

SHOP & PREP



WEEK 1

ACTIVITY | Superhero Training: Target Practice

- **WHAT TO GET:**
 - Paper or plastic cups (1 per popper and enough to make pyramids for however many teams you'll have)
 - Balloons (1 per popper)
 - Mini marshmallows (enough for each kid to shoot marshmallows several times)
 - Villain action figures to sit on top of each cup pyramid (optional)
 - Superhero costumes like [these](#) for leaders to wear while training heroic kids (optional)
- **WHAT TO PREP:** Make one popper per team (see [this video](#) for instructions). Set up tables (enough for there to be some space between each team's pyramid). Set up pyramids of cups. Use painter's tape on the floor to indicate where teams should line up.

ACTIVITY | Turn That Frown Upside Down!

- **WHAT TO GET:**
 - Paper plates, a different color per team
 - Construction paper (optional)
 - Markers
- **WHAT TO PREP:** Draw large frowns on one side of the plate or circle and smiles on the opposite side. Spread the plates all around the floor, making sure to mix up the colors well. Have fun, upbeat music ready to play.

POLL | Who's Being Heroic?

- **WHAT TO PREP:** Gather any necessary props for the scenarios, such as an item-filled bag for the scenario of carrying grandma's groceries. Instead of having kids act out the scenarios, you can find images of the suggested or similar scenarios and prepare a slideshow. If you want, download a [clap-o-meter app](#).

SCRIPTURE | John 14:1-14 (Jesus Comforts His Disciples)

- **WHAT TO GET:**
 - Cape
- **WHAT TO PREP:** Project or print the slides from the printable containing the dialogue that the kids will say out loud.

BIG IDEA | Anyone can do great things for God.

- **WHAT TO PREP:** Have the Big Idea graphic for this week (available in your Programming folder) ready to show. Select a volunteer who will call you and say the Big Idea. You can also pre-record a message.

VIDEO | "Anyone Can Wear the Mask"

- **WHAT TO PREP:** Prepare to show [this clip](#) from "Spider-Man: Into the Spider-Verse."

OBJECT LESSON | Styled Superheroes

- **WHAT TO GET:**
 - File folder
 - Red marker
 - Card stock or stiff felt
 - Pin or two-sided tape
 - Scissors
 - Wired or wireless earbud
- **WHAT TO PREP:** Make a file folder decorated like [this](#). Make a badge with pin or use double-sided tape to pin on to a kid volunteer. You can use card stock or stiff felt cut into a police badge shape or star shape. Have earpiece ready to put in kid's ear. You can use any wired or wireless earbud. Have this image of [Edna Mode](#) ready to show.

REFLECTION | Examples of Heroism

- **WHAT TO PREP:** Have the provided slideshow of everyday heroes ready to display (available in your Printables folder).

RESPONSE | What Great Things Can I Do for God?

- **WHAT TO PREP:** Write out on a white board or have slides ready with the following question and categories: What can you say or do for people who might be: hurting or sick, sad or lonely, hard to love, in need of help, and afraid or lost.

MEMORY VERSE | 2 Timothy 1:7 (NIV)

- **WHAT TO GET:**
 - Disposable tablecloths
 - Paper
 - Markers
 - Tape
 - Scissors
 - Bowl (for measuring head hole)
- **WHAT TO PREP:** Have the memory verse written out on a white board or projected on a screen. Follow [these instructions](#) to make capes out of the disposable tablecloths. Write out a word or phrase (depending on how many kids are in your group) on a piece of paper and tape it to the back of the capes.

ACTIVITY | Cape Craft

- **WHAT TO GET:**
 - Cape Option 1
 - Fabric
 - Scissors
 - Cape Option 2
 - [Disposable tablecloths](#)
 - Scissors
 - Bowl and marker (for measuring head hole)
 - Cape Option 3
 - [Pre-made capes](#)
 - Card stock "J"s, cut out
 - Markers (fabric or regular)
 - Tape or fabric glue
- **WHAT TO PREP:** Decide what cape option your group will use and gather the necessary supplies. Whatever option you choose, it may be best to have capes cut out and ready to decorate. Also, provide a variety of arts and crafts supplies for kids to use to decorate their capes. For fabric option, make capes by using a strip of fabric or ribbon for the tie, using fabric glue to create the pathway to string the tie.

WEEK 2

ACTIVITY | Superhero Training: Agility

- **WHAT TO GET:**
 - Crepe streamers
 - Painter's tape
 - Superhero costumes like [these](#) for leaders to wear while training heroic kids (optional)
- **WHAT TO PREP:** See an example of how the maze should look [here](#).

ACTIVITY | Mission Accomplished!

- **WHAT TO GET:**
 - Cardboard blocks
 - Straws
 - Tape
 - Pipe cleaners
 - Foil
- **WHAT TO PREP:** Have an [image of a skyscraper](#) ready to show. Provide enough building materials for however many teams you will have.

SCRIPTURE | John 14:15–21 (Jesus Promises the Holy Spirit)

- **WHAT TO GET:**
 - Cape
- **WHAT TO PREP:** Project or print the printable containing the dialogue that the kids will say out loud.

BIG IDEA | God gives everyone a mission.

- **WHAT TO PREP:** Pull up the Big Idea graphic for this week. Prepare your phone.

VIDEO | Everybody, Somebody, Anybody, Nobody

- **WHAT TO PREP:** Prepare this [video](#) (stop at 0:46).

REFLECTION | Great Responsibility

- **WHAT TO PREP:** Prepare to show this Spider-Man [image](#).

ACTIVITY | What is My Mission?

- **WHAT TO GET:**
 - [Paper plates](#)
 - Printable
 - Glue
 - Crayons or markers

ACTIVITY | Team Jesus!

- **WHAT TO GET:**
 - [Adhesive paper](#)
 - Crayons or markers
 - Scissors
- **WHAT TO PREP:** For creative inspiration have some famous superhero emblem [images](#) or [a tutorial video](#) of how to draw some.

WEEK 3

ACTIVITY | Superhero Training: Save the Soldiers

- **WHAT TO GET:**
 - Plastic figures you can freeze (1 per team)
 - [Water blasters](#) (1 per team)
 - Plastic bins
 - Superhero costumes like [these](#) for leaders to wear while training heroic kids (optional)
- **WHAT TO PREP:** Freeze all objects, and fill water blasters with warm water. We suggest having bins on hand.

ACTIVITY | Super Vision

- **WHAT TO GET:**
 - [Decoder glasses](#) (or make your own using [red acetate](#))
 - Printable
- **WHAT TO PREP:** If you are making the decoder glasses, [use these instructions](#). Use the printable provided or check out the [decoder glasses tutorial](#) to see how you can make your own messages. Print enough messages for each team.

POLL | Which super genius would you most want to be? Why?

- **WHAT TO PREP:** Prepare a slideshow of the brainy superheroes.
 - [Bruce Banner/The Hulk](#)
 - [Shuri, Wakanda's Princess](#)
 - [Tony Stark/Iron Man](#)
 - [T'Challa/Black Panther](#)
 - [Peter Parker/Spider-Man](#)

SCRIPTURE | Acts 1:1–11 (Jesus Goes Up to Heaven)

- **WHAT TO GET:**
 - Cape
- **WHAT TO PREP:** Project or print the printable containing the dialogue that the kids will say out loud. Have a map [like this](#) ready to show.

BIG IDEA | No one is powerless when we have the Holy Spirit.

- **WHAT TO PREP:** Have the Big Idea graphic for this week. Prepare your phone and extension cord plugged into the wall.

VIDEO | "Tony Stark's Arc Reactor Explained!"

- **WHAT TO PREP:** Have this [video](#) ready to go.

OBJECT LESSON | Power Up!

- **WHAT TO PREP:** Find old electronics and have the extension cord plugged into the wall.

SCRIPTURE | Ephesians 1:15–23

- **WHAT TO GET:**
 - Chair
 - Bright, large flashlight

ACTIVITY | Status: Empowered!

- **WHAT TO GET:**
 - Coins (1 per two teams)
 - Card stock or poster board and marker (1 sign per two teams)
- **WHAT TO PREP:** Make a sign that says "Jesus loves you!" (1 per two rows of teams).

ACTIVITY | Holy Spirit Signal

- **WHAT TO GET:**
 - Pringles [cans](#)
 - [Flashlights](#) to test out the signals
 - Black permanent markers
 - Card stock, scissors, tape, markers, and stickers for decorating (optional)
- **WHAT TO PREP:** Print and cut out the provided logos for kids to trace onto their lids. Have a couple of flashlights available for kids to test out their creations. You can cut out the bottoms of the cans before or let the kids do it if time allows. (See a worked example [here](#).)

WEEK 4

ACTIVITY | Superhero Training: Super Breath

- **WHAT TO GET:**
 - Paper or plastic cups
 - Straws
 - String
 - Chairs
 - [Water blasters](#) (optional)
 - Superhero costumes like [these](#) for leaders to wear while training heroic kids (optional)
- **WHAT TO PREP:** Tie strings to chairs so that the cup can travel the length of the room (1 string per team).

ACTIVITY | Super Teamwork!

- **WHAT TO GET:**
 - Stuffed animals (1 per team)
 - Soda bottles (3 to 5 per team)
 - Bean bags (3 per team)
 - Chairs (1 row per team)
 - Cardboard (big enough pieces for feet, 1 set per team)
 - Towels (1 per team)
 - DIY rubber band lifesavers (1 per team)
 - Durable rubber bands
 - String (cut 2-feet long)
- **WHAT TO PREP:** Make one DIY rubber band lifesaver per team. With a rubber band as the center, tie five 2-foot strings around the rubber band. When team members all pull on their strings, the rubber band should expand, enabling them to grab the arm or neck of the stuffy with the rubber band. Teams have to pull together to expand, contract, and travel together. No one is allowed to let go of the string.

SCRIPTURE | Acts 2:1–12 (The Holy Spirit Comes at Pentecost)

- **WHAT TO PREP:** Project or print the printable containing the dialogue that the kids will say out loud. We suggest researching how to say "Jesus is alive" in the various languages by using Google Translate or something similar.

BIG IDEA | We are heroic when we work as a team.

- **WHAT TO PREP:** Prep the Big Idea graphic for this week, your phone, and the Big Idea written one word per paper.

VIDEO | "The Gauntlet"

- **WHAT TO PREP:** Have this [video](#) ready to go.

ACTIVITY | Operation: Teamwork

- **WHAT TO GET:**
 - Newspaper
- **WHAT TO PREP:** Print out the catchphrase outlines. Have crayons or markers and double-sided tape ready to go.

SCRIPTURE | 1 Corinthians 12:4–12

- **WHAT TO GET:**
 - Wrapping paper
 - Gift box
 - Tape
 - Scissors
 - Ribbon
 - Gift bag
 - Tissue paper
 - Gift tag
- **WHAT TO PREP:** Have a "gift" wrapped using the above items to show as you discuss the scripture passage. Have the items ready to pass out as well.

REFLECTION | Perfectly Placed Teams

- **WHAT TO PREP:** Have this [video](#) ready to go!

ACTIVITY | Assembled

- **WHAT TO GET:**
 - [Large kraft paper](#)
 - Crayons or markers
- **WHAT TO PREP:** Draw an outline of a person with crayons or markers onto kraft paper (1 per small group). You can copy the outline from the [video](#) in the Reflection module (around the 0:45 mark).

ACTIVITY | Team Bonding

- **WHAT TO GET:**
 - [Letter beads](#)
 - Elastic cord to make bracelets
 - [Nylon cording](#)
 - [Key rings](#)
- **WHAT TO PREP:** Have cords cut and ready to distribute. Put beads into containers that you can disseminate easily. Make sure the cord isn't thicker than the holes of your letter beads. You'll have to be able to put a double strand through the beads to make the key chain. A long strand should be halved and looped around the key ring before stringing the letters on. You should be able to seal the cording with a lighter after creating a double knot at the end of the letters. Nylon cording would look nice as well – see tutorials on YouTube for how to create a simple sliding knot.