



## DAY 1 GAMES:

There are 3 games for today's BOLT VBS lesson. Feel free to adapt the games to fit the number and age of kids who are participating. We have also included an alternative "no supply" game that you can draw from as an addition to or substitution for other games. Please note, though, that "**Head, Shoulders, Cup**" is demonstrated in the video and used as an illustration for the day's lesson. We therefore recommend that you play that game.

### **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.)

### **Stuck on You**

**Directions:** Choose some children and wrap tape around their head with the sticky side FACING OUT. On "go," have their teammates race to find items that can be stuck to their heads. If necessary, you might give them access to a junk drawer with numerous small items. At the end of the allotted time, the player with the most objects stuck to their head wins. Don't forget to take pictures—you'll want to remember this! If there aren't enough players to make multiple teams, just give them a fun challenge like "let's see how many items we can stick on in the allotted time."

### **Egg (or Water Balloon) Toss**

**Directions:** Have people pair up with one another and stand face to face. Each pair should be standing the same distance from each other. Begin by having one person from each pair toss the egg or balloon to their partner. If the partner makes a successful catch, they both take one step back and continue. Younger children can take very small steps. If the egg or balloon is dropped, but not broken, they may continue. If the egg or balloon breaks, that team is out of the game. Continue playing until only one team remains. Play as many games as interest allows.

#### **Supplies Needed:**

Plastic cups  
(1 for every 2 players)

Duct, scotch, or painters tape (1 roll)

Egg or water balloon  
(1 per child)



## ALTERNATIVE “NO SUPPLY” GAME

### **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.

## BOLT VBS MUSIC

BOLT VBS features music by Ben Calhoun of the chart-topping Christian band--Citizen Way. If you would like to listen to the 3 featured songs (plus many more) with your family, you can stream them through this [playlist on Spotify](#).

