



≡ STAYCATION BIBLE SCHOOL ≡ Our Daily Bread Café

DAY 5 A picnic on the beach

Scripture reference:

John 21:1-17

Sense:

Hear

Verse of the day:

Jesus asked a third time, "Peter, do you love me?" Peter was sad that Jesus asked him a third time, "Do you love me?" He replied, "Lord, you know everything; you know I love you." Jesus said to him, "Feed my sheep." (*John 21:17*)

Catch phrase:

Taste and see how God's people CELEBRATE!

Theme of the day:

Hear and know that the Lord is good!

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Basic ingredient list

- ❑ A candle
- ❑ Our Daily Bread Café placemat for each child
- ❑ A children's story Bible or Bible
- ❑ Any visuals/pictures you want to use for the Bible story
- ❑ A Gratitude Café Journal (1 for each child)
- ❑ Daily craft/game/cooking supplies
- ❑ Simple snack (if you have snack time)
- ❑ Ability to stream the Spotify playlist
- ❑ Access to YouTube (or watch ahead of time and teach the YouTube Dances)
- ❑ Favorite drink/sweet treat for the Gratitude Cafe



SETTING THE TABLE

Each day you will need your worship cloth and candle. In this opening time, you will listen to a song for the day, and center your hearts and minds to prepare for SBS.

1. Lay out your worship cloth and place the candle on top.
2. Light the candle to represent the light of Christ present with you.
3. Share one thing you:
 - * Hope to learn today,
 - * Are joyful for today,
 - * Are wondering,
 - * You want to share, or
 - * Are excited about.



Praise God with a song!

Choose a song from the [Plate-it-up Playlist](https://pres-outlook.org/SBSplaylist) (pres-outlook.org/SBSplaylist) or use today's daily suggestion!

Today's song: "Gonna Serve"



above: Spotify code to scan for playlist



Open with prayer

Daily opening call-and-response prayer

Host: Taste and see...

Guests: The Lord is good!

All: Praise God.

Guests: Taste and see...

Host: What God created!

All: Praise God.

Host: We give God thanks for our day!

All: Good morning, God, we say.

Guests: Taste and see...

Host: God is good!

Guests: All the time!

Host: All the time...

Guests: God is good! Praise God!

All: Amen.

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TODAY'S STARTER

Intro game: Guess the sound

TO PREPARE:

Choose how you will play "guess the sound." There are several great games on YouTube. The links are here or you can find them on the brain break playlist. The YouTube channel is "Mister Teach" — and he has a ton of listen-and-guess game options.

- "Guess the Sound" game: youtu.be/n1m4h79JZso
- "Guess the Animal Sound" game: youtu.be/vAChEOqet1o
(this one has some challenging animals)
- "The Sounds Animals Make" game: youtu.be/i7_k1Fo4RDQ
(this is a great option for younger children)

Another option is to find instrumental versions of familiar kid songs, and guess the song. Once you have decided what sounds you will use, play the sounds and have your kids guess what they heard.



Explore Psalm 34:8

It's your last day of Staycation Bible School! Listen to "Taste and See the Lord is Good" by Yancy and Little Praise Party, but this time, create a kitchen band to accompany your song! Grab whatever you have in the kitchen that makes a sound and sing, play and dance along.

How do we hear and know the Lord is good? A bird that sings, a choir that wows us or a baby's first word are just some of the ways that we hear and know the Lord is good. Have some of your own examples and share together some of your favorite things to hear in God's creation.



Create together

1. Get out your theme verse poster. Today you will update it with "touch." Brainstorm ideas to write or add to your collage.
2. Attach "touch" to your Bible verse poster.
3. It's your last day of Staycation Bible School. Take a picture of your "Taste and See the Lord is Good" poster/collage and share it with your church!



THE MAIN MEAL:

Taste and see how God's people CELEBRATE



Lesson goals

Your family will discover:

- That Jesus appeared to his disciples after his death, and this story is one of those appearances.
- That there are many stories where Jesus eats with his friends. They recognize Jesus when he eats with them.
- We can recognize Jesus when we eat meals with other believers.
- What it means when Jesus says “feed my sheep.”
- How we might feed Jesus’ sheep together.
- How our church family celebrates with meals as God’s people.



Read the story together

1. Instead of gathering around a table, create a “beach” picnic. Find some towels to sit on, create a pretend fire and imagine you are fishers on the beach, eating breakfast together.
2. Show your Bible to your guests. Today’s story comes to us from the book of John. In our story today, Jesus has died and risen again. For a short time after his death and resurrection he would appear to his friends and his disciples. This story is about one of those appearances.
3. Read the story together (from the Common English Bible).



Wonder together

1. I wonder how you would feel if you fished all night and did not catch anything? Would you have trusted a stranger on the beach who urged you to try one more time?
2. I wonder: How did the disciples know it was Jesus on the beach?



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3. We learn in the stories after Jesus' resurrection that Jesus' disciples recognized him when they were eating with him. I wonder why they recognized him at a meal? (You might also talk about the connection with our story yesterday, "I am the bread of life.")
4. Wonder together: What do you think the disciples talked about with Jesus as they ate breakfast around a fire? What does your family like to talk about when you sit around a table together?
5. Jesus gave Peter a job to do. Can you remember what it was?
6. What do you think Jesus means when he tells Peter to "feed my sheep"?
7. We are followers of Jesus, too. How can we do as Jesus commands and "feed God's sheep"?
8. Today we are thinking about how God's people celebrate. Eating together was a very important part of Jesus' ministry. We only read a few stories in the Bible in which he ate with people, but we believe that when we share a meal together, whether it's Communion or a simple dinner or a big potluck supper, God is there with us. When are some times and ways your church family celebrates together?
9. What are some ways your family celebrates with a meal?

Daily Placemat and Table Talk

After you read the story and have some discussion time together, get out today's Daily Placemat. Take some time to answer the "I wonder" question and color your placemat. You can read the Table Talk questions now, or you can save them for snack time.



Break Time: Daily Dance Party and the Plate-it-up Playlist

Everyone needs a break! In our family we do dance parties in the kitchen. There are so many ways to start a dance party! We usually ask our smart speaker to play a song and then we dance! Find ways throughout your day to create a “dance party.” Pick a song to play, or use the SBS Plate-it-up Playlist of music and movement videos that can be found on YouTube: pres-outlook.org/SBSenergizers.

You don't have to play the videos. If your kids are done with screen time, use the videos for inspiration. If you would like to lead some kind of brain break/energizer, these are great examples that you can watch and then teach your family.

Check out the SBS Plate-it-up Playlist on Spotify with song suggestions that go with this year's theme (pres-outlook.org/SBSplaylist).



above: Spotify code to scan for playlist

SIDE SURPRISES!



SIDE 1: CAFÉ CREATIONS (ARTS AND CRAFTS)

Today is all about celebrating and sharing the goodness of what God provides with one another.

Craft 1: Kitchen Instruments

MATERIALS:

- Whatever you have on hand!
Some ideas: oatmeal boxes, rice, beans, popcorn, plastic Easter eggs, plastic spoons, duct tape, paper towel rolls, paper plates, rubber bands

DIRECTIONS:

- Use whatever you can find in your kitchen to make some homemade kitchen instruments.
- You can make drums, shakers, tambourines, rain sticks and more.



Craft 2: Edible Cake Slime

MATERIALS:

- 2 cups marshmallows
- 2 tablespoons oil
- 1 tablespoon vanilla extract
- 1.5 cups powdered sugar
- **Optional:** sprinkles

DIRECTIONS:

1. Place marshmallows in a microwave-safe bowl. Microwave 25 seconds at a time until fully melted. Stir after each round.
2. Once melted stir in 1 tablespoon of oil and the vanilla.
3. Add in the powdered sugar 1/4 cup at a time. Keep adding until you get a slime-like consistency. Add extra oil if it needs to stretch more.
4. Add in sprinkles if you would like.
5. Have fun. You can play with the slime, cut out shapes with cookie cutters or add some birthday candles.

Craft 3: Sand/Salt Painting

MATERIALS:

- Dark construction paper
- Glue
- Salt (or sand)
- Watercolors

DIRECTIONS:

1. Use the glue to draw the outline of a shape on the construction paper. It could be a heart, a cross, a Jesus fish, a word, etc.
2. Cover the glue with salt. Pour off the excess.
3. Now add color! Paint the salt with your watercolors



Craft 4: Freezer Pop Sleeves

MATERIALS:

- Felt
- Glue gun or felt glue
- Foam stickers or stickers to decorate
- Freezer pop

DIRECTIONS:

1. Cut out a piece of felt about 8-10 inches high and 3 inches wide.
2. Fold the felt in half, and glue together to make a sleeve.
3. Decorate with foam stickers, fabric markers or glue felt decorations on the holder.



SIDE 2: KITCHEN FIXINS BOOKS AND TREATS

Book of the day:

- **"Kitchen Dance"** by Maurie J. Manning

This is a perfect book to read at the end of our week. Today, as we are exploring how we hear and know that God is good, notice how many sounds the children heard from the kitchen. Not only did they hear the clinking of glasses and the banging of pans, they heard their parents' laughter. We hear God is good through the words and laughter of others. The parents invite their children to join them and they all dance and sing around the kitchen. I hope it reminds you of creating a kitchen band today. I wonder: What makes you want to laugh, sing and dance to give thanks to God?

The treat for today is to make Very Berry Fruit Pops. To make them you will blend all the ingredients together. The WHIRL of the blender reminds us of the kitchen sounds heard in the story and the blending of the fruits reminds us of dancing and celebrating together.



Treat of the Day

Very Berry Fruit Pops

INGREDIENTS

- 1 banana
- 1/2 bag frozen berries (Or, you can use fresh fruit: 6 strawberries, 1/2 cup blackberries and 1/4 cup raspberries — or use whatever combination of berries you have on hand)
- 1 cup vanilla yogurt
- 1/2 cup orange juice or water

DIRECTIONS:

1. Combine all the ingredients in a blender and blend until smooth.
2. Divide between 6-8 paper cups. Place a popsicle stick in the middle of the cup.
3. Freeze for 4-6 hours.



MIX-IT KIT: Cake in a jar

When we think of celebrating, cake is often the first item added to the list! Today's mix becomes a delightful homemade cake to be shared with your kitchen companion or a local friend. You can make the mix in a jar (our church used a pack of **20-oz. jars**). We made this mix to celebrate our church's birthday (we sent 100 cake jars to people's homes). To make it festive, we added a candle and some ribbon.

DRY INGREDIENTS:

- 1 1/4 cup flour
- 1 cup sugar
- 1 1/2 teaspoon baking powder
- 1 teaspoon salt

WET INGREDIENTS:

- 1/2 cup milk
- 1/4 cup vegetable oil
- 1/4 tablespoon vanilla extract
- 1 large egg
- 1/2 cup hot water



(Tag instructions)

Preheat your oven to 350. Grease a 9x9 baking dish. Add: 1/2 cup milk, 1/4 cup vegetable oil, 1/2 tsp. vanilla and 1 egg to a bowl and combine. Add the dry cake ingredients and combine. Slowly add the hot water to the batter and mix on low speed until fully combined. Pour the batter into a cake pan and bake for 28-30 minutes. Cool. Frost and decorate as you would like.



SIDE 3: PULL UP A CHAIR (SNACK TIME)



Daily table grace: A Table Blessing

Bless the food that is before us.
Our home around us.
The family beside us.
The friends among us.
And the love between us.
Amen.



Simple Snack

Smell and see how our people love us (and we love them)! It's amazing how a certain scent might bring back a feel-good memory. My mom would make banana muffins on rainy days. I will never forget how the house smelled — but I also remember how much I felt loved when she made them. **For today's snack, make something that makes the kitchen smell wonderful.** Don't worry about it being complicated. It can be a boxed brownie mix, or slice-and-bake cookies.



SIDE 4: ALL-YOU-CAN-PLAY BUFFET

Choose a game or two from the All-you-can-play Buffet list.



SIDE 5: SERVICE WITH A SMILE: A DAILY MISSION FOCUS



Feed my sheep

It's our 5th and final day of Staycation Bible School. Today we met Jesus and his disciples on the beach. As they broke bread together (celebrated perhaps), Jesus said to them, "Feed my sheep." We have explored many ways to feed God's people this week. Today we are going to explore how you can support your local food bank — but not in the traditional way you might expect. How do we feed God's children in such a way that we support them in two ways? The first is through healthy food options for the weekend and the second is through celebrating their birthday. Let's feed and celebrate God's sheep!

Idea 1:

Learn about the Backpack Program through Feeding America

22 million children receive free or reduced-price meals each year. What happens when they go home over the weekend?

Feeding America's Backpack Program helps to make sure children get the food they need on the weekends when they aren't in school. More than 160 food banks put together bags of food that go to more 450,000 children at the end of every week.

Explore the Backpack Program

1. Read more about the program here: pres-outlook.org/SBSbackpack. The program aims to send children home with enough food for a full weekend of meals. This might look like 2 breakfast options, 2 lunch options, 2 dinner options, 1 fruit option, 1 vegetable option and snacks. When packing a backpack, the local food bank considers:
 - a. Cans with pop tops or easy to take off lids. Not everyone has a parent around who can help with a can opener.



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- b. Foods that require very little cooking. Not everyone has access to a stove, oven or microwave.
 - c. Nonperishable items only. Sometimes bags get left and food rots or there isn't a place to properly store the food.
2. Sounds challenging doesn't it? Can your family brainstorm a list of foods that might be appropriate to put in a weekend backpack?
 3. After you make a list of foods you think would work in a weekend backpack, take a look at this **list**, or this **list**, or this **one**. Are you surprised by what you see on the list? Did you come up with any of the foods on the list? You will notice that there are foods that need some cooking. It shows you how challenging it is to find food that will work and be nutritious.
 4. Be a Weekend Backpack planner. Create a menu for a weekend backpack:

	Saturday	Sunday
Breakfast		
Snack		
Lunch		
Dinner		

5. Does your local food bank have a backpack program? Research local food organizations in your area and see what they offer. How can you participate? Some food banks will take food donations. Others prefer to use money donations to get the food at a better cost. Find out how you might be able to help.

Idea 2:

A Birthday-Party-in-a-Bag

Do your children get excited about planning for their birthday party? I know mine do. But many children go without celebrating their birthdays with traditional cake, decorations, candles and presents. There are many people and organizations noticing this and creating a Birthday-Party-in-a-Bag. In some communities there are official organizations doing the work and getting the party bags to children. In other communities, people bring their



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party bags to their local food banks or churches. As you learn about this idea, see if there is a place in your community that would benefit from some Birthday-Party-in-a-Bags.



Explore

1. Learn about the Birthday-Party-in-a-Bag. You can watch this video created a Girl Scout troop: youtu.be/ENdYZHqvsDU. (Optional: Read about another Girl Scout troop's experience [here](#). This is also an **excellent write-up** of what is in a bag.) Here is one more story to watch: youtu.be/cEwOKz30d1k. While this young girl isn't making party bags, it shows the need for providing ways to celebrate special events in local shelters.
2. Spend some time talking about birthday parties and celebrations with your guests. What are some of your family traditions and celebrations? Is there a special food you eat? Share with one another some of your favorite birthday memories.
3. I wonder: What would it feel like to not get any presents on your birthday or not have cake to celebrate?
4. How would it feel to receive a birthday party in a bag from someone you never met?
5. What are some ways you could make a birthday extra special for someone you don't know?
6. Make a list of what you would put in a Birthday-Party-in-a-Bag. Be specific! Decide:
 - a. Will your bag be for a boy, a girl or either?
 - b. What age is the person you are building a bag for?
 - c. What flavor cake mix/frosting will you include?
 - d. Will there be a theme?
 - e. Will you include decorations? If so, what kind?
 - f. What small gift would you include? Do you have a budget for your small gift?
 - g. Is there anything else you think should be included?

TAKE ACTION:

Find out if there are any organizations in your area that would like to receive a Birthday-Party-in-a-Bag. It could be a local food bank, shelter, church or organization that works with the community. Consider ways to celebrate birthdays with older adults or those in retirement homes.



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Church connection >>> If there is a local organization that is in your community that would be interested in having birthday bags, consider making this a Staycation Bible School project. Have each family make a Birthday-Party-in-a-Bag to donate. Encourage families to make birthday cards to include in the bags. Perhaps children and families can make videos or write an email and encourage your whole church to participate in the project.

While you might not be able to have a closing event, you could invite all the families to bring their Birthday-Party-in-a-Bags to the church on the Sunday following your SBS to drop them off. You could trade a bag for a celebration popsicle.

Check in with your Cooking Companion



DELIGHTFUL DESSERTS AT THE GRATITUDE CAFÉ

End your day with a time of celebration and thankfulness. Isn't it wonderful to start our day and end our day sitting around the table with family and friends?

Prepare your table:

1. Set out the worship cloth and candle.
2. Bring whatever drink or food you would like to eat as you share together.



Give thanks:

1. Let's think about what we should give thanks for today!
2. Play some quiet meditation music while you write in your journal. (Suggestion: "Come Ye Children of the Lord" by Paul Cardell on the [SBS Spotify playlist](#).)



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3. After a time of silent writing, say, "Let's share the things we are thankful for with one another." Take turns sharing.
4. Once everyone has shared, end your time of gratitude by saying, "God, we are thankful for all of these blessings. Amen."
5. Give thanks with song. Play "Lord I Thank You" by Yancy and Little Praise Party on the Plate-it-up Playlist. Grab a kitchen instrument (pots, pans, and spoons) and sing, dance, and give thanks.



End your day with prayer.

Closing call-and-response prayer

Host: Taste and see...

Guests: The Lord is good!

All: Praise God.

Guests: Taste and see...

Host: What God created!

All: Praise God.

Host: We give God thanks for...

(name what you listed in your gratitude journal).

All: Praise God.

Guests: Taste and see...

Host: God is good!

Guests: All the time!

Host: All the time...

Guests: God is good! Praise God!

All: Amen.