



**WELCOME TO THE
MOVEMENT STATION!**

THE UNITED THANK OFFERING PRESENTS:

GRATITUDE ROCKS!

A Vacation Bible Camp Curriculum Focused on Gratitude, Geology, & Fun

WELCOME!

Thanks for signing up to run the movement station for camp! This is perhaps one of the most fun stations at camp and most campers look forward to how the theme will be put into action at the movement station. With that said, some campers don't love playing games, so having the older campers/counsellors play with them helps everyone see the value in play.

For this station, you'll have information to set up the game, how it works and how to modify it if needed.

Here's a quick look at your week ahead:

Day One: The Rock Cycle

Activity: Sort some rocks! *Requires making or modifying items in advance!*

Day Two: Metamorphic Rocks & Pressure

Activity: Pressure Ball!

Day Three: Igneous Rocks & Volcanos

Activity: The Floor is Lava!

Day Four: Sedimentary Rocks & Weathering

Activity: Yard Bowling *Requires making items in advance!*

Day Five: Minerals & Gemstones

Activity: DIY Celebration (don't worry, we've got ideas!)
or Revisit Games from the week

We've also given you information on how to expand the activity for different age groups or fill time if a group gets done quickly. Just a reminder that you can always revisit a game from a previous day if you have time to fill. You'll have a handout for each day of the week to guide you through the process.

SETTING UP YOUR MOVEMENT STATION:

CREATE THE MOOD

We recommend setting up outside. You're going to be running, using balls and throwing things so the more space the better. These activities can be done inside, just make sure the space is clear and safe.

Since this station is outside, we strongly recommend ending 5 minutes early to allow campers time to rehydrate and rest.

TOOLS YOU'LL NEED

You will need in your space:

1. water refill area
2. first aid kit
3. shade for resting and hydrating
4. back up games if you have extra time or have to move inside due to weather

SENSORY NOTES

This is a place where it is easy to get excited, and when we get excited, we sometimes get loud. If you have a camper with sensory issues, check to see if they need to wear hearing protection so they can feel comfortable playing, or create a quiet area where you can have alternative activities ready to go (like cheering on their friends by making a sign).



GAMES! GAMES!

Games are an important part of Vacation Bible Camp. Our hope is to create games that campers love, and want to create at home. The goal is to ensure screen-free fun for all ages, with different challenges, ways to adapt what you're doing to fit your needs, and lots of laughter and joy.

Please note that many of your games require making some items in advance (or modifying items you might have on hand) so please do not wait until the last minute to prepare for your station!

GRATITUDE ROCKS!

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DAY ONE: DO YOU KNOW YOUR ROCKS??

Today we're going to talk about the rock cycle! In every station kids are going to learn about the rock cycle and how things are always changing. We're going to turn what we know (or think we know) about the rock cycle into a fun game.

You've got options to choose from today, or you can set up all three. If you have access to a corn hole set or a bean bag game (that you can modify without harming it) that might be your easiest prep option (see photos). If not, we've got a way to create a bean bag or a ring toss by upcycling simple materials.



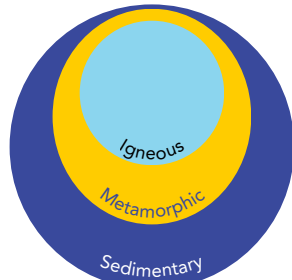
DAY ONE: THE ROCK CYCLE

OPTION ONE: CORN HOLE

Note: this will make the game tougher, so see the other options for how to make it easier.

You will need:

- corn hole boards
- cardboard
- markers/art supplies
- bean bags
- game cards



To modify a corn hole set, you can use poster boards to create a bullseye as shown above to create landing spaces for the bean bags.

Activity:

Using the questions on the following sheet, one camper will ask another which rock they think is the right answer and to try to get it in the right spot on the board. You'll want to modify both corn hole boards so you can have multiple campers playing at the same time. For older campers, they can keep score based on where they hit on the board, and for younger campers, either don't keep score or use their answers for the score.

OPTION TWO: RING TOSS

If you don't have a ring toss set, you can easily make them using two-liter bottles. Mark each bottle with a type of rock and in two player teams, have one person ask a question and the other answer by throwing the ring over the correct bottle. You'll want to make enough sets so everyone can play at the same time if possible.

OPTION THREE: BEAN BAG TOSS

Following the same set up as the modified corn hole game, we are going to mark the three holes as different rocks. Players take turns asking questions and tossing bean bags into the correct spot. See image for the board we found online and modified.

OPTION FOUR: RED LIGHT

If you've got campers who really need to move, here's one last game. Using the stoplight game, we're going to use our three rock types. Sedimentary rocks means stop (because they are just gathering up soil, sand, etc.) Metamorphic rocks mean walk (because they are moving under a great deal of pressure) and Igneous rocks mean run (or skip, or hop!) because lava flows fast! Set up a start and a finish area (we used cones) and then line everyone up and call out a different rock, see who can make it to the finish line first!



MODIFIED BEAN BAG TOSS



We're keeping it super easy with the modification of a three hole bean bag toss game we found online. We love that it folds up for easy storage and that bean bag toss boards can be used for all sorts of activities. It also comes with two boards, so you can have two groups playing at once.

All we did to modify was to print out the rock type sheets and put them on with tape. If you are playing outside, you might want to laminate these and use velcro dots to attach.

Note that each of the rock images has hints to the answers to the questions, so if campers are savvy enough, they'll realize they can look at the images and find some of the answers they are looking for right in the game.



MAKE YOUR OWN!



It is really easy to make your own bean bag toss using a big box. Cut the long side flaps to create an angle for the board and remove one of the short flaps. On the side where you left the short flap, tape up the inside flap to add some strength, and then tape the sides so it all stays upright. Flip it over and cut three holes in what was the bottom of the box. I decided to leave mine as it was since it looks like dirt, but you could paint or decorate it however you want. The bonus of making your own, is that you can make a lot and put the holes in all different spots or make them different sizes to increase the challenge.







METAMORPHIC ROCK QUESTIONS

1. Which rocks are changed deep in the earth by pressure?
2. Which rock is shiny or soft looking (meaning you can't see the grains of sediment in them)?
3. These rocks experience heat but are not melted.
4. You might have this type of rock on your kitchen counters at home!
5. These rocks look like they have ribbons of color in them.
6. These rocks might have shiny crystals inside of them, but they are all connected and look the same.
7. The name of this rock means changed. (Clue meta means change)
8. These rocks do not contain fossils very often.
9. Sometimes these rocks are created when magma pushes through sedimentary rocks, causing the sedimentary rock to heat up a bit, and experience pressure.



IGNEOUS ROCK QUESTIONS

1. These rocks are created with a lot of heat.
2. These rocks can first appear as liquid.
3. Often when you look at this type of rock it looks like it has bubbles in it, this is from trapped air.
4. You might find this rock looking just like glass.
5. Sometimes this rock looks like someone spilled something and it dried on the ground.
6. This rock forms deep inside the earth and comes out of a volcano.
7. These rocks do not contain fossils.
8. These rocks are almost always black or grey in color.
9. You might have pumice in your bathroom, this stone is very lightweight, it can float on water, because of all the air holes in it. What type of rock is pumice?



SEDIMENTARY ROCK QUESTIONS

1. When you look at these rocks, you can see or feel grains of sand or soil on them - they are very rough!
2. These rocks often have layers, but you can see that they remain unique or different from one another.
3. These rocks are filled with fossils.
4. Sometimes you can see other rocks stuck in this type of rock.
5. These rocks are created by weather, either drying, erosion, or water.
6. These rocks are often found outside and used in landscaping because when they get wet, they stay rough and aren't slippery.
7. These rocks are created with some pressure - but pressure from more layers of dirt, sand, and small rocks piling on top of them.
8. If you find a rock with shells stuck inside of it that you can't pull out, it is this type of rock.
9. These rocks are sometimes called "layer cakes" because you can see the layers clearly in the rock.

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DAY TWO: PRESSURE BALL

Today campers are learning about pressure and conflict. We're bringing them a game that will create both pressure and conflict - pressure ball! Teams will have to work together to either keep the other team "out" or to get all of their teammates "in". Do campers save themselves or try to save others? So many choices make conflict and pressure the name of the game. *Note: if the directions don't make sense, google "pressure ball, game" and you can find videos showing how to play.*

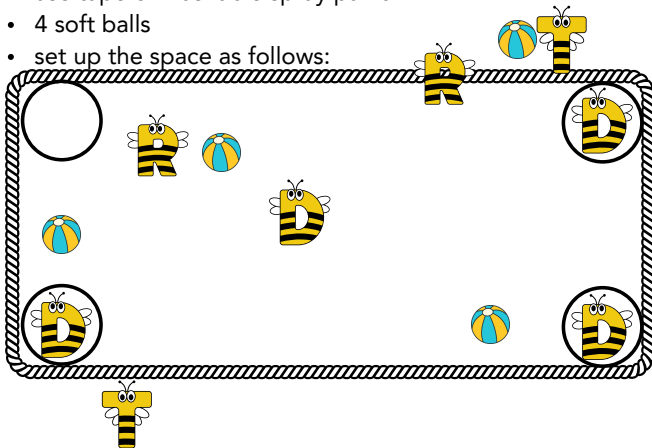


DAY TWO: METAMORPHIC ROCK

SUPPLIES & SET UP

You will need:

- something to mark off the field - if playing outside you can use tape or washable spray paint
- 4 soft balls
- set up the space as follows:



You can make the rectangle as big or small as you would like.

LET'S PLAY!

Each team has a different goal for this game.

If you are on the Dodger Team, your goal is to not get hit by a ball, but to tag out your teammates who are stuck in the circles. The Dodgers win if they get all of their teammates out of the circles. Note: more than one teammate can be stuck in a circle, but you can only tag one teammate out at a time.

If you are on the Tosser Team, your job is to work together to keep the balls in play. If you are a Tosser, you can underhand throw the ball at a Dodger. It cannot hit them in the head, if you hit someone in the head, the Dodgers automatically get someone out of a circle. If you hit a Dodger with a ball, they are sent to the nearest circle. To win, you must get all the Dodgers into the circles. Tossers cannot enter the rectangle and they cannot chase balls unless they roll out of the rectangle on their own. Retrievers cannot throw balls at Dodgers but they can go wherever they like and collect a ball. They have to hand the ball to the Tosser.

If neither team meets their goal for the time allotted (half of your session) then it is a draw, for the second round, switch roles!

TEAMS

Break into two teams. The first team will be the dodgers (D's) and the second team will be the tossers (T's & R's).

The Dodgers teams begins with all of the players except one locked in the circles.

On the Tosser team, you'll need two members who can toss - they cannot go inside the rectangle - and two that retrieve - they can go wherever they need to in order to grab a ball and roll it to the tosser.

PRO TIP (OR HOW TO SIMPLIFY):

For younger campers, you can modify this to be a bit more like gentle dodge ball. Dodgers start in the middle and Tossers on the outside. Adults can be Retrievers and roll the balls that get stuck back to the outside and watch for when campers get tapped by a ball. When you get tapped, you must stand in a circle. Once everyone has been tapped, switch roles!

PRO TIP:

Use refillable water balloons! Tossers have to refill the balloons before they can throw them, and you'll want to increase the number of balloons from 4 to 6.



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DAY THREE: THE FLOOR IS LAVA

I'm not sure we could live with ourselves if we didn't play the floor is lava on volcano day. This game is only as much fun as you make of it. The factors that make a big difference are taking the time to create obstacles for the teams to cross on the playing field (keep in mind you may need to modify those obstacles for younger campers) and the variety of tools they can use to make it across. If playing outside, you can use the same rectangle you created yesterday as the boundaries for your play area, if not, feel free to make a crazy shape with a flag for the finish line.



DAY THREE: IGNEOUS ROCK

SUPPLIES & SET UP

This game is made infinitely more fun by taking time to create obstacles for teams to get through together before making it to the finish line. Save up a bunch of cardboard boxes to build structures they have to either get around, over, or under. Hot day? Have adults ready to throw water balloons if campers enter an area of the field. Get creative with the supplies you make available to the campers to use or avoid.

TEAMS

Break into two teams. You can even have each team start from a different side. Give each team a set of materials they can use to try and cross the lava. This can be a very small piece of fabric, a bosu ball, a short balance beam, a folding chair, a plastic bin, or anything you can think of! The crazier the objects the more fun it will be.

SCAFFOLD

For younger campers you will need to modify the tools that they have to cross the lava. This will be a bigger challenge for pre-k and kinders, so it might be easiest if they each have a carpet square. They will also benefit from having a "lava guide" in a junior counselor or older camper.

LET'S PLAY!

The goal of the game is to cross the lava with as many teammates as possible! Sometimes we lose a friend along the way, that's okay, they can then run to the finish line, have a seat and cheer on their team. Adults will call out anyone who touches the lava without one of their protective items.

The team who finishes with the most teammates wins. If both groups finish with all of their teammates, then the team that did it the fastest wins.

You can change this up in so many ways:

- have two different sets of tools for each team to use and letting them play twice with both sets of tools.
- give them an "important package" that they have to carry with them and get to the finish line safely. This can be something awkward to carry or something that might make balancing a bit harder, both will make it more challenging and therefore more fun for the older campers (3rd grade and up).
- have campers change the field for the next group to cycle through your station - let them get creative with the obstacles

you can also ask them if they have ideas for how to change things for a second round, we love encouraging campers to join you in creating games!

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DAY FOUR: YARD BOWLING

Today, we are going to hit the lanes and do some yard bowling. The goal is to simulate erosion in a fun way - the ball is water, and the pins are different things water moves. This is a great teamwork activity because you need one person to set the lane and the other to bowl. See how long it takes the campers to notice that you've got a "poop" pin! This will be very funny and very popular but it is also a good chance to talk about the things that end up in water (along with the trash and chemicals) that shouldn't be there. And if we remove those three pins, it will make it a lot easier to knock down all of the pins. Give it a try both ways - with the pollution and without!



DAY FOUR: SEDIMENTARY ROCK

SUPPLIES & SET UP

You will need:

- ten 2 liter bottles for each set of two kids (meaning if there are 8 kids in a small group, you'll need 4 lanes set up with a total of 40 pins)
- one ball for each lane - make sure it has some weight to it, so a soccer ball or basket ball.
- pea gravel to fill the bottles about $\frac{1}{4}$ of the way (heavy enough the wind doesn't knock the bottles down but light enough that the ball (or other pins) will)
- something to mark the starting area

To make your pins:

- clean each bottle
- paint (or use a Cricut to make decals) each bottle a solid color then write one of the following on each:
 - soil
 - leaves
 - small rocks
 - shells
 - poop
 - sand
 - pebbles
 - trash
 - chemicals
 - bugs

LET'S PLAY!

Each lane will need two players. During a turn, one player is the machine. They will set up the pins and return the ball. The other player is the bowler, they will get two chances to knock down as many pins as they can. Players will switch with each other and keep playing. They can also switch with other teams if they would like.

For older campers, you can set it up as a tournament and have campers who win play each other and kids who lost play each other.

SCAFFOLD

Got younger campers? Make the lane shorter - move the starting line closer to the pins. You may need to help them get the pins set up again (unless you've marked the ground with where they go).

EXPANSION

Too easy for you? That's fine, try knocking down 20 pins instead of 10, or make the lanes longer.

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DAY FIVE: CELEBRATE!

Today is our last day of camp and we're going to have our movement station as a part of the celebration. This is a chance to set up the games from previous days so kids can play with their adults or loved ones. We also hope you'll come up with a way to end the week with a big celebration. We love the idea of renting a bounce house that has balls in it - so the kids can jump and play with the "rocks".

In order to make the schedule work today, we're suggesting not having this station so there's time for the celebration and adults who normally help with movement can help set up elsewhere. With that said, you can simply bring out all of the games from the week and let campers choose what to play or see our "Let's Play" section for ideas to add some movement between stations.



DAY FIVE:
MINERALS & GEMS

IDEAS FOR THE CELEBRATION:

There are a lot of ways to build off of what you've done this week at the movement station. Here are just a few:

1. **Set up a Carnival** - use the previous activities to become booths (and add a few more) invite folks from the church to come and run a booth at the carnival. Kids can win stickers or small prizes for playing. Additional games can include knocking over tin cans with a baseball, going fishing for a prize, there are tons of ideas online for a low cost but super fun Carnival.
2. **Rent a Big Toy** - we know that a lot of you like to end with a big cookout and play date. Rent bouncers, see if the city has a rock climbing wall that can come out for your event, or whatever makes it a big festive, fun, ending.
3. **Go on a field trip** - we also love hitting the road. End your time this week with a special night at the museum. Work with families to have dinner and tour of your local Natural History Museum or Science Center.
4. **Have a Science Fair** - have volunteers or your youth group set up stations with the demonstrations (or expansions set up as a demonstration) for families to engage with and learn more about what you did at camp. Add a sign at each station to share which day the project was from and make sure the person leading can share why it was used for that day.

LET'S PLAY!

If you are not hosting the movement station today, you can add some movement to your transition times. (You can also just add this for the whole week to make moving between places a bit more fun!) Here are some things you can add to the floor to mark the paths between stations and make them movement options.

1. Use red tape to mark off an area of the path that is lava - campers need to jump over it to stay safe.
2. Set up a rock cycle hopscotch and have campers jump from igneous to metamorphic to sedimentary rocks.
3. Fist Bumps for our Rock Pals - make a giant rock using brown packing paper/bulletin board paper stuffed with plastic bags, as the campers pass, encourage them to give a fist bump to the Rock Pal.