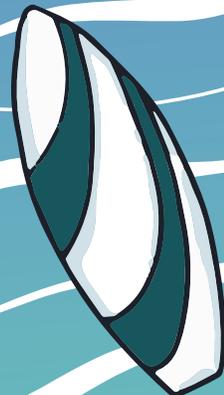
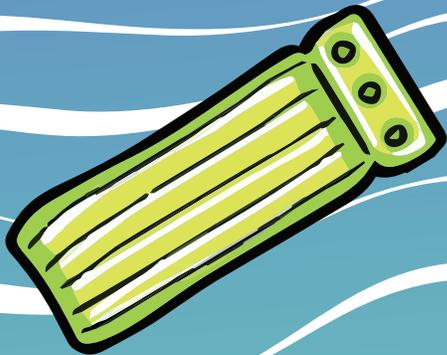




# Make Waves

WHAT YOU DO TODAY CAN  
CHANGE THE WORLD AROUND YOU

VBS 2022 | SNACKS



## TODAY'S BIBLE STORY

**Creation**  
Genesis 1 & 2

## TODAY'S BOTTOM LINE

**God made people  
with a purpose.**

## KEY QUESTION

**What do you enjoy doing?**

## MEMORY VERSE

**"Whoever believes in me . . .  
rivers of living water will flow  
from within them."**

John 7:38, NIV

## BASIC TRUTH

**I can trust God no matter what.**

### Hints:

- Snacks can be distributed in the preschool classroom, or in a separate room depending on your facilities and children.
- Post the snack and allergy alert daily to make parents aware of what is being served.
- Each day you will need plates, napkins, cups, and something for the kids to drink.
- Squirt hand sanitizer on the children's hands before they eat.
- Take advantage of extra time and encourage the children to use the restroom after they eat.

Inspiration for these snack ideas can be seen at:

<https://www.pinterest.com/firstlookcurr/vbs-2022-make-waves-preschool/>

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## MOST SPECIAL CREATION

**WHAT YOU NEED:** Pancakes, Bananas (peeled and sliced in rounds), Strawberries (halved), Blueberries, Mandarin orange slices, Chocolate chips, Paper plates—one per child, Napkins—one per child, Sharp knife

### WHAT YOU DO:

- Cover the tables in your snacks area with butcher paper or plastic tablecloths.

*Before snack time:*

- To create the Most Special Creation snack, place all the items on each child's plate:
  - One pancake
  - Two round slices of banana
  - Two strawberry halves
  - Three mandarin orange slices
  - Large scoop of blueberries
  - Two chocolate chips
- Give each child a prepared plate and a napkin.

### WHAT YOU SAY:

"Hello, friends! On your plate are all the ingredients you need to make the most special creation. Do you remember what our story said God's most special creation was? (Pause.) It's YOU! Use the pancake for your head and build your face with the other ingredients. (Pause.) Great job! Enjoy your special creation.

"God made everything, and it was good. People are God's most special creation. God made us to know Him. When we learn about God and talk to Him, God shows us how to be kind, helpful, and loving. When we do the things God made us to do, we can make waves that change the world around us. **Who can help you change the world around you? God can help me change the world around me.**"

## TODAY'S BIBLE STORY

**Peter Walks on Water**  
Matthew 14:22-33

## TODAY'S BOTTOM LINE

**Jesus invited people  
to follow Him.**

## KEY QUESTION

**What makes Jesus  
worth following?**

## MEMORY VERSE

**"Whoever believes in me . . .  
rivers of living water will flow  
from within them."  
John 7:38, NIV**

## BASIC TRUTH

**I can trust God no matter what.**

## EDIBLE SEA SLIME

**WHAT YOU NEED:** White chocolate instant pudding, Cornstarch, Blue food coloring, Gummy fish, Teddy Grahams®, Water, Measuring cups, Paper bowls—one per child, Plastic spoon—one per child, Napkins—one per child, Sandwich-size plastic zip-top bag—one per child, Permanent marker, *Optional: Goldfish® crackers in lieu of gummy fish*

### WHAT YOU DO:

- Cover the tables in your snacks area with butcher paper or plastic tablecloths.

*Before snack time:*

- In each bowl, pour 1/3 cup of instant pudding mix and 1 cup of cornstarch.
- Give each child a bowl, a spoon, a napkin, and a zip-top bag.
- Have the children stir the ingredients in their bowl.
- Add 1/3 cup of water to each bowl and have the children stir quickly. Help break through any clumps. When the dough is crumbly, place it in the bag.
- Add a few drops of blue food coloring and seal the bag, making sure to let the excess air out.
- Add a little more water if the mixture is too dry or equal parts of pudding and cornstarch if it's too wet.
- Have children add their gummy fish or Goldfish® and Teddy Grahams® to their slime.
- Play and eat.

### WHAT YOU SAY:

"Hello, friends! Today we are going to make slime that looks like water, and this slime is okay to eat. Use the spoon to stir the ingredients in your bowl. *(Pause.)* We'll add a little water and stir until it becomes crumbly. *(Pause.)* Now, put the slime in your bag, and we'll add some blue to make it look like water. *(If needed, help the children put the dough in their bag. Add a few drops of food coloring and seal the bag without air.)* Now rub and knead the blue color into the dough. You did a great job mixing your slime. It turned blue! Open your bag and add the fish and Teddy Grahams®. *(Pause.)* Awesome!

"Jesus did something so amazing that the disciples were afraid. What was it? *(Pause.)* Yes, Jesus walked on water. The disciples had never seen anyone walk on water. Jesus called out to Peter, and Peter walked on the water too. Peter and the disciples were so amazed at what Jesus could do and how special He is. God sent Jesus to change the world and be our friend forever. Jesus made waves that changed the world. When we follow Jesus, God can help us change the world around us! **Who can help you change the world around you? God can help me change the world around me.**"

## TODAY'S BIBLE STORY

**Jesus Is Alive**  
John 18–21:14

## TODAY'S BOTTOM LINE

**You can trust Jesus  
with your life.**

## KEY QUESTION

**What does it mean  
to trust Jesus?**

## MEMORY VERSE

**"Whoever believes in me . . .  
rivers of living water will flow  
from within them."**

John 7:38, NIV

## BASIC TRUTH

**I can trust God no matter what.**

## MY FRIEND JESUS ON THE BEACH

**WHAT YOU NEED:** Graham crackers, Vanilla frosting, Blue food coloring, Teddy Grahams®, Fish sprinkles, Desert-size paper plates—one per child, Mini cupcake liners—two per child, Popsicle sticks—one per child, Napkins—one per child, Sandwich-size zip-top bag, Spoon, Sharp knife

### WHAT YOU DO:

- Cover the tables in your snacks area with butcher paper or plastic tablecloths.

#### *Before snack time:*

- Place a few graham crackers in a zip-top sandwich bag and crush them to make sand.
- Mix some of the blue food coloring into the vanilla frosting.
- Place one graham cracker, two Teddy Grahams®, and a spoonful of frosting on each plate.
- Put a few fish sprinkles in the mini cupcake liners—one per child.
- Put some graham cracker crumbs in a separate mini cupcake liner—one per child.

#### *During snack time:*

- Give each child a plate, the two filled cupcake liners, a popsicle stick, and a napkin.
- Guide the children to spread out their frosting on their graham cracker.
- Have the children add some graham cracker crumbs.
- Add the Teddy Grahams® and fish sprinkles.

### WHAT YOU SAY:

"In our Bible story, we heard how Jesus went away and came back just like He said He would. After He came back, Jesus went to the beach where His friends, the disciples, were fishing in a boat in the water. Let's make a beach to eat!

"Spread the frosting on your graham cracker to look like water. *(Pause.)* Let's add some sand—sprinkle some of the graham cracker crumbs on the frosting for the beach. *(Pause.)* Add the Teddy Grahams®. *(Pause.)* Now add your fish sprinkles to the water. *(Pause.)* Look at the yummy beach snack you made!

"Jesus made breakfast for His friends, and they all sat together and ate. Jesus loved His friends so much, and He wanted to show them that He would always be their friend—forever and ever. Jesus loves you and wants to be your friend forever too. When we are friends forever with Jesus, God can help us make waves to change the world around us. **Who can help you change the world around you? God can help me change the world around me.**"

## TODAY'S BIBLE STORY

**Love One Another/Philip and  
the Ethiopian Official**  
John 13:34-35, Acts 8:26-40

## TODAY'S BOTTOM LINE

**Love others the way  
Jesus loves you.**

## KEY QUESTION

**How can you love like Jesus?**

## MEMORY VERSE

**"Whoever believes in me . . .  
rivers of living water will flow  
from within them."**

John 7:38, NIV

## BASIC TRUTH

**I should treat others the way  
I want to be treated.**

## LOVE SNACK

**WHAT YOU NEED:** Rice Krispies® Treats, Vanilla frosting, Rainbow sprinkles, Heart cookie cutters, Mini cupcake liners—one per child, Paper plates—one per child, Small paper cups—one per child, Snack-size zip-top plastic bags—one per child, Napkins—one per child, Permanent marker, Microwave

### WHAT YOU DO:

- Cover the tables in your snacks area with butcher paper or plastic tablecloths.

#### *Before snack time:*

- Cut the Rice Krispies Treats with the heart cookie cutters. Place two on each plate.
- Write each child's name on their plate and on their bag.
- Heat up the frosting for a few seconds until thinned. Pour about an inch into each paper cup.
- Pour a few sprinkles in the mini cupcake liners—one per child.

#### *During snack time:*

- Give each child a napkin, a cup of frosting, a cupcake liner of sprinkles, a plastic bag, and a plate.

### WHAT YOU SAY:

"In our Bible story today, we learned that we can show others we love them when we help them, or share with them, or say kind words. Let's make two love snacks—one to share and one to eat.

"Take your heart and dip it in your cup. *(Pause.)* Pull it out and lay it on your plate and dip the other heart. *(Pause.)* Pull it out and lay it on your plate next to the first one. *(Pause.)* Now, add the sprinkles to them. *(Pause.)* Super! Pick the heart you want to eat and enjoy. *(Leader takes the other one and sets it aside to harden before adding it to the bag.)*

"God sent Jesus to make big waves that changed the world. When we love like Jesus, God can help us make waves that change the world around us too. **Who can help you change the world around you? God can help me change the world around me.**"

## TODAY'S BIBLE STORY

**Fruit of the Spirit**  
Galatians 5:22-23

## TODAY'S BOTTOM LINE

**God can help you change  
the world around you.**

## KEY QUESTION

**What needs to change in  
the world around you?**

## MEMORY VERSE

**"Whoever believes in me . . .  
rivers of living water will flow  
from within them."**

John 7:38, NIV

## BASIC TRUTH

**I should treat others the way  
I want to be treated.**

## FRUIT OF THE SPIRIT

**WHAT YOU NEED:** Pretzel twists, Pretzel sticks, Green grapes, Watermelon, Sharp knife, Paper plates—one per child, Napkins—one per child

### WHAT YOU DO:

- Cover the tables in your snacks area with butcher paper or plastic tablecloths.

#### *Before snack time:*

- Cut the grapes in half (ten to fifteen per child). Place on each plate.
- Cut watermelon into ½" cubes (five per child). Place on each plate.
- Place one pretzel twist and four to five pretzel sticks on each plate.

#### *During snack time:*

- Give each child a prepared plate and a napkin.

### WHAT YOU SAY:

"In today's Bible story, we learned that Jesus is like a tree trunk and we are like the tree branches. Let's make a tree with the pretzels and fruit on your plate.

"The pretzel twist looks like a tree trunk, and the pretzel sticks look like branches. Build your tree, then add the grapes for the leaves and watermelon for the fruit on the tree. *(Pause.)*

"When we choose Jesus to be our friend forever, we can have fruit like kindness, joy, and peace. God can help us change the world by being kind, having joy, and having peace! When we believe Jesus is God's Son and follow Him, God can help us make waves that change the world! **Who can help you change the world around you? God can help me change the world around me.**"