

VBS 2023 VBX ROTATIONS CONFERENCE PLAN (45 MINUTES)

Purpose Statement

This 45-minute plan is designed to equip and train teachers to lead preteen rotations using Lifeway's Twists & Turns VBS 2023 VBX curriculum.

Needed Resources

- *VBS 2023 VBX Preteen Bible Study Leader Guide*
- *VBS 2023 VBX Preteen Bible Study Leader Pack*
- *VBS 2023 VBX Preteen Activity Book*
- *VBS 2023 Memory Maker*
- *VBS 2023 Crafts Rotation Leader Guide*
- *VBS 2023 Music for Kids CD*
- *VBS 2023 Recreation Rotation Leader Cards*
- *VBS 2023 Tablecloth*
- *VBS 2023 Floor Prints*
- *VBS 2023 Wall Art*
- *VBS 2023 Supersized Backdrop*
- *VBS 2023 Devotional Bible*
- *VBS 2023 Cups* – 28 total per session
- Item 1: “VBX Supply Checklist” — Print 1 per expected participant and place in each chair.
- Item 2: “VBX Rotations Notes” — Print 1 per expected participant and place in each chair.
- Paper plates (not Styrofoam or plastic, 1 per conferee) — Place one in each chair.
- 12 index cards — Write one word of Psalm 25:4 with the Bible reference on each index card (2 sets total).
- Supplies for “Heart Leaps Game” craft — Make one sample ahead of time.
 - *VBX Leader Pack* item 21 — Print 1 copy.
 - ½-inch insulation foam — Cut out a 5-inch square.
 - 14 golf tees
 - Scissors
 - Washi tape
 - Permanent markers
- Supplies for “Scratch Art Rock” craft — Make one sample ahead of time.
 - Small flat white rock
 - Black crayon
 - Bamboo skewer
- Supplies for “Puzzle Art Frame Magnet” craft — Make one sample ahead of time.
 - Rectangle foam board or puzzle frame template
 - 100 puzzle pieces in various bright colors
 - Glue
 - Adhesive-backed magnet
 - Printout of Twists & Turns Logo
- 4 pool noodles — Cut each into 3 pieces.
- 25 sheets of blue paper
- Small inflatable ball
- Pens (1 per conferee) — Place a pen on top of the paper plate on each chair.
- TV with HDMI port

Room Setup

Arrange chairs in rows facing the focal wall. Cover the focal wall with the *VBS 2023 Supersized Backdrop*. Place a small display table in the center of the focal wall covered with a *VBS 2023 Tablecloth*. Place the *VBS 2023 Devotional Bible*, VBX curriculum pieces, *VBS 2023 Memory Maker*, *VBS 2023 Crafts Rotation Leader Guide*, *VBS 2023 Music for Kids CD*, and the *VBS 2023 Recreation Rotation Leader Cards* on the display table. Incorporate various game boards and game pieces behind these items for creative decoration. Arrange two small check-in size or high-top tables next to each other on the opposite side of the focal area. On each side table, place 14 *VBS 2023 Cups* with index cards. Place one paper plate, one pen, one "VBX Supply Checklist" (Item 1), and one "VBX Rotations Notes" (Item 2) on each chair.

Teaching Steps

1. Welcome and Prayer (3 minutes)

- Play the *VBS 2023 Music for Kids* playlist as conferees enter. Allow participants to choose a seat with a paper plate, pen, and handouts.
- Welcome conferees to the VBX rotations breakout. Say: "We are going to level up our VBS this year by playing in the Bible Study Game Room, experiencing Wild Card Crafts and Multi-Player Missions, having fun with Ready, Set, Rec, and don't forget Skip Ahead Snacks! In every one of these VBX rotations, we will see how following Jesus changes the game completely."
- Encourage them to take notes on their notes page (Item 2) throughout the conference.
- Lead in prayer, asking God to guide the time together. Thank God for each person in the room as they prepare to lead VBX rotations and make the connection that following Jesus changes everything.

2. Ice Breaker Game/VBS Motto (5 minutes)

- Call attention to the paper plate and pen in each chair. Guide participants to place the paper plate on their head and explain that they will have to draw 5 items without looking.
- Call out each item to draw: crown, X, cross, present, two hands.
- Allow participants to take the plate off their head and see how well they did.
- Explain that these are the five daily icons that will help recall "The Gospel: God's Plan for Me." Crown: God Rules. X: We Sinned. Cross: God Provided. Present: Jesus Gives. Two Hands: We Respond. Call attention to the Gospel Poster hanging in the room on the focal wall.
- Lead participants to place their plates under their chairs when finished.
- Teach the group the VBS motto: "Following Jesus changes everything!" Lead the group to recite the VBS motto to a friend.
- Encourage leaders to drive home the truth of this motto in each VBX rotation. Say: "Whether in music or rec, missions, or even snack time, following Jesus changes everything. It changes how we play, how we treat others, and how we view ourselves."

3. Preparing for VBX Rotations (5 minutes)

- Call attention to the VBX Checklist on page 4 of the *VBS 2023 VBX Preteen Leader Guide*. Lead the group to think about which VBX Schedule they will use.
- Explain that if your church follows the VBX 3-Hour Schedule, it will include Worship Rally (30 minutes), Excite (20 minutes), Snack (15 minutes), Explore (55 minutes), Missions (20 minutes), and Excel (40 minutes).
- If your church follows the traditional VBS rotation plan, use the Explore section as your core Bible study time. If additional plans are needed, use the activities from either the Excite or Excel sections.

- Note: It is written that preteens will break for missions and snacks. Recreation and crafts will take place during the Bible Study Time (Explore). Some churches offer a separate recreation rotation, or a separate craft rotation for preteens. Encourage the group to follow the plan that works best for their church, using the curriculum as their guide.
- Mention that each daily session plan includes Excite, Explore, Excel sections and a Small Group Time section.
 - **Excite** introduces the theme and daily Bible content with an icebreaker game and introductory activity. There are several options to choose from each day.
 - **Explore** engages preteens in the Bible story and makes the Bible connection to daily life. This is the core content.
 - **Excel** reviews the Bible story and life application for the day. There are several options to choose from.
 - **Small Group Time** includes the opportunity to discuss the “Small Group Discussion Questions” (pack item 7) each day. Remember to pair preteens who are more familiar with the Bible with those who are not.

4. **VBX Crafts and Recreation** (25 minutes)

- Craft options are listed in the *VBS 2023 VBX Preteen Leader Guide* and also in the *VBS 2023 Craft Rotation Leader Guide*. Use both when selecting which crafts to include.
- Decide whether crafts will take place in the preteen classroom as a part of the Bible study rotation time, or as a separate rotation in a separate space.
- Choose crafts that are appropriate for the preteens you lead. Make sure to consider boy and girl options and make any necessary accommodations for preteens with special needs.
- Call attention to the “VBX Supply List” handout (Item 1). Explain that this list is also located in the back of the *VBS 2023 VBX Preteen Leader Guide* (pages 43-44). The leader guide includes a photo of the completed craft to use as a reference.
- Explain that there are recreation options within the *VBS 2023 VBX Preteen Leader Guide* and also on the *VBS 2023 Recreation Rotation Leader Cards*.
- Encourage them to plan ahead and consider whether rec games are going to be indoors, outdoors, have a water activity involved, etc.
- Offer the following tips for success:
 - Be sure to have adequate space for preteens to experience rec with their friends.
 - Adjust and adapt games depending on the number of preteens.
 - Consider allowing preteens to serve in various ways during their recreation rotation.
 - Incorporate team points, team challenges, and boys vs girls games whenever possible to include friendly competition.
 - Always reiterate the daily Bible truth and life application point during rec games.
- Look together at the Day 1 crafts and rec games for preteens.
- Day 1 Craft: “Bobber Backpack Tag”
 - Show page 13 of the VBX Leader Guide and the completed picture of the Day 1 craft.
 - Explain that this craft uses the gospel icons and is a great opportunity for preteens to attach this to their backpacks and easily share the gospel with their friends wherever they go.

- Point out that the gospel icons can be found on the “Gospel Poster” (pack item 17).
- Day 1 Recreation:
 - Mention that Day 1 includes options for a water activity or a hula hoop hop where preteens will play rock, paper, scissors against each other.
 - Guide the group to consider using tape on the floor in squares if no hula hoops are available. (Prepare beforehand by creating 3-5 tape squares on the floor in the front of the room).
 - Lead the group to play the game if time allows. Call two participants to the front of the room to play rock, paper, scissors in the tape squares, like hopscotch.
- Day 2 Craft: “Finger Twist Template” (pack item 13)
 - Point out that classes may use colored dot stickers (or different colored crayons and markers) for their Finger Twist game if no dot stickers are available.
 - Encourage the group to drive home the biblical point: “Sometimes things in life get twisted, but Jesus is trustworthy, even when we doubt.”
- Day 2 Recreation:
 - Mention that this day’s rec options need plenty of space. Comment: “If you do not have adequate space to spread out for these options, consider adapting the ‘Catch the Wave’ rec option by hiding the team bandanas around the room somewhere and guiding preteens to find them.”
 - Remind the group that after playing, leaders should always reinforce the Bible Truth or life application point for that day.
- Day 3 Craft: “Heart Leaps Game”
 - Show the completed sample.
 - Remind conferees that craft knives are for leader use only, and prep work needs to be completed beforehand.
- Day 3 Recreation:
 - Explain that the Day 3 options include water balloons and pool noodles. Guide the group to choose the option that works best for their environment and their preteens.
 - If time allows, play a round of “Net the Fish” according to the instructions on page 28 of the leader guide.
- Day 4 Craft: “Scratch Art Rock”
 - Show the completed sample. Guide the group to make the connection that the name Peter means “rock.” Peter would be an important leader in the church. Jesus is our rock, the foundation of our faith.
 - Preteens may choose to scratch the name *Jesus* or their favorite Bible reference on their rocks.
 - Mention that this is more simple craft, so teachers may want to use any leftover time to complete other craft projects from the week that may require more time.
- Day 4 Recreation:
 - Mention that this day’s rec options need plenty of space. Guide the group to consider adapting the “Inside Outside” game if needed. Teammates must guide their blindfolded partners across the playing path to the end without being touched by a pool noodle.
 - Comment: “This game includes working together and listening to each other! This is a great relationship building game.”
- Day 5 Craft: “Puzzle Art Frame Magnet”

- Show the group a sample of the completed craft.
- Talk about any prep work needing to be done beforehand.
- Encourage leaders to be sure to secure parent permission before taking any photos of preteens. As an alternative to photos, print the *Twists & Turns* logo, theme verse, or motto to put in the frame as a placeholder.
- Remind the group to include a discussion on how this craft helps preteens recall the Bible content and life application of that day's Bible story.
- Day 5 Recreation: "Sweep Hockey" and "Build it Up"
 - Mention that if no hula hoops are available for the "Build It Up" game, consider using tape on the floor as a boundary and using any building supplies you can gather (blocks, cones, small boxes, etc.).
 - Suggest that in "Sweep Hockey," the goalie may use another pool noodle instead of a broom if that is easier.
 - Lead the group to play a round of sweep hockey if time allows.

5. **Closing Game and Prayer** (7 minutes)

- Form two teams (boys vs girls or split the room in half depending on the size of the group).
- Explain we will end our time together with a fun game called Topsy Turvy. (This is an adaptation of the VBX Day 2 Explore activity.)
- Call two team members up from each team. One team member must build a pyramid with a set of *VBS 2023 Cups*, placing the index cards in between each row of cups. Once completed, the other team member will try to remove each index card without knocking over the cups.
- Once all index cards are removed, both players must work together to put the index cards in the correct order to read Psalm 25:4. The first team to complete this challenge wins!
- Close the session in prayer, asking God to bless each person as they prepare to lead VBX rotations. Pray that God would bring many boys and girls to a personal relationship with Jesus during Vacation Bible School this summer.

EVERYDAY SUPPLIES

- Bibles
- VBS 2023 VBX® Preteen Bible Study Pack* (9781087772066) including the *VBS 2023 Music for Kids*
- VBX® 2023 Preteen Activity Books* (9781087772073) (1 per preteen)
- VBS 2023 Kids Memory Maker* (9781087776545) (1 per preteen)
- Pens or pencils (1 per preteen)
- Music player
- Scissors
- Markers, permanent markers, crayons, and colored pencils
- Clear, masking, and painter's tape
- Paper
- Wall tack to attach items to the walls
- Basket, *optional*—Use to store Memory Makers for the week.

Note: Items needed every day in VBX are only listed here and do not appear in each day's specific supply list.

ACTIVITY BOOK OPTIONS

- Supply one per preteen and keep in the Bible study room all week.
- Supply one for every small group. Allow preteens to complete the activities as a group.
- Supply one for the whole group and allow preteens to take turns looking at and solving the activities.

DAY 1

EXCITE

- Pack items 1–2

EXPLORE

- Pack items 3–7
- Cardstock
- Pennies or other small game pieces
- Large piece of paper

CRAFTS

- Pack item 17
- Metal shower hook (the type that snap closed)
- Metal rimmed key tags (5 per project)
- Fishing bobber (1 per preteen)

EXCEL

- Pack items 8–9
- Paper plates in 2 different colors (11 of each)
- Beanbag
- Pennies from Explore

RECREATION

Fill the Bucket

- 4 buckets
- 8–10 sponges per team
- Timer (optional)

Hula Hoop Hop

- 10–20 hula hoops

DAY 2

EXCITE

- Pack item 10
- Index cards

EXPLORE

- Pack items 7 and 10
- Index cards from Excite
- Plastic cups
- Timer (optional)

CRAFTS

- Pack item 13
- Cardstock
- Brad fastener
- Label dots (4 colors, 8 each)
- Hole punch
- Craft knife (leader use only)

EXCEL

- Pack items 11–12
- Large table
- Quarters and nickels (enough of each for half the group to have 1 per person)
- Bibles (12)

RECREATION

Catch the Wave

- 2 colored bandannas
- Cones or other boundary markers

Stormy Seas

- Balls (soft foam)



SUPPLIES

DAY 3

EXCITE

- Pack item 14
- 2 rolls of aluminum foil
- 100 pennies
- Tub or container—fill about halfway with water
- Index cards

EXPLORE

- Pack items 7 and 15–16

CRAFTS

- Pack item 21
- ½-inch insulation foam (one 5-inch square per project)
- Golf tees (14 per project)
- Washi tape
- Craft knife (leader use only)

EXCEL

- Pack items 17–20
- Brad fastener
- Pony bead
- Hole punch
- VBS 2023 Suction Cup Spinner* (9781087776620) (optional)

RECREATION

Cast the Net

- Water balloons
- Bucket of water
- 2 flat sheets
- 6 cones
- Long piece of rope

Net the Fish

- Blue paper (1 sheet per preteen plus an extra sheet per team)
- 4 pool noodles
- 2 buckets

DAY 4

EXCITE

- Pack items 22–23
- Foam board (10-by-10-inch piece for every 2 preteens)
- Wikki Stix® or chenille stems
- Clear tape
- Marbles (1 for every 2 preteens)
- Bandannas (1 per preteen)

EXPLORE

- Pack items 7 and 24
- Dry erase board or poster
- Dry erase marker and eraser or permanent marker

CRAFTS

- Flat, white rock
- Black crayons
- Bamboo skewers

EXCEL

- Pack items 4 and 25a–c
- Trophy
- Construction paper
- Scrap paper
- Packing tape

RECREATION

Ultimate Chase

- Pack item 4 or poster board with Psalm 25:4 written on it.

Inside Outside

- Pool noodles (1 per every 2 preteens)
- Bandannas (1 per preteen)
- 4 cones

DAY 5

EXCITE

- Pack items 25b–c and 26
- Paper plates

EXPLORE

- Pack items 7, 17, and 27

CRAFTS

- Foam board (7-by-5-inch rectangle for each project)
- Ruler
- Craft knife (leader use)
- Puzzle pieces
- Glue
- Adhesive-backed magnet
- Camera

EXCEL

- Pack items 4, 6, 10, 14, 23, 25a, 25c, and 27–30
- Beanbags
- Sticky notes (optional)
- 4–6 small objects (1 per team)
- VBS 2023 Logo Stickers* (9781087776484) (optional)

RECREATION

Build It Up

- 4–6 hula hoops
- Building supplies such as blocks, boxes, small chairs, cones, and so forth
- Tape measure
- Cones

Sweep Hockey

- Pool noodles (2 colors)
- Inflatable ball
- Cones
- 2 brooms

