

# DAY 1

## Theme: THE GAME PLAN

A focus on the Two Greatest Commandments: *“Love the Lord your God with all your heart, and with all your soul, and with all your mind... and love your neighbor as yourself”* (Matthew 22:37-39).

**Virtue:** Excellence (*striving to do your very best in all you do*)

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## TASTY TORCHES

### Theme Connection:

The Olympic torch is a popular symbol of the Olympic games. In Ancient Greece, a flame was lit at the opening ceremony (1st day) and kept burning brightly throughout the entire games. As we make Tasty Torches, it can remind us how we can also be a shining light to others as we train to be Champions for Christ!

### You'll Need:

- Waffle cones (1/child)
- Vanilla ice cream
- Fresh strawberries and oranges
- (Opt.) Doritos and Cheetos



### Prep:

- Wash the strawberries. Trim the ends and cut in half lengthwise.
- Peel the oranges into individual pieces.

### Activity:

1. Show a sample Tasty Torch and emphasize the theme connection.
2. Add a scoop of vanilla ice cream in your waffle cone.
3. Place the strawberries and oranges on the top to resemble flames.

**Variation:** Fill your waffle cone with Doritos and Cheetos.



# BAGEL RINGS

## Theme Connection:

Bagels are in the shape of a ring. One of the most popular symbols for the Olympic Games is the five colored rings. God's love for us is eternal; forever; like a ring that has no end.

## You'll Need:

- Thin bagels (1/child)
- Spreadable cream cheese or strawberry jam
- Fresh (or frozen) blueberries and strawberries

## Prep:

- Cut bagels.
- Wash fruit and cut strawberries in slices.

## Activity:

1. Spread cream cheese or jam on your bagel.
2. Top your bagel with pieces of fruit.



# CHAMPION BREAKFAST

## Theme Connection:

Athletes often start their day with a bowl of oatmeal. It is important to begin the day with a healthy breakfast, but even more importantly with prayer. This will help us fulfill the Great Commandment: "Love the Lord your God with all your heart, and with all your soul, and with all your mind." *Matt. 22:37* When we make this a daily commitment, we will become Champions for Christ in no time!

## You'll Need:

- Quick oats or steel cut oats
- Toppings: fruit, raisins, cinnamon, applesauce, maple syrup or brown sugar
- Whipped cream or non-dairy milk
- (Opt.) Slow cooker or Instant Pot

## Prep:

- Prepare oatmeal.

## Activity:

1. Fill your bowl of oatmeal with the toppings of your choice.
2. Add a splash of cream or milk.
3. Enjoy your Champion Breakfast.





# PATRIOTIC PARFAITS



## Theme Connection:

In the Olympics, during the Opening and Closing Ceremonies, there is a parade of flags for all the countries taking part in the Games. Athletes are proud to represent their country. We should be proud to represent our faith in Christ. These Patriotic Parfaits will remind us of our duty to represent Christ by loving those around us. They will know we are Christians by our love.

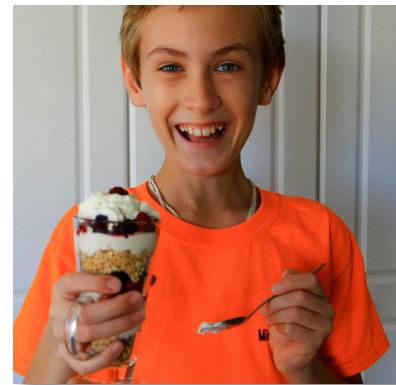
## You'll Need:

- Granola or a piece of cake
- Vanilla yogurt or ice cream
- Fresh or frozen fruit (*United States flag colors: a frozen berry mix of raspberries and blueberries or Canada's flag colors: raspberries or strawberries*)
- Whipped cream
- Clear plastic cups (*1/child*)

## Activity:

1. Fill a cup with granola, yogurt and berries.
2. Top your parfait with a dollop of whipped cream or ice cream.

**Variation:** Make Patriotic Cakes and serve with ice cream.



## Olympic Fun Facts

- The first Olympic Games were celebrated in Olympia, Greece.
- The Ancient Olympic Games consisted of only one race. The prize used to be a crown of olive leaves. Over time, other sports were added.
- Tug of war was an official sport in the Olympic Games in 1920.
- The Olympic gold medals have not been made out of solid gold since 1912.
- The Olympic motto is made up of 3 Latin words: "Citius, Altius, Fortius" which means "Faster, Higher, Stronger."





