

## VBS 2023 RECREATION AND SNACK ROTATIONS BASE CONFERENCE PLAN (1½ HOURS)

### Purpose Statement

This 90-minute conference is designed to train and equip VBS leaders to lead the recreation and snack rotations at Lifeway's *Twists & Turns* VBS.

### Needed Resources

- *VBS 2023 Snack Rotation Recipe Cards* (2 sets)
- *VBS 2023 Recreation Rotation Cards* — Punch a hole in the top left corner of each card and hold together with a ring binder.
- *VBS 2023 Promotional Poster* — Write the following in the squares: *Allergy Alert; Bible-Related Snack; Bible Story Game Day; Water Games; Table-Top-Games; Preschool Friendly; Gluten Free; Store Bought; and Dinner Options*. Attach the “Level Up” side to the focal wall.
- *VBS 2023 Supersized Postcards* — Write the following on the postcards: *Day 1; Day 2; Day 3; Day 4; Day 5; Theme Snacks; Water Games; Table-Top Games; Store-Bought; Dinner Options; Walking on Water, and Sea of Galilee Breakfast*. Use these as display cards.
- *VBS 2023 Postcards* — Write the following on postcards: *Teddy Grahams; Blue Icing; Graham Crackers; Sprinkles; Twizzlers; Apple Slices; Crackers; Frozen Mini-Pancakes; Bananas; Coffee Stir Sticks; Strawberries; and Syrup*.
- *VBS 2022 Cups* (1 set) — Tape the Dinner Option and Store-Bought Snacks card to a cup (or stack of cups) to display the card.
- *VBS 2023 Rotation Signs* — Attach the recreation and snack signs to the focal wall.
- *VBS 2023 Giant Inflatable Game Cube*
- *VBS 2023 Giant Inflatable Game Cube Inserts*
- 5 pieces of paper — Write one of the following on each piece of paper: *Twist and Turn Tiles; Extra Large Pick-up Sticks; Human Rock, Paper Scissors Train; Level Up Showdown; and Wobbly Cup*. Slide each piece of paper into a separate pocket of the Giant Inflatable Game Cube.
- *VBS 2023 Notepad* — Create letter tiles by writing one letter in the center of each sheet of the notepad. Tear off each sheet and place face down in the focal area. Create two B tiles; four D, L, N, S, and T tiles; five I, O, and R tiles; seven A tiles; eight E tiles; and one of each letter: C, F, G, H, J, K, M, P, U, V, W, X, Y, and Z.
- Ring binder and hole punch — Use to hold together the Recreation Rotation Cards.
- 20 pool noodles (5 colors, 4 of each color)
- Play bowling sets
- Sample “Store Bought Snack Options:” large pretzel rods, potato sticks, Twizzlers®, and butter cookies
- Snack-size ziplock bags (1 per conferee)
- Supplies and ingredients for “Marble Mix” (Recipe Card 10) — Prepare the snack mix. Scoop a small amount/individual serving into a snack-size ziplock bag and seal. Prepare enough for each conferee to receive a bag.
- Supplies and ingredients for “Build-A-Tower” (Recipe Card 2)
- Hand sanitizer
- Pens or pencils
- Permanent marker
- Tape
- 5 orange dome cones

## Room Setup

Arrange chairs in a semi-circle and leave an open space to play games. Attach the *VBS 2023 Promotional Poster* to the focal wall. Cover a table with a *VBS 2023 Tablecloth* and display the curriculum alongside small game pieces, snack ingredients, and other tabletop decorations. Drape *VBS 2023 String Flags* across the doorway and *VBS 2023 Floor Prints* around the room.

## Teaching Steps

### 1. Welcome (5 minutes)

- Welcome gamers (conferees) to Ready, Set, Rec and Skip Ahead Snacks. Share that today they will review all the levels in the Rec and Snack Cards to make sure that kids are ready to create lasting memories at VBS 2023.
- Reinforce that this year's games and snacks are going to be so fun! Mention that hands-on snack making is encouraged at Twists & Turns!
- Invite conferees to split up in "snack" or "rec" groups based on whichever is their favorite of the two rotations.

### 2. Ready, Set, Rec (20 minutes)

- Introduce yourself and your all-time favorite game—whether that be a physical game of sports or even a board game.
- Mention that each activity or game played today is an adaptation of a recreation game found in the *VBS 2023 Recreation Cards*. Explain that you will share the names of the games as they are played.
- Call attention to the three types of games that can be found on the Rec Cards this year: Bible Story Games for Days 1-5, Water Games, and Table-Top Games.
- Review each of the categories using the following information:
  - **Bible Story Games:** Each day of VBS has three games designed to be used specifically on that day. These games directly relate to each day's Bible story and content. For example, the games for Day 1 are named "Go Fish Extreme," "Twists & Turns Tiles," and "Hungry Human Hippos." The Bible story for Day 1 is "Peter Followed Jesus" and the point is "Jesus is holy, and that changes everything!"
    - Point out that the left column on each Bible story rec card gives the Bible story reference, Bible verse, bonus verse, and The Point of the day. This provides the connection between the game and the Bible content.
    - Stress the importance of applying what the kids have learned during Bible story in the Recreation Rotation.
    - Remind conferees that the kids will have an amazing time at VBS, and it will be energetic, creative, and fun. The goal is helping kids walk away equipped to live a life that is pleasing to God.
  - **Water Games:** Four water-related games are included: "Target Splash," "Hot Potato Soak," "Beach Ball Blast Off," and "Safe or Soaked." These games are theme-related, designed to be played outside, and can be played on any day.
    - *Note: These games are fun, but they do not include a "Make the Point" section.* You may consider having a water-themed day during Recreation and encourage kids to bring towels to dry off with after the games.
  - **Table-Top Games:** These games and activities have low prep and materials needed to play.
- Answer any questions conferees have about the different categories of games. Mention that more games geared specifically towards preteens are located in the *VBS 2023 VBX Preteen Leader Guide*.

- Show the Giant Inflatable Game Cube and read the five games listed on the cube.
- Invite a volunteer to come and roll the cube to determine which game to play first.
- Lead the group in playing whichever game is rolled.
- Invite another volunteer to roll the game cube and lead the group to play that game as well.
- If time allows, play all five games. If time does not permit, briefly talk through the game instructions for the other games and offer tips on how to play.
- Ask volunteers to offer suggestions on adapting the games at their VBS.
- Briefly overview the other recreation games that have not already been mentioned.

3. **Ready, Set, Bible** (10 minutes)

- Say: "It's important to keep in mind that every moment of the recreation rotation can be a teaching opportunity. However, to do this, you'll need to know the Bible stories from each day and incorporate that information into the games kids are playing." Suggest leaders review the "Today's Point" on each card so that they are familiar with the connection and can mention it often.
- Display one of the rec cards to reveal that each one includes The Point for the day, the Bible story, and the Bible verse.
- Select 2-3 volunteers to play a version of the game "Twist & Turn" from the Day 1 Rec Card.
- Place the *VBS 2023 Notepad* letters face down on a table.
- Lead each volunteer to select 15 letter "tiles" and flip them over.
- Like the game, Scrabble®, players must use the letters to create words and play them in a connected word grid. Words must read left to right horizontally or top to bottom vertically.
- At any time, a player can yell "Twist!" and put one of her tiles back in the center and grab a new tile.
- The first player to use all 15 tiles must yell, "Turns!" If all her words are spelled correctly, she wins!
- Thank volunteers and ask them to return to their seats.
- Mention that leaders may consider adapting some of the games to incorporate a review of Bible stories or the verse for the week.
- Call attention to the "Sharing the Gospel with Kids" and "ABCs of Becoming a Christian" cards that are available for quick reference when needed. Suggest they include these cards each day on the binder ring with that day's games for easy reference.
- Call attention to the "Rec Time Can Be Teaching Time" card for other helpful hints.
- Emphasize the importance of listening to kids and using every opportunity to talk about the importance of having a relationship with Jesus. Remind leaders that at any time it is OK to stop a game and follow the leading of the Holy Spirit.

4. **Ready, Set, No Distractions** (12 minutes)

- Say: "Recreation Rotation is designed to be a fun, high energy experience for kids. For this rotation to be a success and an enjoyable experience for everyone, it is important to be prepared for distractions that may occur."
- Explain that when kids misbehave or do not follow the rules, it can cause a delay in a game. Comment: "Let's play a version of Day 4's 'Level Up Showdown' game to discuss ways to keep games moving along as scheduled."
- Instruct players to pair up and stand with a cone between them.

- Call out a body part that players must touch (head, shoulders, arms, eyes, and so forth). Players will continue doing this until you finally say, “Cone.” Whoever grabs the cone first is the winner of that round.
  - Each winner should pair up with another winner and play another round. Continue this process until only two players remain. These two will play each other for the championship.
  - Review each of the following tips (more are included on the “Rec Tips” card):
    - **Be prepared.** Gather all supplies and be ready to play before kids arrive. Minimize downtime to prevent problems from occurring.
    - **Keep rules short and simple.** Repeat the rules as necessary. Be sure some general rules are in place such as: “Respect others. Respect the church. Respect your leaders.”
    - **Interact with kids.** Participate in every game.
    - **Enforce the rules of the game.** Kids want games to be fair.
    - **Address any issues quickly and discreetly.**
    - **Designate a cool down area.** You know it will happen. A super competitive kid will have an outburst, or a child will feel he was treated unfairly. Determine a cool down area and when possible, assign a leader to monitor the area if needed. This communicates to children that this kind of behavior isn’t allowed during a game and allows the opportunity for a one-on-one conversation with a leader.
5. **Skip Ahead Snacks** (5 minutes)
- Ask conferees what their favorite ingredient is in a VBS snack.
  - Explain that next you will review all the ingredients needed for kids to create memories while eating and making delicious snacks at VBS.
  - Reinforce that this year, hands-on snack making is encouraged at Twists & Turns!
6. **Bible-Related Snacks** (15 minutes)
- Invite two volunteers to guess the ingredients of the “Walking on Water” and “Sea of Galilee Breakfast” snacks.
  - Display the *VBS 2023 Postcards* with ingredients on them. Explain that some ingredients are correct, and some are not.
  - Allow 1-2 minutes for the volunteers to sort through the postcards and select the ones they believe are part of the two snacks.
  - Thank the volunteers and tell them to return to their seats while you go over what they guessed. Reveal which ingredients are correct.
  - Display the Days 1-5 supersized postcards as you overview each day’s Bible-related snack. Briefly summarize each day’s Bible story and main point. Point out the Kid Connection on each card to the conferees. Emphasize the importance of talking with kids about each day’s Bible story during snack rotation. Highlight tips and other options on each card. Make sure conferees understand how each snack ties to a Bible story.
    - Day 1: Jesus is Holy (“Fishing Gear”)
    - Day 2: Jesus is Trustworthy (“Walking on Water”)
    - Day 3: Jesus is Forgiving (“Sea of Galilee Breakfast”)
    - Day 4: Jesus is worth Following (“Leaping Treats”)
    - Day 5: Jesus is for Everyone (“Cornelius’ Crackers”)
  - Explain that in addition to the Bible-related snacks, there are 20 additional themed recipes that are also great snack options. Say: “There are lots of creative snacks this year for kids to get creative with.”

- Choose a few volunteers to distribute bags of premade “Marble Mix” (recipe 10) to each conferee. Encourage conferees to enjoy the snack while you continue sharing about the *VBS 2023 Snack Cards*.
- Review the first 10 recipe cards and the important icons found on them. Point out the orange circle that denotes Preschool Friendly snacks. Point out the black circle denotes Gluten Free snacks.
- Briefly mention your favorites. Point out any tips or suggestions for substitutions.
- Invite 2-4 volunteers to come make the “Build-A-Tower” snack using the instructions on Recipe Card 2.
- Then continue reviewing the rest of the snack cards. Point out the tips and options on the cards and invite conferees to share their ideas of what they would add or take away from their favorite snack cards.

7. **Dinner Options** (5 minutes)

- Mention that many churches conduct VBS at night and provided meals for families since parents and volunteers are coming straight from work.
- Call attention to the prepared “Dinner Options” card on display.
- Present each meal suggestion. Encourage conferees to suggest different pairings of meal options.
- Comment: “You may not be able to use all of the recipes provided, but you can look for ways to DIY a great meal.”

8. **Extra Ingredients** (5 minutes)

- Say: “Be aware of allergies and prepare alternate snacks for those with them. Designate specific tables to be used for kids with allergies to help keep areas clean, sanitized, and safe for each child. Consider using colored wristbands or special name tags to quickly identify children with allergies.”
- Briefly go over the gluten-free options and ask the group to share their ideas for other allergy-friendly snacks.
- Say: “Twists & Turns” has some great store-bought options that you can use.”
- Point out the snack card with the list of store-bought snack ideas. Ask conferees to share any other store-bought snack ideas that are not listed on the cards.
- Mention that snack time is also a great opportunity to provide a special snack or treat to VBS volunteers.

9. **Ready, Set, Snack** (10 minutes)

- Say: “Snack Rotation and Recreation Rotation are often close to each other in daily VBS schedules. Both rotations are great opportunities to reinforce the daily Bible truths to kinesthetic learners.”
- Remind conferees that not all kids learn the same. Snack rotation is great for learners who learn best through hands-on learning.
- Ask conferees to share how they do snack and recreation rotations and what they have found works best at their VBS.

10. **Closing** (3 minutes)

- Thank conferees for coming and close in prayer.