

Waves of Gratitude Day One: Grateful for Connections



Big Group Gathering

Bible Story: Matthew 25

How it Connects to the Theme: One way to connect with Jesus is by caring for others, and Jesus is grateful when we do.



School of Fish

Book: *The Snail and the Whale* by Julia Donaldson

How it Connects to the Theme: This book is filled with people connecting and giving thanks for those connections.



Movement Station

Activity: Under the Sea Actions

How it Connects to the Theme: Let's connect with each other via a silly game of charades.



Gratitude Station

Activity: Thank you notes

How it Connects to the Theme: Let's make cards to simply thank someone for their importance in our lives as a way of acknowledging the way they care for us, are connected to us, and our gratitude for them.



Craft Station

Activity: Gratitude Rocks

How it Connects to the Theme: Gratitude can connect us to people we don't know through acknowledging them and their kindness. Let's make rocks for people to find that share kindness and gratitude as a way of connecting with them.



STEAM Station

Activity: Acids and Bases

How it Connects to the Theme: Acids and bases are opposites, but they are connected by a neutral (water). Sometimes we can't see how we're connected to others, but we are, through water! Humans all need water to live, and so do plants and animals!



Water Activity

Activity: Pencils through a Ziploc Filled with Water

How it Connects to the Theme: The water doesn't escape because of the invisible connections between the bag and pencil. Gratitude creates strong connections that sometimes we can't see.

Waves of Gratitude Day Two:

Grateful for Creation



Big Group Gathering

Bible Story: Genesis 1

How it Connects to the Theme: Today we'll hear the creation narrative that helps us think about all the parts of creation and how grateful we are for all of creation.



School of Fish

Book: *Save the Ocean* by Bethany Stahl

How it Connects to the Theme: Our story today follows a mermaid who needs our help to take care of the ocean. One of the ways we show gratitude to creation is to take care of it however we can.



Movement Station

Activity: Octopus Tag

How it Connects to the Theme: This game simply connects to our water theme, is fun, and collaborative.



Gratitude Station

Activity: Adding to Creation with a Plant

How it Connects to the Theme: Today we'll paint a pot with all our favorite things in creation. Then we'll plant sunflower seeds in them to care for at home. Sunflowers are heliotropic, meaning they follow the sun, which might be how they say thank you to the sun!



Craft Station

Activity: Glow in the Dark Jellyfish

How it Connects to the Theme: Some jellyfish are bioluminescent, and shine in the dark. We'll talk about how when we care for creation, we shine too!



STEAM Station

Activity: Invisible Ink

How it Connects to the Theme: One of the amazing things in creation is the ability to adapt via camouflage. We'll give thanks for the hidden things in creation by making a hidden message.



Water Activity

Activity: Tie dye a camp shirt

How it Connects to the Theme: Today we'll make our camp shirts using tie dye as a way of talking about how powerful liquids are in nature.

Waves of Gratitude Day Three: Grateful for Baptism



Big Group Gathering

Bible Story: Matthew 3

How it Connects to the Theme: What better way to kick off a day on gratitude for baptism then to hear and think about Jesus' baptism. We're going to focus on a portion of the Baptismal Covenant today: "seek and serve Christ..." We'll talk about letting the light of God's love shine through us as a way of doing this important work.

School of Fish

Book: *Bubbles...Up!* By Jacqueline Davies

How it Connects to the Theme: Our story today follows a young girl who loves swimming and imagining. When a smaller child needs help, she helps him and experiences gratitude. We'll talk about how she showed love through her actions.

Movement Station

Activity: Bubble wand relay race

How it Connects to the Theme: This collaborative game uses bubbles, part of our theme for the day, to get our group moving.

Gratitude Station

Activity: Creating a gratitude journal

How it Connects to the Theme: There are lots of ways we can seek and serve Christ in all persons, and one way is to love our neighbors and ourselves. One of the best ways to show love is by noticing and giving thanks. Today we'll turn a UTO Blue Box into a submarine gratitude journal.

Craft Station

Activity: Painting with Bubbles

How it Connects to the Theme: We've talked about how bubbles let the light through (and often make rainbows) in our craft we'll use bubbles to capture color and make art together.

STEAM Station

Activity: Design a Better Bubble Wand

How it Connects to the Theme: There are a lot of ways to create bubbles and today we'll see if we can engineer a better wand. This is a reminder that there's always new ways to try and show love to the world.

Water Activity

Activity: Bubble Party

How it Connects to the Theme: We've used bubbles all day today so in our water activity we'll make big ones, tiny ones, and try out different bubble solutions to find what makes the best bubble.



Waves of Gratitude Day Four: Grateful for Everyday



Big Group Gathering

Bible Story: Jonah 1-4

How it Connects to the Theme: Jonah's story is one of overcoming fear. Not every day is perfect, but if we notice God in the midst of the struggle, we'll find reasons to be brave and grateful.



School of Fish

Book: *Thank You Book* by Mo Willems

How it Connects to the Theme: Our story today focuses on one character who wants to thank everyone and one that is afraid they will forget someone. We'll talk about how important it is to practice gratitude even if we're not perfect at it yet.



Movement Station

Activity: Water Relay Race

How it Connects to the Theme: This collaborative game asks kids to fill a bucket using sponges dipped in water. While we might not always know it, saying thank you helps fill the bucket of the person we recognized.



Gratitude Station

Activity: Gratitude Game

How it Connects to the Theme: Today we practice giving thanks every day and for a variety of things using an adapted version of pick up sticks.



Craft Station

Activity: Up-cycled Crafts

How it Connects to the Theme: One way we can show our gratitude to creation every day is by reusing things. We'll try this out today by making crafts using egg cartons.



STEAM Station

Activity: Summer-Proof Snow

How it Connects to the Theme: It's easy to be thankful for something when we see it or use it, but what about when we can't? Today we'll make snow in the summer and remember how grateful we are for snow when we get to experience it.



Water Activity

Activity: Oobleck

How it Connects to the Theme: Oobleck is just cornstarch and water, but the mixture is a non-Newtonian fluid, so it is sort of a liquid and a solid at once. When we practice gratitude it changes all sorts of things, it can make a hard day better, or help us make a new friend.

Waves of Gratitude Day Five: Grateful for Water



Big Group Gathering

Bible Story: Matthew 25

How it Connects to the Theme: Today we'll hear a story about a time when Jesus calmed a storm over the water when he was out on a boat with his friends and think about how important water is to our faith.



School of Fish

Book: *We are Water Protectors* by Carole Windstorm

How it Connects to the Theme: Our story today shares the Ojibwe understanding that women are the protectors of water, but that it is everyone's jobs to help keep our water clean and safe for everyone.



Movement Station

Activity: Water Balloon Spoon Race

How it Connects to the Theme: This collaborative game is a silly way to see how much fun water is, which is a reason to be thankful for water!



Gratitude Station

Activity: Water Gratitude Reflection and a Gratitude Tool for the Road

How it Connects to the Theme: In our gratitude station, we'll reflect on how important water is to us in ways we love (swimming) and ways we might love less (bathing). We'll make one last gratitude tool for the road that kids can use to help others practice gratitude.



Craft Station

Activity: Photo Frames and Camp Photo Booth

How it Connects to the Theme: Today we'll use gratitude and water themes to create a frame for a photo from camp and a photo backdrop for our end of camp celebration.



STEAM Station

Activity: Water Squirters

How it Connects to the Theme: Water can do all sorts of amazing things, but one of the fun things it can do is squirt, so we'll make a water toy and see if we can improve upon the design together.



Water Activity

Activity: Water Party

How it Connects to the Theme: We'll end camp for the week with a big water party. There will be water balloons, bubbles, and fun for everyone.