

COMPLETE PARENTS' GUIDE



**BRINGING THE CAMP
EXPERIENCE TO YOUR
LIVING ROOM OR
BACKYARD!**



Let's get started!

Welcome to Rocky Railway Virtual Camp!

With minimal preparation, easy to follow instructions, and a daily camp video that leads you and your kids step-by-step through each of the 5 days, this year's virtual camp is designed to bring all of the fun and faith-formation of camp to the safety of your home! It is just that simple.

This **Complete Parents' Guide** is for YOU to use at your leisure. As much or as little of the content you implement during the camp day is up to you, the kids' camp experience will be fun, nonetheless!

Directions:

Step 1: Gather your materials!

During the camp video, your camper will have everything they will need in their "VBS TAKE HOME KITS", just grab the bag labelled for that day! Be sure to watch out for smaller pieces with little ones around.

Step 2: Press play!

When you're ready, gather the kids around and press play on the video. Each video will lead you and the campers through the entire experience. When the video will lead your camper through questions or crafts, feel free to pause it if you need more time!

Step 3: Share on Facebook!

We'd love to see the kids having fun with the Stories, Crafts, Skits, and Dancing. With your permission granted, you can load them onto our Public Facebook page <https://www.facebook.com/gracesiouxcity/>, or email us the photos/videos to tamera@gracesiouxcity.org to share with our congregation. We want to show other children that their friends are having fun learning about Jesus Power.

Step 4: Use the extras found in this guide!

This is when the guide comes in handy. Each day you will find game suggestions using common household items, and questions you can ask the kids around the dinner table or at bed time!



Jump into learning with your camper this summer with our theme at the centre:

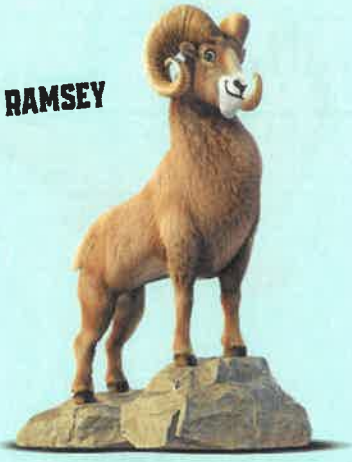
Jesus' power pulls us through.

Video Access:

You can access the videos and resources on the Grace UMC Vacation Bible School link or watch on Youtube.

Jesus' power pulls us through.

RAMSEY



SUNDAY

Bible point:

Jesus' power
helps us do hard things.

Bible verse:

"For I can do everything through Christ,
who gives me strength."

(Philippians 4:13)

Questions to ask your campers:

Kids are great verbal processors! We suggest asking these questions while you're having a down moment throughout your day. Not only will you be able to get to learn more of what your kid is learning, but we encourage you to share with your camper what you are learning too!

1. What is something in your life that you like to do even though doing it is hard?
2. How did Jesus help Dominic do the hard things we saw in the video today? What is a way that you see Jesus is helping you do hard things?
2. Is there something you would like to try but you haven't done it because it seems too hard?

Snack Suggestion:

CHEW CHEW Track- Day 1 See insert

Every little one needs a break during VBS and we invite you to create these easily assembled snacks that tie to their daily bible verse. Each Crew receives a handy card in their day 1 kit for each to walk through the snack experience with food allergies being considered.

Game idea: Hold the Track Line

Before Crews arrive, lay lines of pool noodles to divide your play area into large sections—one section for every two Crews. If you have a large play area where you can allow pairs of Crews to really spread out, the pool noodle boundaries likely won't be necessary.

Say: This super-fun game is all about holding on tight when things get tough. Your Crew will link together with another Crew to form a train, and your goal is to keep your train together—no train cars going off the rails!

1. Have Crews pair up. If you have an uneven number of Crews, one Crew can split in half and each half can join one of the other large groups.
2. Everyone in the new groups will hold hands to form a linked "train" line.
3. Groups can decide which end of the line is the train's engine and which is the caboose. The person at the head of the line—the engine—will then run and move around the play area, changing directions frequently, and the rest of the train will follow and try to hold on to each other.
4. If anyone detaches from a train line, the group can shuffle positions in line and play again.

Bible point:

Jesus' power
gives us hope.

Bible verse:

"So be strong and courageous,
all you who put your hope in the Lord!"
(Psalm 31:24)

Questions to ask your campers:

1. What instrument do you wish you could play?
2. What is a talent that *you* have – something that you're good at – that could bring comfort and hope to someone?
3. What do you think it means to put your hope in the Lord?
4. When is a time *you* need to put your hope in the Lord – a time you need Jesus to give you strength and courage?

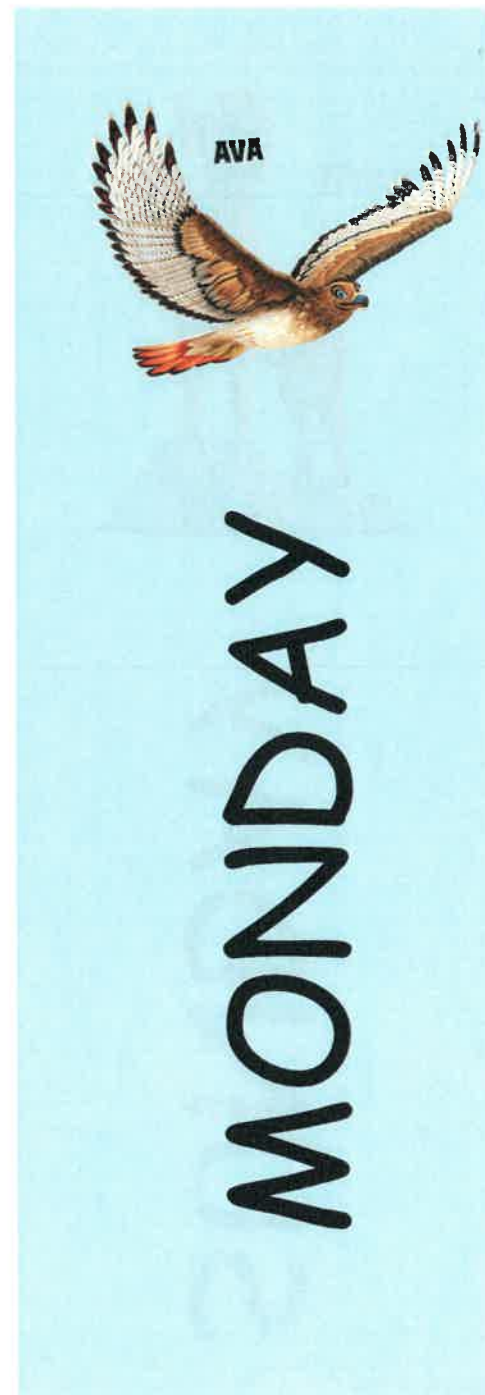
Discussion Tip!

Kids learn by example a lot of the time, and something important that you can show them is how to share what you think about what you are learning with them!

Snack Suggestion:

[Bagel Tunnel](#) - Day 2 See insert

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Game idea: H.O.P.E Ball

Say: While you play this next game, pay attention to what gives you hope to keep playing even if someone scores against you.

1. Have Crews spread out some but stay close enough to you that they can hear your directions.
2. Have each Crew stand in a circle, foot to foot (a person's feet should touch a foot of the people on each side), with each person's legs a little more than shoulder-width apart.
3. The goal is for people to roll a ball between the legs of another person as well as block the ball from going between their own.
4. Crew members can use only one arm to play and must tuck the arm they choose not to use behind their back.
5. When a person can't block the ball and is scored upon, he or she earns a letter in the word *hope*. When a person reaches all four letters, the Crew can shuffle where they're standing and start a new round.
6. About halfway through your time for this game, increase the challenge and fun for the Crews by giving each a second ball.
7. Play as many rounds as time allows and sound the Train Whistle to signal the end of the game.



Bible point:

Jesus' power
helps us be bold.

Bible verse:

"He gives power to the weak
and strength to the powerless."
(Isaiah 40:29)

Questions to ask your campers:

1. Lauren serves in a community kitchen – how or where could you serve?
2. Have you ever felt like Lauren? Have you wanted to help someone but something kept you from doing it?
3. Do you know anyone who could use help? How can we help them?

Discussion Tip!

Your camper is going to learn by doing! Your support in your kid's ideas on how to serve will do wonders!

Action Step:

Go to the pantry! We can be like Lauren AND Jesus today! On Friday at the Drive-Thru event at Lighthouse, we are going to collect canned goods for people who don't have food! You and your kids can pick out a few cans that you can spare, bring them on Friday and practice being bold for Jesus! All cans will be donated to the Inn of the Good Shepherd.

Snack Suggestion:

Coal Crunch- Day 3 See insert

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Game idea: Bold Bops

Say: In this game, you might have to take some bold dives for a ball. Are you feeling bold?

1. Have each Crew stand in a circle, and give each a ball.
2. When you start the music to cue the start of the game, a willing person in each Crew tosses the ball into the air to begin the first round.
3. After the first toss, Crew members work together to bop the ball (like a bump-pass in volleyball) into the air without letting it fall to the ground.
4. Have Crews count each time the ball is bopped into the air. If the ball falls, the Crew will start the count over at one.
5. Challenge Crews to get to 20 or more successful bops or simply keep improving their score from round to round.

Bible verse:

Jesus' power
lets us live forever.

Bible point:

"The Spirit of God, who raised Jesus
from the dead, lives in you."

(Romans 8:11)

Questions to ask your campers:

1. What does the word forever mean to you?
2. What do you think heaven will be like?

Discussion Tip!

Kids are visual learners! You can find plenty of object lesson ideas online to communicate the message of the gospel to your kid with simple household items.

Snack Suggestion:

Crunch Crossbuck- Day 4 See insert

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WEDNESDAY

Game idea: Cross the Divide

Say: Today we're talking a lot about *forever* and how Jesus' power lets us live forever. (*Trust Jesus!*) *Forever*. Sounds kind of impossible, right? Impossible for us on our own, but *not* impossible with Jesus. We have limits, but Jesus doesn't. Let's play a fun game to explore reaching our limits.

1. Form pairs within Crews. If a Crew has an uneven number, they can form one trio.
2. Give each pair a ball.
3. Say: In a minute, you'll all spread out with your partners and stand facing each other with a few feet between you.
4. Pretend you're standing on opposite sides of a mountain divide along Rocky Railway and you have to get a train—a ball—across the divide.
5. You'll toss a ball back and forth to each other, and each time you have a successful toss and catch, you'll take a step backward and away from each other. Then toss and catch again.
6. Do this over and over until you can't get the ball to each other anymore.
7. Have everyone spread out and begin tossing.
8. When it looks like most partners have reached their limit and aren't tossing anymore, Stop. Gather everyone back together in their Crews to find a new partner and then spread out again to play one more round.



Lawrence
Elk

THURSDAY

Bible point: Jesus' power helps us be good friends.

Bible verse: "Love each other in the same way I have loved you."
(John 15:12)

Questions to ask your campers:

1. What are your favourite things to do with *your* friends?
2. What do you look for in a good friend?
3. What is a hard thing you could help a friend with? How could you help them be bold?
4. Who could you tell about Jesus this week? And what would you say?

Discussion Tip!

You can't force these conversations! Promote organic conversations and ask these questions *while* you're doing something else! Even asking your kid if they have any questions is a good way to get the ball rolling. Don't know the answers?

Snack Suggestion:

Good Friend Fruit Pizza Day 5 See insert

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Game idea: **Boxcar Bolt**

Before Crews arrive, inflate the balloons, tie them off, and store them in the trash bags to keep them from blowing away. Set up a line of two traffic cones, and then two more traffic cones all spaced 10 to 15 feet apart. Fill the spray bottles with water, and set the nozzles to spray a stream of water, not a mist.

Say: I hope you've had the **best** week of your summer here at Rocky Railway and made some new friends. Who knows? Maybe you've made friends this week you'll stick with for years and years because **Jesus' power helps us be good friends.** (**Trust Jesus!**) Let's wrap up with a game where you'll stick with you friends!

1. Have Crews form single-file lines from tallest to shortest, with the Thank You-er at the front of the line.
2. Give everyone but the Thank You-er a balloon, and have Crew members link together in their line so they're suspending the balloons between the middles of their bodies, holding on to the shoulders of the person in front of them.
3. Each Crew chooses a line of obstacles and lines up a few feet across from an end cone.
4. When you sound the Train Whistle, each Crew runs along the line of obstacles. When they come to a cone, they run a full circle around it, then move on to the next obstacle.
5. Crews run their courses to the other side trying not to drop the balloons between them and not using hands to hold or move the balloons. Any dropped balloons at any point mean starting over.
7. Have Crew Leaders and games assistants spray Crews while they run for a fun cool-down.
8. Play as many rounds as time allows, and encourage Crews to share ideas for strategies to be more successful and faster as they run the course again.

You did it!

We want to thank each and every parent who put effort into still getting their kids to ride the rails with us this Summer. You guys are ROCKIN' parents!

No matter how much or as little of this guide you utilized, we want to thank YOU for making this summer's crazy new, but still crazy fun, VBS experience possible!

Have a great summer, and don't forget:

Jesus' power pulls us through.



Sioux City, Iowa 51106