

UPWARD BOUND

2's & 3's Teacher Guide

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“For God... has shown
in our hearts to
give the light of the
knowledge of the
glory of God in the
face of Jesus
Christ.”

II Corinthians 4:6

UPWARD BOUND OVERVIEW





Meet Upward Bound's Hiking Crew

-  **Trail Guide**
VBS Director
-  **Guide**
Classroom Teacher
-  **Assistant Guide**
Classroom Teacher Assistant

Welcome to the Trek!

What to Expect From Upward Bound





Children love Upward Bound; adults love its impact! By God's grace, here's what it will do in the lives of your children:

-  deepen their knowledge of and love for the Word of God
-  increase their enthusiasm for memorizing Scripture

Overall Focus and Bible Lesson Truth Summary

Written with a passionate desire for children to see Jesus as He truly is—to know, love, and trust Him as they never have before, Upward Bound focuses on Christ's astonishing incarnate journey to win our salvation.

Tracking Jesus' perilous footsteps from the courts of Heaven to the cross and back again to the Summit, your VBS Backpackers will learn from the gospel of Luke

-  for Jesus, being Upward Bound meant fully doing His Father's will, every step of the way
-  all people are born with an Earthly Bound attitude and need to repent and be saved by grace
-  having an Upward Bound attitude requires moment-to-moment reliance on the power of the Holy Spirit
-  because Jesus undertook this journey for them, they, too, can reach the Summit through faith in Him



BIBLICAL TRUTHS AT A GLANCE

Day	Bible Lesson		Climbing Cheer	Bible Memory Verse
Day 1	The Surprising Journey— <i>Born in the Likeness of Men</i> Luke 1:26–28; 2:1–40 <i>The Angel Gabriel</i>	Main Theme: In the most wonderful and surprising journey ever taken, God the Son purposed with God the Father and God the Holy Spirit to leave the glories of Heaven to become a little baby in this broken world to rescue sinful people.	“Jesus came down!”	“...at the name of Jesus every knee should bow in Heaven and on earth and under the earth...” <i>Philippians 2:10</i>
Day 2	The Humbling Journey— <i>The Form of a Servant</i> Luke 2:41–50 <i>Mary, Jesus’ Mother</i>	Main Theme: Jesus had one driving purpose in his life: to do the will of his Heavenly Father. He humbly lived every moment of every day loving and learning to obey God his Father, and loving and serving the people around Him, even as a child!	“We must obey God!”	“...at the name of Jesus every knee should bow in Heaven and on earth and under the earth...” <i>Philippians 2:10</i>
Day 3	The Obedient Journey— <i>Humbled Himself by Being Obedient</i> Luke 3:21–23; 4:1–15 <i>Gilead the Gecko</i>	Main Theme: In all Jesus did, God the Father was fully pleased with Him. Jesus never, ever sinned or gave in to Satan’s temptations. Because of his settled purpose to do the will of the Father, his having fed on the Word of God throughout his life, and his complete dependence on the power of the Holy Spirit, Jesus was able to be fully obedient.	“Follow God’s Word!”	“...at the name of Jesus every knee should bow in Heaven and on earth and under the earth...” <i>Philippians 2:10</i>
Day 4	The Painful Journey— <i>Obedient to Death on a Cross</i> Luke 22:47–Luke 23 <i>Simon of Cyrene</i>	Main Theme: Jesus’ complete obedience to the Father and selfless love for us led him to the Cross where he took our sins on Himself and died the painful death we deserved.	“Jesus saves sinners!”	“...at the name of Jesus every knee should bow in Heaven and on earth and under the earth...” <i>Philippians 2:10</i>
Day 5	The Joy of the Journey— <i>God Has Highly Exalted Him</i> Luke 24:1–12; 50–53 <i>Mary Magdalene</i>	Main Theme: The Resurrection testified that Jesus had accomplished the goal of His journey, our redemption. He had done His Father’s will perfectly & won our salvation. He re-entered the Courts of Heaven, His victory complete.	“Jesus is alive!”	“...at the name of Jesus every knee should bow in Heaven and on earth and under the earth...” <i>Philippians 2:10</i>

TEACHING 2's & 3's

Expedition E



LOOK ONLINE

for additional resources (music, artwork, and publicity information) are available on the Upward Bound portal. Talk to your Director for more information or visit: **portal.reachoutadventures.com**

Caring for Expedition E, Upward Bound's 2 & 3 year olds, is a precious ministry which blesses the entire program. Expedition E toddlers (and their parents!) handle separation best when these littlest of Backpackers are enjoying a simple, relaxed curriculum. Your ministry:

- ✿ allows staff parents to give themselves more fully to their VBS roles
- ✿ provides a creative, nurturing environment
- ✿ teaches these little Backpackers Upward Bound's basic spiritual truths

Using this Curriculum

The most effective way to implement this curriculum will depend on your:

- ✿ facility
- ✿ number of Guides and Assistant Guides
- ✿ number of children
- ✿ Expedition E's specific age composition:
 - how many 2's, how many 3's?
 - do you have just-turned 2's and almost 4's?

This Teacher Guide provides you with:

- ✿ insights and guidelines for working with very young children
- ✿ a full, age-appropriate curriculum including
 - daily schedule
 - lesson summary
 - memory work
 - lesson-related, hands-on learning activities
 - recreation plan

The key to success with 2's & 3's is:

- ✿ prayer
- ✿ good preparation & organization
- ✿ flexibility!



Gearing Up

Getting Ready for Upward Bound

Prepare Your Heart and Mind

- ✿ Prayerfully read through the Bible Lesson Curriculum which is the heart and unifying thread of the entire program.
- ✿ Attend Upward Bound training meetings to be spiritually and mentally prepared for your role, and to pray and develop unity with other staff members.
- ✿ Aim to pray for each activity and every child individually before coming to Upward Bound each day.

Your teaching materials include:

- ✿ Bible
- ✿ 2's & 3's Teacher Packet
 - Teacher Guide
 - Bible Lesson Curriculum and "At a Glance" overview
 - 2's & 3's Activity pages (reproducible activity pages in the back of this book)



Expedition Guide Responsibilities

Classroom Coordinators for Expedition E are responsible for the following:

Outpost Setup

■ **Location**

Ideally your class should be located in a room that is not a thoroughfare, has adequate space, easy access to a safe outdoor play area, and a bathroom nearby.

■ **Decorations**

Transform your classroom into the Backpackers' "Outpost"; consult your VBS Decorations Coordinator for ideas. Display visual aids at child level so they may be easily seen and touched when appropriate. Items not to be touched by the children should be hung from the ceiling or placed higher on walls.

■ **Furniture**

Tables and chairs should be child-sized, with plenty of room to walk around them. Have a higher table or shelf to keep materials easily accessible to Guides.

■ **Campfire Circle (circle time area)**

Set up a pretend campfire (sidebar) and spread out mats so the Backpackers can sit "around the campfire" for group activities.

■ **Safety**

Safety check your Outpost and remove all untouchables. Make sure all electrical outlets are covered and window cords out of reach.

■ **Cleanup**

Have a pail and sponge and/or disinfectant wipes, a broom and dust pan and/or vacuum, and garbage cans readily at hand for easy cleanup.

Easy "Campfire"

- ✿ Fire Pit: Use a low galvanized tub.
- ✿ Flames: Tape large red, orange, and yellow paper triangles on inside rim of the tub.
- ✿ Logs: Place paper towel tubes in bottom of tub.





Outpost Rules

Clearly explain your rules concerning the use of toys and materials, snack time, obedience, and getting along with the other children. Gently but firmly discipline when necessary, according to your church's policy.

Down-to-Earth Expectations

Keep your expectations realistic for your Backpackers. The week will be long for these little ones and the goal is for both them and their teachers to enjoy their Upward Bound experience.

Outpost Supplies

- Device to play music
- pillows, mats, sleeping bags, or blankets for rest time
- Learning Site materials
- tissues, paper towels, cleanup and diaper changing supplies

Hands-On Activities

The daily schedule allows for two periods which provide hands-on learning experiences.

■ **Arrival Time Activities**

These may be repeated each day or rotated for variety (see list on pages 8-9)

■ **Learning Sites**

Learning Sites are specifically designed to follow each Bible lesson presentation to reinforce the day's Biblical truths. Detailed instructions begin on page 12.

Unless your Director has already appointed a Learning Site Coordinator, delegate responsibility to one or more Guides/Assistant Guides for planning, setup, supervision, and takedown of daily activities. Note that *it is not necessary to use every lesson-specific Site each day*; select those you believe will be most effective and manageable in your particular situation.

Summit Celebration (closing program)

Ask your Director if your Expedition will sing a song and/or recite your memory verse in the final closing program for family and friends; if so, plan to practice on Days 4 and/or 5.

Backup Ideas

Have music, relevant picture books, a list of stand-up exercises and other backup activity ideas on hand to use if the need arises.

Clock Patrol

Keep your Expedition on schedule!



Developmental Realities for 2's & 3's

■ General

The first reality to consider for these little ones is the significant developmental span between the “just two’s” and the “almost four’s.” Be sure to learn the age of each child and *adjust your expectations accordingly*; otherwise you may make the mistake of underestimating the petite child and expecting too much of the faster-growing child.

■ Physically

These children are very active and need lots of space in which to move around. Be flexible about their sitting down for the Bible story; some will need to get up and touch the visual aids. Many of them will have only beginning coloring skills.

■ Emotionally

2's & 3's need lots of approval, some individual attention, and full acceptance of the unique person God has created each one of them to be. Allow each child to be special! Try not to hurry them, and watch for indications of frustration *before* behavior problems arise. If a child is having a difficult time, provide an alternate activity. Pressuring a resistant child usually

leads to tears, class disruption, and the need to take Mom or Dad away from her or his VBS assignment.

■ Spiritually

Coming from the homes of your VBS staff, most of the children receive their primary Christian teaching from their parents and Sunday School. Your teaching should be seen as an adjunct to their Christian education. Reinforce basic Gospel truths and reduce lesson material to an extremely simple narrative form. Encourage the children to pray. Their prayers may sound like mumbling to you, but their heavenly Father hears them very clearly!

■ Cognitively

Children of two or three learn with simple rote—repeat, repeat, repeat! And because they learn with their whole bodies, do as much with drama, hand motions, sounds, and other sensory activities as possible! (Don't ask them to learn just by sitting and listening to accommodate an adult teaching style of “teaching by talking.”) Appeal to the children's curiosity. Remember that the attention span is very short at this age, so alternate busy and quiet activities. Make learning fun and leave the children with wonderful memories of Upward Bound!



On the Trail

Leading Your Backpackers Through Upward Bound

About the Schedule

The schedule that follows breaks the day into short segments. It is wise to move young children on to the next activity before they become bored and find their own “creative” alternatives! At each transition make short, clear statements to direct your Backpackers. For example, rather than asking, “Would you like to sit down and listen to a story?” say,

*“It's time to pick up the blocks. I see Sam putting his blocks away...
Let's sit on our mats. I like the way Sarah is sitting on her mat....
Now we're ready to sing some songs!”*

Keep the same schedule each day to give the children a growing sense of security as the week progresses and they become familiar with the daily routine.



LOOK ONLINE

for additional resources (music, artwork, and publicity information) are available on the Upward Bound portal. Talk to your Director for more information or visit: **portal.reachoutadventures.com**





Free Resources

Search online for these free preschool theme-related (camping, hiking, forest life) or Bible lesson-related printables/activities:

- 🍁 pre-writing activity sheets—insert into clear sheet protector; provide wipe-off crayons; wipe off with small felt square to reuse
- 🍁 images for matching and sorting—print onto cardstock; cutout
- 🍁 lacing activities—print onto cardstock, cutout, and punch holes; provide colored shoe laces, or lengths of heavy yarn with taped ends
- 🍁 sensory tub ideas

Sample Daily Schedule

Time	Activity
Pre-Start and 10 minutes	Arrival Time Activities
20 minutes	Campfire Circle (<i>whole group time</i>): <ul style="list-style-type: none"> • Greeting Game Song • Lesson Teasers • Climbing Cheer
25 minutes	Trail Break (<i>outdoor play</i>)
5 minutes	bathroom break
20 minutes	Bible Storyteller, Trail Treats, Lesson Focus
40 minutes	Learning Sites (<i>hands-on activities</i>)
5 minutes	cleanup and bathroom break
20 minutes	rest time
10 minutes	Campfire Circle: <ul style="list-style-type: none"> • Memory Verse Song • singing • Climbing Cheer review
15 minutes	Trail Break (<i>lesson-related recreation, page 18</i>)
10 minutes	Campfire Circle: <ul style="list-style-type: none"> • singing • prayer • distribute take-home crafts

Arrival Time Activities

- 🍁 Expect staff children to arrive early because of their parents' roles.
- 🍁 Prior to the children's arrival, set up several activities from the list below with enough space to comfortably accommodate four to five Backpackers supervised by a Guide/Assistant Guide. These activities should be brought out only for arrival playtime.
 - brown play-clay (recipe on page 16), rollers, rocks, small twigs, plastic forest animals, insects, snakes, birds
 - nativity play sets, picture books, toys, puzzles related to the day's lesson where possible
 - picture books and puppets related to the outdoor theme
 - music of both upbeat and quiet music (e.g., Upward Bound)

- Music, Wee Sing Bible Songs®, etc.)
- building blocks with animals and/or lesson-related items and pictures (print lesson pictures on cardstock and attach to blocks)
- portable plastic slide, climber, ride-on toys, large balls
- bean bags or soft foam balls for tossing into small coolers
- activities listed in sidebar, page 8

Campfire Circle

- Campfire Circle (whole-group circle time) sets the tone for the entire day, focusing the children's attention on the day's biblical truths.
- Encourage every Backpacker to participate in this group activity.
- Assign Guides/Assistant Guides to help specific children and model enthusiastic participation.
- The same Guide should lead Campfire Circle time every day so the children become accustomed to listening to this one teacher.

"Hello, Hiker" Greeting Game

Begin Campfire Circle with the name game described in the sidebar, or a similar activity.

Lesson Teasers and Climbing Cheers

- Use the **Lesson Teasers** and props (pages 11–12) to prepare the Backpackers for the Bible lesson presentation.
- Introduce the **Climbing Cheer** (chart below)—a short phrase summarizing each day's lesson truth.
- Practice the Climbing Cheer during your Lesson Teaser time.
- Conclude Campfire Circle by saying the cheer together.



"Hello, Hiker" Greeting Game

(sung to the tune of "Skip to My Lou")

- Backpackers hold hands and form circle around Guide.
- As they sing the first line, Backpackers "hike" around Guide who looks through binoculars to choose a child.
- Group pauses at "your" as Guide gently pulls a child into the center of the circle.
- Child says his/her name, then group continues on with the rest of the song.
- Child returns to the circle and song repeats for remaining children.

Song Lyrics

*Hello, hiker, what's your name? (Child says name.)
Ma—rk, that's your name!
Hello, Mark, glad you came!
Today we'll learn about Jesus!*

Climbing Cheers

Lesson	Cheer	Motions
1. The Surprising Journey	"Jesus came down!"	point upward, then downward
2. The Humbling Journey	"We must obey God!"	nod head "Yes"
3. The Obedient Journey	"Follow God's Word!"	open hands to indicate Bible
4. The Painful Journey	"Jesus saves sinners!"	form cross with index fingers; point to self
5. The Joy of the Journey	"Jesus is alive!"	raise both arms high (rejoicing!)



Save Your Props

Save props from each day's Lesson Teaser and Bible lesson presentation for the following days' reviews.

Songs and Finger Plays

Simple songs and finger plays are great transitional cues for this age group. Use songs to introduce listening times, snack, cleanup, and rest times.

Lesson Teasers

(to prepare the children for the Bible lesson)

Lesson 1: The Surprising Journey — *Born in the Likeness of Men*

- Show a Bible and an envelope and talk about how the Bible is God's letter to us. Emphasize that everything in the Bible is true and the stories in the Bible that we will hear at Upward Bound really happened.
- Show children a glass of clean water, to represent that God made Adam and Eve perfect.
- Show children a glass of dirty water, which represents sin and our need for redemption.
- Explain that today they will learn how Jesus—God Himself—came into our world as a baby to be our Savior, to take away our sin and make us clean.
- Climbing Cheer: **"Jesus came down!"**

Lesson 2: The Humbling Journey — *The Form of a Servant*

- Review yesterday's lesson. Show a Bible again to emphasize that our lessons are from God's Word.
- Play a game of *Simon Says*.
- Talk about obedience in their daily lives as 2 & 3 year olds.
- Explain that today they will learn that when Jesus was a little boy He always obeyed His earthly parents and God, His Father in Heaven.
- Climbing Cheer: **"We must obey God!"**

Lesson 3: The Obedient Journey — *Humbled Himself by Being Obedient*

- Review previous lessons. Show a Bible again to emphasize that our lessons are from God's Word.
- Set out cookies on a plate but explain that we can't eat them yet.
- Talk about the difficulty of resisting the temptation to eat the cookies.
- Explain that today they will learn that Jesus was tempted but never sinned, that He always did what the Bible says to do, and we need to as well.
- Give permission to eat the cookies! (Make sure to do this before it becomes a stumbling block.)
- Climbing Cheer: **"Follow God's Word!"**

Lesson 4: The Painful Journey — *Obedient to Death on a Cross*

- Review previous lessons. Show a Bible again to emphasize that our lessons are from God's Word.
- Ask children if they have ever had a time out, hit someone,

grabbed a toy that someone else has, disobeyed, etc.

- Discuss our sin nature and need for salvation.
- Explain that today they will learn that Jesus suffered and died to forgive our sins.
- Climbing Cheer: ***"Jesus saves sinners!"***

Lesson 5: The Joy of the Journey — God Has Highly Exalted Him

Materials: Bible, padlock with key, 2 or 3 non-corresponding keys, tray

- Review previous lessons with saved props. Show a Bible again to emphasize that our lessons are from God's Word.
- Put lock and a few non-corresponding keys on tray.
- Help children take turns trying to open lock with various keys.
- Bring out the matching key and open lock.
- Discuss that only God's way will "unlock" the door to Heaven.
- Explain that today they will learn that believing in Jesus is the only way to Heaven.
- Climbing Cheer: ***"Jesus is alive!"***

Lesson-Specific Learning Sites

While your Backpackers are still seated in Campfire Circle, briefly explain each of the day's Learning Sites, showing the craft sample and the completed activity pages. Guides and Assistant Guides then rotate groups through the Sites.

LEARNING SITES: OVERVIEW

	Craft Site	Hands-On Site	Action Site	Activity Pages
Lesson 1	The Angel Gabriel Figure	Birth of Christ Scene	Jesus' Birth	"Jesus came down!"
Lesson 2	Philippians 2:10 Door Hanger	Building the Temple	Jesus' Journey to Jerusalem	"We must obey God!"
Lesson 3	"Jesus is My Compass" Action Picture	Temptation in the Desert Landscape	Jesus' Temptation	"Follow God's Word!"
Lesson 4	"Jesus Died to Save Us!" Cross Necklace	Heart and Cross Puzzles	Jesus' Journey to the Cross	"Jesus saves sinners!"
Lesson 5	"Jesus Has Risen From the Dead!" Action Picture	Jesus' Empty Tomb	Jesus' Resurrection and Ascension	"Jesus is alive!"

Learning Site Setup

Instructions for Site Coordinator

- **Craft Site**—Set up table, chairs, and supplies needed for daily project; display sample of the day's completed project.
- **Hands-On Site**—Set up table (no chairs) and supplies needed for the particular day's activity.
- **Action Site**—The activity in this Site always involves acting out part of the day's story. Various costumes and props are required each day; some items are used on multiple days.
- **Activity Page Site**—Set up table, chairs, and supplies needed for completing the day's Activity page.



Take Your Pick

Remember, it's not necessary to do all the Sites each day! Choose those that will work best for you.



Lesson 1: The Surprising Journey — Born in the Likeness of Men

Craft Site

*The Angel
Gabriel
Figure*

During Craft Site, help children:

- Write name on backside, then color the body and wings.
- Cut along the dashed lines. Fold the wings forward along the dotted lines. Wrap the angles gown into a cone, overlap left side to align with the small lines on the back of the wing, then tap or staple.

Sample Questions to ask:

- Do you remember what Gabriel was sent by God to do? What did Gabriel say this special baby's name was to be? What did His name mean?



Hands-On Site

*Birth of Christ
Scene*

Materials:

- 1 or 2 large shoe boxes for "stables"
- layer of straw for "floor"
- figures from a sturdy, child-safe nativity set

During Hands-On Site:

- Children arrange nativity set.

Sample Questions to ask:

- Where did Jesus live before He came to earth? Where was He born? Was it like Heaven? Why did Jesus decide to leave Heaven?



Where Do I Find it?

Detailed instructions for Craft and Lesson Handwork Sites, as well as patterns referred to in other Sites, are located in the Craft Curriculum.

Action Site

Jesus' Birth

Materials:

- angel costume: white robe with gold tie belt, wings
- Mary and Joseph costumes: robes/tunics, tie belts, scarf-style headdresses, sandals, beard
- wood crate manger with straw
- baby doll "Jesus"

During Action Site:

- Children enact the story of Jesus' birth.

Activity Page

Jesus came down!

Color, review Memory Verse, Climbing Cheer.

Lesson 2: The Humbling Journey — The Form of a Servant

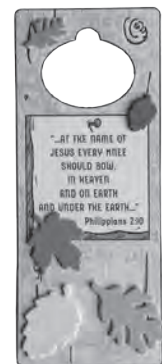
Craft Site

*Philippians 2:10
Door Hanger*

(see Craft Curriculum)

During Craft Site, help children:

- Write name on back of door hanger.
- Color door hanger around the Scripture verse.
- Attach woodland foam shapes and/or stickers around the Scripture verse as shown.
- Say the Scripture verse together.



	Hands-On Site <i>Building the Temple</i>	Materials: <ul style="list-style-type: none"> ■ blocks (regular or Duplo®) ■ Playmobil® or Duplo® people, animals, etc. ■ picture of Temple During Hands-On Site: <ul style="list-style-type: none"> ■ Show children picture of Temple. ■ Have them “build” Temple and arrange figures in outer courts. Sample Questions to ask: <ul style="list-style-type: none"> ■ Who traveled to the Temple in Jerusalem? Why were they going there? Who thought their son was lost? Where did Mary and Joseph find Jesus? What was He doing? Did Jesus ever disobey?
	Action Site <i>Jesus’ Journey to Jerusalem</i>	Materials: <ul style="list-style-type: none"> ■ Israelite costumes: robes/tunics, tie belts, sandals, beards, staff, scarf-style headdresses ■ baskets or sacks with provisions for journey—food, blanket, etc. ■ large cardboard box (city) with cut-out “eye of the needle” archway entrance During Action Site: <ul style="list-style-type: none"> ■ Children enact Jesus’ journey to Jerusalem.
	Activity Page <i>We must obey God!</i>	Color, review Memory Verse, Climbing Cheer.

Lesson 3: The Obedient Journey — *Humbled Himself by Being Obedient*



Craft Site
“Jesus is My Compass”
Action Picture

(see Craft Curriculum)

During Craft Site, help children:

- Write name on compass back.
- Color praying hands, Bible, and dove on compass wheel.
- Assemble compass using paper fastener and prepared holes in center of each compass part.
- Read text on compass; discuss.

Hands-On Site
Temptation in the Desert Landscape

Materials:

- tub filled with sand or gravel
- small implements to dig, shape dunes, level sand
- stones, dried twigs
- plastic desert animals: camels, birds, hyenas, snakes, lizards, rodents, scorpions, ants, spiders, etc.

During Hands-On Site:


- Children create their own desert scenes.

Sample Questions to ask:

- Where did Jesus stay for 40 days? Did Jesus get hungry there? What did Satan tempt Jesus to do? What did Jesus do instead?

Action Site <i>Jesus' Temptation</i>	Materials: <ul style="list-style-type: none"> ■ large stone ■ loaf of bread ■ container of jewelry or toy money (riches) ■ tall cardboard "Temple" box ■ Bible During Action Site: <ul style="list-style-type: none"> ■ Children enact the story of Jesus' temptation in the desert. 	
Activity Page <i>Follow God's Word!</i>	Color, review Memory Verse, Climbing Cheer.	

Lesson 4: The Painful Journey — Obedient to Death on a Cross

Craft Site <i>"Jesus Died To Save Us"</i> <i>Cross Necklace</i> <i>(see Craft Curriculum)</i>	During Craft Site, help children: <ul style="list-style-type: none"> ■ Fold cross over mid-point of yarn; glue back sides of cross together. ■ Write name on back of cross. ■ String 3 Bubble Tea straw "beads" on each side of cross. ■ Tie ends of yarn together securely. ■ Read words on cross: "Jesus died to save us." ■ Put on their necklaces. 	
Hands-on Site <i>Heart and Cross Puzzles</i>	Materials: <ul style="list-style-type: none"> ■ one 8" posterboard/foam heart per child in Site group; use varying colors In Advance: <ul style="list-style-type: none"> ■ Draw a large cross on each heart with permanent marker. ■ Cut the heart into 2 or more puzzle shapes. During Hands-On Site: <ul style="list-style-type: none"> ■ Have children assemble heart puzzles. Sample Questions to ask: <ul style="list-style-type: none"> ■ Did Jesus ever sin? Why did Jesus die? Does God love us and want to forgive us? What does God want us to do when we sin? 	
Action Site <i>Jesus' Journey to the Cross</i>	Materials: <ul style="list-style-type: none"> ■ Roman soldier costume: tunic, plastic armor, sandals ■ Simon of Cyrene costume: bright robe/tunic, turban-style headdress, sandals ■ mourning woman's costume: dark robe, skirt, tie belt, scarf-style headdress, sandals During Action Site: <ul style="list-style-type: none"> ■ Children enact Jesus' journey to the cross. 	
Activity page <i>Jesus saves sinners!</i>	Color, review Memory Verse, Climbing Cheer.	

Lesson 5: The Joy of the Journey — God Has Highly Exalted Him



Play-Dough Recipe

- ☐ 2 ½ c. flour
 - ☐ 3 T. vegetable oil
 - ☐ 1 small pkg. unsweetened Kool-Aid®
 - ☐ ½ c. salt
 - ☐ 1 T. cream of tartar
 - ☐ 2 c. boiling water
- Mix dry ingredients. Add salad oil, boiling water, and food coloring as desired. Stir well. Knead until smooth.

Craft Site <i>"Jesus has risen from the dead!"</i> <i>Action Picture</i>	<p><i>During Craft Site, help children:</i></p> <ul style="list-style-type: none"> ■ Write name on back of tomb picture. ■ Place flower stickers at base of tomb. ■ Color angel and glue inside tomb. ■ Attach stone to tomb at provided dots with paper fastener; "roll" stone away. ■ Read words on stone: "Jesus has risen from the dead! He is alive!"
Hands-On Site <i>Jesus' Empty Tomb</i>	<p><i>Materials:</i></p> <ul style="list-style-type: none"> ■ 1 play-clay ball per child in Site group ■ small strips of gauze or muslin ■ stiff spatula for scraping table top <p><i>In Advance:</i></p> <ul style="list-style-type: none"> ■ Make play-dough. (sidebar) <p><i>During Hands-On Site:</i></p> <ul style="list-style-type: none"> ■ Children shape play-dough into ball to form tomb. ■ Make indentation in tomb by removing small piece of play-dough for stone. ■ Put linen wrappings in tomb. ■ Shape smaller piece of play-dough into stone and "roll" in front of tomb. <p><i>Sample Questions to ask:</i></p> <ul style="list-style-type: none"> ■ Where was Jesus buried after He died on the cross? Who spoke to Mary when she went to find His body? Where did he say Jesus was? How did Jesus leave His friends—on an airplane? How can we get to Heaven?
Action Site <i>Jesus' Resurrection and Ascension</i>	<p><i>Materials:</i></p> <ul style="list-style-type: none"> ■ large cardboard box (tomb) with cut-out entrance ■ muslin fabric for grave linens ■ angel costumes: white robe/tunic with gold tie belt, wings ■ Israelite costumes: robes/tunic, tie belts, sandals, beards, scarf-style headdress <p><i>During Action Site:</i></p> <ul style="list-style-type: none"> ■ Children enact Jesus' resurrection and ascension.
Activity Page <i>Jesus is alive!</i>	<p>Color, review Memory Verse, Climbing Cheer.</p>

**FOLLOW CHRIST
TO THE SUMMIT!**

Rest Time

Young children tire easily with the busy pace of the day! Lay out sleeping bags or mats on which your little Backpackers can rest. Dim the lights and play relaxing music. Provide gentle reminders to children who have difficulty being still.

Campfire Circle

Memory Verse Song

Expedition E learns the following portion of Philippians 2:10—

*“...At the name of Jesus every knee should bow,
in heaven and on earth and under the earth...”*

Because 2's & 3's memorize best when verses are set to a familiar tune and accompanied by hand motions, we encourage you to use the chart below.

Singing

- Sing a variety of Bible songs, including Upward Bound songs, as well as other fun, traditional favorites. Children love repetition, so do not be afraid to repeat a song several times. Ask for requests.

Climbing Cheer Review

Conclude the final Campfire Circle time with the Climbing Cheer in the same way you did after the first Campfire Circle time (see page 9).



Outhouse Treks

Take the children to the bathroom immediately before rest time to prevent a rush of “emergency” visits that disrupt the quiet.



Memory Verse Song and Hand Motions

(To the tune of “Are you Sleeping?”)

Philippians 2:10

At the name of Je—sus	touch palms of hands with middle finger, alternating left & right
At the name of Je—sus	(repeat action)
every knee should bow,	bend forward at waist with arms extended, palms down
every knee should bow,	(repeat action)
in Heaven and on earth	point to Heaven, then form fist with left hand and wrap right hand over the top
and un—der the earth.	leaving left hand in place, move right hand—fingers flat, together, and palm down—“under the earth”
Philippians 2:10	open hands in front of you like opening the Bible; hold up 2 fingers, then 10 fingers
Philippians 2:10	(repeat action)

Trail Break

(Recreation)

Day 1

*"Jesus Christ
Came Down
From Heaven"*
Action Song
(to the tune of
London Bridge)

Instructions:

- Play this modified version of *London Bridge*. Explain that the Backpackers are going for a special hike in a pretend forest. One or more pairs of Guides are "trees," their "branches" extended and touching to form an arch under which the Backpackers "hike" single file as they sing the verse(s) below to the tune of *London Bridge*. During the final phrase, the Guides' "boughs break" and their lowered arms catch several Backpackers. Have the "captured" children say their Climbing Cheer, "Jesus came down!", before releasing them. Repeat with new children using additional verses if desired. For variety have the children hop, clap, skip, etc., as they hike.

Lyrics:

*Jesus Christ came down from Heaven,
down from heaven, down from Heaven.
Jesus Christ came down from Heaven
to save sinners!*

*Jesus Christ was born in a manger,
born in a manger, born in a manger.
Jesus Christ was born in a manger.
God became a baby!*

*Mary said, "Yes, I will do, I will do, I will do,
Mary said, "Yes, I will do,
what God wa—nts!"*

*Jesus Christ came down from Heaven,
down from Heaven, down from Heaven.
Jesus Christ came down from Heaven
to save sinners!*

Day 2

*"Searching
Jerusalem" Hide
and Seek*

Materials:

- 6 large boxes of varying size
- Scroll

In Advance:

- Create the city of Jerusalem with crawl-through and open-the-flap cardboard box "buildings."
- Have 1 especially tall (or otherwise designated) box be the Temple at the course's end.
- Place scroll in Temple.

Instructions:

- Line children up single file, explaining they are going to search the city of Jerusalem looking for Jesus, just like Jesus' worried mommy and daddy did.
- After walking around, crawling through, and peeking in flap doors of each "building," wind up at the Temple.
- Direct children's focus to the scroll, explaining that Jesus was talking about God's Word with the Temple teachers. Ask, "What did Jesus say when His mommy and daddy found Him?" Help them answer, "Didn't you know I had to be in my Father's house?"

Day 3

*"Jesus in the
Desert" Obstacle
Course*

Materials:

- Sizeable stones (or brown paper bags crumpled and stuffed to resemble stones), old branches, dried brush, and rubber snakes, lizards, scorpions, stuffed lions, etc.
- Loaf of bread, box of "jewels," Temple box from Day 2, 3 Bibles

<p>Day 3 (continued)</p>	<p><i>In Advance:</i></p> <ul style="list-style-type: none"> ■ Set up a simple desert life obstacle course with materials listed above. ■ Along the way place loaf of bread alongside Bible, box of “jewels” and Bible, and the Temple box (from yesterday’s Trail Break) and Bible to represent each temptation. <p><i>Instructions:</i></p> <ul style="list-style-type: none"> ■ As the children navigate the course, remind them of the hardships and possible dangers (“scary things like desert snakes!”) Jesus endured, trusting in His Father’s care. ■ At each temptation have each child point to the Bible and say, “Follow God’s Word!”
<p>Day 4 “Run to the Cross” Rock Relay</p>	<p><i>Materials:</i></p> <ul style="list-style-type: none"> ■ 1 “rock” per child (see Obstacle Course, Day 3, above) ■ Large cardboard or wooden cross <p><i>Instructions:</i></p> <p>Organize a simple relay as follows:</p> <ul style="list-style-type: none"> ■ Have the children form several lines and distribute rock to each child. ■ On the other side of the play area have a Guide hold up the cross. ■ Explain to the children that their rocks represent our sins which we can take to Jesus in prayer for forgiveness. ■ Have them run to the cross, place (not throw!) their rock/sin at the cross’ foot, shout “Jesus forgives sinners!” and run back again.
<p>Day 5 “Upward Bound to Heaven!” Rope Run</p>	<p><i>Materials:</i></p> <ul style="list-style-type: none"> ■ 1 or more 10–20 foot lengths of rope, clothesline, or strong twine ■ Sturdy cardboard tube (inner tubes from plastic wrap are best), one per rope length ■ (Optional) Posterboard picture representing Heaven <p><i>Instructions:</i></p> <ul style="list-style-type: none"> ■ Slip rope through cardboard tube. ■ Have Guide at each rope end, one crouched down at “earth,” the other standing, creating an incline “to Heaven” (adjust to within children’s reach). ■ (Optional) Have standing Guide hold “Heaven” picture. (see 2’s & 3’s Memory Book, page 3) ■ Have the children line up, then run “Upward Bound to Heaven!” sliding the tube the length of the rope. ■ At “Heaven” have each child shout “Jesus is alive!”



Upward Bound Trail Talk

Learning Upward Bound's lingo is a key part of your preparation for VBS. Using backpacking jargon will contribute significantly in creating an atmosphere of fun and adventure for your Backpackers! Familiarize yourself with these terms, using them now as you plan for Upward Bound and, most importantly, during VBS itself.

On the Trail

Assistant Guide.....	<i>Classroom Teacher Assistant</i>
Backpackers.....	<i>Children</i>
Base Camp.....	<i>Assembly Room</i>
Bible Exploration	<i>Daily Bible Reading</i>
Breaking Camp.....	<i>Closing Daily Assembly</i>
Crossover to Life.....	<i>Gospel Presentation</i>
Expeditions	<i>Grade Groups</i>
	<i>Expedition A—Grades 5 & 6</i>
	<i>Expedition B—Grades 3 & 4</i>
	<i>Expedition C—Grades 1 & 2</i>
	<i>Expedition D—4's–K</i>
	<i>Expedition E—2's & 3's</i>
Guide.....	<i>Classroom Teacher</i>
Lead Guide.....	<i>Jesus</i>
Outpost.....	<i>Classroom</i>
Setting Up Camp	<i>Opening Daily Assembly</i>
Summit Celebration.....	<i>Closing Program</i>
Trail Discoveries.....	<i>Bible Lesson Worksheet</i>
Trail Guide.....	<i>VBS Director</i>
Trail Instructions.....	<i>Announcements</i>
Trail Log	<i>Student Book</i>
Song Guide.....	<i>Song Leader</i>
Trail Treats.....	<i>Snacks</i>

UPWARD BOUND



memory
verse

“...at the
name of
Jesus every knee
should bow, in Heaven
and on earth and
under the earth...”

— *Philippians 2:10*

DAY 1

memory verse

“...at the name of Jesus
every knee should
bow, in Heaven
and on earth and
under the earth...”

Philippians 2:10

climbing cheer

Jesus
came
down!

trail chores



Listen well
during
Campfire Circle



Help clean up
before Trail
Treats (snack)

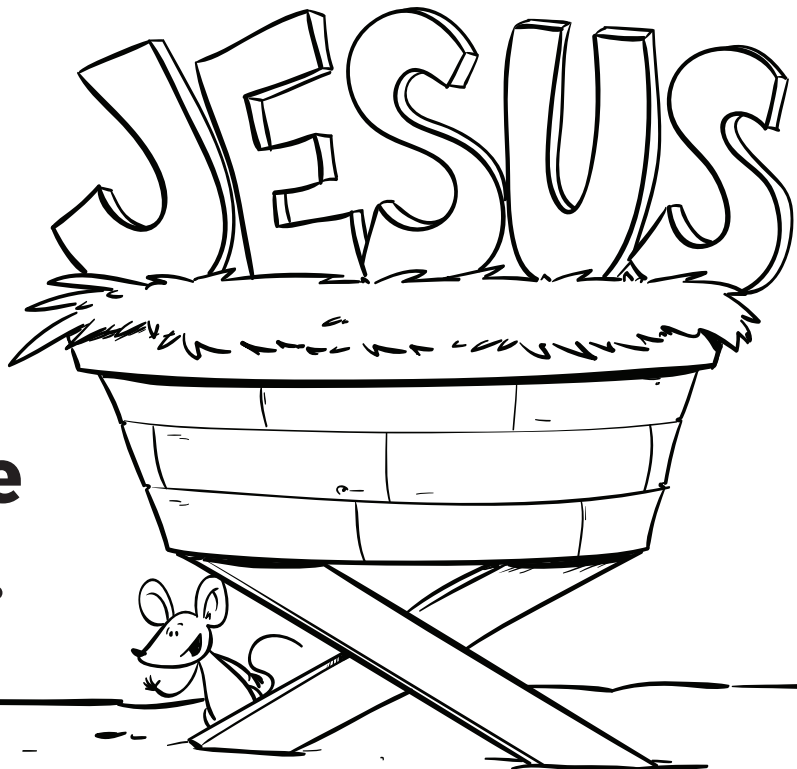


Help clean
up after
Trail Treats



Be kind
to other
Backpackers

Jesus left Heaven...



**...to become
one of us.**

DAY 2

memory verse

“...at the name of Jesus
every knee should
bow, in Heaven
and on earth and
under the earth...”

Philippians 2:10

climbing cheer

We must
obey
God!

trail chores



Listen well
during
Campfire Circle



Help clean up
before Trail
Treats (snack)

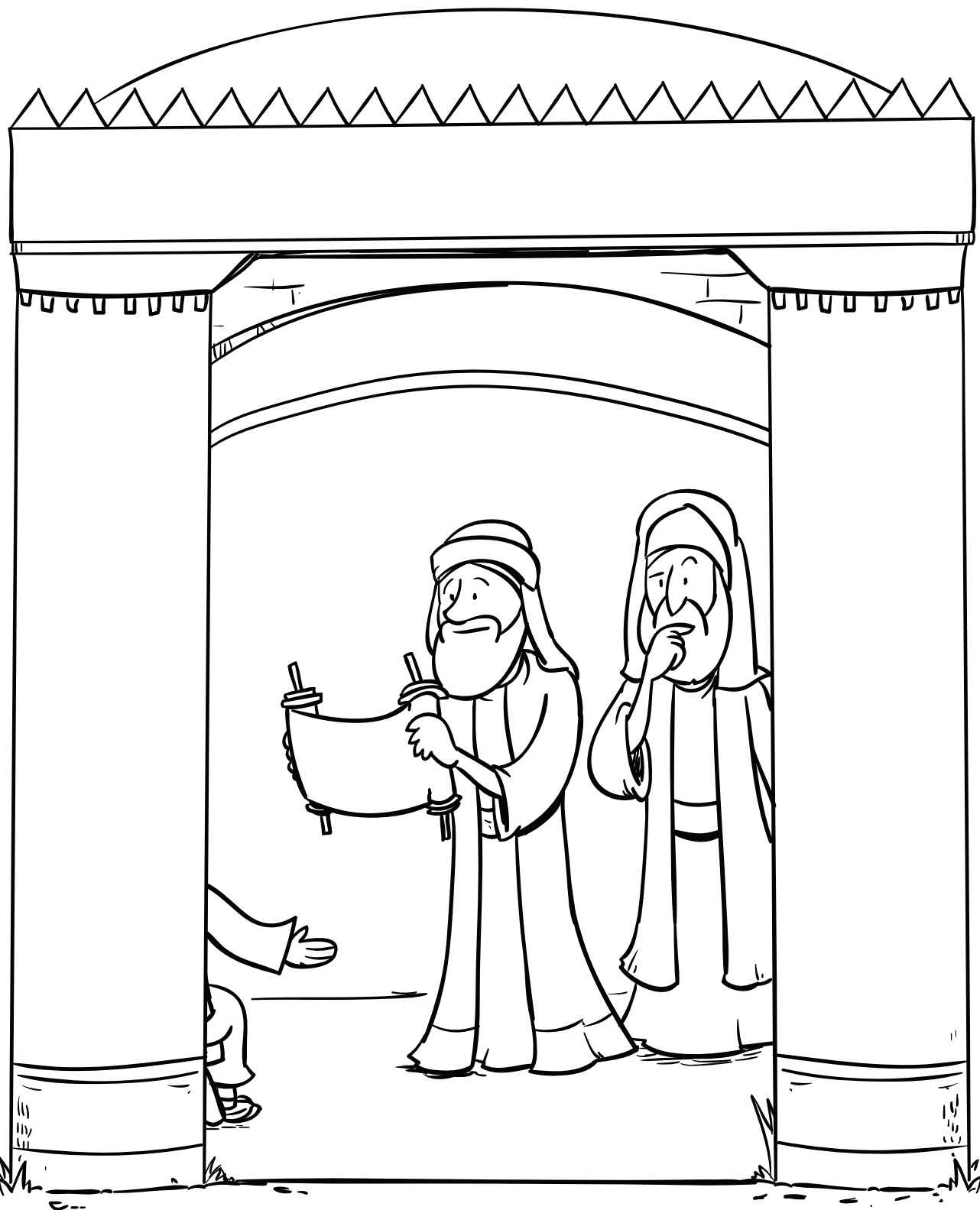


Help clean
up after
Trail Treats



Be kind
to other
Backpackers

Jesus Obeyed God His Father



DAY 3

memory verse

“...at the name of Jesus
every knee should
bow, in Heaven
and on earth and
under the earth...”

Philippians 2:10

climbing cheer

Follow
God's
Word!

trail chores



Listen well
during
Campfire Circle



Help clean up
before Trail
Treats (snack)



Help clean
up after
Trail Treats



Be kind
to other
Backpackers

Jesus Trusted and Obeyed the Bible

The
Bible
is

God's
Word

DAY 4

memory verse

“...at the name of Jesus
every knee should
bow, in Heaven
and on earth and
under the earth...”

Philippians 2:10

climbing cheer

Jesus
saves
sinners!

trail chores



Listen well
during
Campfire Circle



Help clean up
before Trail
Treats (snack)

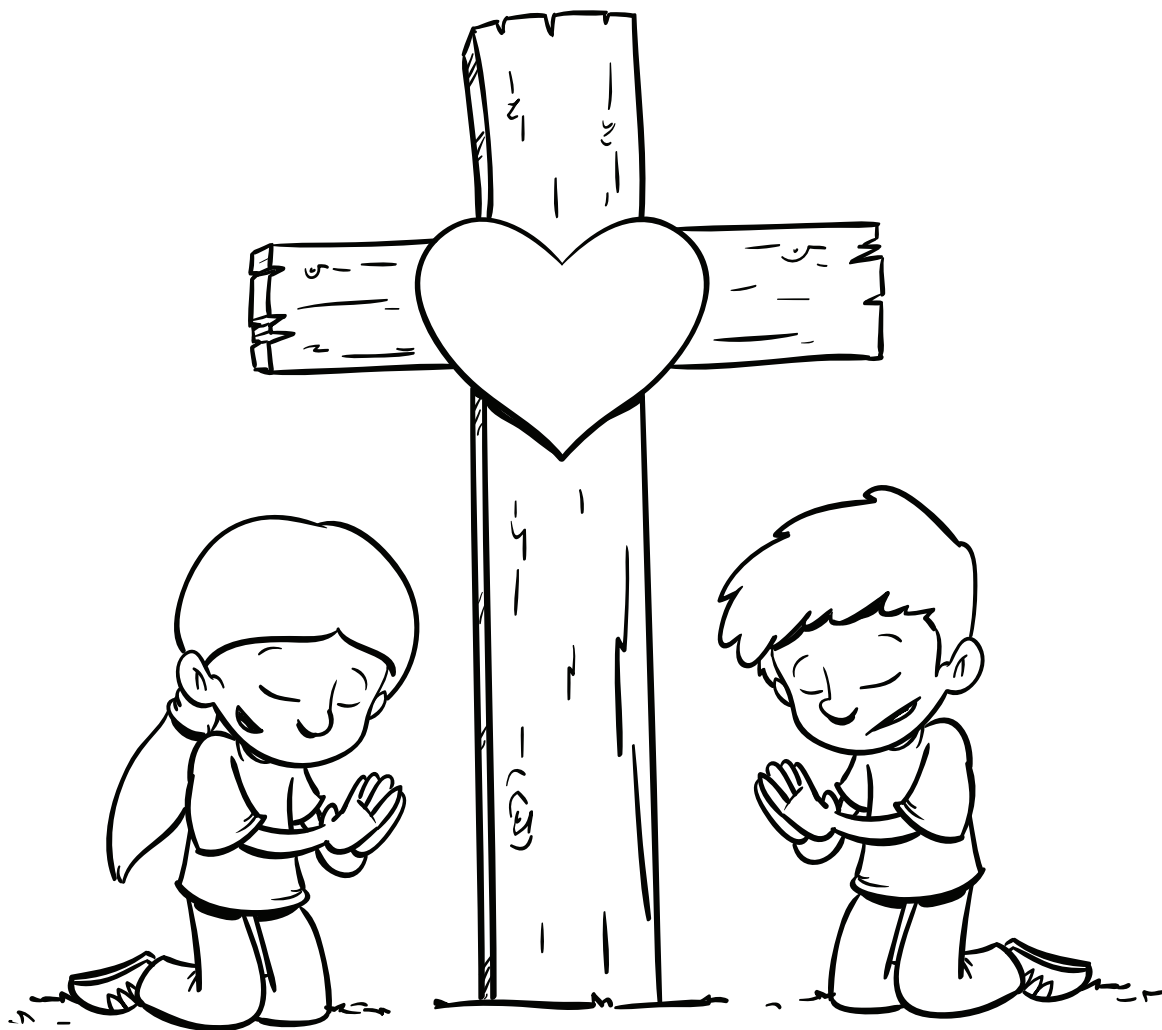


Help clean
up after
Trail Treats



Be kind
to other
Backpackers

Jesus Died to Save Us from Sin



DAY 5

memory verse

“...at the name of Jesus
every knee should
bow, in Heaven
and on earth and
under the earth...”

Philippians 2:10

climbing cheer

Jesus is
Alive!

trail chores



Listen well
during
Campfire Circle



Help clean up
before Trail
Treats (snack)



Help clean
up after
Trail Treats



Be kind
to other
Backpackers

Jesus Has Risen! He's Alive!

