

VBS 2022
Theme: Make Waves

SNACKS ACTIVITY (DAY 1- DAY 5)

Day 1

Ocean Pudding Cups

What You Need: small, clear punch cups; vanilla pudding; blue food coloring, graham cracker crumbs optional: Trolli gummy octopus candies.

What You Do:

- Make a batch of vanilla pudding according to the package directions. As you whisk in the milk, add blue food coloring to desired color.
- Spoon an inch of blue pudding into the bottom of a clear punch cup.
- Sprinkle a layer of graham cracker crumbs into the cup, followed by another layer of blue pudding. Repeat once more, adding another layer of graham cracker crumbs and pudding.
- Top the cup with more graham cracker crumbs on one-half of the cup. Add one more small spoonful of pudding next to the graham cracker "sand."
- Optional: Add an octopus candy to the top if provided.

What You Say:

"Your pudding cups look delicious. Where does sand come from? Sand forms when rocks break down. But did you know that sand can also come from parrotfish poop? It's true! Because parrotfish eat algae off of rock surfaces, they ingest little bits of rock with each bite. Those small bits of rock go through their bodies and come out as sand!

"In one year, one large parrotfish can produce one thousand pounds of sand. That's how much an average grand piano weighs! There are so many amazing creatures in the ocean. Each one was made by God with a purpose! God doesn't create anything by accident. Everything He makes, He makes with care and attention and purpose. **[Bottom Line] God made people with a purpose.**"

Day 2

Follow Me Snack

What You Need: popcorn, Goldfish crackers, pretzels, honeycomb cereal, clear punch cups or individual sandwich bags

What You Do:

- Before the kids arrive, fill individual bags or plastic cups for each kid with the popcorn, Goldfish crackers, pretzels, and honeycomb cereal.
- As you review the story using the dialogue below, encourage the kids to enjoy their snack mix.

What You Say:

“Who got out of the boat to walk to Jesus? (*Pause.*) Peter did! But he started to sink when he looked at the waves and became scared. But Jesus was right there and completely in control. We can trust Jesus. He is the BEST One to follow because He will always lead us in the right direction. **[Bottom Line] Jesus invited people to follow Him.** He invites US to follow Him too.”

Day 3

Life Saver Bagels

What You Need: small paper plates, plastic knives, plain bagels, cream cheese, strawberry and banana slices

What You Do:

- Give each child a plate with a half of a bagel, a glob of cream cheese, several banana and strawberry slices, and a plastic knife.
- Encourage the children to use their knives to spread the cream cheese onto the bagel.
- Instruct the children to add the banana and strawberry slices in rows around the bagel to create a life preserver.

What You Say:

“When someone is sinking in the water, a lifeguard will throw out a flotation device for the person to grab onto to be rescued. You can trust a life preserver to hold you up and help you float in the water. We can trust Jesus too. He can rescue us. Why do we need to be rescued? Sin—or the wrong things people do—keep us from having a relationship with God. Jesus made a way for our sins to be forgiven by dying on the cross for us. When we put our trust in Jesus and what He did, we can have a relationship with Him that lasts forever. **[Bottom Line] You can trust Jesus with your life.**”

Day 4

Make a Splash Jell-O Cups

What You Need: blue Jell-O cups, canned whipped cream, plastic spoons

What You Do:

- Before children arrive, remove the lid from each blue Jell-O cup and squirt the top with the canned whipped cream.
- Set the Jell-O cups on the table with the spoons for the kids to grab!

What You Say:

“This whipped cream reminds me of the white caps of a huge ocean wave! Those waves are powerful but not NEARLY as powerful as our God! He made you and He loves you so. How do I know that? Because of Jesus! Jesus, God’s only Son, came to earth to show us how to love others. That’s what we’re talking about today. **[Bottom Line] Love others the way Jesus loves you.**”

Day 5

Fruit of the Spirit Fruit Salad

What You Need: several different varieties of cut fruit, beach pails, small plates, plastic forks or spoons

Optional: if offering fresh fruit isn't possible, serve fruit roll-ups or fruit snacks

What You Do:

- Wash and cut up your fruit and serve each fruit in a beach pail at a serving table.
- Give each child a small plate and a plastic fork or spoon.
- Invite the kids to choose which fruits to enjoy, placing a few pieces/slices of each fruit on their plates.

What You Say:

"The fruit that God wants to grow in us looks a lot like joy, peace, patience, kindness, love, and self-control. When God grows His fruit in us, we can make a difference for sure! I'm so glad that God has given us His Spirit to help us. ***[Bottom Line]*** God can help you change the world around you."

What you need

1. Life Saver Bagels

- Small plates—one per kid
- Plastic knives—one per kid
- Plain bagels—one-half per kid
- Cream cheese

Strawberry and banana slices

2. Life Saver Bagels (Virtual Option)

- Small plates—one per kid
- Plastic knives—one per kid
- Plain bagels—one-half per kid
- Cream cheese

Strawberry and banana slices

3. Life Saver Bagels

- Small plates—one per kid
- Plastic knives—one per kid
- Plain bagels—one-half per kid
- Cream cheese

Strawberry and banana slices

4. Make a Splash Jell-O Cups

- Plastic spoons
- Blue Jell-O cups—one per kid
- Canned whipped cream

5. Fruit of the Spirit Fruit Salad

- Small plates—one per kid
- Plastic forks—one per kid
- Several varieties of cut fruit
- Beach pails—one per each kind of fruit provided
- Optional: fruit roll-ups or fruit snacks; if providing fresh fruit is not possible