



GAMES:

There are 3 games for each day of BOLT VBS. Feel free to adapt the games to fit the number and age of kids who are participating. We have also included a list of alternative “no supply” games that you can use as an addition to or substitution for other games. Please note, though, that the first game listed on each day is demonstrated in the video and used as an illustration for the day’s lesson. We therefore recommend that you play the first game listed for each day.

Day 1:

Head, Shoulders, Cup

Directions: Have people pair up with each other and kneel face to face. Place one plastic cup in-between each pair. When you say “head,” everyone must touch their head. When you say “shoulders,” everyone must touch their shoulders. Quickly alternate between saying “head” and “shoulders” for about 10-15 seconds, then say “cup.” When you say “cup,” the first person to grab the cup wins the round. Play as many rounds as the kids would like. If you have enough players, you can have the winners play each other until there is only one champion. (This game is demonstrated in the Day 1 video.)

Stuck on You

Directions: Choose some children and wrap tape around their head with the sticky side FACING OUT. On “go,” have their teammates race to find items that can be stuck to their heads. If necessary, you might give them access to a junk drawer with numerous small items. At the end of the allotted time, the player with the most objects stuck to their head wins. Don’t forget to take pictures—you’ll want to remember this! If there aren’t enough players to make multiple teams, just give them a fun challenge like “let’s see how many items we can stick on in the allotted time.”

Egg (or Water Balloon) Toss

Directions: Have people pair up with one another and stand face to face. Each pair should be standing the same distance from each other. Begin by having one person from each pair toss the egg or balloon to their partner. If the partner makes a successful catch, they both take one step back and continue. Younger children can take very small steps. If the egg or balloon is dropped, but not broken, they may continue. If the egg or balloon breaks, that team is out of the game. Continue playing until only one team remains. Play as many games as interest allows.

Supplies Needed:

Plastic cups
(1 for every 2 players)

Duct, scotch, or painter’s tape (1 roll)

Egg or water balloon
(1 per child)



GAMES (CONTINUED):

Day 2:

Soaked

Directions: Have everyone lie on their back side by side. Place a bin of water by the person on one end and an empty bin by the person on the other end. The object is to transfer all of the water from one bin to the other using a sponge. The person by the bin full of water must dunk the sponge, then pass it down the line to the last person, who will then squeeze the water into the empty bin before passing the sponge back and repeating. The players will get wet and they'll love it! Thicker sponges work better than small kitchen sponges/scrubbing pads. You can also substitute the sponge with a t-shirt or hand towel. (This game is demonstrated in the Day 2 video.)

Wiggle Worms

Directions: Wrap 2 (or more) people separately in a blanket or bed sheet. Tuck the blanket or bed sheet in tight so it doesn't come loose. Have the "wiggle worms" lay on the ground side-by-side, then establish a finish line. On "go," the wiggle worms must wiggle their way toward the finish line like an inch worm. The person who crosses the line first wins. If you have enough players, you can play multiple rounds and have the winners compete until there is only one champion.

Cracker Stackers

Directions: Have one player from each team lie down on their back. Have the other players carefully stack crackers on their teammate's forehead. The player on the ground will have to stay very still and try not to laugh. The team that can stack the most crackers without falling is the winner. If you don't have enough players for multiple teams, simply challenge the kids to see how many crackers they can stack. Play multiple rounds and allow players to take turns lying on the ground.

Supplies Needed:

Bins or buckets
(2 per team)
Sponge (1 per team)
Towels

Old blanket or sheet
(2 or more)

Box of crackers (1-2)



GAMES (CONTINUED):

Day 3:

Fishy Face

Directions: Choose some players to put whipped topping on their face like a beard. Place a bowl of goldfish crackers about 15 feet away from them. On "go," have their teammates race back and forth, grabbing one goldfish cracker at a time and sticking it to their bearded partner. See which team can apply the most goldfish crackers in 1 minute. Work quickly before their beards have time to fall off! If there aren't enough people for multiple teams, make it a simple challenge to see how many crackers can be applied in the allotted time. (This game is demonstrated in the Day 3 video.)

The Great Grape Race

Directions: Have everyone take off their socks and shoes. Select 2 (or more) players to line up at the starting line and have them place one grape between their toes on each foot. On "go," the players must carefully race to a turnaround point and back without losing their grapes. If they lose a grape, they can stop and put it back. The first player to return with all of their grapes wins. For each additional round, add another grape to each foot (i.e. 2 grapes per foot, then 3 grapes, etc.)

Q-Tip Cannons

Directions: Give each player a straw. For each team, place a paper or plastic cup near the edge of a table. On "go," each team must blow Q-tips out of their straw like a blow dart at their team's cup from the other side of the table. The first team to knock their cup off the table wins the round. If necessary, you can move younger kids closer and older kids further back.

Supplies Needed:

Whipped topping
(1-2 tubs)

Goldfish crackers
(1 bag/box)

Bowls
(1 per team)

Towels for cleanup

Grapes
(about 8 per player)

Q-tips (1 box)

Straws (1 per person)

Paper or plastic cup
(1 per team)



GAMES (CONTINUED):

Alternative “No Supply” Games:

Important Note:

It is strongly recommended that you play the first game listed for each day. That game is demonstrated in the video and used as an illustration for the day’s lesson. The following “no supply” games can easily be added or substituted for any of the other games.

Everyone’s It

Directions: This is a game of tag where everyone is it. Designate boundaries and tell the players they may not go beyond them. Tell everyone to put one hand on their head and to keep it there throughout the game. With their other hand, they must tag the other player’s arm or elbow that is in the air while not getting tagged themselves. The last person to get tagged is the winner. If you’re playing in a smaller, confined area, you can also have everyone play on their knees.

LOL

Directions: Have everyone sit in a circle facing one another. When it’s your turn, you must try to make everyone laugh without laughing yourself. You can make funny faces, sounds, or gestures. You have 15 seconds to make as many people laugh as possible, but if you laugh yourself, your time is up. Give players 1 point for every person they make laugh. Compare points at the end and declare a winner.

Alpha Blast

Directions: Have everyone gather around you, then call out a letter. Players must scramble to find and bring back anything that begins with that letter. (For younger kids, you can use sounds instead of letters.) The first person or team to bring something back wins a point. Tell the players that if they bring back anything that you deem as valuable or breakable, they could lose a point. Play for as long as interest allows, then count up the points and declare a winner.

Supplies Needed:

Nothing

Zip

Zilch