

Revisiting “CaveQuest” VBS



Lesson Plan Outline:

Suggestions One: Choose one day of the week to be your VBS Day and go through all the activities in sequence.

Suggestion Two: Spread out your VBS through the week. In this case, I suggest:

- ❖ **Monday** - Learn the Bible Point, Read the Bible story Together, Watch the Animal Buddy Video, and practice the song for the week.
- ❖ **Tuesday** - Review the Bible Point & re-read the bible story. Recall the animal buddy and review the song. Do the craft activity.
- ❖ **Wednesday** - Review the Bible Point & re-read the bible story. Recall the animal buddy and review the song. Learn the second song. Play the game together.
- ❖ **Thursday** - Review the Bible Point & re-read the bible story. Recall the animal buddy and review the songs. Read about the service opportunity and discuss how you can help to serve others.
- ❖ **Friday** - Review the Bible Point & re-read the bible story. Recall the animal buddy and review the songs. Discuss your favorite activity of the week and repeat it if desired! Prepare and enjoy the special snack as a celebration of your week!
- ❖ *Remember to send Ms. Lisa some pictures or videos of your at home VBS activities!!! lwitherspoon@fpcgreensboro.org (Submitting photos/videos grants permission to FPC to post on social media, although we may not be able to post all pictures/videos.)*

- **Lesson Five: Week Of June 28-July 4**

- **Bible Point** - Jesus gives us his power.
- **Memory Verse** - Our great power is from God, not ourselves. (2 Corinthians 4:7)
- **Bible Story** - Jesus ascends and empowers his followers (Acts 1:1-11)
- **Animal Buddy** - Ray the Glowworm
(<https://www.youtube.com/watch?v=dMtFF0ZCqyk>)



- **Music**
 - I'm All In (<https://www.youtube.com/watch?v=KD-ch5s6mNY>)
 - This Little Light (<https://www.youtube.com/watch?v=ty9bZXN4uWA>)
- **Craft** - Glow in the Dark Sidewalk Chalk - Use this recipe to make your own glow in the dark chalk with materials you can find at a craft store. Then, head outside to draw and write on your driveway or sidewalk. When the sun goes down, watch your artwork glow! (<https://www.growingajeweledrose.com/2013/07/glow-in-dark-chalk-recipe.html>)
- **Game** - Glow in the Dark Bowling - Get some empty two liter or 16 oz water bottles and remove the labels. Then, drop activated glow sticks inside the bottles and return the lids. Set them up like bowling pins in a hallway or long space that is mostly dark. Use your power to roll a ball and knock them down!
- **Serving Others** - Use your power to lift some canned goods and help others in our community! FPC is collecting canned goods for Greensboro Urban Ministry from 10am-6pm every Wednesday in June & July. Pick up some items at the store and drop them off! Better yet - your family can sign up for a two-hour shift to help collect the cans!! More Information here:
(<https://www.fpcgreensboro.org/digital-formation/>)
- **Snack** - Dirt & Worms!! Ray is a glowworm - use a different kind of "worm" to make this yummy snack! (<https://www.allrecipes.com/recipe/241441/quick-and-easy-dirt-cups/>)

