

Child Safety

As a VBS volunteer, I will:

- Provide appropriate supervision at all times for the children at VBS.
- Have at least one other VBS volunteer to help with the supervision of children. If I find myself in a situation where I am the only VBS volunteer present, under no circumstances will I allow myself to be alone with one child (the “two-person rule”).
- Ask a child’s permission before physically touching him/her anywhere, even when responding to an injury or problem. This is especially true for any areas that would normally be covered by a T-shirt and/or shorts. If an injury is within this area, make sure another adult works with you as care is provided.
- Refrain from physical and verbal attacks and corporal punishment. “Time outs” or “sit-in-that-chair” may be helpful discipline methods to use with children.
- Affirm children with appropriate touching by keeping hugs brief and “shoulder-to-shoulder” or “side-to-side.” I will keep hands at (not below) the shoulder level. For small children who like to sit on laps, I will encourage them to sit next to me.
- Provide extra care when taking small children to the restroom. I will take another adult along, or leave the door open.
- Be aware of conducting activities in rooms that do not have an interior viewing area, or I will leave the door open during the activity to allow easy observation by others.
- Complete and be approved by the volunteer screening process.
- Be aware of the signs and symptoms of child abuse and aware of the legal requirements for reporting suspected cases of abuse. In addition to any legally required reporting, I agree that if I become aware of any behavior by another individual which seems abusive or inappropriate towards children I am supervising, I will report that behavior to the VBS Director.
- Uphold the standards of the Seventh-day Adventist Church.



CREW LEADER'S GUIDE

Introduction

Heroes VBS is set in the quiet little village of Bethany, which is near Jerusalem. Jesus loved spending time in Bethany with his good friends Mary, Martha, and Lazarus. He visited Bethany on many occasions and some even referred to Bethany as his Judean home.

Have you ever spent so much time at a friend’s house that you felt like it was your second home? Why did you like spending time at your friend’s house? It’s likely because you felt comfortable and welcome, and you were treated as a member of the family. This is how we want kids to feel at Heroes VBS – like they are part of a big family!

You have one of the most important jobs during VBS! Because of your enthusiasm, friendliness, and passion, kids will want to come back to VBS every day. And when they come back, they will get to hear stories from the Bible.

You will have an opportunity to develop a relationship with each Crew member as you travel from station to station. Traveling and having fun is your job! Remember that you are not in charge of the stations. Rather, your role is to help you kids as they participate in the activities.

Tips for Crew Leaders

- Participate! Sing the songs and do the motions. Play the games. Be enthusiastic about the crafts. Be attentive during the Bible story and encourage praying together in the prayer station. This is very important!
- Support and encourage the Station Leaders by asking them how you can help.
- Enjoy your Crew! Be enthusiastic. Give shoulder bumps or high fives throughout the day. Show them that they are the best Crew! Watch for opportunities to encourage your Crew members. Silence your phone and give your total attention to the kids.
- Arrive early to VBS so you are there when your Crew members arrive. This also gives you the opportunity to see if your Director needs any help preparing for VBS to start. Also plan to stay 15-30 after VBS to help clean and set up for the next program. You are important to the kids and the success of the program.
- Get to know your kids' names and use their names often. Say, "Hi Austin, glad you are with us today!" and "Welcome, Elizabeth! I'm glad you're in our Crew!"

Tips for Connecting with Your Crew

- If your Crew members arrive before the program starts play a fun little game with them such as Duck, Duck, Goose or Simon Says.
- Ask Crew members to tell you about their favorite game or food. Tell them your favorite game or food.
- When you pass another Crew on your way to the next station, give high fives to as many of the other kids as you can. Encourage your Crew to do the same.
- Give yourself a hug and encourage all your kids to give themselves a hug too.
- Always make sure your Crew members are following you. Count, count, and count again.
- Have fun with the kids! Laugh and smile. Get eye to eye with each kid and call them by their name. "Hey (kid's name), good to see you again! High five!"

Crew Names

Each Crew is given a name that represents a characteristic of heroes. Remember to call your Crew by name as you move from station to station. You can also introduce your Crew to the Station Leaders using your Crew name.

- Emet (e-met) – Truth
- Tummah (Too-mah) – "Integrity"
- Anava (ah-nah-vah) – Humility
- Simchah (seem-ha) – Joy
- Mishpat (mish-pawt) – Justice

Stations

Each station you visit has a name. When you talk to your Crew, call each station by its name. For example, say, "Let's go to the Oasis now" when you are traveling to the prayer station. Below is a list of the station names:

- Discovery House – Bible Story Station
- Oasis – Prayer Station
- Marketplace – Craft Station
- Milk and Honey Café – Snack Station
- Bethany Arena – Game Station

How to Handle Challenges

While we hope that VBS goes smoothly you may occasionally may run into a challenge. Here's some advice on how to handle different challenges:

Question: What if my crew won't stay together?

Try this: Come up with creative ways to travel, such as creating an echo cheer or chant: "I'm a hero no matter my size! You can be a hero too!"

Question: What if I have a really active child?

Try this: You be this child's partner during activities and suggest that he or she sit with you during quiet times. You can also make a game of sitting still by saying, "Let's see how long you can sit still without interrupting. I'm timing you. Ready? Go!"

Question: What if some of my kids don't get along?

Try this: Quietly take the children aside. Let them know that you've noticed that they are not getting along very well. Be kind but firm. Share that it's not okay to fight and argue, and that VBS will be a lot more fun if they choose to get along and be kind to one another.

**Let your Director know if you have any other challenges that may require intervention.*

DAY 1

Bible Story: Miriam

Action Point: Be brave... *(Holding their arms up like they're flexing their biceps.)* Jesus is with me! *(Giving themselves a hug.)*

Key Verse: "The Lord is my light *(Holding up two fists and quickly opening and closing their hands in a flashing motion)* and my salvation." *(Crossing their wrists over their chests.)* **Psalm 27:1 NKJV**

Today's Bible story is about Miriam. She was a brave big sister who listened to God in order to protect Moses, her baby brother. Miriam learned that God was always with her. Kids will learn that they can make a difference for Jesus, no matter their age.

Here are some ideas for your group today in Bethany:

- Compliment a Station Leader. They are doing a great job! Station Leaders will value your appreciation, and it will be a good example to your Crew.
- When you pass another Crew on your way to the next station, give high fives to as many of the other kids as you can. Encourage your Crew to do the same.
- Practice the Action Point with your Crew.
- Thank another Crew Leader for doing an awesome job. You can even say, "You are awesome Crew Leader!"
- Give yourself a good stretch by reaching your arms as high as you can. Say, "I'm ready to be brave! Stretch with me!"
- Participate in the music and encourage your Crew to participate with you.
- Comment on something that is really cool at each station. Your enthusiasm will be catching!
- Have fun with your Crew! Laugh and smile. Get eye to eye with each of your kids and call them by their name.



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DAY 2

Bible Story: Samuel

Action Point: Be devoted... *(Putting their palms together like they're praying.)*
Jesus is with me! *(Giving themselves a hug.)*

Key Verse: "The Lord is my light *(Holding up two fists and quickly opening and closing their hands in a flashing motion)* and my salvation." *(Crossing their wrists over their chests.)* whom shall I fear?" *(Putting their hands on their cheeks and looking scared.)* **Psalm 27:1 NKJV**

Today's Bible story is about Samuel who went to live in the temple when he was very young. Samuel worked in the temple and did his best at every task, and he learned to listen to God. Kids will learn to be devoted to Jesus and to listen for His voice.

God has called you to be devoted to your Crew! Here are some ideas for your Crew today in Bethany:

- Find moments to pray a simple prayer with your Crew members. Ask for prayer requests and be respectful and attentive to their requests.
- Compliment a Station Leader. They are doing a great job! Station Leaders will value your appreciation, and it will be a good example to your Crew.
- When you pass another Crew on your way to the next station, give high fives to as many of the other kids as you can. Encourage your Crew to do the same.
- Thank another Crew Leader for doing an awesome job. You can even say, "You are awesome Crew Leader!"
- Do some jumping jacks and encourage your Crew to do the same. Say, "I'm devoted to being healthy! Let's do more!"
- Participate in the music and encourage your Crew to participate with you.
- Comment on something that is really cool at each station. Your enthusiasm will be catching!
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DAY 3

Bible Story: Nora, Naaman's Servant Girl

Action Point: Be caring... (*Holding their hands up in the shape of a heart.*)
Jesus is with me! (*Giving themselves a hug.*)

Key Verse: "The Lord is my light (*Holding up two fists and quickly opening and closing their hands in a flashing motion*) and my salvation." (*Crossing their wrists over their chests.*) whom shall I fear?" (*Putting their hands on their cheeks and looking scared.*) The Lord is the strength of my life." (*Holding their arms up like they're flexing their biceps.*) **Psalms 27:1 NKJV**

It is already Day 3! The Bible character for today is Nora (*the name we gave to Naaman's servant girl*). Nora was very young when she went to live with Naaman and his wife. She worked for Naaman's wife and helped when Naaman became ill.

God has called you to show that you are caring. Here are some ideas for your crew today in Bethany:

- Take the opportunity to affirm your kids by name. "Rachel, I'm so glad to see you at VBS!"
- Find moments to pray a simple prayer with your Crew members. Ask for prayer requests and be respectful and attentive to their requests.
- Compliment a Station Leader. They are doing a great job! Station Leaders will value your appreciation, and it will be a good example to your Crew.
- Thank another Crew Leader for doing an awesome job. You can even say, "You are awesome Crew Leader!"
- Give yourself a good stretch by reaching your arms as high as you can. Say, "I'm ready to be caring! Stretch with me!"
- Participate in the music and encourage your Crew members to participate with you.
- Comment on something that is really cool at each station. Your enthusiasm will be catching!
- Have fun with your crew! Laugh and smile. Get eye to eye with each of your kids and call them by their name.



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DAY 4

Bible Story: Rhoda

Action Point: Be bold... *(Raising both fists into the air.)* Jesus is with me!
(Giving themselves a hug.)

Key Verse: "The Lord is my light *(Holding up two fists and quickly opening and closing their hands in a flashing motion)* and my salvation." *(Crossing their wrists over their chests.)* whom shall I fear?" *(Putting their hands on their cheeks and looking scared.)* The Lord is the strength of my life." *(Holding their arms up like they're flexing their biceps.)* of whom shall I be afraid?" *(Putting their hands on their cheeks and looking scared)* **Psalm 27:1 NKJV**

It's already Day 4! All week your kids have learned that no matter their age, they can make a big difference in small ways. The Bible character for today Rhoda, who was very bold. She spoke up because she knew that Paul was at the door! Kids will learn that they can be bold for Jesus.

God has called you to be bold and stand up for what is right! Here are some ideas for your crew are today Bethany:

- Take the opportunity to affirm the kids by name!
- Repeat the Call to Action for the day.
- Find moments to pray a simple prayer with your kids. Ask for prayer requests and be respectful and attentive to their requests.
- The Station Leaders are all doing a fantastic job! Let them know that you enjoy the craft, the snack is tasty, the Bible story is exceptional, the game is invigorating, and the prayer station is inspirational.
- Give yourself a good stretch by reaching your arms as high as you can. Say, "I'm ready to be bold! Stretch with me! Now let's run in place as fast as we can!"
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DAY 5

Bible Story: Jesse, the Little Boy with Loaves and Fishes

Action Point: Be generous... *(Holding both hands out as if serving someone.)* Jesus is with me! *(Giving themselves a hug.)*

Key Verse: "The Lord is my light *(Holding up two fists and quickly opening and closing their hands in a flashing motion)* and my salvation." *(Crossing their wrists over their chests.)* whom shall I fear?" *(Putting their hands on their cheeks and looking scared.)* The Lord is the strength of my life." *(Holding their arms up like they're flexing their biceps.)* of whom shall I be afraid?" *(Putting their hands on their cheeks and looking scared)* **Psalm 27:1 NKJV**

All week your kids have learned that no matter their age, they can make a big difference in small ways. Today's Bible story is about the boy sharing his loaves and fishes (we named him Jesse). Jesse was excited to go and see Jesus. He brought a small lunch of fish and loaves of bread. He had no idea that his little lunch was going to be part of a big miracle. Kids will learn to be generous with what God has given them.

God has called you be generous. Here are some ideas for your crew today in Bethany:

- God called Jesse to be generous. What can you do to show your Crew members that God has called you to be generous too? Maybe He has called you to be generous with your time at VBS, or generous with your friendship.
- Find moments to pray a simple prayer with your Crew members. Ask for prayer requests and be respectful and attentive to their requests.
- When you pass another Crew on your way to the next station, give high fives to as many of the other kids as you can. Encourage your Crew to do the same.
- Give yourself a good stretch by reaching your arms as high as you can. Say, "I'm ready to be generous! Stretch with me!"
- Participate in the music and encourage your Crew to participate with you.
- This is your last day with your Crew. Have fun, laugh, smile, and tell them you are going to miss seeing them at VBS.



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