



PARENT AND LEADER GUIDE



Welcome! This has A LOT of information, including the steps to follow each day, colors of the day, service projects, games, music and more! Please read the whole document...that way you will be ready for all the fun on June 1-3.

The [Desert Cross Virtual VBS](#) page is where you will find all you need for each day of VBS. The opening videos, the Bolt videos, a coloring sheet, origami directions, and games directions.

Directions:

Step 1: Invite friends and neighbors. If guidelines permit and if you feel comfortable gathering with other people, invite friends, family, and neighbors to participate in BOLT with you. It's a terrific way to share the good news of Jesus with your community.

Step 2: Gather a few materials. If you were able to pick up a Bolt Bucket from DCLC you will find a lot of the materials inside. The materials and uses are described further down and when mentioned in directions are marked in **orange**.

If you did not get a bucket, not worries!! During BOLT, kids will be playing games and doing origami. Everything has been designed to be performed with minimal materials—materials that you will most likely have around the house or can easily and inexpensively purchase at a local store.

Step 3: Press play. When you're ready, gather the kids around and press play on the videos. You will go to the [DCLC Virtual VBS](#) page and find the correct day.

1. Watch the DCLC opening videos (one for each day). Ms. Kristen will give you directions for God Sightings and Ms. Shannon will give you directions for the service project of the day. Plus you get to see the fun skit of the day!
2. Next click on the Bolt Video. This will lead you and the kids through the entire experience. Occasionally, the video will ask you to pause and do something. When you're finished doing it, press play again. Please note, there is a coloring sheet that goes with the Bible story each day. If you want to print it you will find it on the website.

Step 4: Play the games. When the video prompts you to, press pause and lead the kids in playing the games. Each day has 3 games. **One of the games each day is demonstrated in the video, the other two are not.** You can read more about all of the games below. There's no rush to get through the games, so take your time and have fun. **When you're finished, give the kids a snack, open a Bible and have someone read the verses indicated on the screen, then press play again.**

Step 5: It's origami time. For the craft, kids will be doing origami. It's so simple, yet fun! The video will show them exactly what to do. Just have some square pieces of paper ready to go. (Provided in the bucket) or you can buy colored, square origami paper online or just cut a piece of white paper into a square yourself. There are specific directions you can view and print out for each of the projects if you need them. They will be found on the website page.

Step 6: Take pictures! We'd LOVE to see all the fun you are having at home! If you take pictures and don't mind sharing them, send them to Shannon at sfossett@desertcross.org and she can put them on our facebook page so the congregation can see all the fun we are having! If you post your own pictures on social media you can use the hashtags #boltvbs and #dclcfun.

Step 7: There is no step 7. That's it! It's that easy! Depending on your pace, each day should take about 2 hours. BOLT takes place over the course of 3 days, so if you've invited friends and neighbors, invite them back for the next day.

Color of the day: At DCLC VBS we like to wear a "color of the day." You do not need to go buy something...it's whatever you have at home!

Monday: black and white (referee colors)

Tuesday: yellow, orange, or bright green (lightning bolt)

Wednesday: wear your favorite sports team or sports jersey

Service Projects: Desert Cross always incorporates a service project into VBS. This year we will have small ones each day.

*Donate non-perishable foods – If you registered and are coming to pick up a Bolt Bucket, please consider bringing non-perishable food items to donate. These will be taken to the Kyrene Resource Center who is helping kids and families in our community.

Day 1: Give your origami flower to someone to brighten their day or someone you want to say thank you to.

Day 2: Chalk Art...using the sidewalk chalk create a kind or hopeful message in your driveway, on your sidewalk or on a walking trail in your neighborhood. (Sidewalk chalk is provided in the bucket...if you didn't get a bucket it can be found at Target/Walmart.)

Day 3: Call a grandparent (or family member you haven't seen in awhile) or "mail a hug." You can mail the heart origami you made or create yourself on paper <https://www.pinterest.com/pin/90705379983251194/?fbclid=IwAR2xST-PGRiq1MBnEtyJC9wBjsjTTbtXXMJewJwwDzFuJEGo2HVq8r4IHKE> to mail to a grandparent or family.

Games:

There are 3 games for each day of BOLT VBS. Feel free to adapt the games to fit the number and age of kids who are participating. We have also included a list of alternative "no supply" games that you can use as an addition to or substitution for other games. Please note, though, that the first game listed on each day is demonstrated in the video and used as an illustration for the day's lesson. We therefore recommend that you play the first game listed for each day.

DAY 1 GAMES

Head, Shoulders, Cup

Supplies Needed: Plastic cups (1 for every 2 players)

Directions: Have people pair up with each other and kneel face to face. Place one plastic cup in-between each pair. When you say “head,” everyone must touch their head. When you say “shoulders,” everyone must touch their shoulders. Quickly alternate between saying “head” and “shoulders” for about 10-15 seconds, then say “cup.” When you say “cup,” the first person to grab the cup wins the round. Play as many rounds as the kids would like. If you have enough players, you can have the winners play each other until there is only one champion. (This game is demonstrated in the Day 1 video.)

Stuck on You

Supplies Needed: Duct, scotch, or painters tape (1 roll)

Directions: Choose some children and wrap tape around their head with the sticky side FACING OUT. On “go,” have their teammates race to find items that can be stuck to their heads. If necessary, you might give them access to a junk drawer with numerous small items. At the end of the allotted time, the player with the most objects stuck to their head wins. Don’t forget to take pictures—you’ll want to remember this! If there aren’t enough players to make multiple teams, just give them a fun challenge like “let’s see how many items we can stick on in the allotted time.”

Egg (or Water Balloon) Toss

Supplies Needed: Egg or water balloon (1 per child)

Directions: Have people pair up with one another and stand face to face. Each pair should be standing the same distance from each other. Begin by having one person from each pair toss the egg or balloon to their partner. If the partner makes a successful catch, they both take one step back and continue. Younger children can take very small steps. If the egg or balloon is dropped, but not broken, they may continue. If the egg or balloon breaks, that team is out of the game. Continue playing until only one team remains. Play as many games as interest allows.

DAY 2 GAMES

Soaked

Supplies Needed: Bins or buckets (2 per team), sponge (1 per team), towels

Directions: Have everyone lie on their back side by side. Place a bin of water by the person on one end and an empty bin by the person on the other end. The object is to transfer all of the water from one bin to the other using a sponge. The person by the bin full of water must dunk the sponge, then pass it down the line to the last person, who will then squeeze the water into the empty bin before passing the sponge back and repeating. The players will get wet and they’ll love it! Thicker sponges work better than small kitchen sponges/scrubbing pads. You can also substitute the sponge with a t-shirt or hand towel. (This game is demonstrated in the Day 2 video.)

Wiggle Worms

Supplies Needed: Old blanket or bed sheet (2 or more)

Directions: Wrap 2 (or more) people separately in a blanket or bed sheet. Tuck the blanket or bed sheet in tight so it doesn’t come loose. Have the “wiggle worms” lay on the ground side-by-side, then establish a finish line. On “go,” the wiggle worms must wiggle their way toward the finish line like an inch worm. The person who crosses the line first wins. If you have enough players, you can play multiple rounds and have the winners compete until there is only one champion.

Cracker Stackers

Supplies Needed: Box of crackers (1-2)

Directions: Have one player from each team lie down on their back. Have the other players carefully stack crackers on their teammate's forehead. The player on the ground will have to stay very still and try not to laugh. The team that can stack the most crackers without falling is the winner. If you don't have enough players for multiple teams, simply challenge the kids to see how many crackers they can stack. Play multiple rounds and allow players to take turns lying on the ground.

DAY 3 GAMES

Fishy Face

Supplies Needed: Whipped topping (1-2 tubs), **goldfish crackers** (1 bag/box), bowls (1 per team), towels for cleanup

Directions: Choose some players to put whipped topping on their face like a beard. Place a bowl of goldfish crackers about 15 feet away from them. On "go," have their teammates race back and forth, grabbing one goldfish cracker at a time and sticking it to their bearded partner. See which team can apply the most goldfish crackers in 1 minute. Work quickly before their beards have time to fall off! If there aren't enough people for multiple teams, make it a simple challenge to see how many crackers can be applied in the allotted time. (This game is demonstrated in the Day 3 video.)

The Great Grape Race

Supplies Needed: Grapes (about 8 per player)

Directions: Have everyone take off their socks and shoes. Select 2 (or more) players to line up at the starting line and have them place one grape between their toes on each foot. On "go," the players must carefully race to a turnaround point and back without losing their grapes. If they lose a grape, they can stop and put it back. The first player to return with all of their grapes wins. For each additional round, add another grape to each foot (i.e. 2 grapes per foot, then 3 grapes, etc.)

Q-Tip Cannons

Supplies Needed: Q-tips (1 box), straws (1 per person), paper or plastic cup (1 per team)

Directions: Give each player a straw. For each team, place a paper or plastic cup near the edge of a table. On "go," each team must blow Q-tips out of their straw like a blow dart at their team's cup from the other side of the table. The first team to knock their cup off the table wins the round. If necessary, you can move younger kids closer and older kids further back.

ALTERNATE "NO SUPPLY" GAMES

Important Note: It is strongly recommended that you play the first game listed for each day. That game is demonstrated in the video and used as an illustration for the day's lesson. The following "no supply" games can easily be added or substituted for any of the other games.

Everyone's It

Supplies Needed: None

Directions: This is a game of tag where everyone is it. Designate boundaries and tell the players they may not go beyond them. Tell everyone to put one hand on their head and to keep it there throughout the game. With their other hand, they must tag the other player's arm or elbow that is in the air while not getting tagged themselves. The last person to get tagged is the winner. If you're playing in a smaller, confined area, you can also have everyone play on their knees.

LOL

Supplies Needed: None

Directions: Have everyone sit in a circle facing one another. When it's your turn, you must try to make everyone laugh without laughing yourself. You can make funny faces, sounds, or gestures. You have 15 seconds to make as many people laugh as possible, but if you laugh yourself, your time is up. Give players 1 point for every person they make laugh. Compare points at the end and declare a winner.

Alpha Blast

Supplies Needed: None

Directions: Have everyone gather around you, then call out a letter. Players must scramble to find and bring back anything that begins with that letter. (For younger kids, you can use sounds instead of letters.) The first person or team to bring something back wins a point. Tell the players that if they bring back anything that you deem as valuable or breakable, they could lose a point. Play for as long as interest allows, then count up the points and declare a winner.

SUPPLY LIST (ALL DAYS)

Day 1:

- Square pieces of paper for origami (at least 2 per person)
- Plastic cups (1 for every 2 people)
- Duct, scotch, or painters tape (1 roll)
- Eggs or water balloons (1 per person)
- God Sighting notepad
- God Sighting Bolt tattoo (1 per person, put on and wear all 3 days)

Day 2:

- Square pieces of paper for origami (at least 1 per person)
- Plastic bins, buckets, or large bowls (2 per team)
- Sponge—bigger is better (1 per team)
 - Possible substitution: t-shirt or hand towel
- Towels for drying off
- Old blanket or bed sheet (2 or more)
- Box of crackers (1-2)
- God Sighting notepad
- God Sighting Bolt tattoo
- Sidewalk chalk for service project

Day 3:

- Square pieces of paper for origami (at least 1 per person)
- Whipped topping (1-2 tubs)
- Goldfish crackers (1 bag/box)
- Bowls (1 per team)
- Towels for cleanup
- Grapes (about 8 per player)
- Q-tips (1 box)
- Straws (1 per person)
- Paper or plastic cup (1 per team)
- God Sighting notepad
- God Sighting Bolt tattoo

Bolt Bucket supplies: (If you picked up a bucket here are the supplies and what they will be used for)

- Origami paper – crafts each day
- Sidewalk chalk – service project day 2
- Goldfish crackers – games day 3
- Lightning tattoo – God Sightings reminder, wear all 3 days
- Sports Notepad – Record God Sightings all 3 days
- Large sponge – games day 2
- Water balloons – games day 1
- Bubble wand – just for summer fun!
- Stress ball – just for summer fun!
- Bucket – games day 2

BOLT VBS MUSIC

BOLT VBS features music by Ben Calhoun of the chart-topping Christian band--**Citizen Way**. If you would like to listen to the 3 featured songs (plus many more) with your family, you can stream them through [this playlist on Spotify](#).

We know the kids love learning moves to songs at VBS. I found videos for day 1 and 2 that show moves to music.

Day 1: Bulletproof motions: <https://www.youtube.com/watch?v=bq11ygdsomg>

Day 2: Wavewalker: <https://www.youtube.com/watch?v=5bGE47nQbnw>

You are welcome to pull these up for your kids to learn and they can create their own for day 3! I'd love to see their moves! Send me pictures and video!