

# Kitchen Table VBS



## Off Beat Stories and People of the Bible

An At Home/Social Distancing VBS curriculum

Written by Dani Vogel

Director of Faith Formation at St. Luke's Lutheran Church, an ELCA congregation in South Carolina.

All activities in the curriculum use common items you may have around your home or can-do online order through a grocery store chain. Social Distance is encouraged in the curriculum, though outdoor elements can be used in various activities. Each Lesson also includes a technology element that can be skipped if your family is going tech free for the day.

My prayers are with you during this time. Please reach out if you need anything.

Supplies are listed in order of use

**Bible:** Day 1-4 Stories can be found in your Whirl Storybook Bible. Day 5 will need to be read from any Bible translation.

**Supplies:**

**Day 1**

**Craft:**

Paper, colored pencils, crayons, markers.

**Game:**

A box with hole, or a laundry basket covered with a trash bag.

Different items to touch in your basket. Cold cooked noodles, canned fruit, fuzzy bathrobe or slippers, stapler encased in partially set gelatin.

**Day 2**

**Craft:**

1 cup of rice

5 cups of water or 4 cups of water, 1 cup of nut milk

1 cinnamon stick or star anise pod

Cinnamon and sugar

**Game:**

Animal Crackers

Rubber bands

Sticks or pencils

Bowls

**Day 3**

**Craft:**

Ice cream lids, duct tape, paper, box lids, cardboard, stickers, glue on gems, etc.

Card making supplies, paper, markers, envelopes, etc.

**Game:**

Soft foam balls or bean bags

#### **Day 4**

##### **Craft:**

Old fabric strips, markers

##### **Game:**

Blindfolds, objects to build an obstacle course with

##### **Bonus Game:**

Sandwich supplies

#### **Day 5**

Any of the following items can be used for making your own natural dyes. THESE WILL STAIN. I suggest doing the actual dye process outside. If you have an electric kettle, you can boil your water and make your dye outside, same with a camp stove.

Red cabbage, blueberries, blackberries, elderberries, basil, grapes, 100% grape juice, hibiscus flowers or tea

Boiling water

Salt

Lemon Juice

Fabric- I suggest old pillowcases or sheets. The older and more broken down the fibers are, the brighter the result.

Plastic Wrap

Fabric dye

##### **Bonus Craft:**

Old candles melted down

News paper or parchment paper

Paint brush

Iron

##### **Game:**

Items for an obstacle course, quart sized containers filled to the top with water

# Day 1

## A Brother's Blessing

**Scripture:** Genesis 25: 19-28; 27: 1-40

What are things that you think Jacob and Esau argued over when they were kids?

What kinds of fights do you think Rebekah had to break up?

Why do you think Rebekah wanted Jacob to receive the blessing instead of Isaac?

Would you ever try to pretend to be your sibling to get something you want from a parent?

**Craft:** Draw portraits of members of your family and Jacob and Esau's family. What traits would you highlight if you were depicting people?

**Active Play:** Create mystery sensory boxes. Use some household items and have everyone reach into a box blindfolded or with their eyes closed to guess what's inside. Whoever gets the most correct wins the blessing. Use a box with a hole in it for hands, or a laundry basket covered with a trash bag. Who can correctly guess the objects inside?

**Research This!** Call a relative who has siblings. What are some things that they and their siblings used to fight over? What are things that they and their sibling agree on? Does your relative think their parents had a favorite child?

**Watch That?** Head to YouTube and look for Bible Stories for Kids: The story of Esau and Jacob

**Prayer:** Dear God. Help us to find peace with each other when we disagree. Help us to not play favorites and deceive others. Amen

# Day 2

## Good Gifts from God

Exodus 16:1-35

Do you get extra hungry when you are bored or on long trips?

What is a favorite food you would miss if you were journeying through the desert?

IF you've moved from one place to another, what is a food or food item you miss from where you used to live?

How would you react if every night while you slept, food just appeared outside of your house?

Would you get tired of eating the same thing every day?

**Craft:** Make Manna porridge for a snack. What are you adding to your porridge to make it tasty?

Step 1: Combine 1 cup of rice in a large pot with 5 cups of water. Can substitute 1 cup of water with coconut milk/nut milk of choice for flavor.

Step 2: Add 1 cinnamon stick or star anise pod to the pot. Cook until the consistency of oatmeal, 30/40 minutes.

Step 3: Let cool in individual bowls and top with cinnamon and sugar.

Step 4: Enjoy

What else could you add to your porridge?

**Active Play:** Play Catch the Quail. Using rubber bands and pencils or sticks, create a quail launcher in your back yard. Catapult the animal crackers, representing the quail across the yard to someone catching with a bowl. The person who catches the most in 1 minute wins.

**Research This!** What kinds of fruits and vegetables are grown in Egypt? Are they different than the fruits and vegetables grown in your state? If you ate the same thing for 30 straight days, what would you eat?

**Watch That?** Head to Youtube and Search for CartoonWorks Manna and Water in the Wilderness

**Prayer:** Dear God, thank you for everything you are providing for us in this time. We ask that you continue to watch over others, and help them have their needs met. Amen.

## Day 3

# Deborah Does God's Work

**Scripture:** Judges 4:1-5:31

Who gives you the best advice?

Who are different leaders in your community that you can name?

What do you think it means to be brave?

When have you been brave and done the right thing?

**Craft:** Make your own shield using household objects.

Also, make cards to thank some of the women leaders in your community. Mail these leaders your cards!

**Active Play:** Using soft foam balls or bean bags, practice deflecting or hitting things away with your shield. How well can you defend yourself with your new shield?

**Research This!** Who were some of the first women leaders in your area? State? Who were some of the first women elected to public offices? Who were some of the first women to serve in the armed forces?

**Watch That?** Head to YouTube and search for The Holy Tales Kids: Deborah and Barak.

**Prayer:** Dear God, help us to be guided by you, and to be brave when we are scared. Amen

# Day 4

## Saul Meets Jesus

**Scripture:** Acts 9:1-20

Why do you think Saul wanted to arrest Christians?

What would you do if a bright light from Jesus suddenly came on you?

Would you have been scared if you were Saul and suddenly lost your sight?

Why do you think Saul's friends helped him get to Damascus?

Why do you think Ananias followed God's instructions to help Saul?

**Craft:**

Make Blindfolds for members of your family for our games.

**Active Play:**

Create an obstacle course in your yard or living room. Have each person use their blind fold to take turns being Saul when he was blinded. Take turns guiding each other through the course, but you can't touch the blind person. Guide them just using your voice through the obstacle course. They have to start over if they run into an object.

**Bonus Active Play:**

Have your family compete to make sandwiches for lunch while blindfolded. Who in your family is the best blind sandwich artist?

**Research This!** How far do you think Saul traveled on his way to Damascus? Why was Damascus an important city during this time? What is Damascus known for? How would you travel to Damascus today?

**Watch That?** Head to Youtube and search for The Holy Tales Kids: Saul's Conversion.

**Prayer:** Dear God, help us to hear your voice and guidance when we are struggling. Help us to see our gifts and purpose. Amen.

# Day 5

## The Seller of Purple

**Scripture:** Acts 16:1-15

Why do you think Paul was called to teach the women at the river?

What made Lydia different than other women in her area?

How do you think Lydia helped her community of faith grown?

### Research This!

How were purple dyes made during Lydia's time. How much would purple cloth cost? Who was the color purple reserved for? How long did purple dye remain hard to make? Can you find references to purple cloth makers in medieval times? How can you make your own purple dye?

### Craft:

Using heat resistant bowls, divide out some of the different fruits, flowers, and herbs into bowls, top each bowl with boiling water

I suggest 3 cups of boiling water for every 1 cup of ingredients. Mix and match ingredients to make your own shades of purple.

Pour boiling water over your base ingredients, and add 1 tablespoon of salt, and 1 tablespoon of lemon juice to some of the ingredients to see which colors turn out more vividly. Cover with plastic wrap and let ingredients sit, or steep in the sun for 2-3 hours. Using a slotted spoon, pull out ingredients from each bowl.

Dye your fabric in different colors and see the difference. Let dry in the sun, or with a hair dryer to see how they stay. Once dry, rinse with cold water, and let dry in the sun again. What happened to the colors now?

\*\*\*\*\*These will bleed as there is no chemical setting agent. Do not wash with other laundry unless you want to become royal purple with everything you wear.

### Bonus Craft:

Melt down your old candles to liquify the wax. Using the paint brushes, paint designs on portions of your undyed fabric, and let set. Once the wax has hardened, dye your fabric. Once your fabric has dried, layer the fabric between newspapers, or parchment paper, and iron off the wax. What has happened to the parts the wax was covering?

This dye technique is called batik, and is an old form of making designs onto fabric. This is still used today!

### Active Play: Race to the river

Set up an obstacle course to your destination, the river. Carry a bucket of water with you as you travel, to represent the dye and fabric that needs to be rinsed out. Whoever has the fastest time and has the most water at the end wins!

**Watch This?** Head to Youtube and search for Saddleback Kids: Slapstick Theater (Lydia)

**Prayer:** Dear God, help us to see you in all that we do and say. Help us to grow our faith. Amen