



## Section 1

### Overview — Why and How it Works



## Why Use Hero Training Camp for VBS?

**The Message:** The strongest reason to use Hero Training Camp is because of the message communicated to children. When children learn to do what's right, deal with wrongs, be honest, and care about others, they are learning how to be heroes. God has placed a conscience inside each person that prompts them in those same four areas. With some practical training the conscience becomes a valuable tool along with the Holy Spirit to help children become internally motivated. The material presented in this children's program is based on two years of biblical studies understanding the theological concept of the conscience. The results are practical and relevant to children. This material presents these concepts in fun and exciting ways.

**God and Family:** Hero Training Camp VBS focuses on a child's relationship with God and with parents. The family needs help today and the church can do a tremendous amount to support the family, but that work must be intentional. Each lesson applies the concept of a hero to family life, teaching children that being a hero starts at home.

**Grouping Kids:** In Hero Training Camp VBS, children are grouped in Squads of 5-7 kids of differing ages. This allows children a more rounded learning experience. Several Squads form a Group and the Groups rotate from Station to Station.

**Their Own Language:** Hero Training Camp VBS uses the language of children: activity. Through a multi-sensory approach, children learn the truths of the lesson in several different ways including games, music, teaching, role play, science experiments, and snack ideas.

**Rotation Model:** Children move from station to station in groups of Squads learning the lesson in different ways. Whether the lesson is taught through a game, snack, music, drama, or science, the message is clear and relevant. The Station approach also makes it easier for leaders to run VBS and allows them to develop their Station, providing the children with a better experience.

**Prayer:** Not only are leaders encouraged to pray for the event in advance and during Hero Training Camp, but children are taught more about prayer as well. Each child receives three prayer support cards to pass on to adults who will pray for that child's experience at Hero Training Camp.

**Meaningful Fun:** Kids have lots of fun at Hero Training Camp VBS and everything is designed to point to the lesson for that day. It's amazing how children change when they catch a vision for what God wants to do inside their hearts.

**Follow Up:** Three optional bonus lessons are included in the Hero Training Camp children's curriculum that can be used at other times in the course of the year. Children benefit from repetition and the extra lessons further reinforce the concepts taught in Hero Training Camp.

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## Hero Training Camp VBS



### Biblical and Theological Overview

Hero Training Camp is biblical. It helps children work through a study of the conscience in practical ways as they study the life of David. The word “conscience” is used 30 times in the New Testament. It’s an important theological concept that has significant practical applications for children. Here’s what kids learn each day.

| Bible Story   | Bible Verse   | Hero Power Words   | Theological Truth Expressed Practically   |
|---|---|--|---|
| <b>Day 1</b> A Hero in the Making — David learns responsibility by caring for sheep.  | In all these things we are more than conquerors through him who loved us. — Romans 8:37   | I am eager to do what’s right.   | I have a conscience and God wants to use it to help me develop into a hero.                                       |
| <b>Day 2</b> A Hero Revealed — God prepared David to face Goliath by fighting a bear and a lion. David was faithful in smaller things before God used him in bigger things. | Consider it pure joy, my brothers, whenever you face trials of many kinds, because you know that the testing of your faith develops perseverance. — James 1:2-3 | Problems, interruptions, and challenges are my mission.                  | I face challenges every day and, if I learn from them, I’ll be able to handle bigger challenges later on in life. |
| <b>Day 3</b> It Does Make a Difference What You Believe — Convictions are inner rules and David had a number of them that guided him even when he was mistreated.           | I have hidden your word in my heart that I might not sin against you. — Psalm 119:11  | I will develop convictions based on God’s Word.                          | Convictions based on God’s Word provide my conscience with direction, freedom, and power.                         |
| <b>Day 4</b> A Big Act of Kindness — David looked for something extra to do for Jonathan’s family. He showed special kindness to Mephibosheth.                              | Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you. — Ephesians 4:32   | I’m always on the lookout to help others.                                | God uses the conscience to prompt me to help and bless others by doing more than what’s expected.                 |
| <b>Day 5</b> The Big Mistake — David sinned by stealing another man’s wife. David experienced guilt and repentance. God forgave him.  | The corrections of discipline are the way to life. — Proverbs 6:23  | I know the power of admitting when I’m wrong and asking for forgiveness. | God has a plan for me to respond well to offenses and to grow and learn from them.                                |

Each day children move from station to station learning through crafts, activities, games, role play, music, and even snack time. The lesson for the day is illustrated, developed, and reinforced at each station providing children with a multi-sensory approach to learning God’s truth.



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### What Hero Training Camp VBS Looks Like

## What Hero Training Camp Looks Like From the Eyes of Children

When children register for Hero Training Camp they are given three Support Cards to give to three people who will pray for them. These small cards briefly describe Hero Training Camp and ask the person to support the child in prayer during Hero Training Camp.

As children look forward to Hero Training Camp they'll see the decorations and posters that build excitement and awareness.

When children arrive the first day, the registration process is welcoming and exciting, putting children immediately into Squads so that they can get to know a few other kids, who, although are not their own age, will be their teammates throughout Hero Training Camp.

The large group stations, Power Time and Blast Off, provide an opportunity for children to worship and learn some new songs. It's also an opportunity to build excitement for what's yet to come and review at the end of the day.

As the Groups rotate through the other stations, Bible Basics, Getting it Together, Chow for Champions, and Skill Building, children enjoy hands-on learning. There's always something fun going on at Hero Training Camp and children are hearing the lesson for the day reinforced at each station.

During Hero Training Camp, children discuss issues and application in Squad Talk. The small group atmosphere gives children the ability to integrate the things they are learning.

Each day children take home projects, games, and crafts. At the end of Hero Training Camp children take home their Hero Field Guides, a resource that contains the Bible Verses and Power Words for each lesson.

## What Hero Training Camp Looks Like From the Eyes of the Squad Leader

As children begin to arrive, greeters introduce the children to their the Squad Leader who will further welcome and greet them asking questions and getting to know each child.

The Squad sits together in the first station and then rotates through the stations to accomplish the tasks throughout the day. For some activities, Squads will pair up or even split up to accomplish the task.

Squad Leaders look for ways to have personal and significant conversation with the children. They are the ones most likely to bring the lesson home or hear children talking about the material in practical ways. This productive dialogue becomes the informal teaching method that makes Hero Training Camp effective.

Squad Leaders become assistants to each Station Manager to receive instructions and help complete the tasks for that station.

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## What Hero Training Camp VBS Looks Like

When in the station, the Squad Leaders report to the Station Manager. Otherwise they report to the Director with any special concerns or challenges with children.

### What Hero Training Camp Looks Like From the Eyes of the Station Manager

Each of the six stations has a manager. In a three-hour schedule, children are at each station for 25 minutes with a five-minute passing time. Station Managers lead or teach in their areas. The first and the last station are large group sessions and are often led by the same person. The four other stations can be led by different people and will be conducted simultaneously.

The Station Manager rotates a new group in, reviews the Power Words, highlights the Bible Story, and repeats the Memory Verse. Instructions are then provided for that station and each Squad works independently or together to complete that station activity.

The Station Manager ends by asking children for a review of the lesson learned at that station before children are released to go to the next station with their Squad Leader.

### What Hero Training Camp Looks Like From the Eyes of the Director

The key role of the Director is to equip leaders. The Preschool Coordinator, Station Managers, and Squad Leaders are the backbone of Hero Training Camp VBS.

Each Squad contains 5-7 children and a Squad Leader. The number of children in each Squad varies, often depending on the skill of the Squad Leader.

Each Group includes several Squads and contains a total of 20-30 children.

Groups rotate from one station to another. The number of children registered determines the number of Squads, Groups, and Stations you'll need. If your VBS has 30 children or less registered, then you'll either have one or two Groups and you may even have more than one station managed by the same Station Manager.

If you have more than 120 children registered you'll want to divide up into more than four Groups requiring that you double up on the stations, providing duplicate stations each having a Station Manager. When you have more than 240 children, keep adding staff accordingly.

### Preschool Camp

The preschoolers should be separated to form their own camp. The Hero Training Camp VBS Preschool Coordinator's Manual helps the Preschool Camp Coordinator tailor the program for younger children. For example, they do Hero Color Sheets instead of the Hero Field Guides. Instead of rotating to various stations they have approximately ten short activity-based times to teach the lesson for that day.

Here's what a typical schedule might look like:

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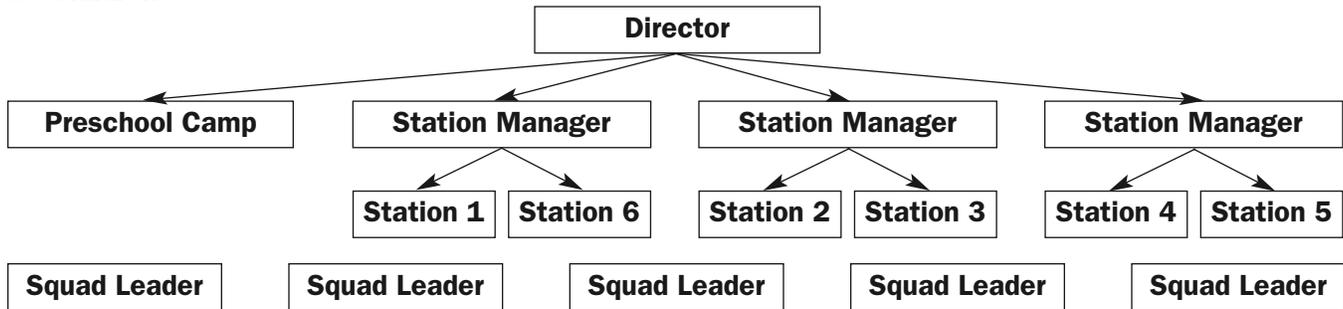
## What Hero Training Camp VBS Looks Like

### Stations

| Time                | Station 1<br>Power Time | Station 2<br>Bible Basics | Station 3<br>Getting it Together | Station 4<br>Chow for Champions | Station 5<br>Skill Building | Station 6<br>Blast Off |
|---------------------|-------------------------|---------------------------|----------------------------------|---------------------------------|-----------------------------|------------------------|
| 9:00 am - 9:25 am   | All Groups              |                           |                                  |                                 |                             |                        |
| 9:30 am - 9:55 am   |                         | Group 1                   | Group 4                          | Group 3                         | Group 2                     |                        |
| 10:00 am - 10:25 am |                         | Group 2                   | Group 1                          | Group 4                         | Group 3                     |                        |
| 10:30 am - 10:55 am |                         | Group 3                   | Group 2                          | Group 1                         | Group 4                     |                        |
| 11:00 am - 11:25 am |                         | Group 4                   | Group 3                          | Group 2                         | Group 1                     |                        |
| 11:30 am - 11:55 am |                         |                           |                                  |                                 |                             | All Groups             |

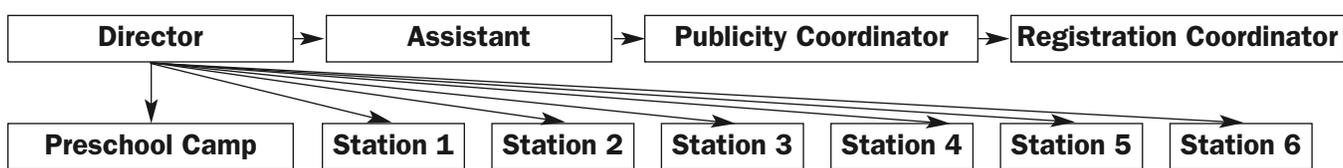
### Staffing Diagram

30 Children .....



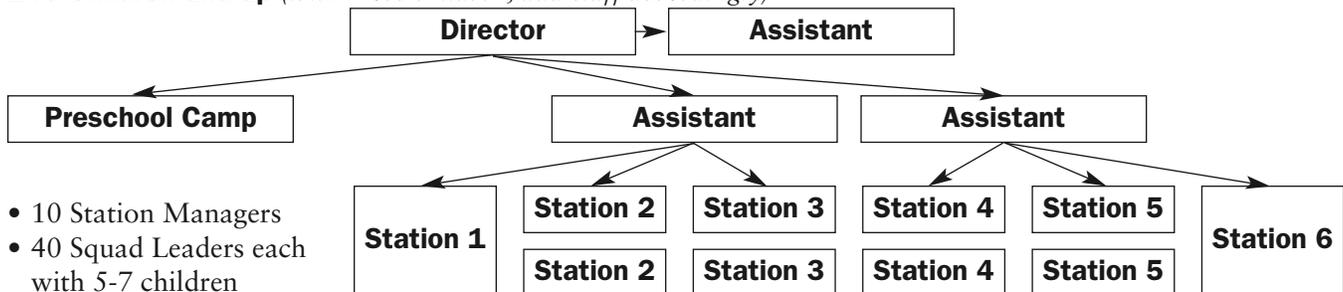
• Three Station Managers • 5 Squad Leaders each with 5-7 children

120 Children .....



• Six Station Managers • 20 Squad Leaders each with 5-7 children

240 Children and up (with more children, add staff accordingly) .....



• 10 Station Managers  
• 40 Squad Leaders each with 5-7 children

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## What Hero Training Camp VBS Looks Like

- Worship and Pray
- Make Announcements
- Review the previous Hero Exercise
- Review the previous Story and Lesson
- Introduce today's Theme
- Preview the Bible Story
- Repeat Hero Power Words
- Hero Training Creed
- Introduce and then remind children about the Mission Project

## What Happens at Each Station

### Station 1 • Power Time

**Purpose:** Gather children together and rally excitement for the day. Introduce the day's theme and Bible story, and worship the Lord.

**Tasks:** During Power Time you'll want to cover the following tasks, many of which are outlined in the Hero Training Camp children's curriculum.

### Station 2 • Bible Basics

**Purpose:** It's important to ground children in God's Word. All of the activities flow from the Power Words and the Bible story so it's important for children to get a good understanding of where all of the application comes from.

**Tasks:** During Bible Basics you'll want to cover the following tasks that are further explained in the Hero Training Camp children's curriculum.

- Bible Story Introduction
- Bible Story
- Role Play

### Station 3 • Getting it Together

**Purpose:** Crafts provide children with reminders of the lesson that they can take home with them. Working on a craft allows children to get involved with the lesson and use their creativity.

**Tasks:** During the Getting it Together Station children will do a craft and have an activity, both centered on the theme. This helps children apply the Bible story to their lives.

- Craft
- Game

### Station 4 • Chow for Champions

**Purpose:** Each snack provides opportunity to discuss the day's lessons and help children personalize those lessons for their own lives.

**Tasks:** During the Chow for Champions Station children do an activity and eat a snack. These are detailed in the Hero Training Camp children's curriculum.

- Activity
- Snack

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## What Hero Training Camp VBS Looks Like

### Station 5 • Skill Building

**Purpose:** The Scriptures are important for children to internalize. The Bible verse is taught and becomes part of the Hero Field Guide that the children will take home at the end of the camp as a way to remember the lessons learned.

**Tasks:** During Skill Building children work on the Bible verse and add it to the Hero Field Guide. They also participate in Skill Building Activity. All of the details are explained in the Hero Training Camp children's curriculum.

- Bible Verse
- Hero Field Guide
- Hero Skill Building Activity

### Station 6 • Blast Off

**Purpose:** As children prepare to leave Hero Training Camp there are several things to reinforce. Children will be reminded about what they've done on this day and will receive a preview of the next day's activity.

**Tasks:** Gather children together and review and build excitement for Hero Training Camp. The following tasks are each important and many are amplified in the Hero Training Camp children's curriculum.

- Assign the new Hero Exercise
- Review the day's activities
- Squad Talk – What did you like best? What are you taking home?
- Preview the next session
- Sing one song
- Pray
- Remind children about the Mission Project

#### Take Lots of Pictures

One of the ways to build vision is to communicate visually what happened at Hero Training Camp. Collect the pictures from each station and compile them for the web site, or better yet, create a final slide show to help review what happened at Hero Training Camp VBS.

Also send your video and photos to us at the National Center for Biblical Parenting. We'll show them to others as examples of what happens at Hero Training Camp VBS.