great ideas! I cannot wait to see you bring in some \$ to help tomorrow.