



SNACK STATION LESSON PLANS



**"...THE FRUIT OF PRAYER IS FAITH, THE FRUIT OF FAITH
IS LOVE, THE FRUIT OF LOVE IS SERVICE, THE FRUIT OF
SERVICE IS PEACE."**

MOTHER TERESA

Day 1

Theme: DISCOVER LIFE!

Virtue: Appreciation

GINGERBREAD BOY & GIRL COOKIES

Theme Connections:

God created every single person. The Bible teaches us that "...male and female He created them." (*Genesis 1: 2*). God decided if you were going to be a boy or a girl. He decided the color of your eyes, the color of your skin, and everything else about your body, soul, mind and heart. God didn't make you to be like anyone else. He made you to be you! In the whole history of the world, there will never be another person like you! You can appreciate the way God made you, because you are a gift! Today, for the first day of our Birthday Blast VBS, the boys are going to decorate Gingerbread Boy Cookies & the girls are going to decorate Gingerbread Girl Cookies to remind us that we're each special in our own unique way!

You'll need:

- ☐ Gingerbread cookies (1/ child)
(*Gingerbread cookie recipe on USB Flash Drive*)
- ☐ Icing - variety of colors
(*see recipe on USB Flash Drive*)
- ☐ Small, clear sandwich bags (1/child)
- ☐ Mini candies, sprinkles, licorice string, chocolate chips, etc.
- ☐ Small bowls and spoons
- ☐ Plastic knives (1/child)
- ☐ Gingerbread Boy & Girl Cookie Cutters
Available at most craft stores
Also available at: amazon.com, etsy.com
or wilton.com



Snack Prep:

- Bake cookies ahead of time and store in a sealed container.
- Portion the icing and decorations into small bowls with spoons.
- (Opt.) Portion icing into sandwich bags.

Suggestion: You may prefer to have kids squeeze icing out of the baggies with the corner cut off, rather than using spoons.



Activity:

1. Show a sample decorated cookie and share the theme connection.
Give the girls a gingerbread girl cookie and the boys a gingerbread boy cookie.

Tell the kids:

2. Decorate your cookie using icing and try to make them look like you.
3. You can insert a spoonful of icing into a sandwich bag, cut a small hole in the corner and squeeze the tip to decorate.
Creative ideas for girls: longer licorice string for hair, bows, dress, skirts, etc.
Ideas for boys: belt, bowtie, shorts, short hair, etc.
4. Top off your special creations with candies and sprinkles.

TASTY TRANSFORMATIONS

Theme Connection:

I wonder if a fuzzy caterpillar knows that it will transform into a beautiful, colorful butterfly one day... I wonder if a tiny baby in its mother's womb knows that it will become a fun toddler, a cool teenager and even a wise adult one day... Each stage of growth is so important to help life develop and grow into God's glorious design. God, our Master Creator, has so many neat discoveries in store for us! We're going to make Tasty Butterfly Transformations to remind us that transformations are awesome miracles that come from God.

You'll need:

- ☐ Sour gummy worm candy (1/child)
- ☐ Apples and oranges (4 slices/child)
- ☐ Mini candies (ie. jellybeans, skittles, chocolate chips, etc.) (4/child)
- ☐ White frosting or cream cheese spread (1tbsp/child)
- ☐ Licorice string (2-1" strands/child)
- ☐ Plastic plates (1/child)
- ☐ Serving bowls and spoons (1/food item)



Snack Prep:

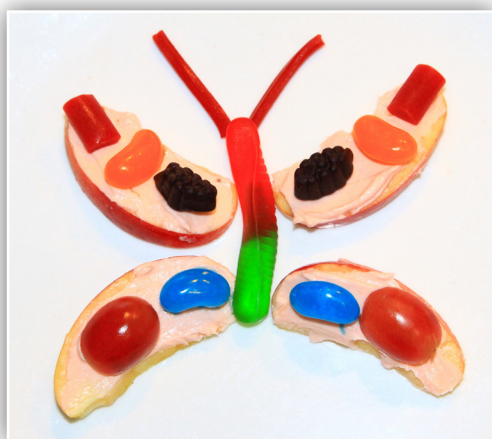
- Wash and slice apples ahead of time. Store in a sealed container with a little bit of water and lemon juice. *(Can be stored overnight)*
- Pre-cut the strands of licorice and store in a sealed container.
- Portion candy and icing into serving bowls.

Snack Activity:

1. Show a sample Tasty Transformation and share the theme connection.
2. Distribute one gummy worm to each child.

Tell the kids:

3. *Hold up your gummy worm:* this represents a fuzzy caterpillar.
4. Put wings on your caterpillar to transform it into a butterfly, using the apple or orange slices.
5. Decorate the fruit slices using a bit of icing and some candy.
6. Use 2 pieces of licorice string for the antennae.



"WELL, I MUST ENDURE THE PRESENCE OF A FEW CATERPILLARS IF I WISH TO BECOME ACQUAINTED WITH THE BUTTERFLIES."

ANTOINE DE SAINT-EXUPERY

TREE OF LIFE

Theme Connection:

God is our Creator. He created the earth and everything in it! All of creation proclaims the glory of God, and nature is just a small glimpse of God's beauty on earth. The real beauty lies in each and every one of you. The same God who gave life to every living thing is the same God who gives you life. We will make a Tree of Life to remember that just as God has a purpose for every tree and every animal, He especially has a purpose for you!

You'll need:

- ☐ Pretzel sticks (6-8/child)
 - ☐ Fresh green grapes (5/child)
 - ☐ Swedish Berries (candy) or Fruit Chewies (5/child)
 - ☐ Teddy Grahams or Animal Crackers (4-5/child)
 - ☐ Large serving bowls and spoons (1/food item)
 - ☐ Parchment paper (8.5x11 sheet/child)
 - ☐ "Teddy Bear Picnic" template.
- (see USB Flash Drive) (1 sheet/child)

Snack Prep:

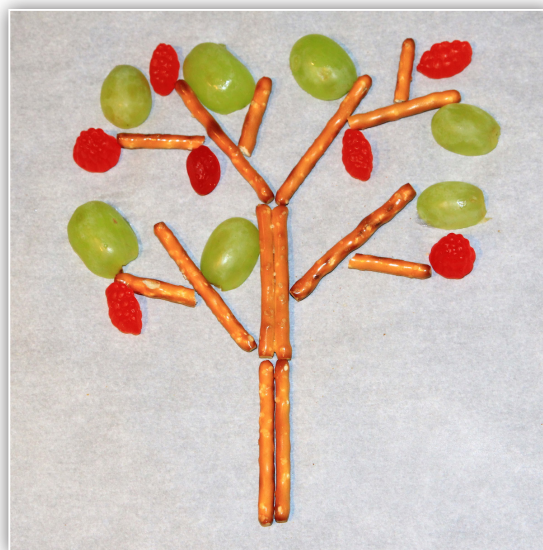
- Wash and cut grapes in halves.
- Pre-cut pretzels in half for younger children.
- Portion pretzel sticks, grapes and berry candies in bowls with spoons.

Activity:

1. Show a sample Tree of Life and emphasize the theme connection.
2. Give each child a piece of parchment paper.

Tell the kids:

3. Design a tree on the clear paper in front of you, using the pretzels, grapes and candy.
4. When you have completed your Tree of Life, show one of your leaders, and then you may eat your snack.



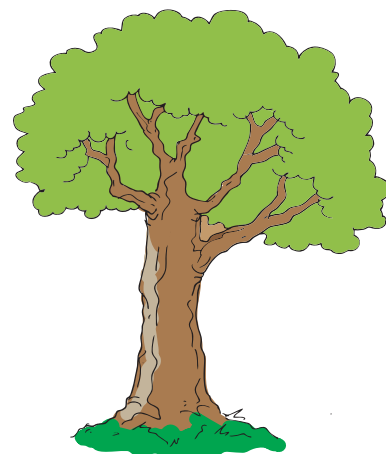
Teddy Bear Picnic

Variation for younger kids:

- Print the "Teddy Bear Picnic" template. (see USB Flash Drive) (1 sheet/child)
- Place a sheet of parchment paper on top of each child's template.
- Give each child a plastic cup filled with a few Teddy Graham crackers and pretzels.
- Distribute a handful of grapes and berry candies to each child as they are filling in the Teddy Bear Picnic template.

**IN HIS HAND IS THE LIFE OF EVERY
LIVING THING AND THE BREATH
OF EVERY HUMAN BEING.**

JOB 12:7-10



Fascinating Fun Facts about the Human Body:

1. 90% of our bodies are made up of water.
2. Human teeth are almost as sharp as shark teeth.
3. Children have more taste buds than adults.
4. Taste buds on your tongue only last an average 10 days before new ones appear.
5. The tongue is the strongest muscle in the body, and each tongue has unique prints, just like we have unique fingerprints!
6. If you are left handed, you will most often chew your food on the right side of your mouth. If you are right handed, you will often chew your food on the left side.
7. It's impossible to hum a tune with your nose plugged. Try it!



After Snack Activity: Snack Art

You'll need:

- ☐ A jumbo bag of pretzels (*small handful/child*)
- ☐ A big box of Cheerios (*small handful/child*)
- ☐ Napkin or paper towel (*1/child*)

Activity:

Kids can make creative designs using pretzels and cheerios.

Be sure the kids eat their designs, too.

Note: Kids could create stick men, flowers, trees, a race car, a sun, or write their initials!

