

OUTDOOR MINISTRIES CURRICULUM

**FOR THE LORD IS GOOD;
HIS STEADFAST LOVE
ENDURES FOREVER,
AND HIS FAITHFULNESS
TO ALL GENERATIONS.**

PSALM 100:5

from **GENERATION**
to **GENERATION**

SAMPLE



From Generation to Generation

2019 Outdoor Ministries Curriculum

SAMPLE

This sample of 'From Generation to Generation' includes a sampling of activities for the Bible study sections and supplemental resources for a single day of the curriculum. It is only meant to be used as a sample and not as a complete Bible study or program.



Day 5: Paul, Timothy, Lydia, and . . . You!

Biblical Text: Acts 16:1-15

Theme: God keeps God's promises from generation to generation, and God's promises extend to everyone. Even when God sends us to new people and new places, we can trust God's promises.

Pre-School Bible Study

Gather

"Sharing God's Love" Game

Point out that you are a little bit sad because this is your last day together. But you're *very* happy that you have made so many new friends. And making new friends who share God's love together is a great way to keep God's love going!

Hold up the ball and explain that it's called a God's Love Ball. You're going to call out each child's name and throw the ball to that camper, then the camper will say your name, and throw the ball back to you. Begin with a slow round. Try a second round, increasing the pace.

Then it's the campers' turn to call each other by name and throw the ball to each other. Make this a fun and silly time. Congratulate campers on keeping God's love going. We experience God's love through all of the caring people around us, including camp friends!

Say today's (and the Day 1) call and response together.

Leader: Who always goes with us? (hold palms up)

All: God always goes with us. (look up and raise hands high, hug self)

Word

***P* Is for Purple**

Ahead of time, place at least one item for each camper in a backpack; most of the items should begin with the letter *P*. Some ideas follow: a paper clip, pen, pencil, pinecone, pine needle, paper, pickle (in a plastic bag), puzzle piece, pepper shaker, popcorn (in a plastic bag), purple crayon, purple marker, potato chip, pretzel, little bottle of paint, paintbrush.

Ask campers what the important color in the Bible story was. (*Purple*.) Lydia sold purple cloth to wealthy people. It was expensive to make.

Then point out how people in the Bible story kept God's love going: Paul kept God's love going by teaching Lydia about Jesus. Lydia was baptized and kept God's love going by telling everyone in her household. Lydia also kept God's love going by telling others about Jesus wherever she went to sell her purple cloth. Now campers can keep God's love going by telling their friends about Jesus too!

Explain that you're going to play another game together. Ask what letter the word *purple* begins with. (*P*.) Explain that inside your backpack you have lots of little things. Campers will each get a turn to reach into your backpack and remove one thing to show the group. If it starts with the letter *P*, everyone will jump up, make the *P* sound, and sit down. If it doesn't start with a *P*, all should stay seated and call out its name.

Encourage campers to keep God's love going after camp is over, by saying "Jesus loves you" to someone whenever the campers see the color purple.

Say today's call and response together.

Leader: Who always goes with us? (hold palms up)

All: God always goes with us. (look up and raise hands high, hug self)

Send

"We Are Jesus's Followers" Necklace and Commissioning

Ask campers when they think God's love for people began. God created the world with everything that people needed to have a happy life. God also chose people to take care of the world. God has loved people since the beginning of creation!

Directions

To make the pendants for the center of the necklaces:

1. Have an assistant preheat the oven to 325 degrees Fahrenheit [163 degrees Celsius].
2. Give each camper a quarter sheet of paper (4" x 5" [10 cm x 13 cm]) and a pencil. Have them draw a heart outline making it almost as large as the paper. This will be their pattern.
3. Give each camper a quarter sheet of shrinkable plastic (4" x 5" [10 cm x 13 cm]). Tape the pattern to the table and the plastic piece on top of the paper, rough side down.
4. Invite campers to use darker colors of permanent markers to outline the heart shape on the plastic sheet and then color it in. Write their initials inside the heart shape too.
5. You or the campers can cut out the heart shape.
6. Use a paper punch to punch a hole near the top and center of the heart.

7. Line a baking sheet with aluminum foil. Place the cut-out shapes, rough side up, on the foil surface.
8. Have all campers hold on to the traveling rope on your trip to the kitchen. Caution them that the oven will be hot. You're going to bake their heart shapes and the plastic will shrink down into little heart charms for a necklace.
9. Bake the heart shapes for 1–3 minutes. While the shapes are baking, each shape will likely curl up first, then flatten out. After they have flattened out, bake for about 30 seconds more.
10. Remove from the oven. Use the back of a metal spoon to flatten any curled edges. Let the shapes cool for a few minutes.
11. Have campers hold on to the traveling rope as you return to your work area with your shapes.
12. Next you can fold the waxed linen cord in half. Insert the folded end through the hole of the heart shape, pull through to make a loop, then pull the loose end of the cord through the loop to secure the plastic shape in the middle of the cord.
13. Set out pony beads and invite campers to choose the colors in the amount they wish. Ask each camper to include one purple bead to remind them of Lydia's story.
14. Knot the loose ends together, near the tips, when campers finish. The necklaces should be big enough to slip over a camper's head.

When campers are done, have everyone bring (not wear) their necklace and sit in a circle inside the traveling rope. Invite children to stand, one at a time, and commission them by putting their necklace around their neck and saying:

_____ (child's name), *God loves you and always goes with you. Keep God's love going!*

Pre-School Crafts

Purple Mini-Banner

Materials

white cotton fabric
purple yarn
purple unsharpened pencils or dowels of similar length and thickness
pinking shears
sewing machine
pencils, one per camper
purple liquid watercolor paint
eyedroppers
small disposable cups
scissors
large paper plates
15mm decorative (Washi) tape

Preparation

To make the banner pieces, cut fabric into 7" x 8" [18 cm x 20 cm] pieces using a pinking shears. Fold down the top 1" [2.5 cm] of the fabric, creating a 7" [18 cm] square., Iron this fold in place, and then sew a $\frac{3}{4}$ " [2 cm] seam. Cut yarn into 14" [36 cm] lengths.

Talk about who shared the good news of Jesus in today's story. (*Paul shared it with Lydia, Lydia shared it with her household and with people she met.*)

Explain that God wants *them* to tell others about Jesus and to share God's love like Lydia did. Ask campers to name ways they can do that. (*Suggestions: Tell stories about Jesus, teach songs about Jesus, give a hug, be kind to others.*)

They're going to take white cloth and turn it into purple cloth—just like Lydia did. Then they will turn their purple cloth into a banner. They can hang their banner on a doorknob at home to remind them to keep God's love going.

Directions

1. Give each camper a paper plate with the prepared white cotton banner piece. Be sure the casing (fold) is at the top of the plate.
2. Use a pencil to write campers' names on the plates to help keep track of whose banner is whose.
3. Demonstrate how to use an eyedropper. Squeeze the bulb at the top, put the other end into the purple watercolor, release the bulb, and hold up the eyedropper to show how the dropper sucked up the paint, just like when you use a drinking straw.
4. Give each camper a little cup of purple liquid watercolor. Invite them to place drops of watercolor paint all over the fabric. They may create a purple border, outline the first initial of their name, or just create a random drop pattern.
5. When the campers are done, collect the cups and droppers.
6. You thread a pencil or dowel through the casing at the top of the banner. Wrap one end of a length of purple yarn several times around the end of the pencil or dowel. Knot the yarn. Slide the yarn in about $\frac{7}{8}$ " [2.2 cm] and wrap the end of the pencil with decorative tape to prevent the yarn from sliding off the pencil. Repeat this for the other end of the pencil or dowel.

Pre-School Games

Hula Hoop Tag

Materials: at least one large hula hoop for every two campers

If possible, play this game in a large, grassy area. Spread out the hula hoops in the playing space. Explain to campers that you are going to play a game of tag. One person is the tagger (It). If someone gets tagged, they should quickly run, then stand inside a hula hoop. If you run out of hoops, two people will stand in a hoop together. To get freed from the hoop, one player who has not been tagged will touch the person inside the hoop and call out "God loves you!" Be sure everyone gets a turn to be the tagger.

Elementary and Day Camp Bible Study

Gather

Web of Friends

Start processing the week with campers using these questions and a ball of yarn.

- What did they learn (about themselves, about God)?
- What was the best part of the week?
- What are they looking forward to when they go home?
- What will they miss about camp?

Stand in a circle and toss a ball of yarn from person to person. When each person catches it, they can respond to one or two of the questions above. Then, they should *hang on* to the section of yarn in their hand and toss the ball of yarn to someone across the circle from them. When everyone has had a chance to share, there will be a web of yarn connecting all of you. Remind the campers that they are all connected and will be connected in God's love forever. Finally, cut the yarn so each camper can wear a piece of it on their wrist as a reminder of their Bible study friends at camp.

Word

Basic Questions

Gauge your campers' understanding of the story by asking these questions.

- Who was your favorite character in the story? Why?
- If you could choose to be a character in the story, who would you choose to be? Why?
- Who joined Paul on his travels? (*Timothy.*)
- As Paul and Timothy went from town to town, what did they do? (*Visited new churches to report the decisions made by church leaders in Jerusalem, shared the good news about Jesus with people who had never heard it, baptized people.*)
- Paul had a vision. What did the man in his vision want Paul to do? (*Go to the region of Macedonia.*)
- What happened after Lydia heard Paul's message about Jesus? (*She was baptized.*)
- What questions do you have?

Send

Travel Trunk (Lower Elementary)

Paul traveled all over the Mediterranean world sharing God's love. Imagine what his suitcase must have had in it! Invite campers to sit in a circle and talk for a minute about what things they would pack if they were traveling to tell people about God. Then, go through the alphabet one letter at a time, one person at a time, and fill the imaginary Travel Trunk with things you would bring with you. Each person repeats what the people before them have said. For example, "In my Travel Trunk I have an apple to snack on." The next person says, "In my Travel Trunk I have an apple to snack on and Bibles to share." Continue until you finish the alphabet. If campers have trouble remembering, have everyone chime in to recite the list each time.

Follow Jesus (Upper Elementary)

Often, when new people heard about Jesus, they were so compelled to be baptized and follow him that they invited their family and friends to join them in a mass baptism. There are stories in the Bible of many people being baptized simultaneously!

Play this game as a reminder that when one person “sees” Jesus and follows him, others do the same.

1. Have the campers stand in a circle and choose one camper to be “It.”
2. “It” stands in the middle of the circle with eyes closed.
3. Without making a sound, choose a camper or leader to be “Jesus.” The rest of the campers can be Jesus’s disciples.
4. “Jesus” does an action (clap, snap, rub head) and the rest of the campers in the circle copy what “Jesus” is doing. “Jesus” changes actions from time to time and the group must copy that action.
5. Once the action starts, “It” opens their eyes and tries to guess which one of the campers is “Jesus.”
6. For the next round, “Jesus” becomes the new “It.” After the new “It” goes to the middle of the circle and closes their eyes, the person who is done being “It” gets to silently pick the next person to play “Jesus.”

Youth Bible Study

Gather

Positive Adjective Tree (Middle School or Junior High)

Invite campers to choose a partner (or pair them up, if you prefer). If there is an odd number, pair with a camper yourself or ask an adult leader to pair with a camper.

Distribute paper and markers. Campers are going to draw a tree. On the tree, they will put five or more words that are encouraging, positive, and truthful *about their partner*. For example, trees might state “fast runner” or “funny at dinner.”

The purpose of the exercise is to think about the fruit that God is growing in each person. What are the skills and talents that partners have seen in each other over the week? How has God helped them get to know someone new or to know an old friend better?

After time for drawing, have campers take 3–4 minutes to share their drawings in their pairs. Then gather the whole group to reflect on the exercise. Ask campers to reflect on both what it was like to affirm someone else and then to be affirmed.

Word

Paul, Timothy, and Lydia

Invite campers to find Acts 16:1-15 in their Bibles. Ask for a volunteer to read and one or two to summarize the important points of the passages. Ask if anyone has questions, then write them on a piece of paper.

- Invite campers to share anything they know about Paul. (*Answers may include he was born in Tarsus [in present-day Turkey], he was Jewish, he was very educated, he spoke Greek, he sewed tents, he originally persecuted followers of Jesus, he wrote letters, he went to jail, he was shipwrecked, he once escaped danger by hiding in a basket, he was a descendant of Abraham and Sarah.*)
- Invite campers to share what they learn about Timothy in this passage or know from other New Testament stories. (*Answers may include that he had a Greek father, he had a mother and a grandmother who followed Jesus, he traveled with Paul, he was circumcised, he traveled on his own to teach about Jesus.*) Timothy was a third-generation Christian in the years 50–60 CE!
- Invite campers to share what we learn about Lydia in this passage. (*Answers include she made purple cloth [which probably means she was wealthy because she had wealthy clients, purple cloth was expensive and used for royal clothes], God helped her hear the gospel message, everyone in her house was baptized, she invited Paul and Timothy to stay in her house [which meant she fed them and let them use the place to have meetings or to receive messages].*)

Read verse 15 again, then invite campers to imagine together what happened next: To Lydia. To others in her community. To Paul and Timothy. Or campers can use their Bibles to find what the biblical record says. The point is to reinforce the sense that the good news of God’s promises through Jesus was spreading throughout the Mediterranean region. Churches were springing up.

Without Jesus as the common element, Paul, Timothy, and Lydia would probably not have been in the same circles or have met one another. Encourage campers to trace their Christian lineage back to Paul, Timothy, and Lydia, then ask the following questions.

- What do you know about how and when your ancestors became part of the church?
- How would you describe God's family?

Send

Living God's Promises (Senior High)

High school is riddled with ways people decide who is in and who is out. Have campers review the stories from the week and consider who God chose for important tasks—often the ones least expected.

- Think of someone who is often overlooked in your high school. What do you know about that person, their interests and life situations? What are ways you'd be willing to find out more?
- Is there anyone you have harmed or who has harmed you (resulting in hurt feelings, for example)? What might it take for the situation be turned around into a positive resolution?
- What might *sharing blessings* look like in high school?

Invite campers to share a concrete way they will do one of these things when they return home or to school.

At the end of the sharing, ask the campers to repeat the phrase: "God's promises are true for me and for all people."

CATECHISM CONNECTION

Third Petition of the Lord's Prayer

Materials: copies of Luther's Small Catechism

Invite campers to locate the Third Petition of the Lord's Prayer. Ask everyone to read the petition together. Then ask for a volunteer to read "How does this come about" and another volunteer to summarize the reading in their own words.

- What is God's will? (*Possible answers include what God wants done, love for everyone, kindness, everyone having enough.*)
- How does God make the divine will happen? (*Answers should be something like the following: God uses people to fulfill promises, show love, and care for creation.*)

Encourage campers to think deeply about the idea that God uses all kinds of people to accomplish God's holy and loving will. Each time we pray the Lord's Prayer, we are not only asking for God's will to come about but we are also demonstrating (like Abraham and Sarah, Joseph, David, Mary, Paul, Timothy, and Lydia) that we are willing to be part of God's plan.

- How does knowing this and knowing that God keeps God's promises affect how you might say or use the Lord's Prayer? (*Invite campers to reflect and contemplate before they answer.*)

Say the whole prayer slowly together, being open to how God will use you to make all these things happen for other people—all kinds of other people.

Study Options for Youth Mission Trips and Off-Site Service Projects

What We Have in Common

Mission trips and service projects often include meeting people who seem very different from us. At first, differences can seem stark, but relationships soften sharp lines, and we learn how much we have in common with other people.

Invite youth to reflect on their day's activities in light of learning what they had in common with other people.

- Share one or two differences between your past experiences and the experience you had today.
- What is something that you have in common with the people you are helping?
- How are God's promises of hope and a future for all people being shown through you?
- How have the people you helped this week shown you God's love in action?
- Has this experience shown you that some of your previous ideas have been wrong (about people, other communities, other ways of living)? What have you learned and how might that learning change you?

Adult Bible Study

Gather

Group Building

Ask campers to pair up with someone with whom they haven't shared much and respond to the following questions. (Allow just a couple of minutes for each person.)

- Who would you like to meet from past, present, or future?
- If you could go anywhere, what location would you put at the top of your travel list?

As a group, discuss the joys and challenges of new experiences and relationships.

Word

The Promise to Paul, Timothy, Lydia, and . . . *You!*

Form three teams to listen to the scripture for today and assign either Paul, Timothy, or Lydia to each team. Begin by reading aloud the scripture passage from Acts 16:1-15. Then ask teams to review their passage to gather as much information as they can about their assigned characters and the places they lived. To expand upon the information the passage provides, have teams use Bible concordances, websites, encyclopedias, and other resources to find out about the people and places Paul visited on his journeys.

Share these additional details about Paul, Timothy, and Lydia from Biblical Interpretation (Day 5 commentary) or do further research online. In advance of today's study, you might prepare a fact sheet for each character that includes some of the following information and links for the small groups to explore.

More about Paul

- Paul was an educated and religiously literate and held the status of a Roman citizen.
- Paul studied under Gamaliel in Jerusalem and held status in the powerful religious group of the Pharisees.
- Life changed for Paul after he experienced Jesus while on a mission to persecute Jesus's followers.
- The man who was a strict follower of religious law came to consider all that as "loss," as worthless. He expanded the church's influence and presence, literally being sent to new people and places in the Mediterranean world.
- He was responsible for starting churches in Philippi, Corinth, Ephesus, Thessalonica, and Colossae directly, with more started by those he taught.
- Ultimately, Paul was sent to Rome where he was executed during a time when Christians were persecuted.

More about Timothy

- Timothy became a disciple of Paul and traveled with him on several missionary journeys.
- He represented the third generation in his family to practice the Christian faith.

- His mother, Eunice, and grandmother, Lois, were followers of Jesus (2 Timothy 1:5), although his father was not.
- Timothy had been acquainted with the Hebrew scriptures from childhood.
- Even beyond his travels with Paul, Timothy was sent as a messenger and representative to the churches in the Mediterranean region to help them improve their mission.
- Like his mentor, Timothy was sent to new people and new places, sharing the promises.

More about Lydia

- Lydia was a merchant, probably wealthy.
- She was a worshiper of God. At that time there were people considered to be “God fearing.” They kept as much of the Law as possible but had not completely converted to Judaism.
- Lydia, a “God fearer” like Cornelius, listened attentively to Paul’s teaching and became a Christian.
- Following her baptism, she urged Paul and Timothy to stay at her home while they were in the city.
- While Cornelius’s baptism (Acts 10) caused much conversation among the leaders of the early church (Acts 15), Lydia’s conversion and baptism became the norm after the leaders settled the question of whether Christians must follow the specifics of the law of Moses.
- Lydia’s hospitality and conversion opened the community of faith to new people in new places.

Allow a brief time for teams to compile their information and then share with the group. After all groups have presented information about their assigned person, discuss the ways God’s promises to Abraham and Sarah of land, descendants, and blessings led to the encounter between Paul, Timothy, and Lydia.

Send

Promises for the Journey

As a group, generate a list of groups of people who are at times excluded or marginalized from the greater community. Invite participants to identify in their own minds at least one person they know who has experienced isolation, or alternately, someone whose name they wrote on the paper slips earlier. Have each person write the name of someone on the sole of their shoe.

As they individually name their person or persons aloud or identify them in a more general way (for example, “my unemployed neighbor”), the leader says, “_____ is loved by God and needs to know it.”

Large Group Worship

Message

Today's message comes in the form of a one-scene skit, "With You Always." Print the script below and provide a copy to each actor. Roles to be filled by campers: four camper characters (Camper 1, 2, 3, 4) and one counselor character (Counselor). Props: multiple pieces of recreational equipment from camp (such as a canoe paddle, a life jacket, a basketball, a pool noodle).

With You Always

[Campers are standing together in a circle talking. They seem unhappy.]

Camper 1: *[Sadly.]* I don't want to leave camp today. I'm so sad!

Camper 2: *[Wistfully.]* I know! I have had so much fun! I just want to stay here forever.

Camper 3: *[Excitedly.]* Yeah! We got to do so many fun things at camp this week! I never have this much fun when I'm back at home. I'm not ready to go.

Camper 4: *[Nervously.]* I'm not ready to go either. I don't want to forget anything! And you know what? I *won't* forget anything! Because I am going to take this home with me *[Picks up a piece of camp equipment.]* to remember how much fun we had!

Camper 1: *[Looking happier now.]* Yes! What a great idea! I'm going to do that too. Okay . . . what can I take with me . . . ? I'm going to take this *[Picks up another piece of camp equipment.]* to remember my favorite activity during free time!

Camper 2: Me too! I'm going to take this *[Chooses a different piece of camp equipment.]* to remember all the memories we made during campfires.

Camper 3: What can I take? Help me out! Is there something that will remind me of my cabin? I really liked my cabin group and counselor this week *[Chooses a different piece of camp equipment.]*

Counselor: *[Walking in on the scene, looking pleasantly surprised.]* Hey there, campers! What are you up to? Um, what do you have there?

[All campers try to hide what they are taking and end up failing or dropping the items for the counselor to see.]

Counselor: Is that something from camp behind your back?

Camper 1: [*Sadly.*] Yes. I'm sorry. I know it's not right. I just . . . I just want to remember camp when I go home!

Camper 4: [*Sadly.*] Yeah. We're all sorry. It was my bad idea. I just . . . I'm not ready to go home yet! I don't want to lose my new friends or good memories. I don't want it to all disappear!

Counselor: [*Kindly.*] Oh, campers. I'm sorry you're sad. Come over here.

[Campers set down their objects and walk over to stand with the counselor.]

Counselor: You're right: taking this camp equipment home is not the best choice. But you know what? You don't have to take stuff from camp to remember camp and keep it with you! When you leave camp, you are leaving with so many *memories*! You are taking your Bibles with you—and those carry all the *good news* we talked about together, and you're taking all the *promises and prayers* that we've made together! You can always look back at what we learned together this week. And you can remember what Jesus said in our scripture reading: that he is with you always, until the end of the age. He even gives his Holy Spirit to you—equipping you with special gifts, to take care of and love God's creation!

Camper 2: But can't we just stay here?

Counselor: You were never meant to stay here forever. God always meant for you to go out into the world, to tell other people about what you learned here: that Jesus Christ loves you, forgives you, and blesses you richly.

Camper 3: I guess you are right! God's love doesn't disappear just because we leave camp. Jesus doesn't stop walking with us because we walk somewhere else. The Holy Spirit still shows up to guide us along our way.

Counselor: That's right. Today, tomorrow, and always: God keeps God's promises, from generation to generation. And God's promises extend to you—to the whole world! Even when God sends us to new people and new places, we can trust in God's promises.

Camper 2: [*Gladly*] That's some really great news!

Camper 1: It definitely helps.

[Counselors and campers exchange a handshake, hug, or high five. As the campers walk off stage, the counselor calls after them.]

Counselor: God loves you! God is with you! Today, tomorrow, and always.

End Scene

Group Building Activities

Blindfield

J S

Materials

four cones (to mark boundaries)

blindfolds

various obstacles (cones, hoops, balls, buckets, and so on)

piece of rope

This is a “Minefield”-style activity (see Day 1) but with multiple people blindfolded holding on to a rope as they travel the minefield together. Mark off a space about 20’ [6 m] long and 10’ [3 m] wide and fill it with different obstacles to create the minefield. Have one or two people without blindfolds either give directions or hold one end of the rope to lead the line of blindfolded campers through the course.

Debriefing questions:

- What helped you get through the walk successfully?
- What was difficult about walking through? What did the group do to make it easier?
- How does this activity help prepare us for life’s obstacles?
- What does it teach us about trust?

Ropes Series (Low Ropes)

J S

This straightforward activity combines several low ropes elements (“Mohawk Walk,” “Cable with Vertical Ropes,” “Tension Traverse”) that campers move across. The most important thing to remember is that what makes the element(s) crucial is that the entire group is participating, whether actively traveling the course or spotting. Having a rotating line of spotters on each side ensures that, regardless of group size, everyone is active in the elements and supporting one another.

Debriefing questions:

- What made you the most confident as these elements were being done?
- How did it feel being helped by the rest of the group?
- What was it like when you were spotting your fellow campers?
- How has this team grown as a whole over the course of this week?

Environmental Activities

Nature Yoga

L U I

Adapted from Christie Burnett, “Yoga for Kids: A Walk through the Garden,” Childhood101, <https://childhood101.com/yoga-for-kids-a-walk-through-the-garden/>

Materials

Pads or a flat space where campers can comfortably sit on their knees

Directions

1. Invite campers to arrange themselves in a circle and tell them that they will be using stretching, deep breathing, and their imagination to transform themselves into nature.
2. Encourage campers to pretend to be any of the following plants or animals while doing the following poses:
 - Tree*: Campers stand on one leg while placing the other foot on their knee. Tell them to sway gently and think of what it would be like to be a tree. Repeat for a few breaths and switch legs.
 - Frog*: Campers move into a squat with knees shoulder-width apart and hands folded and resting between knees. Bounce up and down like a frog.
 - Seed (aka Child’s Pose)*: Campers sit on their heels and lean forward to their knees, bringing the forehead down to the floor and extending arms backward toward the feet.
 - Butterfly*: Campers sit on their bottoms, keeping the back straight. Then have them bend their legs outward keeping the soles of the feet together and flap their legs up and down as if they were wings.
 - Cat-Cow*: Kneeling on all fours, campers oscillate between a sagging back (cow) and an arched back (cat). Have fun with it and have the campers moo with a sagging back and meow when arched.
3. Ask campers what the activity was like for them, how it felt. This is likely a new activity for many of them. Do they have any insights about the thing they were pretending to be?
4. To close, make the point that humans are already a part of nature. Invite them to think about who their friends or companions in nature are: What animals and plants do they share their living space with (home, yard, neighborhood)?

Crafts

“Jesus Sends Us Out” Footprint Magnets

J S I

Materials

old maps or atlas pages, enough for two side-by-side footprint shapes per camper
washable paint
shallow pan, large enough for a pair of feet
card stock in various colors
glue
magnetic tape
scissors
water supply for rinsing feet
permanent markers or pens

Directions

1. Invite campers to choose a piece of map or a page from an atlas and place it on the ground.
2. Then, with adult assistance, have campers put both bare feet into a shallow pan of washable paint and then step carefully onto their piece of map, with their feet close together, leaving their footprints.
3. Assist camper with rinsing off their feet while the paint dries.
4. Once the pages are dry (10–15 minutes), invite campers to cut around their footprints and glue them to a piece of card stock. Then have them trim the excess card stock.
5. Have campers put one or two pieces of magnetic tape on the back of their footprints.
6. Invite campers to write a message about the good news of Christ on their footprints: for example, “Follow Jesus” or “Walking with Jesus.”