

I Can Be a HERO

Station 1

Power Time DAY 1

Station Manager Tasks and Responsibilities

Supplies Needed

Mission: Rice Bowl Bank, Rice Bowl video from the Supplies CD

Worship: Words and worship songs ready to go including the Hero Song

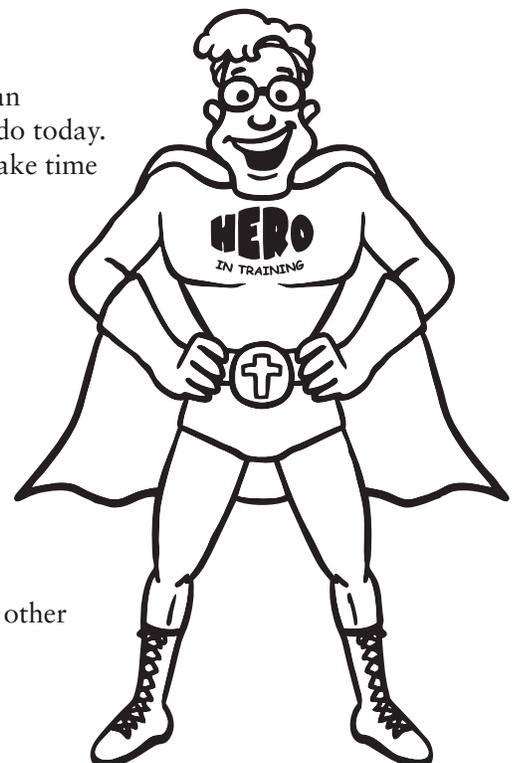
Hero Training Creed: PowerPoint slide or poster from page 26 of the Hero Training Camp children's curriculum

Bible Story	A Hero in the Making — David learns responsibility by caring for sheep.
Bible Verse	In all these things we are more than conquerors through him who loved us. — Romans 8:37
Hero Power Words	I am eager to do what's right.
Theological Truth Expressed Practically	I have a conscience and God wants to use it to help me develop into a hero.

Welcome and Worship

Reflect excitement from the beginning. The large group experience is an opportunity for kids to worship and get excited about what God will do today. Your enthusiasm will set the stage for the rest of the day. In addition take time to emphasize these things:

- 1 • Sing several worship songs and the Hero Song.
- 2 • **Squad Talk:** Break into Squads and share the first hero you can remember ever hearing about.
- 3 • Introduce today's Power Words and Theological Truth.
- 4 • Recite the Hero Training Creed using the PowerPoint slide or poster.
- 5 • Show the video of the Rice Bowls and talk about how heroes help other people and the small things we do each day add up quickly.
- 6 • Introduce the main idea of the Bible story children will hear later today.



Station 2

Bible Basics DAY 1

I Can Be a HERO

Station Manager Tasks and Responsibilities

Supplies Needed

Floating Paper Clip: Small paper clip, a bowl of water, and a paper towel, enough for each Squad to do the exercise.

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1 • Bible Story Introduction: Floating Paper Clip

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

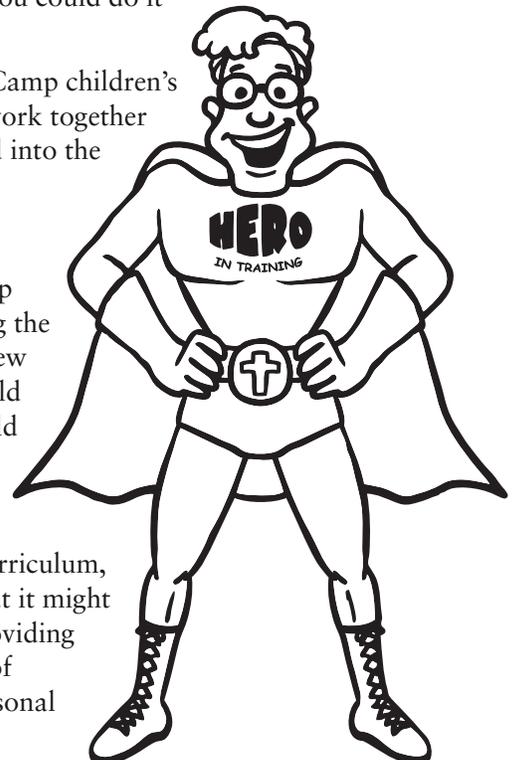
Use the Floating Paper Clip illustration from page 15 of the Hero Training Camp children's curriculum to excite children about learning something new. Have Squads work together to make it happen. Then use the Discussion points to summarize as you lead into the Bible story.

2 • Bible Story: A Hero in the Making

Use pages 15-17 of the Hero Training Camp children's curriculum to develop the Bible story for the children. Pause in the middle for Squad Talk, allowing the children to answer the questions as they imagine being a shepherd. After a few minutes have children share some answers with the larger group. What would make you feel uncomfortable if you were in charge of the sheep? What would make you feel comfortable if you were in charge of the sheep?

3 • Role Play: A Hero in the Making Drama

Using the role play on pages 19-20 of the Hero Training Camp children's curriculum, set the stage for the drama. Tell the children that they will be imagining what it might have been like to be in David's family as he was chosen to be king. After providing the introduction, have pairs of Squads each act out the drama. Using some of the ideas in the Discussion points, help children catch the point through personal application.



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Station 3

Getting it
Together
DAY 1

Station Manager Tasks and Responsibilities

Supplies Needed

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

5 Cups — Which Voice?: 5 cups, a few pieces of special candy, slips of paper, your Bible and a pen or pencil.

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1 • Craft: Hero Trophy

Using the instructions on page 23 of the Hero Training Camp children's curriculum, work at tables to have each child create a Hero Trophy to take home. Make sure names are on all crafts. Use Squad Talk to answer the questions:

What kinds of problems can heroes see?

Can you think of special powers a hero might have?

Why do you think some heroes turn bad and use their powers for evil?

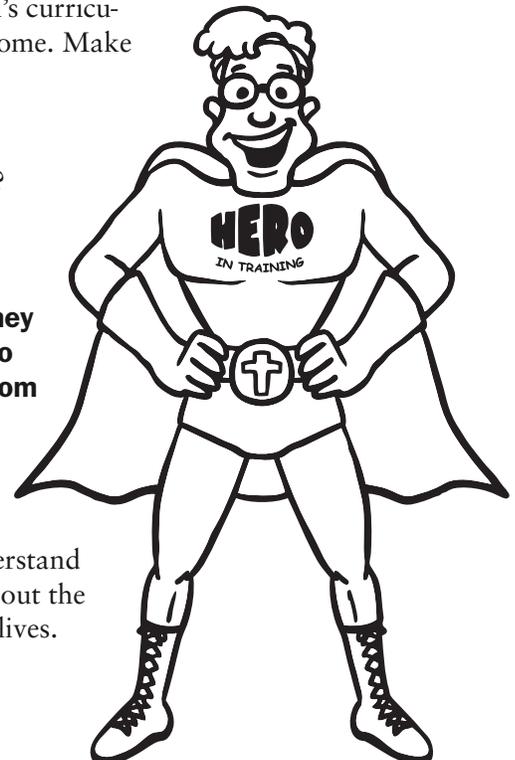
Why is it important to do the right thing?

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

Be sure to identify a way for children to protect their crafts so they can take them home. You might have a place by a wall for kids to put their crafts or have them carry a plastic bag from room to room with their names on it.

2 • Game: 5 Cups - Which Voice?

Using the instructions on page 17-19 of the Hero Training Camp children's curriculum, play the high-energy game to help children understand the important principle of listening to the right voice. Be sure to draw out the application by having children identify competing voices in their own lives.



Station 4

**Chow for
Champions
DAY 1**

I Can Be a HERO

Station Manager Tasks and Responsibilities

Supplies Needed

The What's Wrong Game: One copy of each of the ten pictures at the end of Session #1 of the Hero Training Camp children's curriculum and one copy of the Hero Search Sheet (page 27) for each child. Mount the ten pictures around the room at eye level so that children can see them easily. Distribute the Hero Search Sheets so that each child has one. Provide a pen or pencil for each child.

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

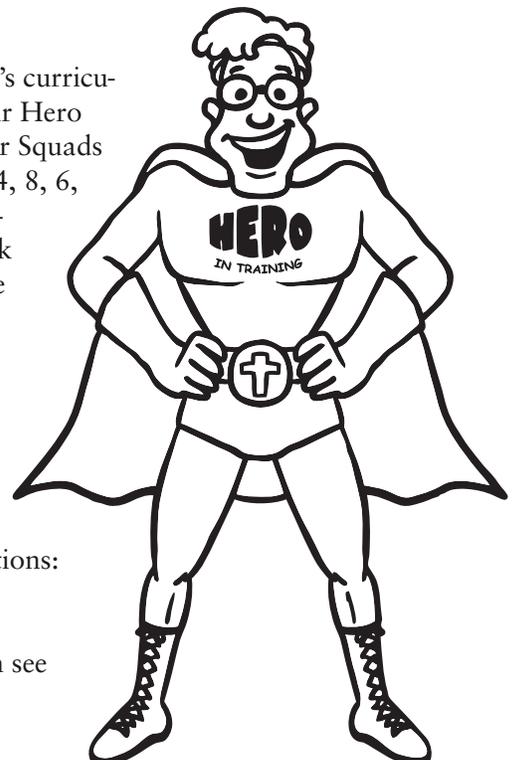
Bible Story	A Hero in the Making — David learns responsibility by caring for sheep.
Bible Verse	In all these things we are more than conquerors through him who loved us. — Romans 8:37
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1 • Activity: WHAT'S WRONG? game

Using the instructions on pages 21-22 of the Hero Training Camp children's curriculum, have children identify what's wrong in the pictures and note it on their Hero Search Sheets. After children look at all the pictures they can return to their Squads to report their answers. The correct answers are as follows: 3, 10, 5, 1, 7, 4, 8, 6, 9, 2. Children may want to relook at some of the pictures if they got something wrong. In Squad Talk, students may talk about the picture that struck them the most or is something that might be true in their own home. In the larger group talk about the Discussion points, bringing home the idea that heroes see problems and fix them.

2 • 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. Encourage Squad Talk about the things learned so far today, about the key points of today's lesson, or by answering the following questions: How many of you like Mexican food? How is this burrito different? How do heroes solve problems? How do they do things differently? Emphasize the fact that children are heroes in training and God helps them see problems and things that need to be done.



I Can Be a HERO

Station 5

Skill Building DAY 1

Station Manager Tasks and Responsibilities

Supplies Needed

Hero Field Guide: Photocopy, fold, and staple (like a book) the pages of the Hero Field Guides from the end of this manual. If possible, duplicate the cover on construction paper or card stock. Also photocopy the shield from page 25 and the verse for today from page 39 of the Hero Training Camp children's curriculum, glue, and crayons or markers. (The Hero Field Guide is also on your Supplies CD for easy printing.)

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

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1 • Bible Verse

“In all these things we are more than conquerors through him who loved us.”
— Romans 8:37. Start the station time with the Bible verse, and repeat it several times with the children during the station. Encourage Squad Talk at times during this station to repeat the Bible verse and see who can remember it. Point out that the person who originally said those words was the apostle Paul and he realized that the conscience is very important.

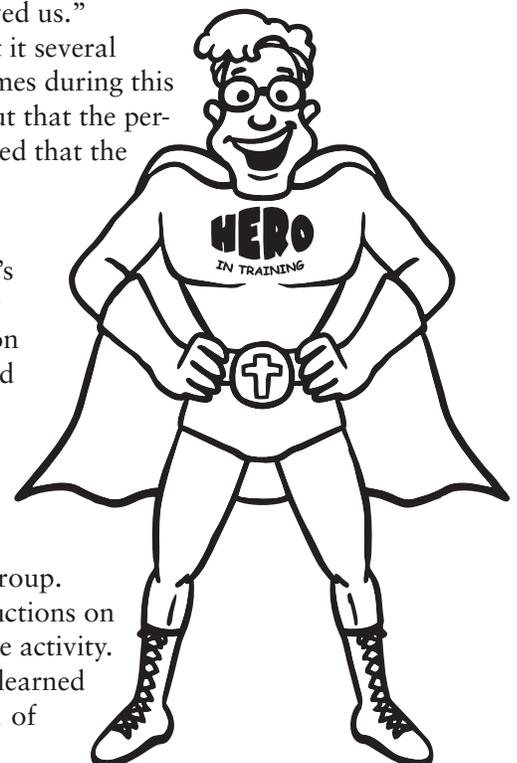
2 • Hero Field Guide

Using the instructions on page 22 of the Hero Training Camp children's curriculum, have children color and glue the hero shield onto the front of their booklets. Be sure that children each have their names printed on their Field Guides. Also, color and glue on the Bible verse for today and decorate that page.

When children are done, be sure to collect the Hero Field Guides to further develop over the sessions.

3 • Hero Skill Building Activity: Pass the Ball

Have Squads pair up to form Groups of about 10-14 people in each Group. Provide three towels and one ball for each Group and follow the instructions on pages 20-21 of the Hero Training Camp children's curriculum to do the activity. Be sure to end the activity by asking the question, “What is the lesson learned from this activity?” and use the Discussion points provided on page 21 of the Hero Training Camp children's curriculum to answer it.



Station 6

**Blast Off
DAY 1**

I Can Be a HERO

Station Manager Tasks and Responsibilities

Supplies Needed

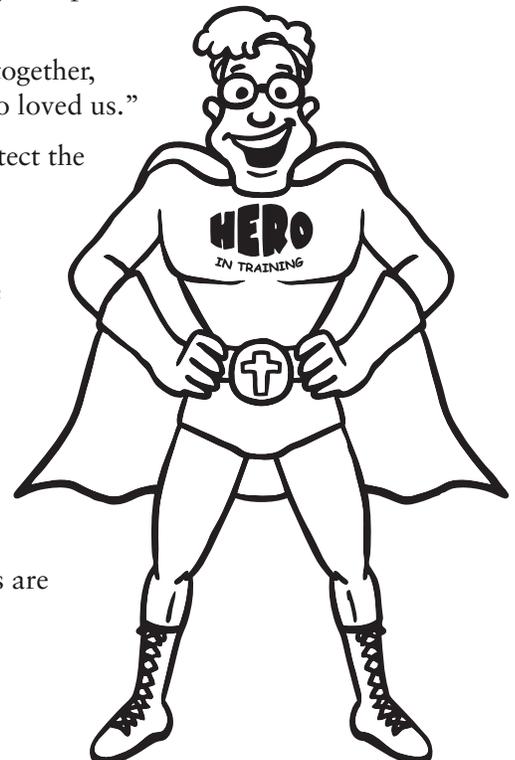
Worship: Be prepared to lead the Hero Song

Mission: Give children their Rice Bowl Banks to take home

Bible Story	A Hero in the Making — David learns responsibility by caring for sheep.
Bible Verse	In all these things we are more than conquerors through him who loved us. — Romans 8:37
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Theological Truth Expressed Practically	I have a conscience and God wants to use it to help me develop into a hero.

Start the station time by giving a brief review of what happened today. Just list the things kids did.

- 1 • Today we heard the Bible story about David learning responsibility and practicing hero qualities early. Then we acted out that Bible story.
- 2 • We also learned the Bible verse from Romans 8:37. Let's say that together, "In all these things we are more than conquerors through him who loved us."
- 3 • We played the Pass the Ball game to illustrate how we have to protect the conscience.
- 4 • We created the first page in our Hero Field Guide.
- 5 • We played the WHAT'S WRONG? game to show that we all have part of what it takes to be a hero. We can see problems.
- 6 • We made a paper clip float to illustrate that heroes often know things that other people don't know, and you know that you have a conscience to help you choose what's right.
- 7 • We made the Hero Trophy that you'll take home today to help you remember to do what's right. You're a hero in training.
- 8 • We played the 5 cups – Which Voice? game illustrating that heroes are careful about the voices they listen to.



I Can Be a HERO

Station 6

Blast Off DAY 1

- 9 • We ate Fruit Burritos, a creative snack idea reminding us that heroes often are creative in seeing new ways to solve problems.

Now, in Squad Talk, take a moment and talk about the favorite thing you did today in Hero Training Camp.

Hand out the Rice Bowl Banks to the children 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 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.

Give a teaser about the next lesson's events at Hero Training Camp. "Next time 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.

Sing the Hero Song one more time.

Have Squad Leaders pray for their Squads and release the children to their parents using your normal routine.

