



# GAMES STATION LESSON PLANS



**"REFLECT GOD'S LOVE FOR EACH  
AND EVERY HUMAN LIFE"**

**ST. DAMIEN OF MOLOKAI**

# Day 1 Game Options

**Theme:** DISCOVER LIFE!

**Virtue:** Appreciation

*Note: There are several games to choose from each day. Each game is designed to last approx. 7-10 minutes, so be prepared to play 2-3 different games each day, for each age level. Select the games that best suit your needs (ie. age, size of group, facility, length of time, weather, etc.) The following 2 activities can be used as a fun 3-5 minute warm-up before you start playing the games:*

## WARM-UP FROM HEAD TO TOE

**Age level:** All ages

### Theme Connection:

Before we start any game, it's always good to stretch our bodies.  
Isn't it neat that God created our bodies so wonderfully from head to toe?  
It's awesome to discover all the ways each body part can move.

### Game Instructions:

Let's start by moving your **head** from left to right, then front to back.  
Roll your **shoulders** back 3 times and forward 3 times.  
Try windmills with your **arms** forward 5 times and backwards 5 times.  
Stretch your **back** by trying to reach high and touch the sky.  
Try bending down and touching your **toes**, without bending your knees.  
Stand up, lift your right **knee** up and give it a hug. Do the same with your left knee.  
Kick your right **leg** up as high as you can and do the same with your left leg.  
Make circles with your right **ankle** and then make circles with your left ankle.  
Wiggle the right **toes** and the left toes.  
Hop on your left **foot** and then hop on your right foot.  
Dance and do the twist 6 times. Do jumping jacks for 10 seconds.  
We're now warmed up from head to toe and ready to start the games.



## HEAD & SHOULDERS, KNEES & TOES

**Age level:** 4 to 6

*Note: This activity is meant to be for preschoolers, but it can be fun for the older kids, too.*

### Theme Connection:

God created each of us in His own image and likeness. He gave us eyes to see, ears to hear, a mouth to speak, a nose to smell, hands to touch, legs to run, to jump and to play games. When we sing Head & Shoulders, Knees & Toes, we can thank God for the gift of our bodies and all the amazing things our bodies can do.

### Game Instructions:

We're going to get warmed up for the games by starting off with a few rounds of Head and Shoulders, Knees and Toes. We'll do the 1<sup>st</sup> round really slowly, and we'll gradually speed things up each round. By the 5<sup>th</sup> and final round, try to do it as fast as you can. Let's try it!

*Head (everyone points to their head) & Shoulders (everyone points to their shoulders), knees (bend down and point to knees) and toes (bend down and point to toes), knees (bend down and point to knees) and toes (bend down and point to toes), knees (bend down and point to knees) and toes (bend down and point to toes), eyes, (point to eyes) ears, (point to ears) mouth (point to mouth) and nose (point to nose). Let's try it again a little faster...*

*Note: The following 2 games are great icebreakers and a way for everyone to get to know each other's names.*

## BALLOON & NAME GAME

**Age level:** 4 to 6

### Theme Connection:

God knows each one of us by name and loves us each the same. Isn't it amazing that God knows the name of every single person in the whole world? That's approximately 6.8 billion names. WOW! That's a lot of names. This game will help us get to know each other's names.

### You'll need:

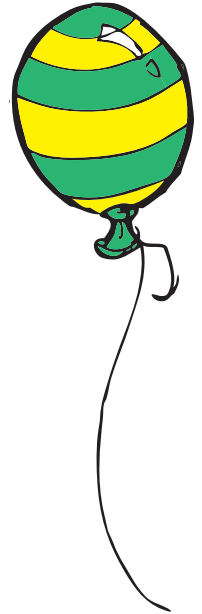
- ☐ A big balloon (*if played indoors*)
- ☐ A soft ball (*beach ball or Nerf ball*)

### Game Instructions:

I need everyone to form a big circle. I'm going to start off by tossing the ball (*or balloon*) to someone across the circle. That person must try and catch the ball, then say their name and their favorite stuffed animal. (*ex. My name is Jenny and my favorite stuffed animal is my bunny*). Then Jenny must toss the ball to someone else in the circle. Make sure you throw the ball to someone who hasn't had a turn.

We want to make sure we learn everybody's name.

*Note: For groups of 14 or more, you may want to form 2 separate circles.*



## IN FRIENDLY ORDER

**Age level:** 7 and up

### Game Instructions:

Get into equal groups of 5 (*or more*). Your group must work together to be the first to organize themselves in order, based on a specific request. If your group is the first one to sit down in the correct order, your group will get a point.

*Note: Pick 1 person from each group to help you with a couple sample demonstrations.*

*Tell your volunteers: I want you to put yourselves in alphabetical order by finding out each other's first names.*

*Billy goes first in the line-up since his name starts with the letter B, then Ian goes next in line, followed by Jessica, Patrick and Sarah. Once you're all in order, sit down as a group and raise your hands. A leader will come and check if your group is in the right order.*

You may want to do another sample demonstration.

Tell your volunteers: Put yourselves in order from tallest person to shortest.

Volunteers can now go back to their groups and we're ready to begin the game.

**Round #1:** Place your group in alphabetical order by your **first** names.

**Round #2:** Place your group in alphabetical order by your **last** names.

**Round #3:** In order of birthday months

**Round #4:** From shortest to tallest (without talking)

**Round #5** From youngest to oldest

*Note: After each round, the leaders may go around to verify if the groups are in the correct order.*

# BIRTHDAY PARTY FAVORITES

**Age level:** All ages

## Theme Connection:

When meeting new friends, it's fun to discover the things we have in common with each other. Since we're having a Birthday Blast VBS, let's find out who likes the same birthday party things as you do.

## You'll need:

- ☐ Bright colored tape or rope (to make 2 parallel lines about 25 feet apart)

## Game Instructions:

I need everyone to stand close together anywhere in between the lines.

This is a game about finding out if some people in your group like some of the same things you like. You can choose between 2 things:

"Would you prefer to have a **chocolate cake** for your birthday party (point to the far right line) or a **vanilla cake**? (point to the far left line)"

We'll see which one is more popular? Chocolate or vanilla?

Let's do a practice round. All those that would want chocolate cake must run and stand on the line, on the far right side, and all those that like vanilla cake must run and stand on the line, on the far left side.

*Note: You can announce which side has the most "players." (For example, "Chocolate wins!")*

I want to hear the side with the most players to cheer really loud. Let's hear you cheer!

Ok. I need you all to come back to the middle.

I'm going to call out another question: "Would you like to have **purple balloons** at your party (point to the right) or **blue balloons**? (point to the left)" Those of you who want purple, run to the right side and those that want blue, run to the left. (For example, *Blue wins!*)



Play several rounds and choose from the following questions:

Watch a **movie** at your birthday party or play a **game** at your party?

Get a **dog** for a birthday gift or a **cat**?

Have **macaroni** at your party or **pizza**?

Have **10 friends** for a birthday party or **20 friends**?

Have a **Hawaiian Beach Birthday party** or **Winter Wonderland Birthday party**?



# BIRTHDAY DANCE PARTY

**Age level:** All ages

## Theme Connection:

Everyone loves choosing a different birthday party theme each year. You might have a Wild Western Party one year and a Space Galaxy Party the next year. With this BIRTHDAY DANCE PARTY game, you'll be able to have lots of cool, fun parties.

*Note: Be sure to show each individual game sheet as you announce each theme party: Space Galaxy Party, Wilderness Adventure Party, Silly Circus Party, 50's Dance Party, etc.*

## You'll need:

- ☐ Birthday Party Game Sheets (*see USB*)
- ☐ VBS Music
- ☐ Small prizes: chewable candies, stickers, Birthday Blast Balloon Cards, etc.

## Set up:

- Print out 12 Birthday Party Game Sheets. (8.5x11)  
*Note: If you have more than 20 kids playing the game, you may want to print 2 sets of the game sheets. Laminate the game sheets for durability.*
- Scatter the game sheets approx. 5 feet apart throughout your games area.
- Play the VBS theme song "Who Am I" from the VBS Music CD (track #1).  
*Note: If the game is played indoors, you may want to tape the game sheets to the floor so kids don't slip.*

## Game Instructions:

Dance around to the music. I want to see some fun and lively dance moves.

When the music stops, you must stand beside a Birthday Party Game Sheet.

There can be more than one person sharing the same game sheet.

I will call out a Birthday Party. I may say: **"Who is having a Winter Wonderland Birthday Party?"**

The person(s) standing beside the Winter Wonderland game sheet is the winner and will get a small prize: *candy, sticker or a Birthday Blast Balloon Card.*

*Note: Ask group leaders to hand out the prizes so the game can move quickly.*

*Start up the music again, and call out a different Birthday Party:*

**"Who is having a Super Safari Birthday Party?"**

*Play several rounds.*

*Note: Have the group leaders help the younger kids recognize which game sheet they are on.*



# BIBLE VERSE OF THE DAY GAME

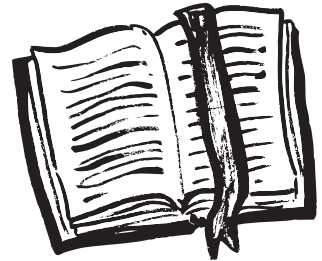
**Age level:** 7 and up

## Theme Connection:

It's important for everyone to learn and memorize scripture. The Word of God is a powerful tool to help us discover God's plan for our lives. This game will help us remember the Bible Verse of the day:  
**"Before I formed you in the womb I knew you..." Jeremiah 1:5**

## You'll need:

- ☐ "Day 1 Bible Verse of the Day Word Cards"  
(1 set/group of 3-4 kids) (see USB)
- ☐ 8 ½ x11 sheet of colored paper (a different color/team)
- ☐ Colored streamers (approx. 2 ft. long) (a different color/group of 3-4 kids)



## Set up:

- Print the "VBS Day 1 Bible Verse of the Day Word cards." (1 set/group)  
*Note: Be sure to print each group's set of word cards on colored paper that matches the group's color of streamer. For example, the blue group will have blue "Bible Verse of the Day Word Cards and a blue streamer," the pink group will have pink cards and a pink streamer, etc.*
- Scatter the cards in your playing area.
- Establish a start line and finish line.

## Game Instructions:

Get into groups of 3 or 4. Give each group a streamer.

All the players in your group must stick together to collect your 5 Bible Verse Word Cards that match the same color as your streamer. You must all keep one hand on the streamer at all times. The goal is not to tear your streamer or it will become more challenging to stick together as your streamer gets smaller. If any leaders catch you from breaking out of your group, then your group will need to go back to the start line.

You must bring all 5 cards to the finish line and work together to place them in order of the Bible verse. Who remembers the Bible verse?

The 1<sup>st</sup> team to read out their Bible Verse Word Cards correctly to their leader gets 2 prizes, and the other groups can win runner-up prizes.

