



Hello Families! It is so great to be almost here for our virtual VBS! Thank you to everyone that followed our procedures for picking up the resource bags Friday safely!

YOU NEED THESE LINKS DAILY:

[CHS VBS webpage](#)

[Direct Zoom Link](#) (password chsvbs)

Getting Started

- Look at the "materials needed" sheet in the front of your bag. It has a list of all of the items you will need from around your house as well as a shopping list of items to participate in making the snack each day.
- [Watch my getting started video](#). It is 10 minutes because I review everything in the bags as well as accessing the playlists of the videos for each day. You don't need to concentrate on it, you can totally listen to it while multi-tasking around your house (I understand dedicating 10 minutes to a video can be hard with young kids!)

Monday Morning

- Join the Zoom (info below) at 9:00 am
- After the Zoom, go to the [CHS VBS webpage](#) (save this link!) and click on the Day 1 photo. It will bring you to the YouTube Playlist for the videos for the day (including a welcome from our Pastor, Fr. Jeremy). There will also be optional supplemental videos on the website to watch daily about the Bible Buddy, Saint, and Music Videos!
- Open your bag and take out the Day 1 plastic bag. It will have everything you need (and a list of a few things you need to gather from around the house).
- Save Rocky Wrap Up for last, but watch the rest of the videos in any order, using the items in the bag as needed.
- Lastly, watch the Rocky Wrap Up!

- Please consider sending me a couple pictures from your day participating in virtual VBS fun (each day!).

Live Zoom Sing & Play

- Sing and Play will occur daily at 9:00 am via Zoom (tutorial information below)
- If possible, join on a laptop/computer because you are able to see more participants at once.
- **Make sure you test it out ahead of time (Sunday!)** to ensure all of your technology is working correctly and you know how to join. Please text me with any issues.
- If you join on a mobile device, make sure to download the Zoom app ahead of time. Once you join, if you swipe you will be able to change the view.

[Direct Zoom Link](#) (you can click on this and then you just need the password: chsvbs)

If you open zoom and click join meeting, you will need the meeting ID and password:

Meeting ID: 738 2151 8362

Passcode: chsvbs

How to Join a Zoom meeting tutorial

<https://support.zoom.us/hc/en-us/articles/201362193-Joining-a-meeting>

Timeline

The program is organized so that you can complete all of the activities in one day Monday through Friday like we would be attending VBS. There is, however, flexibility in the program and you can do it the way that works for your family. If you don't finish something and finish another day, you can! If you for some reason can't start on Monday, all of the pre-recorded videos will continue to be available for a month and you can start another day. The only time sensitive information is the daily live Zoom (but they will also be recorded).

Below is the information that was included in the daily bags in PDF Form.

Have fun!

The CHS staff, VBS station leaders, and I wish you an amazing virtual VBS week! Please let me know if you have any questions at any point. Please also feel free to text me at: (847) 497-8017 with any questions or if you have trouble accessing any of the resources.

Stephanie Hopkins



Materials Needed Throughout the Week

The following are materials you may want to start gathering. Each day there is a list of the specific materials you will need for the day.

Items needed:

Ball

pool noodle or hula hoop (if only two people playing)

Beach ball or balloon

2 buckets

Cup

tape

Ballon

A couple pieces of blank paper

A couple markers

"Fort materials" such as blankets, boxes, paper, sheets

"sea biscuits" (crackers, cookies, or bread)

Scissors

Pencil

Tape

<input checked="" type="checkbox"/>	_____
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Shopping list for snacks

Each day has a specific list of the ingredients you will use that day.

Granola Bar

Twizzlers

Bagels

Cream Cheese (Berry preferred)

Butter

Marshmallows

Oreo Cookies

Cocoa Puffs

Black Food Coloring

Pretzel Sticks

White Cookie Icing

Clementines

Blueberries

Strawberries

Graham Crackers

Cool Whip

IMPORTANT INFORMATION

Zoom Link: <https://tinyurl.com/chsvbszoom>

ID: 73821518362

Password: chsvbs (all lowercase)

Ms. Stephanie Hopkins

Texts: (847) 497-8017

Please see email for PDF with additional links and videos to watch daily.

Please check your email for any daily updates. :)

VACATION BIBLE SCHOOL 2020

CHEW CHEW SNACKS

Please use the treat leader cards to explain the snacks with your family; ENJOY!



Day 1	Day 2	Day 3	Day 4	Day 5
Granola Bars	Bagels	Butter	Pretzel Sticks	Clementines
Twizzlers	Cream Cheese	Marshmallows	White Cookie Icing	Blueberries
		Oreo Cookies		Strawberries
		Cocoa Puffs		Graham Crackers
		Black Food Coloring		Cool Whip
Chew Chew Track	Bagel Tunnel	Cool Crunch	Crunchy Crossbuck	Good Friend Fruit Pizza



Monday

Sing & Play

Participate in the Zoom at 9:00 am or watch it later on the YouTube Channel.

Link: <https://tinyurl.com/chsvbszoom> ID: 73821518362 Password: chsvbs (all lowercase)

Games

Materials needed: No supplies needed.

See daily video for directions and then play the game at home!

Snack

See daily video and treat leader cards for directions on how to put this together. Enjoy!

Ingredients:

Granola Bar

Twizzlers

Imagination Station

See daily video for directions and then make your Gizmo at home!

Materials needed: blank paper (included), paper clip (included). St. Card (included), Off the Rail Rollers (included).

Bible Adventures

See daily video and then use these discussion questions to explore further at home!

Materials needed: Tracking with Jesus Bible Book

1. Talk about something that is easy for you to do, and something that is hard for you to do. (ex. Playing soccer is easy, doing math is difficult.)
2. Do the trust fall, or stand in place with one foot raised and your eyes closed!
3. Share a hard thing that is happening in your life right now. (ex. Someone is sick or there is a bully being mean to you.) You can turn to pages 6-7 of your Tracking With Jesus Bible Books, and draw the hard thing you think of on the thought bubble of angry Saul.

Kid Vid

See Daily Video.

Materials needed: Tracking with Jesus Bible Book, Bible Band, Bible Buddy, Carabiner

Finale

See daily wrap-up video.

DAY
1

TODAY'S TREAT CHEW CHEW TRACK

1. Wash hands and pray.
2. Have each person unwrap one granola bar.
3. Say: These look like an important part of a train track called railroad ties. Wooden railroad ties can weigh up to 300 pounds each, and they must be placed first to build a strong railroad.
4. On the counter, build a train track with your family, with each person placing one granola bar and the Twizzler strings to look like a railway. (See photo below.)
5. Say: Our snack railroad reminds us we sometimes have to do a hard thing first to put us on track to what's best – and Jesus can help us. Today's Bible verse, Philippians 4:13 says, "For I can do everything through Christ, who gives me strength."

JESUS' POWER HELPS US DO HARD THINGS! (Trust Jesus!)

6. Everyone can take their granola bar from the track to eat. Divide the strands of Twizzlers among family members.
7. **Elementary:** As everyone eats, pull out the Tracking With Jesus Bible Book from your Supply Pack and work on the fun activity on page 4. **Preschool:** As everyone eats, ask: If you could hop on a train and go anywhere, where would you go?



Jesus' power helps us do hard things!

Ingredients:
Granola Bars
Twizzlers



Tuesday

Sing & Play

Participate in the Zoom at 9:00 am or watch it later on the YouTube Channel.

Link: <https://tinyurl.com/chsvbszoom> ID: 73821518362 Password: chsvbs (all lowercase)

Games

Materials needed: Ball, pool noodle or hula hoop (if only two people playing)

See daily video for directions and then play the game at home!

Snack

See daily video and treat leader cards for directions on how to put this together. Enjoy!

Ingredients: Bagels and (Berry) Cream Cheese

Imagination Station

See daily video for directions and then make your Gizmo at home!

Materials needed: Hope n Hovers (included), a couple markers

Bible Adventures

See daily video and then use these discussion questions and actions to explore further at home!

Materials needed: Tracking with Jesus Bible Book, "Fort materials" such as blankets, boxes, paper, sheets, little bit of water, "sea biscuits" (crackers, cookies, or bread)

1. Make your ship at home! Use blankets, boxes, paper, sheets, anything you can think of to craft your own seaworthy vessel.
2. Walk over the gangplank (I used rulers!) with your cargo or carry your cargo while walking heel-to-toe with one foot directly in front of the other.
3. Do the actions to get your ship ready!
4. Talk about a time that you've felt powerless. (ex. Someone is sick and you feel like you can't do anything to help.)
5. If you could tell a person who didn't know anything about Jesus something about Jesus, what would you say to them?
6. Create water by flicking your wet fingers in the air!
7. Go and get some sea biscuits from the kitchen! You can use crackers, cookies, cereal, bread, anything that you think will work on your ship!
8. Go to page 14 in your Tracking with Jesus Bible Books and look at the expressions on those people's faces. Share a time when you looked like that! When have you felt afraid, and how did Jesus' power give you hope?

Kid Vid

See Daily Video.

Materials needed: Tracking with Jesus Bible Book, Bible Band, Bible Buddy, Carabiner

Finale

See daily wrap-up video. Use optional coloring sheet to recap the day.

DAY
2

TODAY'S TREAT **BAGEL TUNNEL**

1. Wash hands and pray.
2. Have everyone take 2 half pieces of bagels and place them side by side with the arches facing down to form a long tunnel with them.
3. Once you have constructed your bagel train tunnel, take a look through the middle of it.
4. Say: **Our bagel tunnel isn't long, but trains can be in dark tunnels for a really long time before the light at the end of the tunnel appears. The light gives hope because it means the train is about to make it through the tunnel. We'll get through dark or hard times in our lives, too. Today's special Bible verse Psalm 31:24 tells us, "Be strong and let your heart take courage, all you who wait for the Lord!" *JESUS' POWER GIVES US HOPE! (Trust Jesus!)***
5. Everyone can take their bagel pieces again, then spread cream cheese on the bagels (if they'd like) and eat.
6. **Elementary:** As everyone eats, pull out the Tracking With Jesus Bible Book from your Supply Pack and work on the fun activity on page 12. **Preschool:** As everyone eats, ask: What favorite things would you take with you for a long train ride?



Ingredients:

Bagels
(Berry) Cream Cheese



Wednesday

Sing & Play

Participate in the Zoom at 9:00 am or watch it later on the YouTube Channel. Watch the second part of the Sing & Play on a pre-recorded video.

Link: <https://tinyurl.com/chsvbszoom> ID: 73821518362 Password: chsvbs (all lowercase)

Games

Materials needed: Beach ball or balloon, 2 buckets (one filled with water), pool noodle, cup, and tape.

See daily video for directions and then play the game at home!

Snack

See daily video and treat leader cards for directions on how to put this together. Enjoy!

Ingredients:

Butter	Cocoa Puffs
Marshmallows	Black Food Coloring
Oreo Cookies	

Imagination Station

See daily video for directions and then make your Gizmo at home!

Materials needed: Bold Blaster (included)

Bible Adventures

See daily video and then use these discussion questions to explore further at home!

Materials needed: Tracking with Jesus Bible Book, Fort making materials

1. Have an older sibling or parental figure carry you safely across the room, or carry a big stuffed animal, or heavy pillow across the room yourself.
2. Imagine how difficult it would be to have to carry your friends around, or to not be able to walk around or run or jump. Talk about how that would feel.
3. Dance party!
4. Talk about a time that it felt hard to talk about Jesus. (ex. It was unpopular to discuss Jesus at school because the other children followed many different religions).
5. Make a jail using sheets, blankets, and chairs, and climb inside!
6. Strike a pose!
7. Go to pages 23-26 in your Tracking with Jesus Bible Books, and look at the people's faces. How do you think these people felt about Jesus? Share how you feel about Jesus and why you feel this way.

Kid Vid

See Daily Video..

Materials needed: Tracking with Jesus Bible Book, Bible Band, Bible Buddy, Carabiner

Finale

See daily wrap-up video. Use optional coloring sheet to recap the day.

DAY
3

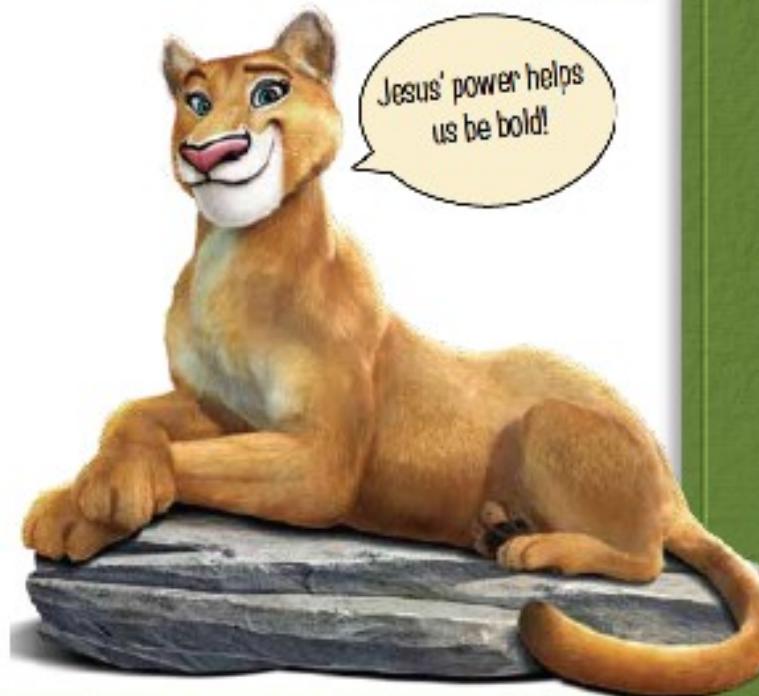
TODAY'S TREAT COAL CRUNCH

Ingredients:

16 oz Oreo Cookies
4 Cups Miniature Marshmallows
 $\frac{1}{4}$ Cup Butter
1 Gallon Size Ziploc Bag

Directions:

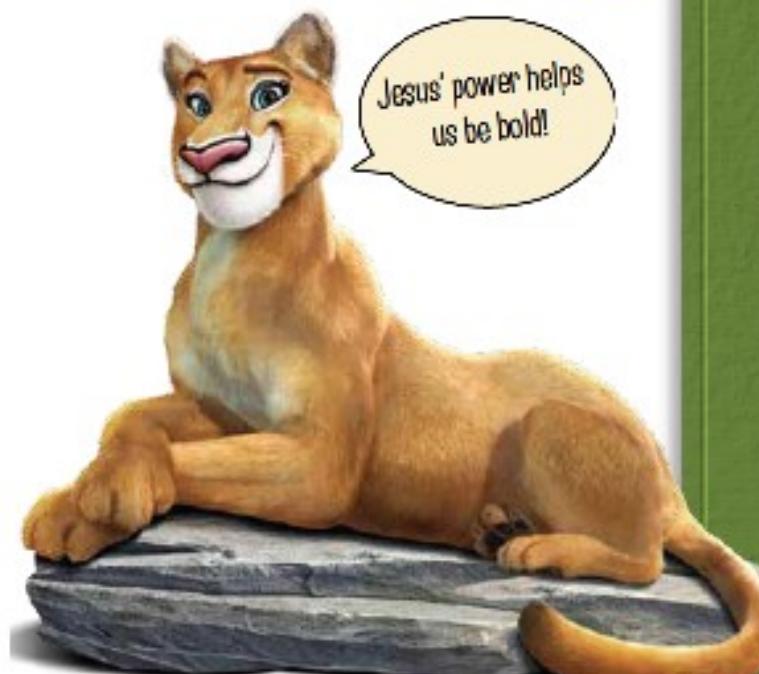
1. Place Oreo Cookies in a Gallon Size Ziploc Bag.
2. Using a rolling pin or measuring cup, crush the Oreos into small pieces.
3. Place Butter and Marshmallows in a bowl and heat in the microwave on high for 1 minute.
4. Stir marshmallows and butter until smooth.
5. Add in crushed Oreos and stir well.
6. Roll into small round cookies to create a "coal" shape.
7. Allow to cool completely before storing.
8. Store in an airtight container.



DAY
3

TODAY'S TREAT COAL CRUNCH

1. Wash hands and pray.
2. Have everyone pull out a piece of "coal" and look it over.
3. Say: **Today's snack looks like coal!** Coal is a kind of rock that can be burned to make powerful, bold energy that'll move things even as huge as trains. Jesus gives us power, too, and **JESUS' POWER HELPS US BE BOLD! (Trust Jesus!)** The Bible tells us in Isaiah 40:29 that "He gives power to the weak and strength to the powerless."
4. **Elementary:** As everyone eats, pull out the Tracking With Jesus Bible Book from your Supply Pack and work on the fun activity on page 20. **Preschool:** As everyone eats, ask: If you could make a train that could do anything, what would your train do?



Thursday

Sing & Play

Participate in the Zoom at 9:00 am or watch it later on the YouTube Channel.

Link: <https://tinyurl.com/chsvbszoom> ID: 73821518362 Password: chsvbs (all lowercase)

Games

Materials needed: Ball, two buckets (both empty)

See daily video for directions and then play the game at home!

Snack

See daily video and treat leader cards for directions on how to put this together. Enjoy!

Ingredients:

Pretzel Sticks

White Cookie Icing

Imagination Station

See daily video for directions and then make your Gizmo at home!

Materials needed: Perpetual Papers (included), Pen or Pencil

Bible Adventures

See daily video and then use these discussion questions to explore further at home!

Materials needed: Tracking with Jesus Bible Book, scissors, paper, pencil, tape

1. Gather a pair of scissors, paper for your heart and/or cross, or a real cross, a pencil and some tape. Draw a heart and cut it out, then tape it to your clothes. Cut out two rectangles to make a cross, and tape it to your wall (with parent's permission). Write your name on your heart and say it aloud.
2. Talk about at least one thing that you know about Jesus.
3. What is one word that would describe what it might be like to be forever separated from God's love and goodness? Share how that would make you feel.
4. Tape your heart to your cross!
5. This story is in Day 4 in your Tracking with Jesus Bible Books – use your books to share this story with others!

Kid Vid

See Daily Video.

Materials needed: Tracking with Jesus Bible Book, Bible Band, Bible Buddy, Carabiner

Finale

See daily wrap-up video. Use optional coloring sheet to recap the day.

DAY
4

TODAY'S TREAT **CRUNCHY CROSSBUCK**

1. Wash hands and pray.
2. Give everyone 4 pretzel twists and a plate.
3. Place a dime-sized amount of "glue" (example: peanut butter, frosting, cream cheese, etc) onto the center of one pretzel. Then lay a second pretzel on top of the other, connecting the pretzels at their centers. Repeat.
4. Turn pretzels so they look like X's (see picture). Say: **Our snacks look like train track signals called crossbucks that remind people to stop before crossing a track. But when we turn them another way...**
5. Turn plates so the pretzels look more like crosses instead of X's. Say: **They look like crosses that remind us of Jesus and our special Bible verse, Romans 8:11, that says, "The Spirit of God, who raised Jesus from the dead, lives in you." JESUS' POWER LETS US LIVE FOREVER (Trust Jesus!)**
6. **Elementary:** As everyone eats, pull out the Tracking With Jesus Bible Book from your Supply Pack and work on the fun activity on page 28. **Preschool:** As everyone eats, ask: Who would you want with you on a long train ride?



Ingredients:

Pretzel Twists
"Glue" (Peanut Butter,
Frosting, Cream Cheese...)



Friday

Sing & Play

Participate in the Zoom at 9:00 am or watch it later on the YouTube Channel.

Link: <https://tinyurl.com/chsvbszoom> ID: 73821518362 Password: chsvbs (all lowercase)

Games

Materials needed: worksheet, balloon

See daily video for directions and then play the game at home!

Snack

See daily video and treat leader cards for directions on how to put this together. Enjoy!

Ingredients:

Clementines

Blueberries

Strawberries

Graham Crackers

Cool Whip

Imagination Station

See daily video for directions and then make your Gizmo at home!

Materials needed: Power Bands (included), Paperclip (included)

Bible Adventures

See daily video and then use these discussion questions to explore further at home!

Materials needed: Tracking with Jesus Bible Book, party decorations (make streamers, confetti, balloons), paper, pencil

1. Decorate your house for a party! Be creative, you can use scarves as streamers, stuffed animals as guests, pillows as balloons, and paper bits as confetti.
2. Play the game where one person stands in a doorway and tries to prevent the other person from squeezing through. Make sure to switch off who tries to get through and who tries to stop them.
3. How did it feel to be left out or kept out in that game? Talk about a time that you felt left out in real life. (ex. You were not invited to play a game with other children at school)
4. Go to pages 42 and 43 in your Tracking with Jesus Bible Books. How would you describe what you see in that picture? Discuss how that picture relates to what I said about the people who believed in and followed Jesus.
5. Shout out your answers to the clue reveals!!
6. Get a piece of paper and a pencil. Think about someone who is a great friend, and then think about reasons why that person is a wonderful friend to you. Write down ALL of those reasons, take your time! Don't forget to fill your note with positive and kind reasons, and if you want, you can give the note to the person that you wrote about.
7. Great job remembering to respond to all of the Bible Points this week! Jesus' power can do so

5. Shout out your answers to the clue reveals!!
6. Get a piece of paper and a pencil. Think about someone who is a great friend, and then think about reasons why that person is a wonderful friend to you. Write down ALL of those reasons, take your time! Don't forget to fill your note with positive and kind reasons, and if you want, you can give the note to the person that you wrote about.
7. Great job remembering to respond to all of the Bible Points this week! Jesus' power can do so much!!

Kid Vid

See Daily Video.

Materials needed: Tracking with Jesus Bible Book, Bible Band, Bible Buddy, Carabiner

Finale

See daily wrap-up video. Use optional coloring sheet to recap the day.

DAY
5

TODAY'S TREAT **GOOD FRIEND FRUIT PIZZA**

1. Wash hands and pray.
2. Take turns making fruit pizzas for each other. One family member builds a fruit pizza on a graham cracker while another family member tells what he or she would like on it. Use a spoon to spread whipped topping onto a graham cracker. Add whatever fruit choices your family member wants.
3. Repeat the process for each member of the family.
4. Say: **It's awesome to see us helping each other right now! In today's special Bible verse, John 15:12, Jesus says, "Love each other in the same way I have loved you." We've done that in some cool ways here at Rocky Railway. JESUS' POWER HELPS US BE GOOD FRIENDS! (Trust Jesus!)**
5. **Elementary:** As everyone eats, pull out the Tracking With Jesus Bible Book from your Supply Pack and work on the fun activity on page 40. **Preschool:** As everyone eat, share one thing that you like about each member of your family.



Ingredients:
Graham Crackers
Whipped Topping
Variety of Fruit