

LESSON 1 GAMES

MOVING MIRRORS

MATERIALS NEEDED

- Music (or something to signal start and stop)

Divide players into groups of 3 to 4. Groups line up single file and decide who will be the first "leader". When the music starts, each group moves around the playing area in a straight line while copying the leader's movements. When the music stops, the leader falls to the back of the line and the new person in front is the new leader. Challenge groups to be the most creative and try mirroring each other as closely as possible.

SPUD

MATERIALS NEEDED

- A soft ball (Foam, wadded up socks, or toy play ball)

Players stand in a circle. One is chosen to go to the center. All other players are within arm's reach of the center player. The object of this game is to run as far and as fast as possible from the thrower who is in the center of the circle holding a soft ball. The thrower tosses the ball straight up into the air. As soon as the ball goes into the air, the players can begin to run away from the thrower. When the thrower catches the ball, he or she yells, "Spud!" and the players must stop immediately where they are. The thrower then throws the ball at someone they choose. The frozen player can try and dodge the ball, but is not allowed to move his or her feet. If the ball hits the frozen player, they get the letter "S" and move to the middle to be the next thrower. If the thrower misses, he or she gets the letter "S" and stays in the middle. When a player gets all four letters "S-P-U-D", they are out of the game. The game continues until there is only one player left. That player is the winner.

SPONGE LUNGE *(optional water activity)*

MATERIALS NEEDED

- Four 5-gallon buckets
- Water
- Two large sponges
- Option: Instead of sponges, use plastic cups with holes in the bottom

Players are in two single file lines next to each other. Place a full water bucket at the front of each line and an empty bucket at the back of each line. The first player in each line dips the sponge into the full bucket and then passes the sponge over their head to the person behind them. They continue to pass the sponge overhead to the next player, etc to the end of the line. The player at the end of the line squeezes the sponge into the empty bucket. Then he/she runs to the front of the line, dips the sponge into the full water bucket, and passes the sponge over their head back down the line. Play continues until the water hits a designated level or time expires. The winning team is the one with the most water in the back bucket.

LESSON 2 GAMES

CLOTHESPIN TAG

MATERIALS NEEDED

- Minimum of one clothespin for each player
- Cones to mark playing boundaries

Players stand in an assigned playing area with one or multiple clothespins attached to the "tail" portion of their shirt. Play begins with a signal. They try to pull each other's clothespins off of their shirt. If a player's clothespin is pulled, they continue to play. The player that has pulled the clothespin holds it in the air, proceeds to the outside of the playing area to attach it to the back of his/her shirt and then re-enters the game. When a player has his/her arm up, their clothespin cannot be pulled. The object is to have the most clothespins at the end of the game.

MOUSETRAP SOCCER

MATERIALS NEEDED

- One soccer ball or playground ball per playing area (number of areas determined by group size)
- Four cones to designate each playing area

Players are in groups of 2 - 8. Each set of 2 - 8 must have a designated square approximately 15' x 15' marked by cones. An equal number of players start on the inside (cats) and the outside (mice) of the square. Players on the outside (mice) run the same direction around the perimeter of the square while the players on the inside (cats) kick the ball to each other. At any time, a player inside the circle (cat) may attempt to aim a kick of the ball at the player jogging around the outside of the square. If the player on the outside (mouse) is hit, all players switch positions.

WATER BALLOON VOLLEY (*optional water activity*)

MATERIALS NEEDED

- Large beach towels (1 per partner)
- Water balloons

Have players partner up. Give each group of two a large beach towel. Have each group of two join with another group of two. Each game starts with two pairs standing 5 - 10 feet apart from each other. Each player holds one end of a beach towel shared with their partner. (One beach towel per two partners) A leader places a water balloon on one pair's outstretched towel. They volley the water balloon across to the other group of two using only the towel. The receiving pair tries to receive the balloon into their towel without it bursting. Play continues with each pair taking one step back every time their is a successful volley until the balloon bursts. If it bursts, they return to the starting position and get another water balloon to try again. Make sure to have a large quantity of water balloons filled up and ready to go.

LESSON 3 GAMES

SLAP BALL

MATERIALS NEEDED

- About 4-5 soccer balls (volleyballs, playground balls)
- Cones to designate playing area

Players spread out in a designated playing area. The balls are randomly placed within the playing area. On the signal, the players will start slapping the ball with a flat open hand. If the ball touches another player anywhere other than on the flat open hand, that player must run around the perimeter of the playing area twice before re-entering the game.

HOT DOG SWITCH

MATERIALS NEEDED

- Cones to designate the playing area

Players lie down in groups of two, one beside the other, on their tummies, propped up by their elbows. Choose one player to be "it" and one player to remain standing (they are going to be chased). If the player who is "it" can tag the player they are chasing, they switch roles and the tagged player is now "it". When a player being chased gets tired and wants to be safe, they must lie down beside one of the pairs of players lying on the ground. When this happens, the player who is at the other end of the group from the player who just arrived must get up and become the player fleeing the tagger. To change the difficulty level you can add multiple taggers or increase/decrease the size of the playing area.

FILL'ER UP WATER RELAY *(optional water activity)*

MATERIALS NEEDED

- Four 5-gallon buckets
- Water
- Two large sponges or cups (you may wish to poke one or more holes in the bottom of the cup)

Players are in two single file lines next to each other. Place a full water bucket about 100 yards in front of each line and an empty bucket next to the leader of each line. On the signal to begin, the first player in each line races to the full bucket 100 yards ahead of them, dips the sponge or cup into the full bucket and races back to the empty bucket. Players will squeeze/dump the contents of the sponge or cup into the bucket, hand off the item to the next person at the front of the line, and run to the back of the line. He/She will sit down to show that they have already taken their turn. Play continues until both teams have had an equal number of turns. The winning team is the one with the most water in the bucket that started out empty.

ANYTIME GAMES

DAILY ALTERNATE ACTIVITIES

- Sidewalk chalk
- Jump ropes
- Hula hoops
- Balls to play with (soccer, football, basketball, kickball, etc.)
- Bubbles

SHARKS AND MINNOWS

MATERIALS NEEDED

- Markers to indicate the “shore” (cones, rope, etc.)

Set up a space where there are two “shores” several feet apart (marked by cones, rope, etc.). Select one person to start as the “shark” and have them stand in the “water” (the space between the shores). Have everyone else (“minnows”) line up along one shoreline. When the leader says, “Go!” the minnows try to cross the ocean to the other shore without getting tagged by the shark. As minnows are tagged, they stay with the shark in the ocean (so now there are multiple sharks). Those who were not tagged line up on the opposite shore and wait for the leader to say, “Go!” before running across to the original shore while avoiding being tagged by multiple sharks. Play continues like this until one minnow is left. This is the winner who can either choose to be the next starting shark or can suggest someone else.

BALL/CHIN RELAY

MATERIALS NEEDED

- Several Tennis Balls (or something similar), bowl/bucket

Place balls on the ground and have a relay race to see which team can retrieve all the balls by picking them up with their chins and placing them in a bowl or bucket. First team done wins.

An alternative option is to have two teams line up single file. The first person on each team places a tennis ball under their chin and then transfers it under the chin of the second person in line without using any hands. This person then transfers it to the third in line, etc. until it reaches the end.

HULA HOOP RELAY

MATERIALS NEEDED

- One hula hoop per team

Each team joins hands to form a line. Team lines pass the hula hoop over themselves without letting go of hands.

BALLOON WADDLE

MATERIALS NEEDED

- Blown-up balloons

Have two teams in a single file line. The first person in each team places a balloon between their knees and races to a designated place and back. They hand the balloon to the second person in line who does the same thing. If the balloon drops or pops, the player must return to the starting point and try again. The winner is the team that finishes first.

HOT POTATO

MATERIALS NEEDED

- Blown-up balloons or a ball

With music playing the background, players pass the item around the circle. Any player purposely passing the item badly is out. Whoever is stuck holding the item when the music ends is out. Keep playing until there is only one person left.

KEEP IT UP

MATERIALS NEEDED

- Blown-up balloons

Each set of partners gets a balloon that they hit up into the air and try to keep from falling on the ground. See who can keep it up the longest. OR have three or more children hold hands and try to keep a balloon up in the air while still holding hands.

WHACK A BALL

MATERIALS NEEDED

- A few balls (soccer, playground, volleyball, etc.)

Everyone stands together to form a circle. Have each person stand with their legs apart shoulder-width so the sides of their feet touch the sides of the feet of those standing on either side of them. There should be no gaps in the circle. Roll a ball into the circle. Players bend down and use their hands to hit the ball and prevent it from rolling through their legs and out of the circle. The ball continues to be whacked around the inside of the circle until it escapes through someone's legs. The leader returns the ball to the circle. However, the person who let the ball escape then "loses an arm" and must keep it behind their back while attempting to keep the ball in the circle with only one hand now. If someone allows the ball to escape through their legs a second time, they must leave the circle. The circle gets smaller and smaller until there are two winners left. Option: Once they get the hang of this, add one or more balls to the circle depending on how large the circle is.

FOUR CORNERS

NO MATERIALS NEEDED

Designate four different areas as "1", "2", "3", and "4". Choose one child to be the "caller". Have that child close his/her eyes beside a leader while the rest of the children scatter to any of the designated areas they choose. Each child must clearly be standing in an area and cannot straddle between two of them. When the leader sees that everyone is in place, the "caller" then yells out a number. All the children standing in that particular area are "out" and must remain in the center for the remainder of the game. The rest of the children disperse again to an area of their choice while the "caller" keeps eyes closed. A second area is chosen by the "caller" (it can be the same as previously called). All those children are now "out". Play continues until only four or fewer players are left. This final time they must choose separate corners. The "caller" calls out numbers until only one person is left standing. This person wins and becomes the next "caller" as the game starts over.

FRENZY

MATERIALS NEEDED

- 10 - 20 tennis balls (racquet, golf, or wiffle options), cones to designate playing area, stopwatch

Players are spread out in the designated playing area (all players are on one team working together). All the balls are distributed within the designated area. On the starting signal, players get all the balls rolling by tapping them with the inside of their feet. Start the stopwatch timer once the balls are moving. The goal is to keep the balls moving as long as possible. When a ball stops, the timer calls out "dead one" and removes it. After three dead ones are removed, the clock stops and the "live time" is recorded. Challenge the players to beat their time next round.

WET SPONGE OR WATER BALLOON GAMES

MATERIALS NEEDED

- Buckets of water and sponges
- OR water balloons

Over/Under Relay

Line up single file in two teams behind a bucket with a wet sponge (or water balloon) in it. The first person takes a sponge out of the bucket and holds it overhead for the next person in line to grab it. This person brings the sponge down between their legs to pass it off to the next person in line. They grab it and put it overhead to pass to the next player. This continues over and under until it reaches the end of the line. The last person runs to the front, dips the sponge in the bucket, and repeats the over under process with the team. This continues until everyone has had a chance to be first in their line.

Toss Across

Partners line up facing one another. Each set of two people gets a wet sponge (or water balloon). They toss it to their partner and then step back from one another. Play continues until one of them cannot catch the wet sponge or the water balloon breaks.

Target Practice

Set up a target on a fence and let children try and hit the middle of the target with their wet sponge or water balloons.

Paired Relay

Two children carry a wet sponge (or water balloon) down a path and back using designated body parts between the two children. For example, the children carry the sponge pushing against each other with the sponge between their backs. Here are ideas for different ways to carry the sponge:

elbow to elbow

finger to finger

forehead to forehead

shoulder to shoulder

palm to palm

cheek to cheek

knee to knee

back to back

hip to hip

Dodge Sponge

Two teams stand in their designated area. They each have a bucket or several full of wet sponges. On "go" players throw their wet sponges across to the other team to see who they can get wet. They can pick up sponges, re-wet them in the bucket and throw back. Everyone is a winner!

Dribble, Dribble, Drench

Fill a bucket of water and place a large sponge in it. Have all players sit in a circle. Choose a player to be "it". This person will take the wet sponge from the bucket and walk around the outside of the circle, dripping drops of water on each head. When they reach the person they want to "tag", they will squeeze all the water out of the sponge onto the chosen person's head. That person gets up and chases "it" around the circle. If "it" returns to the empty space and sits before getting tagged, the new person will be "it". If tagged, play continues with the same "it". (Just like "Duck, Duck, Goose")

OVERVIEW

SAMPLE EVENING SCHEDULE

6:00	Registration	6:35-7:00	Bible Lesson/Memory Verse
6:00-6:20	Welcoming Activities (Coloring/Anytime Games)	7:00-7:25	Crafts/Snacks
6:20-6:35	Praise and Worship	7:25-7:55	Games
		7:55-8:00	Closing

SCOPE & SEQUENCE

Lesson	Bible Lesson	Craft	Snack	Games
Lesson 1	I am Created Psalm 139	Personal Emoji	Cookie Kids	Moving Mirrors SPUD
Lesson 2	I am Chosen David Chosen as King	Crown	Tortilla Roll-Up	Clothespin Tag Mousetrap Soccer
Lesson 3	I am Christ's Moses' Calling with Aaron	Superhero Sack Puppet	Burning Bush	Slap Ball Hot Dog Switch

MUSIC

Suggested praise songs are not included in the kit, but are available to download through iTunes Store, Amazon, or Go Fish websites.

- "My God" by Go Fish
- "Jesus is My Superhero" by Hillsong Kids
- "Great Big God" by Kids Vineyard Worship
- "Jesus Loves Me Sha Na Na" - A cappella version
- "If You Love Jesus" - A cappella version

Check YouTube for videos of these songs to learn hand motions. Links are provided on recess.church.

MEMORY VERSE

"I will praise you because I have been remarkably and wonderfully made. Your works are marvelous, and I know this very well." Psalm 139:14

CURRICULUM THEME OVERVIEW

MARVELOUS ME!

This will be an exciting opportunity to teach children that they are remarkably and wonderfully made. They can exclaim, "Marvelous me!"

Lesson 1: I am Created: Psalm 139

Psalm 139:1-6, 13-18

I am made uniquely by God.

Lesson 2: I am Chosen: David Chosen as King

1 Samuel 16:1-13

God looks at the heart and uses ordinary things for extraordinary purposes.

Lesson 3: I am Christ's: Moses' Calling with Aaron

Exodus 3:1-6, 4:10-15

We have helpers that make us stronger together. Our forever helper is Jesus.

The Bible tells us that God created me! We are each remarkably and wonderfully made for unique purposes. He has chosen us to belong to Him, not based on our outward appearance or our skills, but because of our hearts that desire Him. He is able to use our ordinary traits for extraordinary purposes. We are invited to belong to the family of Jesus. We have been placed in a family of helpers. Our forever helper is found in Jesus who promises to never leave or forsake us.

RECESS ROLES

TEAM COORDINATOR

- Serves to provide planning and guidance for neighborhood team
- Attends coordinator training
- Determines host or location for event (home, clubhouse, park, etc.)
- Recruits and trains volunteer team
- Signs addendum stating liability for the event

RECESS PARTY PLANNER

- Plans a neighborhood gathering either prior to (kick-off) or after (celebration) Recess
- Kick-off - Provides information about Recess and how to register
- Kick-off - Introduces Recess team members
- Celebration – Sing songs and give overview of Recess

CHECK-IN

- Handles registration and attendance at check-in
- Oversees name tags for leaders, children, and parents
- Makes sure kids are welcomed and involved in an opening activity immediately

WORSHIP

- Prepares and organizes daily praise times
- Selects and learns songs and motions for club
- Organizes practice session(s) for the team members

BIBLE LESSON

- Prepares and presents the Bible lesson each day
- Gathers any needed supplies, props, or equipment
- Organizes practice sessions for Bible lesson presenters

SNACK

- Plans and provides all snacks to be prepared and served
- Provides hand cleaning supplies before and after snack
- Prays before snack

CRAFT

- Prepares sample of craft(s) to be made
- Lays out all supplies in a craft-friendly area and cleans up after
- Reinforces application focus for the day

GAMES

- Prepares instructions well, organizes and leads kids in two (or more) games
- Provides needed supplies
- Manages activity to keep everyone safe and involved

REQUIREMENTS FOR ALL CORE VOLUNTEERS *(Lead People Only)*

- Complete volunteer application, three references, and approved background check
- Prepare for role by watching video training prior to team training meeting
- Attend team training led by the coordinator
- Recruit adult and student volunteers (as needed) to help with activities
- Participate in all activities to provide support during Recess

FAQ

Q What guidelines are reasonable for us to expect of the children who attend Recess?

A Sample guidelines include: 1) Stay within the physical boundaries established by the leaders. 2) Always be respectful of others. 3) Listen when a leader is speaking and follow directions. 4) Be helpful and serve others.

Q What is the two-person rule?

A No adult/teen will be permitted to be alone with a child in any non-public place. If a child needs to use the restroom, make sure two people accompany the child to and from the restroom.

Q What if a child is overly active, distracted, or is distracting others?

A Remove objects that may be causing distractions. Redirect with quiet reminders or a gentle touch. Remember this child may need individual attention. Become this child's partner. If necessary, ask for another team member to help with the child.

Q What happens if it rains and we are outdoors?

A Make a rain plan with your team prior to the week of Recess. This may mean cleaning out space in your garage or making arrangements with your apartment complex or neighborhood park association to use their clubhouse or pavilion in case of unexpected showers. You may also want to consider postponing your event to the following week. Think through what would work best for your team.

Q Recess is for children age 4 through 5th grade, but what if a parent brings their 3 year-old to attend our club?

A Never just turn a child away, but do ask the parent to stay with their 3 year-old during the entire time of Recess to oversee and help their child participate where appropriate. This is one of those times that will require you to use your best judgment.

Q Team members have come up with their own ideas for craft, snack, game, music, or ways to present the lesson. Is it okay if we do not follow the Guidebook curriculum step by step?

A We encourage creativity and adaptations of the curriculum by team members! The Guidebook is simply a guideline for you to use. We do ask you to make sure the content is true to God's Word and that your goal is to help the children engage with the truth in a relevant way.

Q The recommended two-hour schedule seems too long—what if we finish the program with time left before parents arrive to pick up their children?

A You may extend your time by having additional ice breakers, games, songs, and other activities prepared in advance. Consider having extra activity supplies on hand for free play like jump rope, Frisbee, hopscotch, sidewalk chalk, bubbles, bean bag toss, etc.

Q How do we handle injuries or suspected abuse?

A Typically an injury can be treated with a little loving attention, a cool cloth, and an adhesive bandage. Volunteers are to treat the child and complete an Accident Report Form. Explain to the parent what happened and how the injury was treated. Keep in mind that volunteers are not authorized to dispense any over-the-counter medication. In the event of a serious injury notify the parent and if needed call 911. If you suspect abuse of a child, you are obligated to report it.

Q What if I cannot find enough volunteers for the suggested Recess dates/times?

A You have the option to pick different dates or times that coordinate with volunteers' schedules. Recess can be done in the mornings or afternoons instead of the suggested evening time. ou may even wish to have a club that meets once a week for three weeks.

Q Where can I access the pages in the Guidebook to copy?

A All resources are available online at recess.church.

Q Where can I refer a parent to find a registration form or learn about Recess?

A A parent page is available online at recess.church/parent. It includes a video describing a club and also a link to a registration form.