

## Superhero Virtual Recess Class 1

### Materials:

- \* obstacle course items
- \* Stuffed animals (5 / participant)
- \* Super suit items (shirt, shield, cape, mask, belt, sword, shield, tutu, crown, headband, glasses, shoes, etc – get creative! 6 items / participant)
- \* Armor of God picture

**Objective:** Kids will recognize the make-up of a superhero: strong, super suits, superpowers, and will be challenged to identify the ultimate superhero.

**Introduction: (2 minutes)** “Welcome to superhero training everyone!

- Introduce yourself
- What is a superhero?
- We are going to learn that together – stay tuned!
- As we learn, we are going to train so we can stay strong like superheroes together today ok? Let’s get started with a superhero obstacle course!

**Warm Up: (5 minutes)**

- Obstacle course – show off yours for inspiration and encourage kids to create their own
- Change motions
  - slow motion,
  - march,
  - fly,
  - Super speed,
  - tip toe backwards
  - swim

**Water Break**

**STRETCH:**

- star
- flamingo
- shoulder circles
- triceps stretch
- climb a rope (abs)

**Mini-Education (3 minutes)** What do we know about superheroes?

I know 3 things... 1) they wear super suits, 2) they have superpowers, and 3) they are strong – do you agree?

Who is your FAVORITE superhero?

Who is the ULTIMATE superhero??? Hmmmm... we are going to learn that together as we train. We are going to play some games today that will help stay strong like superheroes and learn more how we can be more like a superhero too!

**Main Activities: (25 minutes)**

**Red Light, Green Light:** Start on one side of the room, with the goal to make it to the other side and back as fast as you can. Practice on round using “Red light” as a signal to stop, “green light” as a signal to go, and “yellow light” as a signal to crawl slowly.

Next use characteristics of a “superhero” as the signals. If it is true, it is a green light, false is a red light.

Examples:

Strong

Kind

Helpful

Mean (red)

Rude (red)

Solution finders (green)

Positive thinkers (green)

Lazy (red)

Full of energy (green)

Powerful

Healthy

Hurtful (red)

Brave

Honest

Accountable

Tell lies

Give up easy

Persevere

Always try their best

Respect leaders

Have fun!

\*\*\*add to this list as things are placed on your heart

Repeat 1-2 times with different movements (examples: backwards, crab walk, forward for green light, backwards for red light, etc.)

**Water Break/Recess Review**

Great job friends! Let me ask you this – are you like a superhero? Were some of the things that are true about a superhero, true about you too?? I thought so!! AWESOME! Are you ready for our next game? This game is going to help us stay strong and get stronger! Let's go!

**Save the City!** The goal of this game is to “save” all the stuffed animals, by bringing them from one side of the room to the other. As we save the city, we will also be getting stronger! Play one time by simply running from end of the room to the other, grabbing one animal at a time and bringing it to “safety” at the other side of the room.

That was just a warmup – let’s try this again 😊 This time you must walk on your hand and feet (while in a plank position) and bring the animal back without using your hands – how will you save them?!?! You have to hold them some other way. Ready, set.... Go!

### **Water Break/Recess Review**

How did you guys do?? Did you save all the animals?? Great job! Was that easy or hard? You guys did a great job showing characteristics of a superhero by trying your best, finding solutions, persevering. And – did you know that game made you stronger? Your heart is stronger when you run and play, your arms are stronger because you walked on them, and your core is stronger too! You know what else is stronger? Your mind!!! You had to think and find a solution and you did a great job! Let me see your muscles – WOW!!!! Now let’s go use those muscles in our next game.

**Supersuit relay race:** Place a pile of 5 super suit items on one end of the room (vest, cape, hat, mask, belt, sword, shoes, shield, sunglasses, tutu, sash, crown, etc. Kids will create their own super suit from this pile). Participants start at one end of the room, and race to the other, grabbing one item at a time, and bringing it to the other side of the room. Once all items are on the other side – they dress themselves in their new super suit and take a “super stance” when done. See how fast you can get into your super suit! \*\*Encourage parents to take pictures and share in your club. Consider awarding a prize for “best” super suit.\*\*

### **WATER BREAK.**

**RECESS REVIEW:** GREAT JOB EVERYONE!! What do you think of my suit?? I can’t wait to see yours! Did you know God gives us all a super suit to wear?? It’s true – He does! It is INVISIBLE but super powerful, and we can wear it every day! It’s called the Armor of God and it has 6 things – 1. Helmet of salvation, breastplate of righteousness, shield of faith, sword of the spirit, belt of truth, and shoes of peace. (Show picture). How cool is that??? We are going to learn more about our super suits in another class.

**Cool Down/Stretch (5 minutes)** Praise Jesus Pokey. (just like the hokey pokey but instead we “all praise Jesus as we turn ourselves around... that’s what it’s all about” We put our:

- belt of truth in, belt of truth out
- helmet of salvation in, helmet of salvation out
- sword of the spirit
- shield of faith

- shoes of peace
- breastplate of righteousness

**Wrap Up (2 minutes)** Thank you for joining us today!! I had so much fun learning about superheroes, getting stronger, and learning about our invisible super suit with you all. Are you excited to come back and learn how to put on your invisible suit next time?? YAY!!!

Closing Prayer.

See you next time!

## Superhero Virtual Recess Class 2

### **Materials:**

- \* obstacle course items
- \* balloon
- \* balled up socks
- \* painters tape/masking tape
- \* paper plate or plastic lid
- \* play sword, paper towel roll, or wooden spoon
- \* Armor of God picture

**Objective:** Kids will learn that God provides us a super suit - the powerful armor of God - to protect us and give us victory.

**Introduction: (2 minutes)** “Welcome back to virtual recess everyone! It’s great to be back with you today to play and praise God. Introduce yourself and assistants (if any).

**Warm Up: (5 minutes)** Obstacle course motions - slow motion, march, fly, speed racer, tip toe backwards.

### **Water Break**

**Stretch + Mini-Education (3 minutes)** Stretch all major muscle groups. “Remember how we talked about how God gives us a powerful invisible armor to protect us and give us victory. The armor is much like what this warrior looks like in this picture. A warrior wears this uniform or armor to protect him in battle. Take a look at this belt. Much like the belts that we wear to hold up our pants, a warrior’s belt stands for truth and God’s truth is found in the Bible. Truth is our core support. Go ahead and put your fist below your stomach. Your core is the area around your trunk, and it has abdominal muscle group. A strong core helps us with our balance. Let us play a game that will remind us of not only our core but the belt of truth.

### **Main Activities: (25 minutes)**

**Shuffleboard:** For this game, make a line on the floor with a piece of painters tape or masking tape. If you have more than two kids, then go ahead and put another piece of tape to make a cross. Split up the number of bean bags/balled socks equally between kids. Each child will be in their square in a push-up position. When I blow the whistle, boys and girls will shuffle the bags / balled up socks to the other side. When I blow the whistle a 2nd time, boys and girls will freeze. The player with the least number or cleanest side will win the round.

### **Water Break/Recess Review**

How did you do my friends? Did you have a strong core? Did you try your best? Are you telling the truth? Ahhh... just kidding. But seriously the belt of truth is an important piece of armor because we want to follow God’s word found in the Bible because we

love Jesus! Let's keep the tape on the floor for our next game and grab a balloon or beach ball.

**Shield + Sword Balloon Volley:** We are going to play a friendly game of balloon volley. Divide up into equal teams and go to opposite sides of your line of tape. When I blow the whistle, you are going to bat the balloon back and forth, using your sword (paper towel roll, play sword, or wooden spoon). The goal is to keep the balloon in the air. If the balloon falls to the ground on your side, the other side gets a point and you start again. Keep playing until I blow the whistle. Got it? Put your swords up if you are ready? Great. Let's go!

Repeat using a shield instead of a sword. (shields can be paper plates, pizza pans, or plastic lids).

\*\*If a child is playing by themselves, challenge them to see how many times they can hit the balloon and keep it in the air. Try for high score.

### **Water Break/Recess Review**

Did you have fun using your swords and shields? We did too! When we think about the armor of a soldier, we usually think about what we actually wear. But warriors had shields which represents faith and swords that represents spirit. The sword of the spirit is the word of God. What does this mean? The word of God is the Bible and we have the Holy Spirit that is with us no matter where we go. It's kind of like this balloon, when it floats in the air we bring it in close to us so that we can conquer whatever problem we face. And the shield of faith protects us from things that the world or enemy throws at us. That's awesome right! We are fully armed, and fully protected!

**Rock, Paper, Scissors SUPERHERO:** Place 10 pieces of tape on the floor in a row, making a ladder (or use 10 blocks to mark each "rung" on the ladder). One person will begin at one end of the ladder and the other person at the opposite end of the ladder. Start hopping at the same time. When you meet each other. Do rock, paper, scissors. Whoever wins has to say a piece of the armor of God, then gets to keep hopping to the other end for a point. The player who came up short, does 5 jumping jacks (superhero style) to get stronger, and then goes back to the start to try again. Play a few rounds and see who gets the most points.

**Recess Review:** Way to go!! Remember, superheroes are strong, they wear their super suits, and they have superpowers. You know you are strong – and getting stronger each time we exercise together – and now you know you have a super suit. Do you know you have superpowers?? It's true! God gives each us special talents and skills (or gifts) that allow us to do things that no one else could do. What are your superpowers?? Some of mine are \_\_\_\_\_, \_\_\_\_\_, and LOVING OTHERS. Jesus had so many superpowers – we are going to learn more about that, and about the power He gives us in the next class ok?

**Cool Down/Stretch (5 minutes)** It is time to cool down our bodies by bringing our heart rates down. Grab a balloon. We are going to play Balloon Bounce. You are going to gently toss your balloon up into the air, I will call out a piece of armor or body part and you will bounce the balloon there. For example, if I say, helmet, you will bounce the balloon off of your head, if I say shoes of peace, you will bounce it on your foot. OK, let's do this!

**Wrap Up (2 minutes)** Thank you for joining us today! We talked about the armor of God (our super suit) but I almost forgot to tell you how we can activate our armor - PRAYER! Can you put your hands together so that we can pray to God?

## Superhero Virtual Recess Class 3

### Materials:

- \* 3 wrapped gifts hidden around the house, each filled with something that represents a skill or talent they have (3 / participant – examples: sneaker if good at sports, crayons if great at drawing, toy if great a sharing, book if loves to read, animal if great at taking care of pets, flashcards if great at math, etc)
- \* Shoes (1 / participant – larger sizes)
- \* obstacle course items

**Objective:** Kids will recognize their own “superpowers” as the skills, gifts, and talents God gave them.

**Introduction: (2 minutes)** Welcome back to Superhero Training!

- Introduce yourself and assistants
- Are you all wearing your Armor of God??? Let’s put it on together and “activate” it with prayer ok? \*\*Go through motions of putting on the armor
- Prayer

**Warm Up: (5 minutes)**

- Obstacle course – show off yours for inspiration and encourage kids to create their own
- Change motions
  - slow motion,
  - march,
  - fly,
  - speed racer,
  - tip toe backwards.

**STRETCH:**

- star
- flamingo
- shoulder circles
- triceps stretch
- climb a rope (abs)

**Water Break**

**Mini-Education (3 minutes)** We have been learning about Superheroes. We learned they are 1) strong, 2) wear super suits and 3) have superpowers. We are learning how we can stay strong and we are getting stronger together by playing games and “training” – and we learned about our super suit (the armor of God) plus how to activate it. Today we are going to talk about the SUPERPOWERS God gives each of us. What superpowers does your favorite superhero have? (flying, invisible, super strength, etc). Jesus had superpowers too! He feed 5000 people with just 2 fish and 1 loaf of bread! He healed people who were sick, made a blind man see, but most importantly, Jesus rose from the dead and saved us all from our sins and gave us eternal life in heaven!

WOW!!!! And you know what – God gives us superpowers to bring glory to Him too! What superpower did God give you??? Hmmmm.... God gave me superpowers! (share 3 special gifts or talents God gave you – example: I love to cook, and I use it to feed those who are hungry. I love to exercise so I use that talent to help others be healthy. I am good at playing games, so I use it to make friendships and teach others about Jesus). Now think again ... can you think of things you are good at? Maybe you are great at drawing or coloring (art), and you can use your art to spread Joy to others. Maybe you like to share and that helps your friends feel special. Maybe you speak Spanish or another language, and you can use that gift to communicate with more people. Maybe you can sing, or your great at sports, or super smart in math or science.... God gives us all unique skills & talents.

*Exodus 31:3 and I have filled him with the Spirit of God, with wisdom, with understanding, with knowledge and with all kinds of **skills***

Let's play some games as we think.

### **Main Activities: (25 minutes)**

**The Bees Knees:** Divide the participants into pairs and ask each pair to bend down, facing each other (you could have 3 people play together as well). The goal of this game is to try and sting (tap) the knees of another player. IMPORTANT: Remind kids of our #2 rule – Treat others how you want to be treated. We will have a chance to truly practice this rule by tapping knees lightly. The players can protect themselves by defending the stings by using their hands. Let the stinging game begin! After a successful strike, the players will break the contact and will prepare to start again. See who gets the most points!

REPEAT

### **Water Break**

### **Recess Review**

Great job friends! Part of being a SUPERHERO means always trying our best AND showing good sportsmanship even if we do not win. If we tried our best, there is no need to be upset. Plus, we are always getting stronger so that is a win, right?? Are you ready for our next game?

**Helmet, Shield, Breastplate.... SHOES!** (played like Head, shoulders, knees, toes expect when you say SHOES! Players try to be the first one to grab the shoe from the middle of the playing area). Players stand on a starting mark at one end of the room, with shoes placed on the opposite end. Listening for your direction, they touch their head when you say helmet, hold out a shield when you say "shield", touch their chest when you say "breastplate of righteousness", etc... but when you say "SHOES OF PEACE" they run to the other end and try to be the first one to put on a shoe and run back to the starting line.

Repeat multiple times.

## **Water Break**

### **Recess Review**

WOW!! That was fun right? Did you know you were using superpowers during this game? YES! You used an important superpower of LOVE! Treating others how you want to be treated, not bragging about winning, encouraging others to try their best, and laughing + playing with your family and friends are all great ways to show love. The greatest commandment to love God first and love our neighbor as ourselves second. And you did a great job of using that superpower!

Let's play another game – this one I can't wait to do because you are going to learn more about the gifts God gave you, by opening some gift from your parents!!

**Gifts from God scavenger Hunt:** Each participant should have 3 wrapped gifts that parents put together and hid around the house. Inside each should be something that represents a skill or talent their parent sees in them. Kids will collect their gifts, and then open them and decide whether they agree that they have the talent and state a way they can use it to serve others and bring glory to God. At the sound of "GO" the kids will search for their gifts one by one and bring them back to their designated spot in the playing area. Once they have collected them all, they wait patiently for the other players to find theirs (or help them to find them all). Together they will take turns opening their gifts and sharing how they can use it to serve others.

## **WATER BREAK.**

**Cool Down/Stretch (5 minutes)** I know you all are excited about your gifts! I want you guys to stretch together as you talk about how you can use your gifts to serve others ok??

**Wrap Up (2 minutes)** Thank you for joining us today!! I had so much fun with you all. I will be praying you always remember to put on your super suit, and to use your superpowers – including the superpower of love – to bring Glory to God!

Next time we are going to learn about ANOTHER superpower God gives us. Hint.... You are STRONGER than you think!!

See you soon!

## Superhero Virtual Recess Class 4

### Materials:

- \* obstacle course items
- \* 3 pillows
- \* Balloon tied to a string
- \* Favorite music

Objective: Kids will learn about the power the holy spirit gives them through Acts 1:8 “*But you will receive power when the Holy Spirit has come upon you*” and 1 Corinthians 3:16 “*Do you not know that you are God’s temple and that God’s Spirit dwells in you?*”

### Introduction: (2 minutes)

- Welcome back!!
- Introduce yourself + your helpers
- We have learned about our super suit and superpowers – today we are going to learn about another special power God gives us – the same power that raised Jesus from the dead!

### Warm Up: (5 minutes)

- Obstacle course – show off yours for inspiration and encourage kids to create their own
- Change motions
  - slow motion,
  - march,
  - fly,
  - speed racer,
  - tip toe backwards.

### STRETCH:

- star
- flamingo
- shoulder circles
- triceps stretch
- climb a rope (abs)

### Water Break

**Mini-Education (3 minutes)** Tell me what you remember about superheroes?? YES!! They are strong. They have super suits. And they have superpowers! And guess what – you have all of these things too! YOU are a superhero for Jesus!!! Today we are going to learn about another power God gives us – the same power that rose Jesus from the dead. WOW!!!! That is the ultimate power, right?!?! It is the power of the Holy Spirit. Jesus said in John 14:26 that God was going to give those who believed in Him a helper. *But the Helper, the Holy Spirit, whom the Father will send in my name, he will teach you all things and bring to your remembrance all that I have said to you.* Batman has Robin, but we have even better! We have the Holy Spirit! He is always with us.

And the Bible tells us in Acts 1:8 that the holy spirit gives us POWER! *“But you will receive power when the Holy Spirit has come upon you”*. We are stronger than we think – that’s exciting right?! Let’s play and learn some more!

### **Main Activities: (25 minutes)**

**TRUST MAZE:** Set up chairs, stools, pillows, blocks, and other items as obstacles in a maze pattern around the room (not the same as your obstacle course). Blindfold one participant and have attempt the maze by listening to the voice of another person guiding them (could be another player or a parent). Play loud music to make it harder to hear directions, and then turn the music off so it is easy to hear. Go fast, go slow. FREEZE! See if you can make it through the maze twice.

Mix up the maze and repeat for another player or the same one to try again.

### **Water Break**

#### **Recess Review**

Jesus promised the holy spirit to be our helper. Do you let the spirit guide you and help you? He sees things we can’t see so it is important to ask Him for help and ask the spirit to guide us. Just like your parent or sibling guided you through the maze, the voice of the holy spirit can guide you too. But sometimes the noises of the world are too loud – just like the music was loud. So, we need to go to a quiet place and pray, and then listen for the voice to guide us.

**Power up!** Hang a balloon tied to a string in a doorway. See how many times you can jump up and touch it in 1 minute. NOTE: this is hard and tiring! Remind kids of the POWER the holy spirit gives them. They are stronger than they think – they can keep going even when it is hard. “I can do all things through Christ who gives me strength”. Encourage them to play worship music as they “power up”!

### **Water Break**

Recess Review: Great job! That was hard but you didn’t give up! Do you feel strong and powerful? You got even stronger by playing that game! Let’s do another one – this one is one of my favorites!

**Pillow Challenge:** Using 3 pillows, try to go from one end of the room to the other. You must only step on pillows, never on the floor. Challenge kids to figure out how to do this on their own, and to pray if they need help. Encourage them to praise Jesus for giving them the power of the mind and for helping them find solutions to problems!

REPEAT and challenge them to find another way to cross the room.

### **Water Break**

**Recess Review** How did you guys do?? Were you able to cross the room? Moses came up to a challenge just like we do. He had an army of bad guys chasing him and his people. He prayed to God and God gave Moses the power to part the Red Sea. The sea divided in 2 parts – and Moses and his people walked through the sea on dry land. When they all crossed, God closed the sea and defeated the bad guys. That is POWER right?!?! Remember, in times of trouble, God is with you and gives you the power to overcome!

**PRAISE DANCE:** Turn up your favorite worship music, grab a streamer (tie or scarf) or balloon, and dance dance, dance! When you hear my whistle FREEZE and yell out a superpower God gave you. Ready??

**Recess Review:** Whoo hooo! I am so happy you are all recognizing the power that God gives you. Have you ever heard the saying “With great power, comes great responsibility”?? It is so true. God gives us power and we have responsibility to use it for His glory – to show love to others.

**WATER BREAK.** Grab a drink and let’s cool down a little bit with one of my favorite songs --- but we are going to mix it up.

**Cool Down/Stretch (5 minutes) If** Jesus loves you and you know it... (just like if you are happy and know you it – but with a twist).

- Clap your hands
- Show your strong (show muscles)
- Shout Amen (jump up and shout amen)

**Wrap Up (2 minutes)** Thank you for joining us today!! I had so much fun with you all. Remember the power Jesus gives you, and with that power comes great responsibility. Use it for His glory!

Prayer.

See you next class!

## Superhero Virtual Recess Class 5

### Materials:

- \* 10 balled up socks, crumbled balls of paper, bean bags, or soft balls
- \* Pictures of snacks

**Objective:** Kids will learn that their body is a temple for the holy spirit that gives them “super” power, and they will learn how to keep their temple strong. 1 Corinthians 6:19

**Introduction: (2 minutes)** “Welcome back to superhero training!”

- Introduce yourself + your helpers
- Is everyone wearing their super suit (armor of God)?? GOOD!
- Is everyone feeling STRONG and POWERFUL?? YAY!!
- Who remembers what we talked about last time? I will give you a hint... it is a kind of power that lives in us. YES!!! The power of the Holy Spirit!
- Today we will learn more about that but first, let’s get warmed up!

**Warm Up: (5 minutes)**

- Obstacle course – show off yours for inspiration and encourage kids to create their own
- Change motions. Get creative! Examples include:
  - slow motion,
  - march,
  - fly,
  - speed racer,
  - tip toe backwards.

**STRETCH:**

- star
- flamingo
- shoulder circles
- triceps stretch
- climb a rope (abs)

**Water Break**

**Mini-Education (3 minutes)** Last time we talked about how Jesus gives us the Holy Spirit to help us and give us power. And we talked about how we have to be responsible for that power as superheroes right? The bible tells us in 1 Corinthians 6:19 that our body is a temple for the holy spirit. Do you know what a temple is? That’s right – it is kind of like a castle or a house. The bible is telling us that our body is the home of the holy spirit and that means we need to keep our bodies strong to protect and respect that power. How can we keep our bodies strong? That’s right! Exercise and eating healthy are great ways! Playing games and staying active. What about eating candy and watching TV all day? NOOOOO!!!! Come on – let’s get our bodies stronger with some fun exercise games today.

## **Main Activities: (25 minutes)**

Minute madness: Divide the room in half marked by a line on the floor (cones, tape, jump rope, broom, etc). Split the players so there are 2 teams, one team on each side of the dividing line. Place the balled socks on the dividing line. At the sound of "GO", the goal is to get all the balls on the opposite side of the line, while keeping your side "clean". You want your side completing clean when the whistle blows in 1 minute. If playing alone, throw all balls to one side, and then quickly run to the other to see if you can "clean" that side before the whistle blows.

Ready... GO!!!

REPEAT this time play crawling instead of standing up.

## **Water Break/Recess Review**

My heart is pumping is yours?? And I am sweating a bit – yay!!! That means my body is exercising and that means I am getting stronger and keeping my temple strong for the holy spirit! Let's play another game ok?

Snack attack: Grab the food cards your mom or dad printed for you and lay them out around the room. At the sound of "GO" you will move around the room and when I blow the whistle and say "SNACK TIME" you will run and stand on healthy snack that keeps your temple strong. Ready??

The first time we are going to skip – go!

SNACK TIME!!!!!!

Good job – is it healthy??? Let's try again.

Run backwards.

SNACK TIME!!

Crab Walk!

SNACK TIME!!

Bear crawl

SNACK TIME!!

Bunny hop

SNACK TIME!!

## **Water Break**

## **Recess Review**

Good job!! Remember, keeping our temple strong means exercising and eating healthy! You guys did a great job exercising and choosing healthy snacks. Do you choose healthy snacks as often as you can? Do you drink water instead of a lot of juice or soda? GOOD JOB!! Those are SUPERHERO smart choices and they keep your temple strong just like the bible says!

Let's play another game!

Rainbow scavenger hunt: One way for us to eat healthy is to try to eat the colors of the rainbow. When I call out a color, you are going to find something that color in your house as fast as you can and run to touch it. When you get there, you are going to think of a food that color and shout it out. Ready??

**Recess Review:** Way to go friends!! I feel stronger already don't you?

**WATER BREAK.** Grab a drink and let's cool down a little bit with one of my favorite songs --- but we are going to mix it up.

**Cool Down/Stretch (5 minutes)**

If Jesus loves you and you know it... (just like if you are happy and know you it – but with a twist).

- Clap your hands
- Show your strong (show muscles)
- Shout Amen (jump up and shout amen)

**Prayer**

See you next time Superheroes!

## Superhero Virtual Recess Class 6

### **Materials:**

- \* Balloon
- \* Basket
- \* 5 stuffed animals
- \* 3 paper stars with sticky tape or tack on the back

**Objective:** Kids will learn that they are a part of TEAM GOD with other brothers and sisters in Christ, and they will learn what God wants us to do as a part of this team.

**Introduction: (2 minutes)** “Welcome back to superhero training!

- Introduce yourself + your helpers
- Is everyone wearing their super suit (armor of God)?? GOOD!
- Is everyone feeling STRONG and POWERFUL?? YAY!!
- Did you make good choices to keep your temple strong?
- Today we are going to learn about the other superheroes that on are on TEAM GOD with us.

**Warm Up: (5 minutes)**

- Obstacle course – show off yours for inspiration and encourage kids to create their own
- Change motions. Get creative! Examples include:
  - slow motion,
  - march,
  - fly,
  - speed racer,
  - tip toe backwards.

**STRETCH:**

- star
- flamingo
- shoulder circles
- triceps stretch
- climb a rope (abs)

**Water Break**

**Mini-Education (3 minutes)** Do you know what it means to be on a team? On a team you work together to accomplish a goal, or to win a game. Members of the team look out for each other, encourage each other, and help each other. They practice together, and often become friends and hang out even after practice and games because they spend a lot of time together. God loves it when we do this. In fact, God knew it was not good for us to be alone in life, and that is why He created Eve for Adam! The bible tells us in Hebrews to “meet together”, and “encourage one another” and in Matthew 18:20 it tells that when 2 or more believers are gathered, Jesus is there with them. WOW!!!

Now that is super power right?!?! So I want you all to know that you are a member of an important team of believers who follow Jesus – TEAM GOD!! Let's play some TEAM GOD games ok?

### **Main Activities: (25 minutes)**

**Balloon Basket:** Place a basket on one side of the room. Participants start on the opposite side of the room, holding their balloon. At the sound of the whistle, participants drop their balloon and put their hand behind their back. The goal is to get the balloon into the basket, using only their feet. Once they do, they earn 1 point, grab the balloon with their hands and run back to the other side of the room to start again. The goal is to see how many points the team can get before the whistle blows! Once the whistle blows, add up all the points. Put your teams score in the comments so we can add up our TOTAL TEAM GOD SCORE!!

Repeat and see if teams can beat their score, and if TEAM GOD can beat the total score. Remind participants that teammates encourage one another and build one another up by speaking words of life and not getting upset.

Put your score in the comments so we can add up our TOTAL TEAM GOD SCORE!!

### **Recess Review**

Great teamwork!! You demonstrated great characteristics of a member of TEAM GOD by encouraging your siblings / friends / parents during that game! And if you are playing alone at home, you did a great job by contributing to our overall goal – YAY!!!! Grab some water and let's play the next game.

### **WATER BREAK**

**Animal Toss:** Let's play another game where we keep score ok? This time you will need 5 stuffed animals and your basket. You are going to lay on your back, with your head closest to the basket and your feet pointed toward the other side of the room. Pick up a stuffed animal with your feet and try to toss it over your head and into the basket while laying on your back. When your pile is gone, run to gather the animals and start again. Remember to count how many make it in the basket. Ready? Set. GO!!!!

Put your teams score in the comments so we can add up our TOTAL TEAM GOD SCORE!!

Repeat and see if teams can beat their score, and if TEAM GOD can beat the total score. Remind participants that this game is harder than the last one. And that sometimes life is hard. But if we always try our best, God is pleased!

Put your score in the comments so we can add up our TOTAL TEAM GOD SCORE!!

### **Recess Review**

Way to go!! I love how you all tried your best and wow – look at our TEAM GOD score!! YAY!!!! That was tricky for me, but I still had fun playing with you all. And I think I heard you all encouraging your siblings at home... did I hear you say, “Way to go!”, “You can do it”, “let’s keep trying”! I thought I did – you are a great team member! Let us grab some water and play another game.

### **Water Break**

Let’s play another game!

**High Jump:** Start on one end of the room, facing a wall. Each player has 3 paper stars with tape or sticky tack on the back. One by one each player will run and jump, sticking a paper star to the wall, attempting to make it the highest star on the wall (goal is to jump higher each time). Remind other players to take turns and encourage their team members during their turn.

Did you do it?? Let’s try it again. REPEAT!

**Recess Review:** Wow – I see some high jumpers on this team! That can be hard right? If you are short and your sibling is tall – you might even think that it isn’t fair, and you might be right. Sometimes life does not feel fair. And that is why it is important to remember we have TEAM GOD to encourage us and help us when we feel down, just like you and your siblings did today.

**WATER BREAK.** Grab a drink and let’s cool down a little bit with one of my favorite songs --- but we are going to mix it up.

### **Cool Down/Stretch (5 minutes)**

Crazy 8’s. Start standing with your feet together. Rotate your feet in and out to spread your legs apart, counting to 8 as you do it.

Count to 8 as you slowly reach for the floor, putting your hands between your legs.

Count to 8 as you walk your hands out in front of you, ending in a wide legged plank.

Count to 8 as you lift your arms out in front of you, alternating hands.

Count to 8 as you walk your hands back to the middle of your legs

Count to 8 as you slowly stand up

Count to 8 as you slowly rotate your feet in and out bringing them back together.

**Wrap Up (2 minutes)** Wow we are learning a lot together as we become stronger superheroes, right?!?! Next time we are going to learn who the ULTIMATE superhero is? Can you guess? Who do you think???. Join us next time and we will find out together!

### **Prayer**

See you next time Superheroes!

## SUPERHERO VIRTUAL RECESS CLASS 7

### Materials:

- \* Blanket or bed sheet
- \* Balloon or pillow
- \* 10 paper plates, 2 fish & 5 loaves of bread paper cut-outs

**Objective:** Kids will learn that Jesus performed many miracles, and that He is the ultimate superhero.

**Introduction: (2 minutes)** “Welcome to our TEAM GOD superhero party!

- Introduce yourself + your helpers
- Congrats! You have all earned a SUPERHERO FOR CHRIST training certificate!
- Is everyone wearing their super suit (armor of God)?? GOOD!
- Is everyone feeling STRONG and POWERFUL?? YAY!!
- We are going to PARTY and celebrate Jesus and YOU today!

**Warm Up: (5 minutes)**

- Obstacle course – show off yours for inspiration and encourage kids to create their own
- Change motions. Get creative! Examples include:
  - slow motion,
  - march,
  - fly,
  - speed racer,
  - tip toe backwards.

### STRETCH:

- star
- flamingo
- shoulder circles
- triceps stretch
- climb a rope (abs)

### Water Break

**Mini-Education (3 minutes)** Do you know what a miracle is? Miracles are amazing things that happen but we don't know how. We can't explain them because they are too awesome. God gave Jesus the ability to perform miracles to help other people believe in God, and to show God's love for them. Kind of like how superheroes always win battles and save people. Except superheroes are only in movies – Jesus performed miracles in real life and God still performs miracles all the time today. Let's learn more about these miracles together.

**Main Activities: (25 minutes)**

**Blind Tag:** One player closes their eyes while the others move around to a new spot in the room. They must stay there “frozen” in a balancing position of their choice (give them a few options). The “blind” player says “I can’t see” and the others must respond “I am here”. The tagger tries to tag other players without opening his / her eyes.

REPEAT changing the tagger.

### **Water Break/Recess Review**

Can you imagine what it would be like to be blind? Playing this game gave you a very small idea of what it would be like. In the Bible, John 9:1-38, Jesus performed a miracle and opened the eyes of a man that was born blind! Isn’t that amazing! But Jesus didn’t do it to show off – He did it so that others would believe in God and His power. Let’s play another game and learn about another miracle.

**Calm the Storm:** Place a balloon or pillow on a bed sheet or small blanket. Players grab sides of the blanket and follow your prompts as you tell them the story of how Jesus calmed the storm.

<sup>35</sup> That day when evening came, he said to his disciples, “Let us go over to the other side.” <sup>36</sup> Leaving the crowd behind, they took him along, just as he was, in the boat. There were also other boats with him. (Let’s make our boat move on the water. **\*\*shake the blanket to make the object move softly\*\***

<sup>37</sup> A furious squall came up, and the waves broke over the boat, so that it was nearly swamped. **\*\*Shake the blanket vigorously, bouncing the object all around roughly\*\***

<sup>38</sup> Jesus was in the stern, sleeping on a cushion. The disciples woke him and said to him, “Teacher, don’t you care if we drown?” **\*\*Scream – “JESUS HELP US”!**

<sup>39</sup> He got up, rebuked the wind and said to the waves, **“Quiet! Be still!”** **\*\*FREEZE\*\***

Then the wind died down and it was completely calm.

<sup>40</sup> He said to his disciples, “Why are you so afraid? Do you still have no faith?”

<sup>41</sup> They were terrified and asked each other, “Who is this? Even the wind and the waves obey him!”

Let’s tell the story again – I want to see if you remember it ok? REPEAT.

### **Water Break**

### **Recess Review**

How do you think you would feel if you were on a boat during a scary storm and it was rocking all over the place?? What did Jesus do when His friends were scared? **\*\*He**

performed a miracle and calmed the storm – even the wind and the waves obey Him. What does Jesus do when you are scared? It makes me feel so safe knowing that Jesus protects me!

Let's play another game!

**Feeding 5000:** Line up 10 paper plates (or pieces of paper) on one side of the room. On the other end, place 2 fish and 5 pieces of bread (plastic food or cut out of paper). At the sound of "go", players will try to put food on every plate, taking it one at a time to the plates on the other end of the room. (this is impossible unless they break or rip the food into pieces).

Did you do it?? Let's try it again. REPEAT!

**Recess Review:** How did you do?? MAYBE if you broke the food, you filled all the plates. What if I asked you to put 5 thousand plates down – could you do it then?? NO! That would be impossible right?!? Well... Jesus did it!! He was teaching a big crowd one day and they all got hungry. A boy had 5 loaves of bread and 2 fish in a basket. Jesus blessed it and feed over 5000 people – and there was food leftover! That is a miracle!!

**WATER BREAK.** Grab a drink and let's cool down a little bit with one of my favorite songs --- but we are going to mix it up.

### **Cool Down/Stretch (5 minutes)**

**He is Risen!:** Lie down on the ground while I tell you a story about the BEST miracle of all. When you hear me say "He is risen", I want you to get up as fast as you can and shout "Hallelujah!"

### **Jesus Rises from the Dead**

\* **28** The day after the Sabbath day was the first day of the week. At dawn on the first day, Mary Magdalene and another woman named Mary went to look at the tomb.

\* **2** At that time there was a strong earthquake. An angel of the Lord came down from heaven, went to the tomb, and rolled the stone away from the entrance. Then he sat on the stone. **3** He was shining as bright as lightning, and his clothes were white as snow. **4** The soldiers guarding the tomb shook with fear because of the angel, and they became like dead men.

\* **5** The angel said to the women, "Don't be afraid. I know that you are looking for Jesus, who has been crucified. **6 He is not here. He has risen** from the dead as he said he would. Come and see the place where his body was. **7** And go quickly and tell his followers, 'Jesus has risen from the dead. He is going into Galilee ahead of you, and you will see him there.'" Then the angel said, "Now I have told you."

**Wrap Up (2 minutes)** Do you know why this is the BEST miracle of all?? Because Jesus died on the cross to save us from our sins. He paid the price so we can be

forgiven. And He rose from the dead and went to live in Heaven and when He did, He promised to save a place for us. Him dying and rising again means we get to live forever too – in Heaven with Him! All we have to do is believe in Him. John 3:16 tells us “God so loved the world that He gave His only son, that whosoever believes in Him shall not perish, but have everlasting life.” THE BEST MIRACLE!! And we can share this miracle with all our friends and people we meet! Who can you share this miracle with??

## **Prayer**

See you next time Superheroes!

## Superhero Virtual Recess Class 8

### **Materials:**

- \* balloons/balled up socks
- \* painters tape/masking tape
- \* obstacle course items
- \* pile of shoes (all sizes)
- \* pillowcase

**Objective:** Kids will be reminded of the things they learned during superhero training during a TEAM GOD superhero celebration!

**Introduction: (2 minutes)** “Welcome to our TEAM GOD superhero party!

- Congrats to all campers on your awards – God gave you superpowers (gifts + talents) and we are so happy we got to know you! Keep sharing them with the world!
- We are going to PARTY and celebrate Jesus and YOU our last day of superhero training!
- Introduce yourself + your helpers

**Warm Up: (5 minutes)**

- Obstacle course – show off yours for inspiration and encourage kids to create their own
- Change motions
  - slow motion,
  - march,
  - fly,
  - speed racer,
  - tip toe backwards.

**STRETCH:**

- star
- flamingo
- shoulder circles
- triceps stretch
- climb a rope (abs)

**Water Break**

**Mini-Education (3 minutes)** We have been learning about the superpowers each of us have... our super suit (the armor of God), Strong Sue taught us more about how to use the SUPERPOWER of LOVE today, AND we learned that JESUS is the ultimate superhero right?!?! WHAT A WEEK! We are going to play some games today that will help us remember these things – and maybe you can even teach them to your friends the next time you play!

## **Main Activities: (25 minutes)**

Shuffleboard: For this game, make a line on the floor with a piece of painters tape or masking tape, or with a row of cups / cones. You will need 2 teams – one on each side of the line. Split up the number of bean bags/balled socks equally between teams. If you are playing by yourself that's ok! You are going to try to have all your socks / beanbags on one side of the line when the whistle blows. So you will throw them all to one side, get up and run to the other side to do it again.

Each child will start in a plank position like this. When I blow the whistle, you will shuffle the bags / balled up socks to the other side, trying to keep your side clean. Remember if you are playing alone you will need to move quick to try to have all items on your side when the round ends. When I blow the whistle, everyone will freeze. The player with the least number or cleanest side will win the round. Are you ready??

REPEAT

## **Water Break/Recess Review**

Great job friends! Part of being on Team God means always trying our best AND showing good sportsmanship even if we don't win. If we tried our best, there is no need to be upset. We just try again next time! GO TEAM GOD! Are you ready for our next game? I love this one!!!

Shoe tower relay: pile of shoes (all kinds + sizes) on one side of the room, build a tower on the other. Put the shoes on, run to the other side of the room, remove them, and add them to the tower. If they are too big or too small, doesn't matter – you must find a way to walk in them! Repeat until time is up. Let's see who can build the tallest tower in 2 minutes!

That was just a warmup – let's try this again 😊 This time you don't have to wear the shoes, but you can't carry them with your hands. You have to hold them some other way. Ready.... 2 minutes.... Go!

## **Water Break/Recess Review**

How did you guys do?? Look at our tower – wow that was fun. But it was hard walking in shoes that were not mine. Was it hard for you? But was it fun too?? Part of loving our neighbor is “walking in their shoes”. Have you ever heard someone say that? It means that we try to learn about them so we can understand how they are feeling. When we do that – we are using our superpower of LOVE.

Let's play another game!

Red light, green light, pillowcase race: Grab a pillowcase and get inside (like a potato sack). Try to do this on a rug, soft mat, or carpet. You could also line up some yoga mats and go from one end to the other.

When I say “Green light” you go, yellow light go slow, and red light you stop. Your goal is to make it to the other side of the room first. Let’s practice and then we are going to add a twist.

GREAT JOB!

This time I am going to say some words. If the words show LOVE – you go. If not – you freeze, put up your shield and yell “JESUS LOVES ME” to block those lies!! When you make it to the end you yell “TEAM GOD!” Make sense? Ready?

You are beautiful  
You are important  
You are strong  
NOT FAIR!  
NOT CUTE!  
NOT COOL!  
YOU ARE NO FUN  
Jesus loves you!  
You are creative  
I love your art  
I love your shirt  
I love your glasses  
You are nice  
You try hard  
QUITER!

FREEZE DANCE: What’s a party without dancing?? Turn up your favorite tune (or use today’s playlist), grab a streamer, and dance dance dance! When you hear my whistle FREEZE and yell out something nice about a friend you met at camp. Ready??

**Recess Review:** Whoo hooo! Doesn’t it feel good to use your superpower of LOVE?!

**WATER BREAK.** Grab a drink and let’s cool down a little bit with one of my favorite songs --- but we are going to mix it up.

**Cool Down/Stretch (5 minutes)** Praise Jesus Pokey. (just like the hokey pokey but instead we “all praise Jesus as we turn ourselves around... that’s what it’s all about”  
We put out:

- belt of truth in, belt of truth out
- helmet of salvation in, helmet of salvation out
- sword of the spirit
- shield of faith

- shoes of peace
- breastplate of righteousness

**Wrap Up (2 minutes)** Thank you for joining us today for our TEAM GOD party! I had so much fun with you all – what a great way to end camp right?! I hope to see you again in our virtual recess club and maybe at our next camp session! Until then I will be praying you always remember to put on your super suit, that Jesus is your ultimate superhero and that you use your superpower of LOVE!

BYE!!