

# I Can Be a Hero

## Overview

<b>Bible Story</b>	A Hero in the Making — David learns responsibility by caring for sheep.
<b>Bible Verse</b>	We are more than conquerors. — Romans 8:37
<b>Hero Power Words</b>	I am eager to do what’s right.
<b>Theological Truth Expressed Practically</b>	I have a conscience and God wants to use it to help me develop into a hero.

## Power Time Station

### Supplies Needed

**Mission:** Rice Bowl Bank, Rice Bowl Bank video from the Supplies CD ready to play.

**Worship:** You might want to choose songs from our suggested Kids Worship Songs list on page 13 of this manual.

**Hero Training Creed:** Poster from page 26 of the Hero Training Camp children’s curriculum.

### Welcome and Worship

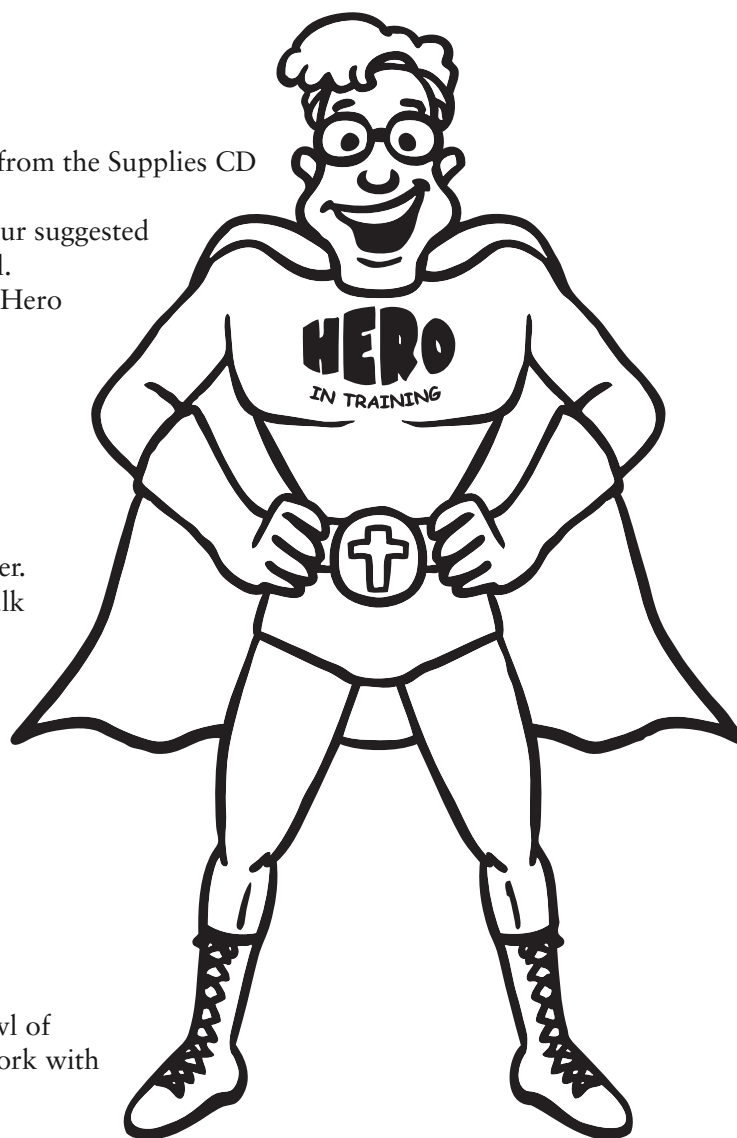
- 1 • Sing several worship songs.
- 2 • Introduce today’s Power Words and have children repeat them with you.
- 3 • Recite the Hero Training Creed using the poster.
- 4 • Show the video of the Rice Bowl Banks and talk about how heroes help other people and how the small things we do each day add up quickly.
- 5 • Introduce the main idea of the Bible story children will hear later today.

## Bible Basics Station

### Part 1

### Supplies Needed

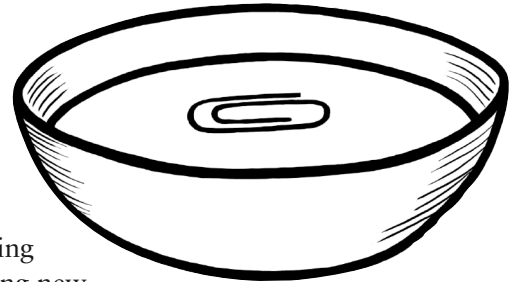
**Bible Story Introduction:** Small paper clip, a bowl of water, and a paper towel, enough for leaders to work with children in groups at tables.



# DAY 1 • *I Can Be a Hero*

## Bible Story Introduction – Floating Paper Clip

Preschoolers love science experiments. This one is hands-on and allows them to discover something new about the properties of water. Be sure to explain the experiment and how it works and then tie it into the idea that heroes are willing and eager to learn new things.



Use the Floating Paper Clip Illustration on page 15 of the Hero Training Camp children's curriculum to excite children about learning something new. Allow children to help make it happen. Then use the discussion points to summarize as you lead into the Bible Story.

Heroes often have secret weapons, special tools, or advanced powers. They know or have something that others don't. The same thing is true for God's heroes. In fact, let me illustrate that by showing you something you might not believe. If you know the trick and know the special information you could do it too.

## Bible Basics Station Part 2

### Bible Story – A Hero in the Making

Use page 15-17 of the Hero Training Camp children's curriculum to develop the Bible story for the children. Be sure to simplify it for preschoolers. Emphasize the importance of doing what's right every day, even when it seems small. God uses the small opportunities every day to prepare you for bigger things as you grow older.



Pause in the middle for discussion, allowing the children to answer the questions as they imagine being a shepherd. What are some of the jobs a shepherd might have to do to take care of the sheep?

## Bible Basics Station Part 3

### Role Play – Shepherd with His Sheep

Using the role play on page 19 of the Hero Training Camp children's curriculum, set the stage for the drama. Have children act out the responsibilities of the shepherd, protecting and caring for sheep. Repeat the role play to emphasize the idea of the story that David did the right thing to take care of the sheep.

After the role play use the Discussion points on page 20 to help children understand the application to their own lives.

# DAY 1 • I Can Be a Hero

## Getting it Together Station Part 1

### Supplies Needed

**Hero Trophy:** Photocopy onto card stock the Hero Trophy on page 40 of the Hero Training Camp children's curriculum and precut one for each child. One toilet paper roll per child, scissors, glue, and markers.



### Craft – Hero Trophy

Using the instructions on pages 23 of the Hero Training Camp children's curriculum, work at tables to have each child color the Hero. While they are coloring go around and write each child's name in the wide bar at the bottom. When they are done, put a strip of glue on the back of the Hero and glue it to the toilet paper roll, leaving it to dry on the table while you have some discussion about it.

This trophy reminds you that you can be a hero now. Heroes see problems. Why is it important to do the right thing?

When heroes do the right thing how do you think they usually feel?

When you see someone who is sad, what can you do to be a hero and help that person?

When you see a mess on the floor, what can you do about it that shows that you're a hero?

What are some ways you can be a hero at home?

Be sure to develop a way for children to protect their crafts so they can take them home.

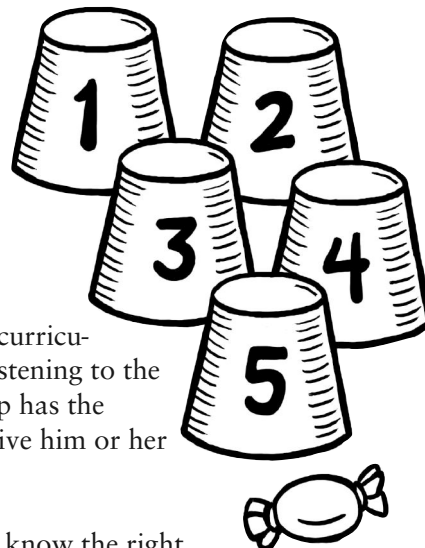
## Getting it Together Station Part 2

### Supplies Needed

**5 Cups - Which Voice?** 5 cups, a few pieces of nice candy

### Game – 5 Cups – Which Voice?

Using the instructions on page 17-19 of the Hero Training Camp children's curriculum, play the game to help children understand the important principle of listening to the right voice. Simplify the game by first allowing a children to guess which cup has the candy. Kids love to play this guessing game. Then tell one child that you'll give him or her a hint. When you do, then the child is successful.



Remind your students that God often speaks to children today to help them know the right thing to do. Sometimes that happens in their hearts and sometimes it happens through their parents.

What are some examples of things that parents say to children so that they can do the right thing in life?

# **DAY 1** • *I Can Be a Hero*

## **Chow for Champions Station**

### **Part 1**

#### **Supplies Needed**

**Fruit Burrito:** Fresh small flour tortillas, cream cheese, cinnamon, raisins, apple, knife, paper plates, and plastic spoons or knives for spreading.

#### **Snack – Fruit Burrito**

Using the instructions on page 23 of the Hero Training Camp children's curriculum, prepare all of the ingredients for the Fruit Burritos. How many of you like Mexican food? How is this burrito different? Heroes often have new ideas for solving problems. Emphasize the fact that children are heroes in training and God helps them see problems and things that need to be done.

## **Chow for Champions Station**

### **Part 2**

#### **Supplies Needed**

**The What's Wrong Game:** One copy of each of the ten pictures at the end of lesson #1 from the Hero Training Camp children's curriculum.

#### **WHAT'S WRONG? Game**

Using the instructions on pages 21-22 of the Hero Training Camp children's curriculum, hold up one picture at a time and have children identify what's wrong. You can use the Hero Search Sheet to identify the correct answers. The correct answers are as follows: 3, 10, 5, 1, 7, 4, 8, 6, 9, 2. Talk about the Discussion points, bringing home the idea that heroes see problems and fix them.

## **Skill Building Station**

### **Part 1**

#### **Supplies Needed**

**Hero Color Sheet:** Photocopy the Hero Color Sheet from page 38 in the Hero Training Camp children's curriculum.

#### **Hero Color Sheet**

Have children color the Hero Color Sheet for this lesson to take home. Talk about what the words say since the children may not be able to read.

# DAY 1 • *I Can Be a Hero*

## Skill Building Station Part 2

### Supplies Needed

**Pass the Ball Activity:** Bath or beach towels and balls.

### Pass the Ball Game

Have enough towels for children to work in pairs, and, without touching the ball with their hands, pass the ball from towel to towel around the room. If you have a large group you may want more than one ball or have half the children watch as the first group passes the ball and then switch so that others have a turn.



Be sure to end the activity by asking the question, “What is the lesson we learn from this activity?” Use the Discussion points on page 21 of the Hero Training Camp children’s curriculum for preschoolers to talk about the lesson learned.

## Skill Building Station Part 3

### Bible Verse

“We are more than conquerors.” — Romans 8:37

Repeat the Bible verse several times with the children. Explain that this is a Bible verse and show them your Bible. See who can remember it.

You might have children raise one fist up in the air as a sign that they are conquerors and say it as a chant to help children remember the verse. Be sure to tell children what a conqueror is. It’s a hero who trusts God.

## Blast Off Station

### Supplies Needed

**Worship:** Be prepared to lead a couple of worship songs

**Mission:** Give children their Rice Bowl Banks to take home

Take time to review what happened today. Just list the things kids did.

- 1 • Today we heard the Bible story about David learning to do the right thing and how God used him to take care of the sheep. Then we acted that Bible story out.
- 2 • We also learned the Bible verse from Romans 8:37. Let’s say that together, “We are more than conquerors.”
- 3 • We played the pass the ball game to illustrate how to do what’s right.

## **DAY 1** • *I Can Be a Hero*

- 4** • We played the WHAT'S WRONG? Game to show that we can see problems just like heroes can, and we know what to do to fix them.
- 5** • We made a paper clip float to illustrate that heroes often know things that other people don't know.
- 6** • We made the Hero Trophy that you'll take home today to help you to remember to do what's right. You're a hero in training.
- 7** • We played the 5 Cups - Which Voice? Game illustrating that heroes are careful about the voices they listen to. And they especially listen to their parents.
- 8** • We ate Fruit Burritos, a creative snack idea reminding us that heroes often are creative in seeing new ways to solve problems.
- 9** • We colored the Hero Color Sheet to take home. Review the words on the Hero Color Sheet.

Ask children, "What was the favorite thing you did today in Hero Training Camp?"

Hand out the Rice Bowl Banks for kids and encourage them to look for ways to fill them up with loose change and bring them back at the end of Hero Training Camp.

Tell kids about the Hero Exercise for them to practice between now and the next session. You can read more about that on page 23 of the Hero Training Camp children's curriculum. You are sending them out on a mission as Heroes in Training.

Give a teaser about the next lesson at Hero Training Camp. "Next time we get together we're going to learn some more about the life of David. We're also going to do another fun trick with a paper clip and we're going to play the Anger Bomb Game. It's going to be a great day at Hero Training Camp so we'll be eager to see you next time."

Use the conclusion on page 24 of the Hero Training Camp children's curriculum to illustrate the lesson for today, but instead of talking about the conscience talk about how each boy and girl are useful. God has placed them in a home to do the right thing.

Sing one or two worship songs.

Pray and release the children to their parents using your normal routine.