



PARENT GUIDE

Welcome to the BOLT VBS! With minimal preparation, easy to follow instructions, and a video that leads you and your kids step-by-step through each of the 4 days, BOLT is designed to bring all of the fun and faith-formation of Vacation Bible School to the cozy confines of your home. It's so simple!

Video Access:

Live Stream: 9:00 – 10:30 am each day

You can access the Live Stream and resources through joining the Trailview Bolt VBS Facebook group or through the website trailview.org/bolt. Although it streams live at 9 am, you can watch the video at any time that works best for you!

Directions:

Step 1: Invite friends and neighbors. If guidelines permit and if you feel comfortable gathering with other people, invite friends, family, and neighbors to participate in BOLT with you. It's a terrific way to share the good news of Jesus with your community.

Step 2: Gather a few materials. During BOLT, kids will be playing games and doing origami. Everything has been designed to be performed with minimal materials—materials that you will most likely have around the house or can easily and inexpensively purchase at a local store.

Step 3: Press play. When you're ready, gather the kids around and press play on the video. Each video will lead you and the kids through the entire experience. Occasionally, the video will ask you to pause and do something. When you're finished doing it, press play again.

Step 4: Play the games. When the video prompts you to, press pause and lead the kids in playing the games. The game is demonstrated on the video each day and you can also read about all of the games below.

Step 5: It's origami time. For the craft, kids will be doing origami. It's so simple, yet fun! The craft segment will show them exactly what to do. Similarly to the games segment, after the craft is explained, you will have 15 minutes to do the craft and then a countdown will happen on your screen and will continue forward with the rest of the program. Just have some square pieces of paper ready to go. On the fourth day, we will be constructing a bracelet. Supplies needed will be supplied for you in the bags you will pick up before VBS starts.

Step 6: There is no step 6. That's it! It's that easy! Depending on your pace, each day should take about an hour and a half. BOLT takes place over 4 days, so if you've invited friends and neighbors, invite them back for the next day.



GAMES:

There is 1 game for each day of BOLT VBS. Feel free to adapt the games to fit the number and age of kids who are participating. We have also included a list of alternative “no supply” games that you can use as an addition to or substitution for other games. We recommend that you play the game listed for each day because it is used as an illustration for the day’s lesson

Day 1:

Head, Shoulders, Cup

Directions: Have people pair up with each other and kneel face to face. Place one plastic cup in-between each pair. When you say “head,” everyone must touch their head. When you say “shoulders,” everyone must touch their shoulders. Quickly alternate between saying “head” and “shoulders” for about 10-15 seconds, then say “cup.” When you say “cup,” the first person to grab the cup wins the round. Play as many rounds as the kids would like. If you have enough players, you can have the winners play each other until there is only one champion. (This game is demonstrated in the Day 1 video.)

Supplies Needed:

Plastic cups
(1 for every 2 players)

Day 2:

SOAKED

Directions: Have everyone lie on their back side by side. Place a bin of water by the person on one end and an empty bin by the person on the other end. The object is to transfer all of the water from one bin to the other using a sponge. The person by the bin full of water must dunk the sponge, then pass it down the line to the last person, who will then squeeze the water into the empty bin before passing the sponge back and repeating. The players will get wet and they’ll love it! Thicker sponges work better than small kitchen sponges/scrubbing pads. You can also substitute the sponge with a t-shirt or hand towel. (This game is demonstrated in the Day 2 video.)

Supplies Needed:

Bins or buckets
(2 per team)
Sponge (1 per team)
Towels



GAMES (CONTINUED):

Day 3:

Fishy Face

Directions: Choose some players to put whipped topping on their face like a beard. Place a bowl of goldfish crackers about 15 feet away from them. On “go,” have their teammates race back and forth, grabbing one goldfish cracker at a time and sticking it to their bearded partner. See which team can apply the most goldfish crackers in 1 minute. Work quickly before their beards have time to fall off! If there aren’t enough people for multiple teams, make it a simple challenge to see how many crackers can be applied in the allotted time. (This game is demonstrated in the Day 3 video.)

Supplies Needed:

Whipped topping
(1-2 tubs)

Goldfish crackers
(1 bag/box)

Bowls
(1 per team)

Towels for cleanup

Day 4:

Cracker Stackers

Directions: Have one player from each team lie down on their back. Have the other players carefully stack crackers on their teammate’s forehead. The player on the ground will have to stay very still and try not to laugh. The team that can stack the most crackers without falling is the winner. If you don’t have enough players for multiple teams, simply challenge the kids to see how many crackers they can stack. Play multiple rounds and allow players to take turns lying on the ground.

Supplies Needed:

Box of crackers (1-2)



GAMES (CONTINUED):

Alternative “No Supply” Games:

Important Note:

It is strongly recommended that you play the first game listed for each day. That game is demonstrated in the video and used as an illustration for the day’s lesson. The following “no supply” games can easily be added or substituted for any of the other games.

Everyone’s It

Directions: This is a game of tag where everyone is it. Designate boundaries and tell the players they may not go beyond them. Tell everyone to put one hand on their head and to keep it there throughout the game. With their other hand, they must tag the other player’s arm or elbow that is in the air while not getting tagged themselves. The last person to get tagged is the winner. If you’re playing in a smaller, confined area, you can also have everyone play on their knees.

LOL

Directions: Have everyone sit in a circle facing one another. When it’s your turn, you must try to make everyone laugh without laughing yourself. You can make funny faces, sounds, or gestures. You have 15 seconds to make as many people laugh as possible, but if you laugh yourself, your time is up. Give players 1 point for every person they make laugh. Compare points at the end and declare a winner.

Alpha Blast

Directions: Have everyone gather around you, then call out a letter. Players must scramble to find and bring back anything that begins with that letter. (For younger kids, you can use sounds instead of letters.) The first person or team to bring something back wins a point. Tell the players that if they bring back anything that you deem as valuable or breakable, they could lose a point. Play for as long as interest allows, then count up the points and declare a winner.

Supplies Needed:

Nothing

Zip

Zilch



SUPPLY LIST (ALL DAYS)

Day 1:

- Square pieces of paper for origami (at least 2 per person)
- Plastic cups (1 for every 2 people)

Day 2:

- Square pieces of paper for origami (at least 1 per person)
- Plastic bins, buckets, or large bowls (2 per team)
- Sponge—bigger is better (1 per team)
- Possible substitution: t-shirt or hand towel
- Towels for drying off

Day 3:

- Square pieces of paper for origami (at least 1 per person)
- Whipped topping (1-2 tubs)
- Goldfish crackers (1 bag/box)
- Bowls (1 per team)
- Towels for cleanup

Day 4:

- Colored beads (set of 5) and a string to apply them to (1 per person)
- Box of crackers (1-2)