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# SCOPE AND SEQUENCE

	DIG SITE <i>Opening and Closing</i>	GEMSTONE MINE <i>Bible Story</i>
 <b>DAY 1</b>	<p><b>Daily Find:</b> Jesus made me special! I dig it!</p> <p><b>Bedrock Verse:</b> "For I am certain that nothing can separate us from his love:"</p>	The Flood (Genesis 5:13–22; 7:1–24)
 <b>DAY 2</b>	<p><b>Daily Find:</b> Jesus made me strong! I dig it!</p> <p><b>Bedrock Verse:</b> "neither death nor life, neither angels nor other heavenly rulers or powers,"</p>	Abigail (1 Samuel 25)
 <b>DAY 3</b>	<p><b>Daily Find:</b> Jesus made me smart! I dig it!</p> <p><b>Bedrock Verse:</b> "neither the present nor the future, neither the world above nor the world below"</p>	Solomon (1 Kings 3:16–28)
 <b>DAY 4</b>	<p><b>Daily Find:</b> Jesus made me in His family! I dig it!</p> <p><b>Bedrock Verse:</b> "there is nothing in all creation that will ever be able to separate us from the love of God"</p>	Ruth (Ruth 1–4)
 <b>DAY 5</b>	<p><b>Daily Find:</b> Jesus made me to live with Him forever! I dig it!</p> <p><b>Bedrock Verse:</b> "which is ours through Christ Jesus our Lord." Romans 8:38–39 GNT</p>	Elijah Ascends to Heaven (2 Kings 2:1–17)

How exciting! And He has promised He is preparing a place just for you and for me!

Now, preparing a place is no easy task...it takes a lot of work. I have the pieces to a much larger house artifact. Let's see if we can prepare this home together. *(Ask Crew Leaders to help the children.)*

*If you are using pillows and blankets, instruct the children to take the blankets and drape them evenly across a table or across 4 chairs. Place the pillows inside. Have them work together to make sure the home is sturdy.*

Ok, rockhounds! Come stand with me and let's look at our work! Preparing this home took some teamwork and careful thought about how to build it. That makes it special! Jesus' home for us is special too. Because He has made us special, because He has made us strong, because He has made us smart, because He has made us to be in His family, He knows us very well. He loves us, and the home He has promised us is a place where we will always be welcome. That is why He has prepared it just for you and for me! That is why He has promised He will come again and take us to be with Him in our new homes. Let's take some time to thank Jesus for preparing us a home.

*Have several children sit inside the tent. Have the others sit in front of or around the tent. Pray for the child in the tent. This should be a quick sentence prayer, so each child may have a turn in the tent.*

Dear Jesus, You have prepared a special home for \_\_\_\_\_ and \_\_\_\_\_. Thank You for loving him/her and promising that he/she will always be welcome. Amen! *(Repeat for each child.)*

### Personal Prayer— Bricks in Your Heavenly Home

**SAY:** The name of the special home that is prepared for us is heaven. Jesus tells us that He will come again. When He does, He will take us to see our new homes in heaven!

We don't know what heaven looks like, but we do know that it is a very beautiful place. We also know that we won't be sad or afraid. Isn't that great? We know that God's creation will be amazing and unlike anything we have ever seen! All the animals will be gentle. We know that we will be able to be with our family and friends. We know that we will be very happy. And the most exciting part is that we will be with Jesus.

Now that we have prayed for everyone, you will have a chance to pray on your own. God wants to hear from you!

Each of you will get a "brick" to put on this home I have taped up. This represents our heavenly home. As you are taping your brick on the wall, talk to Jesus about heaven. Talk to Him silently in your mind. Talk to Him about His promise, or about any questions you might have about the home He prepared for you. Then come back and sit with your Crew Leader, bow your head, fold your hands, and quietly talk to God.

*Play some soft music while the children add their bricks. Keep putting bricks up until time is up.*

### Field Journal

*Give Field Journal activity 5 to the children. Give instructions for the page before they rotate to the next station.*

**SAY:** Rockhounds! It's time to move on.

Thank you for visiting the excavation site!

Remember that God loves to hear your prayers! You can pray anytime and anywhere! Even while you are building a house!

It's time to line up, everyone, line up! Let's say our Daily Find.

Jesus made me to live with Him forever. *(hold both arms up with your pointers out and rotate arms in a big circle)* I dig it! *(cool pose)*

Goodbye, rockhound friends! It has been fun having you here helping to dig up artifacts!



# DAY 5: JESUS MADE ME TO LIVE WITH HIM



## Supplies

- Lincoln Logs or popsicle sticks
- Tacky glue (if using popsicle sticks)
- Blankets, pillows, and chairs to build a tent (have plenty of supplies to make a large tent or two depending on the size of your group)
- Construction paper
- Markers
- Painter's tape
- Scotch tape

## Setup

1. Bury a large amount of Lincoln Log toys or popsicle sticks in the sand, enough for each child to find 3 or 4 pieces.
2. Cut your construction paper sheets in half. Place halved construction paper and markers together on a table.
3. Use the painter's tape to create a large outline of a house on one of your walls. The outline should be 4 x 6 feet or larger, as children will be taping the squares of construction paper inside the house outline.
  - The size of the house may vary, depending on how many children you have in each group. Make sure your house outline is large enough to fit 1 half-sheet of construction paper per child.
  - Use illustration on page 16 to create your outline.
4. Place your pillows and blankets in one corner of the room



## Introduction

**SAY:** Welcome back to the Excavation Station, rockhounds! This is our last day of discovery here at the excavation site. Thanks to you, we have found some wonderful artifacts and learned so much about prayer! Which artifacts do you remember?

*Glue the outline of a large house to the wall with damage-free painter's tape.*

*Take a moment to review some of the items they found and what they represent for each day. Have a sample of each artifact ready to show them as they review.*

Since we have had so much practice digging, you've become expert excavators! Now that you have all of this experience, I thought we could go to one of the more difficult excavation sites today. It will require you to dig and reconstruct an entire artifact! Are you ready for the challenge? Let's go! When you find one artifact, go ahead and step back so your friends can have a turn looking for an artifact.

*Direct the children to the kiddie pool with sand. Give them a few minutes to look through the sand with the sifters and shovels. Have them place the artifacts into the Artifact Box beside the kiddie pool.*

There are so many pieces in our excavation site! Do you know what these pieces are for? *(Let the children respond.)* They are from an ancient house. Now that we have all of the pieces, let's put the house together to see what it looks like.

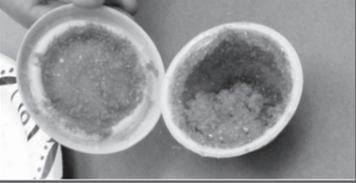
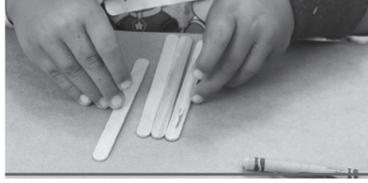
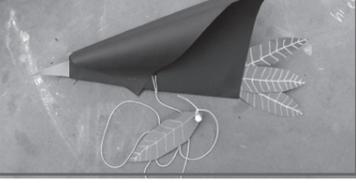
*Give each child several Lincoln Logs or popsicle sticks. Have them stack them up into the shape of a house. If you are using popsicle sticks, have an adult place glue on the sticks as they are stacked.*

Come gather around. *(Move the children away from the kiddie pool so their attention on the activity.)* Not only are you amazing diggers, but you are also great at building! You did a fantastic job reconstructing our house artifact. And guess what! This is what our focus will be today. A house! Yes, a house is a home we live in. Some live in houses, some live in tents, some live in apartments, some live in huts, some live in big homes, and some in small homes...homes are everywhere, and there are many different kinds!

## Group Prayer— Jesus Prepared Us a Home!

*Talk to the kids as you gather your tent pieces or your pillows and blankets. This will add intrigue and their focus will be on what you are doing!*

**SAY:** But did you know, no matter where we come from or where we live, there is one home that has been designed for us all? This is the home Jesus has prepared for us! Jesus made us to live with Him!

EXCAVATION POST <i>Prayer Station</i>	ARTIFACT CRAFTS <i>Craft Station</i>	TESTING PIT <i>Game Station</i>	PICNIC SNACKS <i>Snack Station</i>
Play-Doh Sculpting & Field Journal 	Jasper Gemstone 	Get-to-Know-You Pre-Game Rock Wall Cracks	Gemstone Parfait 
Carrying Burdens & Field Journal 	Jasper Canyon Fossils 	Get-to-Know-You Pre-Game Jasper Canyon Obstacle Course	Fossil Crackers 
Mosaic Hearts & Field Journal 	Jasper Mosaic 	Get-to-Know-You Pre-Game Jasper Canyon Mosaic Tag	Mosaic Trail Mix 
Prayer Links & Field Journal 	Jasper Family Petroglyphs 	Get-to-Know-You Pre-Game Jasper Canyon Family Four Square	Petroglyph Sweets 
Popsicle Stick House & Field Journal 	Jasper Canyon Eagle 	Get-to-Know-You Pre-Game Eagles Nest Relay Race	Rockhound Tools 

## WELCOME TO EXCAVATION STATION!

Welcome to Excavation Station, where children will learn to dig into creating a relationship with Jesus through hands-on prayer activities! Each activity is designed to teach different aspects of prayer and each day builds upon the others, allowing children who have never prayed before to understand that they are able to talk to God as a close friend anytime and anywhere. Each day has an introduction, group prayer time, and personal prayer time. Children will also be able to take home a Field Journal with guided prompts and creative activities.

Field Journals are available on the USB in your starter kit or as a download at [AdventistVBS.org](http://AdventistVBS.org).

### What the Prayer Station Leader Should Wear

- Broad rim sun hat
- Colorful or striped shirt
- Jeans or hiking pants
- Hiking boots/rubber boots

### Decorations

This is geological excavation site. Decorations can include tarps, boxes, rope, a sandy backdrop, digging tools, wood pallets, and greenery. You can paint a sign with an arrow that says "Excavation Site."

### Recurring Activity

There will always be an excavation site made from a kiddie pool filled with sand. Before every prayer session, children will be allowed to dig up the artifacts to find the prayer topic for the day. Bury your artifacts ahead of time. Be sure you hide enough for every child to find at least one artifact. Depending on the number of children, you may want to have several kiddie pools with sand available. Use plastic shovels, brushes, and sifters for children to dig up the treasure. Create a box labeled "Artifact Box" where children can place the found items. Make sure you clear out the old discoveries each day to make room for the new items.

### Artifact Discovery List:

- Day 1—Pottery shards
- Day 2—Smooth river stones
- Day 3—Wooden puzzle pieces
- Day 4—Barrel of Monkey toys
- Day 5—Lincoln Logs or popsicle sticks

The activity may sound like this:

1. Leader tosses yarn ball to Adam and says: *Dear God, bless Adam today. Amen.*
2. Adam tosses the yarn ball to Emma and says: *Dear God, bless Emma today. Amen.*
3. Emma tosses the yarn ball to Caleb and says: *Dear God, bless Caleb today. Amen.*
4. Caleb tosses the yarn ball to Sammie and says: *Dear God, bless Sammie today. Amen.*



Continue until all children have had the yarn ball passed to them.

When everyone has participated in the activity, say a prayer for the whole group.

Dear God, thank You so much for each one who has visited my excavation site today! Thank You that You have made us all a part of Your great big family! Amen!

### Personal Prayer— Finger Paint Portraits

Ahead of time, prepare small cups of finger paint. (Dixie Cups or ketchup cups work well. Be sure that you cover the finger paint area with a drop cloth or tarp, or do this activity in an uncarpeted area.)

**SAY:** Now that we have prayed together, you will have a chance to pray on your own. Lay the yarn down by your feet and stand up.

Did you know that in some of the caves where we explore and dig, we have found family portraits? That's right! Family paintings on cave walls. (Show picture.) People from long ago made these paintings to tell stories, and to show who was in their family.

Today we are going to paint our own portraits on our petroglyph wall. A petroglyph is a drawing found in a cave. Sometimes the drawing shows a family. That is what we are going to do! We want to leave our paintings up for others to find. You can include anyone you want on the wall. Paint your new friends from VBS, paint your family members at home, paint

your teachers or the helpers. Anyone! As you paint, talk to God about the person you are painting and thank God for making them a part of your great BIG family!

Play some soft music while the children paint. Engage with the children and ask who they are painting. Help them say quiet prayers for the people they paint.

### Field Journal

Give Field Journal activity 4 to children. Give instructions for the page before they rotate to the next station.

**SAY:** Rockhounds! It's time to move on. But first, wash your hands. (Ask Crew Leaders to help with washing hands and cleaning up.)

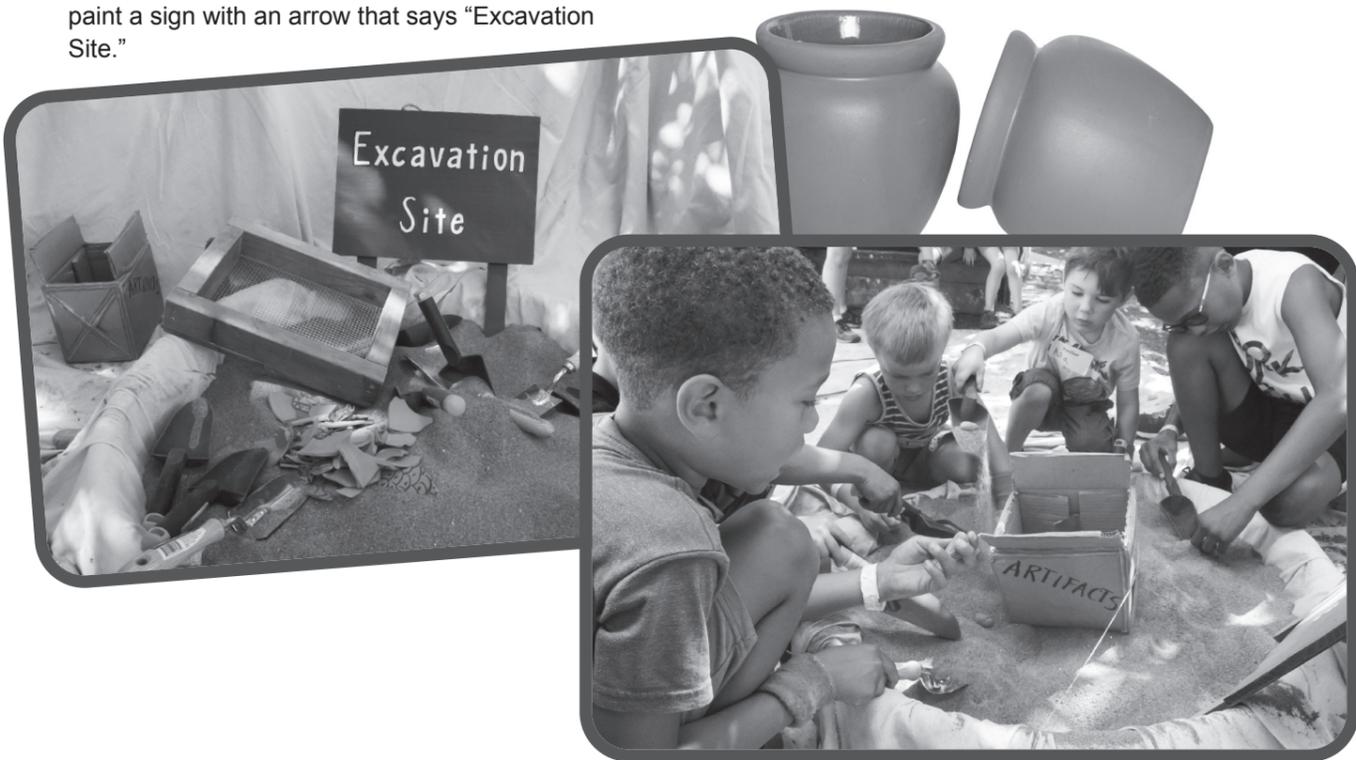
Thank you for visiting the excavation site!

Remember that God loves to hear your prayers! You can pray anytime and anywhere! Even while you are painting!

It's time to line up, everyone, line up! And let's say our Daily Find.

Jesus made me in His family. (hug yourself and/or a neighbor) I dig it! (cool pose)

Goodbye, rockhound friends! See you tomorrow.



## DAY 4: JESUS MADE ME IN HIS FAMILY



### Supplies

- 3-4 Barrel of Monkeys toy sets (extra-large are best)
- Large roll of paper
- Washable finger paints
- Dixie cups or ketchup cups
- Tarp or plastic liner
- Ball of yarn

### Setup

1. Bury a large amount of Barrel of Monkey toys in the sand, enough for each child to find 3 or 4. Set aside the remaining monkey toys for a later activity.
2. Hang a large roll of paper on a wall and lay the tarp underneath the paper. Choose an area where children can use finger paints. Cover the wall beyond the reach of the tallest child and down to the floor.



### Introduction

**SAY:** Hello, rockhounds! Welcome back to Excavation Station! We have found so many amazing and unique artifacts here this week, all because of your help! I am so excited! Today's artifact is fascinating! We keep finding more and more pieces to it. We're not sure how many pieces we have. Could you help us find them all? When you find one artifact, go ahead and step back so your friends can have a turn looking for an artifact.

*Direct the children to the kiddie pool with sand. Give them a few minutes to look through the sand with the sifters and shovels. Have them place the artifacts into the Artifact Box beside the kiddie pool.*

Look at that! Come gather around. (Move the children away from the kiddie pool so their attention on the activity.) We have found a huge family of toy monkeys! It looks like these artifacts all go together. Let's link them up!

*Give each child one monkey. Scatter the other monkeys all over the floor. Demonstrate how to*

*play: hold the monkey in one hand, then link the monkey on the floor with the one you are holding. Each time you link a monkey, the game will get more difficult. Allow children to play for a few minutes before having the children link all of the monkey toys together. Stretch the toys as far across the room as they will go.*

Wow! Look at how far our artifacts went! One little toy all by itself only stretches an inch or two, but when we put them all together a very long line is made! They are all linked together.

We may not be linked like plastic toys, but we are all in a very important family line. Our Bible verse reminds us of this. Remember the verse from the first three days? Let's say it together!

For I am certain that nothing can separate us from God's love; neither death nor life, neither angels or other heavenly rulers or powers, neither the present nor the future, neither the world above nor the world below.

The new part of the verse says this...There is NOTHING in all creation that will ever be able to separate us from the love of God.

We are all linked together by God's love as a part of God's great big family, and that love is INSEPARABLE.

### Group Prayer—Linked Together

*Have children stand in a circle and then sit down. Get the ball of yarn.*

**SAY:** Love is what links God's family together! We are all a part of God's great big family, and we can all pray for one another! That's what we will be doing today. We'll pray for each person in the excavation site! We are going to ask that God blesses each one here.

*Instruct the children to stay seated in the circle. Start the prayer time by sitting somewhere in the circle. Toss the ball of yarn to one of the children while still holding onto the end of the yarn. Call that child by name and ask God to bless them. Have the child holding the yarn ball toss the yarn to another child (still holding the yarn) and call them by name. The child should ask God to bless the child they are giving the yarn ball to. You will finish this activity with a "web" in the middle of your circle.*

## DAY 1: JESUS MADE ME SPECIAL



### Supplies

- 3-4 decorative pots (different designs shapes and sizes)
- Magnifying glasses
- Small to medium clay planting pots
- Large posterboard
- Sharpened pencils or pointed dowel sticks
- Play-Doh (1 for each child)

### Setup

1. Color designs on your planting pots with markers.
2. Gently break the planting pots into large shards and hide the pieces in your sandbox. Break enough shards for each child to find several pieces.
3. Trace a large simple outline of a pot onto the posterboard.



### Introduction

**SAY:** Hello, everyone! Welcome to Excavation Station. My name is \_\_\_\_\_ and I'm a geologist. My job is to dig up ancient artifacts here at this site. An artifact is something that has been buried underground, from a long time ago. When we look closely at these artifacts, we learn important things about the past and about the world around us.

This site is very special, because we have discovered an entire group of artifacts about prayer.

*(hold up 1 finger) #1: Prayer has existed for as long as we have! (hold up two fingers) And #2: It is the way that we have conversations with God. Every artifact we uncover here is helping us discover more about talking with Him.*

You look like you all would be fantastic geologists as well! I think that together, we can uncover many exciting ways to pray. I wonder what is in the excavation site today? Would you help me find our latest artifacts? When you find one artifact, go ahead and step back so your friends can have a turn looking for an artifact.

*Direct the children to the kiddie pool with sand. Give them a few minutes to look through the sand with the sifters and shovels. Have them place the artifacts into the Artifact Box beside the kiddie pool.*

Wow! Look at all that we have uncovered today! You've found some pottery shards—shards are just the pieces, but sometimes we find entire pots! I brought some for you to look at! Let's examine them together.

*Allow children to look at the pots with magnifying glasses. Have them point out the patterns, colors, shapes, and designs. Pots should vary enough that children can easily take note of the differences.*

### Group Prayer—Clay Pots

**SAY:** These pots are all different. They have unique designs, shapes, sizes, colors, and patterns. The one thing they have in common is that each one was made carefully by hand. That's amazing, isn't it?

*Demonstrate how to make a pinch pot and how to make a coil pot. Show examples you made ahead of time.*

Now you can make a pot with your Play-Doh. You can decide if you want to make a pinch pot or a coil pot. Either one is a good choice.

*Give each child some Play-Doh. Have them make a small coil pot or pinch pot.*

Wow! Your pots are all amazing! Each one is unique. (Point out the differences in the pots.) This reminds me of our Daily Find. Let's say it together!

Jesus made me special. (thumbs up) I dig it! (cool pose)

That was really fun! You know, kids, God created us! He formed us with His own hands, like you made your own clay pots by hand.

And you know what? He made each of us special! No two people are alike. We have unique looks, different personalities, and special talents. We have been formed by God with a purpose, and we can praise Him for that! Let's hold our pots in our hands, close our eyes, and praise God for how He has made us. Repeat after me!

Dear God, I praise you! (repeat)

Thank You for making me special. (repeat)



There is no one else quite like me. *(repeat)*  
 Thank You for creating me. *(repeat)*  
 And thank You for giving me a purpose!  
*(repeat)*  
 Amen. *(repeat)*

**Personal Prayer—You Are Unique**

**SAY:** Now that we have prayed together, you will have a chance to talk to God yourself! If we find pottery shards, we try to put the pieces together and reconstruct a full pot!

Show children the poster board with the pot outline.

We're going to reconstruct a big pot together using your prayers. Flatten out your Play-Doh, then think of all the things that make you unique *(give examples)*. Etch them out on your piece of clay *(demonstrate using Play-Doh and a pencil)*. When you are done writing everything you can think of, put it somewhere on the big pottery outline. As you place your Play-Doh onto the poster board say a prayer thanking God for making you special! You could say something like, "Thank You, God, for making me special!"

**Field Journal**

Give Field Journal activity 1 to children. Give instructions for the page before they rotate to the next station.

**SAY:** Thank you for visiting the excavation site! Remember that God loves to hear your prayers! You can pray anytime and anywhere! Line up, everyone, line up! Let's say our Daily Find one more time.

Jesus made me special. *(thumbs up)* I dig it! *(cool pose)*

Goodbye, rockhound friends! See you tomorrow.



Show the children the different mosaic tiles in the Artifacts Box. Emphasize that they are unique pieces.

There are so many mosaic shapes and sizes! There are so many different ways to be smart! Think about how you are smart...hmmm...

On the table is a poster that lists some different ways we can be smart.

Pick out how you think you are smart and choose that mosaic paper tile.

Write your name on the paper mosaic tile.

Next, use a glue stick to paste your piece of tile onto the poster board. But wait! If there is already a tile pasted on the poster board, position your tile so it's snuggled up against the other tile to start making a mosaic work of art.

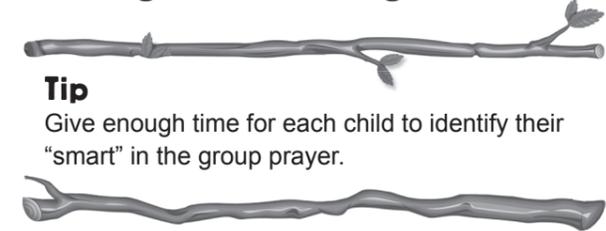
Wow! This is truly a beautiful work of mosaic art.

Our Daily Find is Jesus made me smart—I dig it! Say it with me!

Jesus made me smart. *(cross left arm across stomach to hold the right elbow; put right hand near face with pointer and middle finger upwards in a thinking pose, eyes off to the side as if thinking)* I dig it! *(cool pose)*

Our mosaic reminds us that there are many, many ways of being smart. Remember some of the pieces of the wall? People smart, logic smart, music smart...*(Have children give examples.)* That's right! And no matter what kind of smart you have, it comes from the same place. God gives us each unique gifts, and that is what makes us special! God is the key to being smart! When we use our smarts for Him, and we work together, our different pieces of being smart fit into a bigger and more beautiful picture!

**Group Prayer—Thanking God for Making Us Smart**



**Tip**  
 Give enough time for each child to identify their "smart" in the group prayer.

**SAY:** All of you make up a beautiful piece of art work! You are each smart in different ways. Do you

remember what piece you chose for the mosaic poster? Go get another one just like it from the supplies on the table.

Come back and form several small group circles. *(Ask Crew Leaders to help form the small groups.)* Do you have your paper mosaic tile? Perfect! Your small group leader will lead a prayer.

Thank You, Jesus, for making me *(music smart, nature smart, etc.)*.

Now you fill in the blank about your "smart." Go around the circle and take turns saying your "smart." For example, "people smart."

Small group leaders lead kids in going around the circle and saying, "Thank You, Jesus, for making me \_\_\_\_\_ smart."

**Personal Prayer—Mosaic Prayers**

**SAY:** It is a good thing to know what kind of smart we are! When we know what talents we have, we can use that smartness to share with others how much God loves them in our own unique way! Wow! That is pretty cool!

Stay in your small group. Hold your paper mosaic tile in front of you. Bow your head and ask God to help you use your smart to show someone today that God loves them! Shhh, bow your head now. *(Play soft music while children are silently praying.)*

**Field Journal**

Give Field Journal activity 3 to children. Give instructions for the page before they rotate to the next station.

**SAY:** Rockhounds! It's time to move on. Thank you for visiting the excavation site! Remember that God loves to hear your prayers! You can pray anytime and anywhere!

It's time to line up, everyone, line up! And let's say our Daily Find one more time.

Jesus made me smart. *(cross left arm across stomach to hold the right elbow; put right hand near face with pointer and middle finger upwards in a thinking pose, eyes off to the side as if thinking)* I dig it! *(cool pose)*

Goodbye, rockhound friends! You are all uniquely smart! See you tomorrow.

## DAY 3: JESUS MADE ME SMART



### Supplies

- Mosaic tiles (different colors and shapes: Amazon.com Mixed Shapes Glass Mosaic Tiles for Crafts)
- Poster board for each group (write heading at the top: Jesus Made Me Smart!)
- Mosaic tile template
- Construction paper—red, blue, orange, green, purple, brown, white, and black
- Containers for paper mosaic tiles
- “I Am Smart” posters—1 per table
- Glue stick
- Marker (1 per child)
- Sample pictures of mosaics

### Setup

1. Print and laminate an “I Am Smart” poster for each table.
2. Bury the different mosaic tiles in the kiddie pool sand ahead of time. Be sure there are enough tiles so each child can dig up 1 or 2. Place the Artifact Box close by the excavation site.
3. Divide the mosaic paper tiles by color and place them in different containers for each color. Label the containers with the different ways of being smart. An example of how you can sort/label would be:
  - Word Smart (red shapes)
  - Logic Smart (blue shapes)
  - Picture Smart (orange shapes)
  - Movement Smart (green shapes)
  - Music Smart (purple shapes)
  - Nature Smart (brown shapes)
  - People Smart (white shapes)
  - Self Smart (black shapes)
4. Print out sample mosaic pictures and laminate or create examples ahead of time.

### Note

To simulate a new discovery, you can change the location of your kiddie pool in the room. For

example, alternate the pool from the left side of the room to the right side every other day.



### Introduction

**SAY:** Hello, everyone! Welcome back to Excavation Station! I’m so glad you have come again to join my excavation team. You were so helpful yesterday! In our dig today, my team has discovered a beautiful work of art. But we have a problem. The artwork is broken into pieces. Can you help us find them? When you find one artifact, go ahead and step back so your friends can have a turn looking for an artifact.

*Direct the children to the kiddie pool with sand. Give them a few minutes to look through the sand with the sifters and shovels. Have them place the artifacts into the Artifact Box beside the kiddie pool.*

Great job! Look at all these different pieces of our artwork. *(Move the children away from the kiddie pool so their attention is on the Artifact Box.)* All of these different tiles remind me that we are all different in certain ways. We have different ways of being smart! Look at the different ways we are all smart! *(Hold up one of the laminated posters.)*

Word smart means you’re good with words and language.

Logic smart means you’re a problem solver.

Picture smart means you’re artistic and creative. Are you picture smart?

Movement smart means you’re good with sports and coordination. What about movement smart?

Music smart means you play music and remember songs. I know some of you are music smart!

Nature smart means you love the outdoors, are good at science, and are great with animals. Yes, this is a good one too!

People smart means you get along with others and recognize feelings. Is this you?

Self smart means you’re good at expressing yourself. What about this one?

## DAY 2: JESUS MADE ME STRONG!



### Supplies

- Smooth river-stone rocks (found in gardening or craft section of most stores—stones should be small enough to be held in one hand but not so small they can be swallowed!)
- Permanent marker
- Crayons
- Tinfoil
- Buckets
- Large rocks to place in buckets
- Obstacle course supplies—cones, tape, chairs, etc. (each course should have a start and finish line)

### Setup

1. Use a permanent marker and label your small river rocks with different burdens. Some examples of burdens would be:
  - Sad
  - Angry
  - Afraid
  - Worried
  - Doubtful
  - Discouraged
  - Jealous
  - Nervous
  - Ashamed
  - Worn Out
2. Bury your small river rocks in the kiddie pool sand ahead of time. Hide enough river rocks for each child to find a few. Place the Artifact Box close by the excavation site.
3. Lay the crayons out on a table. Space them evenly so every child will have a few within reach when doing the activity.
4. Tear a square of tinfoil for each child, enough to wrap a river rock in the foil. Place the foil on the table with the crayons.
5. Set up cones and chairs, lay down tape, and outline a small obstacle course. If you have a large group, set up 2 or 3 different obstacle course challenges.

### Note

- Your obstacle courses can be made with many different types of materials and setups. You can have children weave around chairs and cones, go under tables, jump over tape lines, jump to different tape squares, walk across a wooden plank on the ground, play hopscotch, and so much more! Be creative with your obstacle courses. Make them fun, unique, and challenging!
- Have a bucket filled with heavy rocks ready as a prop.



### Introduction

**SAY:** Hello, everyone! Welcome back to Excavation Station! I’m so glad you have come again to join my excavation team. You were so helpful yesterday! I have some very exciting news! We have uncovered another excavation site with even more artifacts! But I have a small problem. *(Try to pick up the bucket with rocks; pretend to struggle as if it is too heavy.)* Phew! This excavation site is all covered in heavy rocks! *(Try to pick up the bucket again; pant and puff as if worn out.)* We want to see what is underneath...I’m supposed to move the rocks from here *(point to start of obstacle course)* to there *(point to finish line of obstacle course)* but I don’t know if I can move the rocks all by myself! Just feel how HEAVY these rocks are! *(Allow children to try to pick up the heavy bucket.)*

You see? There are far too many to move on my own. I’m not strong enough! *(thinking)* Hmm... we need to find out what prayer artifact is hidden underground...I wonder how I can move these rocks? *(Scratch head with a questioning look.)*

I know! We would be a lot stronger if we worked together!

*Direct the children to the start of the obstacle course. Give each child a rock to hold. Their goal is to make it through all of the obstacles from start to finish without dropping their rock. You can have multiple obstacle course challenges and divide the children up within larger groups. You can have them crawl under tables, weave around chairs, balance walk planks of wood, jump to*

different tape squares, play hopscotch, and more! Have fun creating your obstacle courses. Make this segment active and engaging for every child in the room.

Fantastic! We've gotten all of the rubble away from the excavation site! I couldn't have done it without such helpful team members. When I was all alone, these rocks were too heavy of a burden. But it was so much easier to carry when we worked together. You helped me carry my burden. Together we are strong!

That reminds me of our Daily Find. Let's say it together!

Jesus made me strong. *(put up both arms as if showing off your biceps)* I dig it! *(cool pose)*

### Group Prayer— Sharing Our Feelings with God

**SAY:** Now that all of the rocks are cleared away, let's see what kind of prayer artifacts we can uncover. When you find one artifact, go ahead and step back so your friends can have a turn looking for an artifact.

Direct the children to the kiddie pool with sand. Give them a few minutes to look through the sand with the sifters and shovels. Have them place the artifacts into the Artifact Box beside the kiddie pool.

Uh oh, it looks like you've uncovered some burdens of your own! These prayer artifacts can be very hard to carry. Come gather around and let's read some of the artifacts. *(Move the children away from the kiddie pool so their attention is on the Artifact Box.)*

Show some of the rocks. Let the children read what they say and give examples such as:

- **Angry:** I might feel angry because a friend hurt my feelings
- **Sad:** I might feel sad because my pet passed away
- **Nervous:** I might feel nervous because I am singing for a talent show
- **Ashamed:** I might feel ashamed because I did something I wasn't supposed to
- **Worried:** I might feel worried because a family member is sick

If time allows, you can have the children give some examples of when they have felt some of the feelings on the rocks.

These are some very hard burdens to carry. Sometimes we might not feel strong enough when we feel these big feelings. But I have good news! God helps us to be strong! Nothing is more powerful than God! And He helps us carry our burdens.

Just like you all helped me carry those heavy rocks from the starting line to the finish line, God helps us carry our heavy feelings from start to finish. We can talk to Him about how we feel, no matter what we feel. He is not going to abandon us when we are burdened. We can always be honest with God about our heavy feelings. He helps us to work through them and to be strong!

Let's say a prayer together and ask for His strength! Repeat after me.

Dear God, I ask for Your strength! *(repeat)*  
Sometimes I feel sad. *(repeat)*  
Sometimes I feel angry. *(repeat)*  
Sometimes I feel afraid. *(repeat)*  
No matter how I feel, I know You will be with me. *(repeat)*  
Thank You for helping me be strong! *(repeat)*  
Amen. *(repeat)*

### Personal Prayer—Prayer Rocks



#### Note

There are two options for this activity:

- Option 1—Children color the rocks with crayon. Spray the rocks with a coating of sealant so they do not smudge later.
- Crayons Option 2—If you have an oven, you can wrap the rocks loosely in tinfoil, place the oven on low, and bake the rocks for 2-3 minutes. This will melt the crayon wax and allow the colors to set.

#### Tip

Play soft music while the children are coloring their rocks and talking to God.



Lay all of the artifact rocks out on the middle of the room. Have a few extra of each rock label for children to choose from. Direct the children to choose a rock with a feeling they have felt in the past or are feeling now.

**SAY:** Now that we have prayed together, you will have a chance to talk to God yourself! When we find an artifact, we clean it up and try to restore as much

of it as possible. These rocks *(point to the rock pile in the middle of the room)* were once colorful and bright. You can help restore them! That's right!

Choose one that has a feeling you have felt in the past, or that you are feeling now. Take it to the table and make it colorful again by coloring it with the crayons. Make sure that the wax from the crayons goes on very thick!

As you color, talk to God about your feelings. Ask Him to give you strength! Maybe you can say something like this: "God, I am feeling sad, help me to be strong today!" Let's do this activity quietly so that we can talk to God in our hearts and minds. If you finish early, just quietly continue to talk to God with your head bowed.



### Field Journal

Give Field Journal activity 2 to children. Give instructions for the page before they rotate to the next station.

**SAY:** Thank you for visiting the excavation site! Remember that God loves to hear your prayers! You can pray anytime and anywhere! It's time to line up, everyone, line up! And let's say Daily Find one more time.

Jesus made me strong. *(put up both arms as if showing off your biceps)* I dig it! *(cool pose)*

Goodbye, rockhound friends! See you tomorrow.

