



Pre-K: Day #4

Theme: Superheroes' Movin' on up!

Bible Story: Breakfast on the Beach (John 21:12-19)

Bottom Line: I will move ONWARD and be super!

Verse Of the Day:

Teacher Notes:

Everyone loves a good finish, right? We love a last second buzzer beater in basketball or how about a movie whose ending has us talking for days about it or how about the feeling we get as we finish our exercise routine? Today as we wrap up our week of VBC we'll see that being a Superhero and following Jesus really doesn't have a finish line. There is always more to do. In today's story Peter feels finished, just a few days ago he messed up big time! Thinking his relationship with Jesus is over, he heads back to the boat to fish, but Jesus returns offering Peter forgiveness then tells him there is more work to be done and after all that cooks him breakfast! As superhero's following Jesus we'll leave camp today ready to go onward and ready to be super and follow Jesus every day. When we mess up; we'll know Jesus is there offering forgiveness and maybe a nice breakfast! (BTW-Thanks for being super this week and serving kids you have made a difference.)



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 “O” poster

SAY Hello everyone and welcome back to our final day at Hero University! This week we will watch, we will learn and we will work to become more like Jesus!! So far, we have learned that

(show Help poster) I can be super and help others!

(show Encourage poster) I can be super and encourage others!

(show Respond poster) and I can be super and respond others!

I cannot wait to see what we learn today!

Superheroes it's time for action. When I call your name stand up and strike your best superhero pose and tell me what you want to be when you grow up.

(strike a super hero pose) I want to be a _____. 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. Continue until all the children are welcomed.

SAY Today we will look at the letter “O” that stands for Onward. Today we will learn that I will move ONWARD and be Super! (do actions) Say that with me? I will move ONWARD and be super! (do actions) We are super when we use our feet to go out and tell others that Jesus loves them!

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.

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

Sit down and then say another statement.

- I can write my name
- I love pancakes
- I love to swim
- I can count to 100
- I helped someone today
- I like to build things with blocks
- 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' Movin' on Up

Supplies – Beginner's Bible

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

SAY Today we are learning that **I will move ONWARD and be super!** Say that with me while we do the actions. **I will move ONWARD and be super!** That's right today we are going to use our feet to move onward to tell others about Jesus. I think we should practice that right now. Ok, everyone take three steps this way (*point*). Stop. Now on the count of 3 say, "I love Jesus!" Ready, 1..2..3.. I love Jesus! Now let's march this way (*point*). And stop. Now on the count of 3 say, "I love Jesus!" Ready, 1..2..3.. I love Jesus! Ok, one more time let's jump this way (*point*). And stop! Now on the count of 3 say, "I love Jesus!" Ready, 1..2..3.. I love Jesus! Great job! Now let's sit down and turn on our listening ears. It's time for today's Superhero Adventure! "Superheroes' Movin' on Up."

READ pages 462-465 "A Net Full of Fish" in the Beginner's Bible

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

- **What was Jesus doing on the sea shore?** (*helping them find fish*)

- What did Jesus tell his friends to do? (*Go out and tell others about him*)

SAY Wow what a great story about moving onward and telling others about Jesus. Jesus wants you to move ONWARD and be super too! Let's pray and ask Jesus to help us use our feet to move onward and tell everyone we meet about him.

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,

Tell others about you.

I want to be a superhero for you.

Thanks for being my friend Jesus! Amen



Superhero Cape Ceremony

Supplies – capes

SAY It has been such an exciting week at Hero University and now it is the time that you all have been waiting for...each of you get your hero super cape. When I call your name I want you come forward to get your super cape.

DO Call each of the children up one at a time and put on their super cape. Continue until each child has their cape. Then have them go to the tables to decorate their capes.

Design Superhero Cape

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

SAY Today in our Bible story Jesus made breakfast for his friends and he asked them to go onward and tell others about him. Jesus wants us to be a superhero and move ONWARD and be super! Today we are going to decorate your new super capes.

DO Set the *stickers and gemstones out on the tables. Have the children decorate their cape with the gemstones and stickers. Be sure to put their name in sharpie somewhere on their capes.*

TALK ABOUT... *Who are some people that you can tell about Jesus?*

What are some things that you can do to be a Super Kid?

SAY Now it's is time for us to practice moving onward and telling others about Jesus. *(walk in place).*

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 Challenges

#1 Dice Movements

Supplies – Dice with action cards*

SAY Today we are using our feet to move ONWARD and be super! Our super hero challenge is to practice different types of movements to get us ready to move onward and tell others about Jesus!

DO *Divide the children into groups with one leader with each group. Each group will need a dice with action cards. Have the children line up at the beginning line and roll the dice. Have them do the movement down to the other line and back doing that movement. Have the rest of the kids practice ENCOURAGING with kind words. Then*

have the next child roll the dice and repeat. Continue until each child has had a least one turn.

#2 Superhero Freeze Dance

SAY This week we have been learning to become superheroes like Jesus by using our helping hands, kind words, responding eyes and quick feet. On the count of 3, I want to see you very best Super Kid pose. Ready, 1..2..3..(Super Kid pose) That was Super amazing! Now let's play a fun game of Super Kid freeze. Get your super kid poses ready and here we go.

DO Turn the music on and ask the children to dance. After about 30 seconds, turn off the music and ask the children to FREEZE in a super-kid pose. Replay the music and ask the children to dance again. Repeat the activity having them freeze in different poses when the music stops. Here are some examples: freeze like a tree, stand on foot, with a silly face, etc.



Challenge of the Day – Invite someone to the superhero party tomorrow.

Supplies – Zap into action card*

SAY Great job today friends! Today we learned the “0” in Hero stands for what? (discuss) That’s right it is for move ONWARD. And we learned that I can move ONWARD and be super. Now it’s time to move onward and invite someone to come to our superhero party tomorrow.

TALK ABOUT what will be happening on Friday at the celebration.

ASK Who could you ask to come to the celebration?

What have you learned this week at Vacation Bible Camp?

What was your favorite part of Vacation Bible Camp?

SAY It has been such an amazing week this week learning to use our hands to help others, our mouths to say kinds words, our eyes to respond to others and our feet to spread the word that Jesus loves each and every one of us! On the count of 3 let's say, Yay Jesus! Ready? 1..2..3.. Yay Jesus! Now one more time...it's time for the Superheroes to Unite.

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)