

# Kitchen Table VBS



An At Home/Social Distancing VBS curriculum

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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

Supplies: Bible (I used the Whirl Lectionary Story Bible)

### **Day 1**

White Paper

Crayons (including white)

Dark Markers

Sidewalk Chalk

- Extended Craft- Make your own glow in the dark sidewalk chalk  
Plaster of Paris, Water, food coloring gel, glow in the dark paint, petroleum jelly, silicone ice cube tray, old bucket or jar you no longer need, paint stirrer or old stick.

### **Day 2**

Paper

Tape

Glue

Glitter, gems or other decorations

### **Day 3**

Brown Paper Bags

Markers

Picnic Lunch supplies

Picnic Blanket, towels, lawn chairs

#### **Day 4**

Paper

Markers or crayons

Blanket fort supplies

\*Extended Activity

Make Mountain Cookies!

Supplies:

1 cup butter

1 cup powdered sugar

2 teaspoons vanilla

2 cups all-purpose flour

½ tsp salt

Filling:

3 ounces cream cheese

1 cup powdered sugar

2 tablespoons cornstarch, almond, or coconut flour

1 teaspoon vanilla

½ cup finely chopped pecans OR ½ cup mini chocolate chips

½ cup sweetened shredded coconut

Topping: ½ cup semisweet chocolate chips

2 tablespoons butter

2 tablespoons hot water

½ cup powdered sugar

#### **Day 5**

Paper, post cards, blank cards

Stamps, envelopes

Crayons or markers

#### **Bonus Day**

Paper

Crayons

Glue

Craft Sticks, Pipe Cleaners, craft foam, Old picture frames



# Day 1:

## A Forever Promise

**Bible Story:** Genesis 15: 1-12, 17-18.

Read the scripture aloud. Discussion questions:

What did God promise to Abram and Sarai?

Do you think it's hard to wait for something when you don't know when you will receive it?

How many stars do you think will be in the sky?

How high can you count?

Do you think Sarah and Abraham would imagine how many people live on Earth today?

How many people do you think live on Earth right now?

### **Craft:**

Color stars on a white piece of paper. Color as many as you think you can fit on the page. Using a dark colored marker (black, dark blue, or a dark purple), color over the whole page. (Lay down a larger sheet of paper first or be sure to use washable markers on a washable surface.) Count your stars as they appear. How many were you able to fit into your night sky?

**Extended Craft:** Make your own Glow in the dark sidewalk chalk

Take 1 cup of plaster of Paris, ½ cup of water, 3 tablespoons food coloring gel of choice, 4 tablespoons of your glow in the dark paint, and mix to combine. Grease your silicone mold with the petroleum jelly, and spoon in your chalk mix. Let dry in an oven set to 200 degrees for at least 3 hours, turning mold every 30 minutes. Let cool until nighttime, and charge in sunlight.

### **Active Play:**

Head outside to your yard or sidewalk. What things can you see in the sky during daylight?

Make a list on a sidewalk or your driveway of what you can see in the sky.

At twilight or nighttime, head back outside. What things can you see once the sky turns dark?

Use your glow chalk to make a glow list of what you can see in the sky at night! Bonus points for drawing pictures of your family in the glow chalk as some of Abraham and Sarah's descendants!

### **Research This!**

Head to NASA's website and research stars! What kinds of names do some stars have? What stars are closest to us? What stars can we see that are the farthest away? What kinds of satellites and things does NASA use to study stars?

### **Watch That?**

Check out the Lifetree Kids video about Sarah and Abraham on YouTube!

**Prayers:**

Write a prayer for nighttime that includes the people who you are related to, and about the people you may have learned about during your science research!

**Community Care:**

Make some extra glow sidewalk chalk and drop a package off to some neighborhood friends! Remember to maintain your social distance!

Invite your neighbors to have a campfire at the same time as you and enjoy the night sky together.

# Day 2

## Brave Queen Esther

**Bible Story:** Esther 2: 5-18; 3: 1-6; 8: 1-17

Read the scripture aloud. Discussion questions:

How are Esther and her people bullied?

Why was Haman mean to others?

Where are places that you see bullies today?

What does Esther do to keep her people safe from the bully?

How is Esther brave?

### **Craft:**

Make crowns like the crowns that you think Queen Esther and King Ahasuerus would have worn. Wear them around as you do a chore or eat lunch today. Is it hard to keep a crown balanced on your head? How would it be hard to be a leader?

### **Active Play:**

Play Haman Says. Designate someone to be Haman, and order other people around. But if Haman doesn't say Haman, the people don't have to do it!

If you have a large family, add a second leader named Queen Esther. The people can choose to follow Esther's directions, as she cares for them. They don't have to fear what she will do!

### **Research This!**

Find out who some of your community leaders are. Check out pages hosted by firefighters, police, city halls, and public utilities. Who are your leaders, and how do they help you?

### **Watch That?**

Check out Sharefaith Kids video on Queen Esther on YouTube!

### **Prayers:**

Take time to think about leaders in your community. Pray for them as they work and lead through difficult situations.

### **Community Care:**

Write a thank you note to a community leader or community helper, thanking them for what they do! Send it out in the mail!

# Day 3

## Five Were Ready, Five Were Not

Bible Story: Matthew 25: 1-13

Read the scripture aloud. Discussion questions:

What are things it is easy to prepare for?

What are things that it is hard to prepare for?

What happens to you when you must wait for something for a long time?

What things is it easy to stay awake for?

What is something that always wakes you up?

### FIELD TRIP DAY

(Remember social distance!)

Give your family members 5 minutes to pack a lunch using items you have assembled. They can only bring what they remember to pack.

### Active Play:

Head to a local park or a state park and make sure to find a place to picnic that is away from others. If you can't venture from home, or the weather isn't great, have a picnic lunch at home. Turn on a nature soundtrack and listen to different sounds.

### Research This!

What are your school or work punishments if you are late? What things do you need to have prepared to be ready at school or work?

### Watch That?

Check out The Holy Tales video on the 10 Bridesmaids!

Prayers: Pray for the people who are delayed or waiting for things right now because the health care situation doesn't allow everything to happen. Pray for those who need to stay awake late to help care for others.

### Community Care:

Make an extra set of lunches and drop them off to an elderly neighbor or friend.

# Day 4

## Mountain Top Visitors

Luke 9:28-36

Read the scripture aloud. Discussion questions:

Who would you be excited to suddenly see?

What things are important to pay attention to?

How would you have reacted to seeing Jesus transfigured, and to see Moses and Elijah as well?

Why do you think the disciples wanted to build houses for Jesus, Moses, and Elijah?

What would you want inside a house on a mountain?

**Craft:** Create a name plate for your mountain house. And build your mountain house! Bonus points if you read a book, or work on schoolwork inside your mountain house!

### **Active Play:**

Google Mountain climbing exercises and do some! You must be in top shape to be able to summit a mountain.

### **Research This!**

Find out the highest mountain or place in your state. Find the highest mountain or place in your time zone. Find the tallest mountain or place in your state. Find the tallest mountain or place where Jesus lived. Find the tallest mountain on Earth. Find the tallest mountain on a different planet. What is the height difference between the tallest mountain you found in your state, and the tallest you found anywhere?

### **Watch This?**

Watch the Sharefaith video on Jesus Transfigured on YouTube!

### **Prayers:**

Pray for park rangers, mountain rescue teams, and those who live and work on mountains. Most of the mountain ski resorts have closed during social distancing, so also pray for the staff who are unable to work right now.

### **Community Care:**

Make Mountain Cookies to Share with a neighbor or watch a movie together that features mountains!

Mountain Cookie ingredients on supply page

In a large bowl, mix together the butter and sugar until light and fluffy. Combine the flour and salt and gradually add to the mixture and mix until combined.

Shape into 1-inch balls and place 2 inches apart on an ungreased pan lined with parchment paper. Make a deep indentation in each cookie with the back of a teaspoon.

Bake at 350 degrees Fahrenheit until the edges just turn brown. Remove from sheet and cool completely.

For the Filling:

Mix cream cheese, sugar, cornstarch or alternate flour and vanilla until smooth. Add pecans or chocolate chips and coconut and stir to combine. Spoon a ½ teaspoon of filling into center of each cookie.

Drizzle.

Mix chocolate chips, water and butter into a microwave safe bowl, and microwave at 30 second intervals until half melted. Stir to complete melting. Stir in powdered sugar. Drizzle over cookies.

# Day 5

## Never Alone

Bible Story: John 14: 23-29

Read the scripture aloud. Discussion questions:

Who do you have a hard time saying goodbye to when they have to leave?

Who are the people you miss when you must travel, or stay home and not see anyone?

How do you think the disciples felt when Jesus told them he wouldn't be able to be with them much longer?

Why do you think the disciples had so many questions for Jesus about why he was leaving?

How do you tell someone you love them when you have to say goodbye?

Do you find it hard to say goodbye after special meals?

**Craft:** Make a card or picture for someone that lives far away, or that you can't see right now. Tell much how much you love or appreciate them in a note. Mail it to them.

**Active Play:** Play a game of We Love.

Player who is it yells love with their eyes closed. Other players yell Me, until they are caught.

**Alternate:** Play hide and seek.

**Research This!**

Look up different words for love. Look up words for love in different languages. Make a poster using all the new words you learned!

Watch That?

Watch the Sharefaith kids' video on "I Am the Way"

**Prayers:** Pray for those who are lonely right now, and who don't have company while they eat. Pray for those who are having a hard time finding enough food.

**Community Care:**

When you prepare lunch or dinner today, make a few extra portions to deliver to a friend or neighbor. Remember social distance is important.

- Extended Activity option.

Set your table with all your fancy dishes and things and celebrate your meal together. Have everyone dress up for a fancy meal. Maybe even use cloth napkins! Even if you're having dinosaur nuggets, celebrate like you are at the fanciest restaurant you've ever eaten at.

# Bonus Day!

## Roman Believers

Romans 4:13-25

Read the scripture aloud. Discussion questions:

Would you be excited to travel somewhere that is farther than you've ever been before?

What would make you worried about the journey?

Who would you take with you, or who would you visit?

How would you write a letter introducing yourself and what you want to talk about to the people you are going to visit?

**Craft:** Create a picture of a place you would like to visit. Or take a photo frame for a photo of a place you have traveled.

**Active Play:** Go outside and enjoy nature! Take a hike, a bike ride, walk your pet, walk your stuffed animals. Mark where you travel with either sidewalk chalk, or a stone.

**Research This!** Research a place you would like to travel to as a family. What would you like to see? Where would you want to eat? How would you get there? What kind of map would you need to get there?

**Prayers:** Pray for those in the travel industry who have been impacted by closures. Most cruise lines are fully closed until May. Pray for staff that are displaced, or unable to work.

**Community Care:**

Call someone who lives far away from you and have a conversation. Invite them to video chat over a meal. What kinds of questions do you have for each other?