

VBS AT THE DOJO

SUPPLY LIST

SESSION 1: CHOOSE KINDNESS

Supplies: Tape, Blindfold, Balloons, Various art supplies, Stuffed animal or doll, Towel, Various obstacles

Provided in Lesson: Sad Face Poster (pg. 11), Bandages (pg.13), Paper Doll (pg. 23), Memory Verse Bandages (pg. 15-21)

SESSION 2: CHOOSE THANKFULNESS

Supplies: Red, Blue, Green, Yellow, and Purple Markers (Or use colorful candies or colorful paper squares), Bag, Music, Music player, Paper, Various art supplies, Paper plates, Toy food (or packaged fruit snacks, small toys, toy eggs, etc.), Tape

Provided in Lesson: Memory Verse Posters (pgs. 9-15)

SESSION 3: CHOOSE TRUST

Supplies: Different colors of construction paper (or you can use different colored markers, t-shirts, flash cards, etc.), Styrofoam ball, Cotton balls, Pipe cleaners, Scissors, Glue, Blindfolds, Various obstacles

Provided in Lesson: Lamb face (pg. 9)

SESSION 4: CHOOSE FORGIVENESS

Supplies: Ping pong balls, Plastic spoons, Paper hearts, Yarn, Hole punch, Colors, Stuffed animal or soft foam ball

SESSION 5: CHOOSE JOY

Supplies: Music, Music player, Headphones, Colorful paper, White paper, Glue, Bandanas or yarn, Small toy