

**HERO**

**TRAINING CAMP**

By Dr. Scott Turansky and  
Joanne Miller, RN, BSN

**The Conscience Development  
Course for Kids**

**Eight Weeks of Daily Lesson  
Plans for Using Hero Training  
Camp at Home**



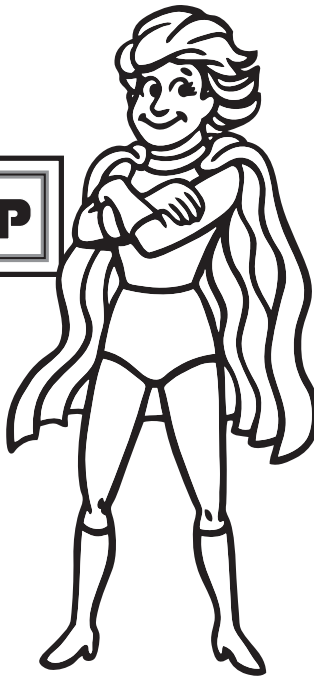
# **AT HOME**

## **Parent Guide**



NATIONAL CENTER  
for **BIBLICAL**  
*Parenting*

**HERO**  
**TRAINING CAMP**  
**At Home**  
**Parent Guide**



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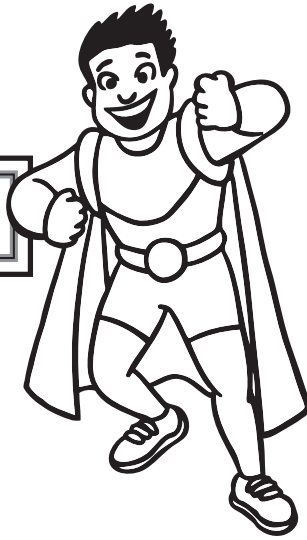
This manual, Hero Training Camp at Home Parent Guide, is designed as a companion guide to the curriculum, Hero Training Camp.

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Dear Parent,

When you focus on the conscience, good things happen. Children learn to be more internally motivated instead of relying constantly on parental prompters. Furthermore, you'll be molding your child's heart, a worthy investment of your valuable time.

Hero Training Camp is the conscience development course for kids. Heroes are characterized by the same four things that are prompted by the conscience. They do what's right, deal with wrongs, are honest, and care about others. God has placed within your child the sensitivity to those four things but usually the conscience needs training in order to be effective.

The lessons in Hero Training Camp are packed with activities, crafts, Bible Stories, science experiments, and even snack ideas, each one helping children learn something new about the conscience.

When using Hero Training Camp at home, we don't suggest you try to cover all of the activities in a day. Rather, it's best to spread them out over several days. That's why we created this guide. In this manual you will find lesson plans for using Hero Training Camp in your home four days a week for eight weeks. Each time you get together you'll need approximately 30 minutes. It's fun to watch kids get started though. Sometimes children take off on an activity and it lasts for hours.

Take your time as you go through the lessons and look for creative ways to reinforce the concepts for that lesson. The informal conversations you have about Hero Training Camp are likely to be the most valuable part of this program.

Support materials are available to enhance your experience at home. Posters, a music CD, and even logo shirts might be just what you need to create the mood and build excitement for Hero Training Camp at Home.

We'd love to hear what your children learn or how you're finding this material helpful in the lives of those in your family. You can always reach us by email at [parent@biblicalparenting.org](mailto:parent@biblicalparenting.org). We trust that you will enjoy the adventure of being heroes in training.

Blessings,

Dr. Scott Turansky and Joanne Miller, RN, BSN



## 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.

| Bible Story  | Bible Verse   | Hero Power Words   | Theological Truth Expressed Practically   |
|--|---|--|---|
| <b>Week 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>Week 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>Week 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>Week 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>Week 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.                                |

Continued on next page.



## Biblical and Theological Overview

| Bible Story  | Bible Verse   | Hero Power Words   | Theological Truth Expressed Practically  |
|--|---|--|--|
| <b>Week 6</b> The Real Test<br>— David realizes that killing Saul would be cheating and chooses to trust God instead.                                    | Do not lie to each other, since you have taken off your old self with its practices. — Colossians 3:9   | I can be honest even when it's hard.                                     | My integrity is a valuable tool, not only for my conscience, but also for building relationship with others.   |
| <b>Week 7</b> A Hero's Temptation<br>— David is mistreated by Nabal and wants to kill him but Abigail intervenes and helps David protect his conscience. | God is faithful; he will not let you be tempted beyond what you can bear. But when you are tempted, he will also provide a way out so that you can stand up under it. — 1 Corinthians 10:13 | I need to resist temptation in order to protect my conscience.           | I must do what's right even when it seems that the wrong thing might be justified.   |
| <b>Week 8</b> The Right Thing Done the Right Way<br>— David moved the Ark to Jerusalem but the first time didn't do it the right way.                    | Pray for us. We are sure that we have a clear conscience and desire to live honorably in every way. — Hebrews 13:18   | I look for things that need to be done and do more than what's expected. | We must always listen to God who often uses the conscience to prompt us to do the right thing. Looking for ways to honor others is a good way for me to practice doing what's right. |

Each week children learn through crafts, activities, games, role play, music, and even snack time. The lesson for that week is illustrated, developed, and reinforced in several ways, providing children with a multi-sensory approach to learning God's truth.



## Some things to think about:

- **Four Days a Week for Eight Weeks.** We know that families are busy today. That's why we only included lesson plans for four days a week. Take the other days off or use them for review and talk about highlights. You might want to use Hero Training Camp for an evening devotion but don't do it too late because some of the activities encourage high energy. Others use Hero Training Camp for summer spiritual enrichment. Your children will benefit no matter how you choose to use this program.
- **The Bible Story.** One Bible story is provided per lesson. Even though you'll emphasize the Bible story on Day 1 of each lesson, be sure to retell it to remind children of the important points each day. Children need to know that the principles you're teaching come from God's Word.
- **A Child's Language.** Kids learn through activity. God made children to wiggle and move around. Hero Training Camp is an activity-based curriculum because that's the way children learn best. But all kids have different learning preferences. That's why Hero Training Camp uses a multi-sensory approach to learning. Children will use role play, science, activity, games, puzzles, snacks, and crafts to experience the lessons.
- **Various Ages.** Hero Training Camp was designed to use with children of many ages. When an activity for older children is presented, a complementary activity for younger children is also available. For example, the Field Guides are for older children but the color sheets can be used with younger kids.
- **With Preschoolers.** Preschoolers love these lessons and it's fun for parents to see the development of the conscience in their young children. It's important to realize that preschool children may not understand concepts such as the Holy Spirit or the conscience. Instead you might use words like "heart" or "doing what's right" to help convey the ideas in these lessons. You may want to shorten the Bible verse for younger children as well.
- **Invite the Neighbors.** Many of the activities in Hero Training Camp are even more fun with friends around. Furthermore, the neighborhood kids will learn a lot from being in your Hero Training Camp.
- **Prayer.** Each day pray together and thank God for what he's doing and how he made you. Also pray that God would provide insight and strength to do the right thing from the heart.
- **Quit While You're Ahead.** When working with children it's best to stop the project at a high point while they're begging for more instead of waiting until they are tired of it and want to quit.
- **Take Pictures.** Kids love to see themselves in print. Take pictures and encourage children to debrief about what happened and the lessons learned. We'd love to see your picture so send them to us and we may post them to our web site. (Email them to [parent@biblicalparenting.org](mailto:parent@biblicalparenting.org).)
- **Supplies to Enhance Your Experience are Available on the Web.** Visit [biblicalparenting.org](http://biblicalparenting.org) to learn more.





**HERO**  
**TRAINING CAMP**  
**At Home**

*Week 1*

**I Can Be a HERO**

God placed a conscience inside each person. The primary function of the conscience is to point people to a personal knowledge of God. Romans 2:15 describes the conscience as an internal witness inside non-believers that acknowledges God's existence.

The conscience has other tasks as well. One of those is to prompt children from the inside to do the right thing.

The purpose of this week's lesson is to introduce the idea of the conscience to children, to tie it into the concept of being a hero, and to help children develop an awareness of the work of the conscience in their lives.

For this lesson you'll want to use pages 13-42 from the Hero Training Camp children's curriculum.

The following lesson plans divide the activities into four sessions emphasizing the lesson each day in different ways.

|  |  |
|--|--|
| <b>Bible Story</b>                             | A Hero in the Making — David learns responsibility by caring for sheep.                    |
| <b>Bible Verse</b>                             | In all these things we are more than conquerors through him who loved us.<br>— Romans 8:37 |
| <b>Hero Power Words</b>                        | I am eager to do what's right.   |
| <b>Theological Truth Expressed Practically</b> | I have a conscience and God wants to use it to help me develop into a hero.                |





Lesson 1  
*Day 1*



## Supplies Needed

**Floating Paper Clip:** Small paper clip, a bowl of water, and a paper towel.

## Teaching Points for Today

The Bible story about David brings the concept of the conscience together with the idea of heroes. Take time to develop the Bible story, act it out in the role play, and use the Bible story introduction to capture the children's attention.

Keep in mind your desire to raise the awareness level of the conscience this week. God's Word is a great tool to provide us with greater understanding about life.

## Activities

### 1 • Bible Story Introduction: Floating Paper Clip

Heroes often have secret weapons, special tools, or advanced powers. They know or have something that others don't have. The same thing is true for God's heroes. In fact, let me illustrate this by showing you something you might not believe. If you know the trick and know the special information you could do it too.

Use the Floating Paper Clip illustration from page 15 of the Hero Training Camp children's curriculum to excite children about learning something new. Have children work together to make it happen. Then use the Discussion points to summarize as you lead into the Bible story.

### 2 • Bible Story: A Hero in the Making

Use pages 15-17 of the Hero Training Camp children's curriculum to develop the Bible story for the children. Pause in the middle for discussion, allowing the children to answer the questions as they imagine being a shepherd. What would make you feel uncomfortable if you were in charge of the sheep? What would make you feel comfortable if you were in charge of the sheep?

### 3 • Role Play: A Hero in the Making Drama

Using the role play on pages 19-20 of the Hero Training Camp children's curriculum, set the stage for the drama. Tell the children that they will be imagining what it might have been like to be in David's family as he was chosen to be king. After providing the introduction, have children act out the drama. Using some of the ideas in the discussion points, help children catch the point through personal application.





Lesson 1  
*Day 2*



## Supplies Needed

**Hero Trophy:** Photocopy onto card stock the Hero Trophy from page 40 of the Hero Training Camp children's curriculum. One toilet paper roll per child, scissors, glue, and markers.

**5 Cups – Which Voice?:** 5 cups, a few pieces of special candy, slips of paper, your Bible and a pen or pencil.

## Teaching Points for Today

Raise the awareness level of the conscience through the Which Voice? Game. Children enjoy playing the game but be sure to have some significant dialogue about the work of the conscience. The Hero Trophy brings back to mind the idea that children are heroes in training. Remind children that they can practice being heroes now in small areas of life.



## Activities

### 1 • Craft: Hero Trophy

Using the instructions on page 23 of the Hero Training Camp children's curriculum, have each child create a Hero Trophy. Engage kids in discussion to answer the questions: What kinds of problems can heroes see? Can you think of special powers a hero might have? Why do you think some heroes turn bad and use their powers for evil? Why is it important to do the right thing? When heroes do the right thing how do you think they usually feel?

### 2 • Game: 5 Cups – Which Voice?

Using the instructions on page 17-19 of the Hero Training Camp children's curriculum, play the high-energy game to help children understand the important principle of listening to the right voice. Be sure to draw out the application by having children identify competing voices in their own lives.



## Supplies Needed

**The WHAT'S WRONG? Game:** One copy of each of the ten pictures at the end of Session 1 of the Hero Training Camp children's curriculum and one copy of the Hero Search Sheet (page 27) for each child. Mount the ten pictures around the room at eye level so that children can see them easily. Distribute the Hero Search Sheets so that each child has one. Provide a pen or pencil for each child.

**Fruit Burrito:** Fresh small flour tortillas, cream cheese, cinnamon, raisins, apple, knife, paper plates, and plastic spoons or knives for spreading.

## Teaching Points for Today

One of the things that makes heroes successful is that they see things that are wrong and they take care of them. The What's Wrong? Game is a great tool for helping children see that they have what it takes to be a hero. They just need some practice.

The snack burritos focus on something new, a different way of looking at things. Heroes often see things from a different perspective. Use the activities of this lesson as a springboard for other observations in your family's life. Encourage your children to find things that are wrong in the house or in relationships and do something about them. After all, they are heroes in training.



## Activities

### 1 • Activity: WHAT'S WRONG? Game

Using the instructions on pages 21-22 of the Hero Training Camp children's curriculum, have children identify what's wrong in the pictures and note it on their Hero Search Sheets. The correct answers are as follows: 3, 10, 5, 1, 7, 4, 8, 6, 9, 2. Children may want to relook at some of the pictures if they got something wrong. Have children talk about the picture that struck them the most or is something that might be true in your own home. Use the Discussion points to reinforce the idea that heroes see problems and fix them.

### 2 • Snack: Fruit Burrito

Using the instructions on page 23 of the Hero Training Camp children's curriculum, prepare all of the ingredients for the Fruit Burritos. Encourage discussion about the things learned so far today, about the key points of this week's lesson, or answer the following questions: Who likes Mexican food? How is this burrito different? How do heroes solve problems? How do they do things differently? Emphasize the fact that children are heroes in training and God helps them see problems and things that need to be done.



Lesson 1  
*Day 4*



## Supplies Needed

**Hero Field Guide:** Photocopy, fold, and staple (like a book) the pages of the Hero Field Guide from the end of the Hero Training Camp children’s curriculum. If possible, duplicate the cover on construction paper or card stock. Also photocopy the shield from page 25 and the verse for this week from page 39 of the Hero Training Camp children’s curriculum, glue, and crayons or markers.

**Pass the Ball Activity:** Bath or beach towels and balls.

## Teaching Points for Today

The Hero Field Guide is a lasting reminder of the lessons learned in Hero Training Camp. Be sure to put the booklets aside after each week so that you can add new material in coming weeks.

The Bible verse helps illustrate the idea that God wants us to be heroes in life.

In fact, it’s his strength that heroes rely on every day. That means being sensitive to the inner promptings of God. You might even talk about some of those inner promptings and how God speaks to us today through his Word, the Holy Spirit, through friends, and through parents.

The Pass the Ball Activity can be done with just two people if necessary, but you may want to even involve some neighbors for this game, providing you with an opportunity to share what you’re learning with others.

## Activities

### 1 • Bible Verse

“In all these things we are more than conquerors through him who loved us.” — Romans 8:37. Start your time together today with the Bible verse and repeat it several times with the children. Encourage them to repeat the Bible verse and see who can remember it. Point out that the person who originally said those words was the apostle Paul and he realized that the conscience is very important.

### 2 • Hero Field Guide

Using the instructions on page 22 of the Hero Training Camp children’s curriculum, have children color and glue the hero shield onto the front of their booklets. Be sure that children each have their names printed on their Field Guides. Also, color and glue on the Bible verse for today and decorate that page. For preschoolers you may want to use the color sheet from page 38 of the Hero Training Camp children’s curriculum instead of the Field Guides.

### 3 • Hero Skill Building Activity: Pass the Ball

Have children pair up to do this activity. Provide a towel and ball for each pair and follow the instructions on pages 20-21 of the Hero Training Camp children’s curriculum to do the activity. Be sure to end the activity by asking the question, “What is the lesson learned from this activity?” and use the Discussion points provided on page 21 of the Hero Training Camp children’s curriculum to answer it.



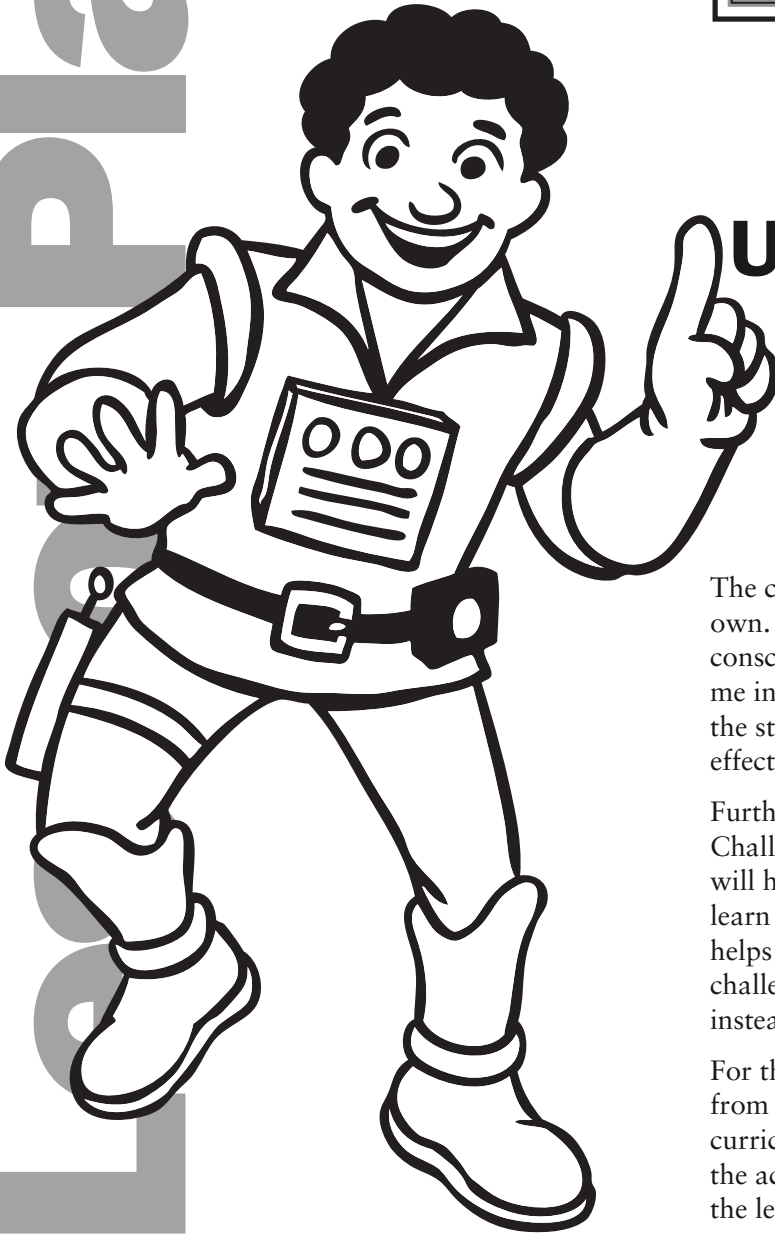


**TRAINING CAMP**

**At Home**

*Week 2*

**Understanding the Mission**



The conscience is not a reliable guide on its own. Paul says in 1 Corinthians 4:4, “My conscience is clear, but that does not make me innocent.” The conscience must rely on the standard of God’s Word in order to be effective.

Furthermore, children are growing. Challenges and difficulties they face now will help them as they get older if they learn to respond well to them. This lesson helps children view current struggles and challenges as opportunities for growth instead of examples of inadequacy or failure.

For this lesson you’ll want to use pages 43-58 from the Hero Training Camp children’s curriculum. The following lesson plans divide the activities into four sessions emphasizing the lesson each day in different ways.

|  |   |
|--|---|
| <b>Bible Story</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.  |
| <b>Bible Verse</b>                             | 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 |
| <b>Hero Power Words</b>                        | Problems, interruptions, and challenges are my mission.   |
| <b>Theological Truth Expressed Practically</b> | I face challenges every day and, if I learn from them, I’ll be able to handle bigger challenges later on in life.   |



## Supplies Needed

**Big Keys, Little Paper Clip:** Key ring with two or three keys on it (not too heavy), string about three feet long, and a large paper clip

## Teaching Points for Today

David became well-known as a hero by killing Goliath, but that's not where it all started for him. God had been preparing David in previous challenges. David fought a bear and a lion. God provides opportunities right now in the lives of your children to grow through their current struggles and learn to respond well. As they do, they'll be able to handle bigger challenges.

Use the key illustration to show that you just need something small to make a big difference. In this case it's knowing the secret to the trick. David knew the secret of God's power and was willing to go out and fight Goliath.



## Activities

### 1 • Bible Story Introduction: Big Keys, Little Paper Clip

Using the instructions on pages 44-45 of the Hero Training Camp children's curriculum do the demonstration showing how the keys catch when you do it right. You might want to practice it a few times to make sure you have the hang of it. Remember that a small point can make all the difference. Sometimes it's an attitude, or a kind word, or some other small thing that changes the whole situation.

### 2 • Bible Story: A Hero Revealed

Use the Bible and pages 45-47 of the Hero Training Camp children's curriculum to tell the Bible story of David and Goliath to the children. Although this is a common Bible story, the details are often forgotten. As you prepare, identify several details of the story that you'll want to be sure to include.

### 3 • Role Play: David Kills Goliath

Ideas for the role play are found on pages 48-49 of the Hero Training Camp children's curriculum. After the drama discuss the story and ask the following questions: How do you think David felt when he saw Goliath making fun of the Israelites? How do you think he felt with all that armor on? What was it that made David confident that he could go out and challenge the giant?

Be sure to take pictures while children are acting out the story to share later.



## Supplies Needed

**Sling Shot:** Knee-high stockings (one stocking for each child), sand, plastic sandwich bags, rubber bands, (2 per child), permanent felt pen, and scissors.

**Anger Bomb Game:** Photocopy for each child the two game pages on pages 54 and 55 of the Hero Training Camp children's curriculum.

## Teaching Points for Today

The sling activity is a lot of fun for kids. But be sure to take time and talk about the Bible Story that inspired it. Furthermore, children will experience the challenge of using the sling. Talk about the practicing David must have done to be good at using the sling. In the same way, your children now are practicing some things like their music lessons, math facts, or just learning how to follow instructions without complaining.

The Anger Bomb game gives you specific opportunities to talk about angry responses in life. Take time to expand on the concepts taught here about emotions and open new doors of dialogue with kids regarding their feelings.

## Activities

### 1 • Craft: Sling Shot

The sling shot game is a favorite for kids. First, work to assemble the sling shots. You'll find instructions on page 51 of the Hero Training Camp children's curriculum. Then practice using them in various places in the house or yard. Debrief about how hard it must have been for David to use the sling to kill Goliath. He had to practice a lot. What kind of practice do you do now? Sports, music, academics, drama. You never know how God might use your current practicing for his work later on.

Although preschoolers will require a lot of parental involvement to make the sling shots, the kids love to play with them and they are a good illustration for the lesson.

### 2 • Game: Anger Bomb Game

Using the instructions on pages 49 and 50 of the Hero Training Camp children's curriculum, have the children pair up to play the Anger Bomb Game. You might want to play the game yourself beforehand to familiarize yourself with the rules of the game. After the game is played, discuss the value of keeping anger under control, the importance of self-control, and how the Holy Spirit boosts self-control in our lives.







Lesson 2  
*Day 3*



## Supplies Needed

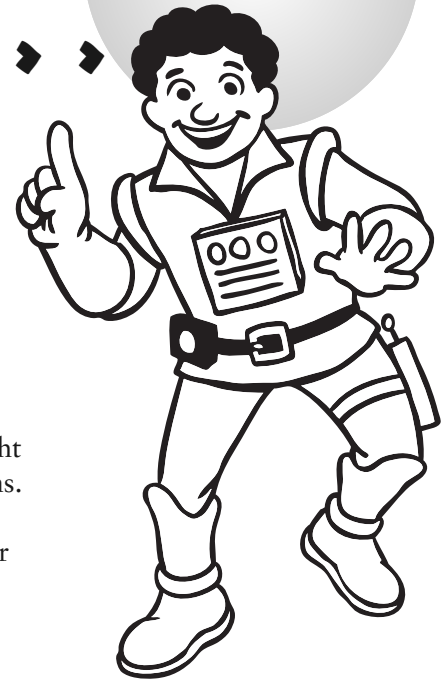
**David's Five Stones:** Honey Nut Cheerios, bananas, a knife, and a ziplock bag for each child

**Potato Race:** 2 spoons, 1 potato, and 2 bowls, and a camera

## Teaching Points for Today

Remind children about the Bible story for this week. David did what was right even though it was hard. One of the enemies of doing what's right is emotions. If they get out of control, then a person might make a poor choice or a bad response. The Potato Race game challenges kids to keep their emotions under control while doing a task under pressure.

The snack gives you opportunity to review some of the details of the Bible story and the applications that it has for children today.



## Activities

### 1 • Game: Potato Race

Play this high-energy game using the instructions on pages 47-48 of the Hero Training Camp children's curriculum. After the game is over talk about how emotions can get in the way of convictions. Keep in mind that many children have a problem with anger and learning how to control it by stepping back is very important. Emotions often prompt you to move forward when you're not ready. That's when bad things happen.

Be sure to take pictures to use later.

### 2 • Snack: David's Five Stones

The instructions for the snack are on pages 52-53 of the Hero Training Camp children's curriculum. Talk about some of the practical challenges children face today. What's a good response and a bad response children might have to their challenges. For example, one challenge might be having a lot of homework when you want to go out and play. Or another challenge might be an annoying sibling.



## Supplies Needed

**Hero Field Guide:** The Hero Field Guides made in the previous lesson. Also photocopy the verse for today from page 57 of the Hero Training Camp children’s curriculum, glue, and crayons or markers. Also have a camera ready to take pictures.

## Teaching Points for Today

Memorize the Bible verse and talk about what it means and how it applies to children. In fact, how does the Bible verse apply to David and the story of killing Goliath?

As you fill in the Hero Field Guide, talk about the important things learned this week in Hero Training Camp. The Toe-to-Toe game is another opportunity to talk about wrestling with emotions and keeping them under control. Emotions need to be kept in balance. The Toe-to-Toe game is all about keeping balance as well.



## Activities

### 1 • Bible Verse

“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

Say this Bible verse at the beginning, middle and end of your time. This is a longer verse and some children won’t be able to remember it all. That’s okay. The verse is a powerful one and, although memorizing it is important, adding the concept to the heart is the most important task.

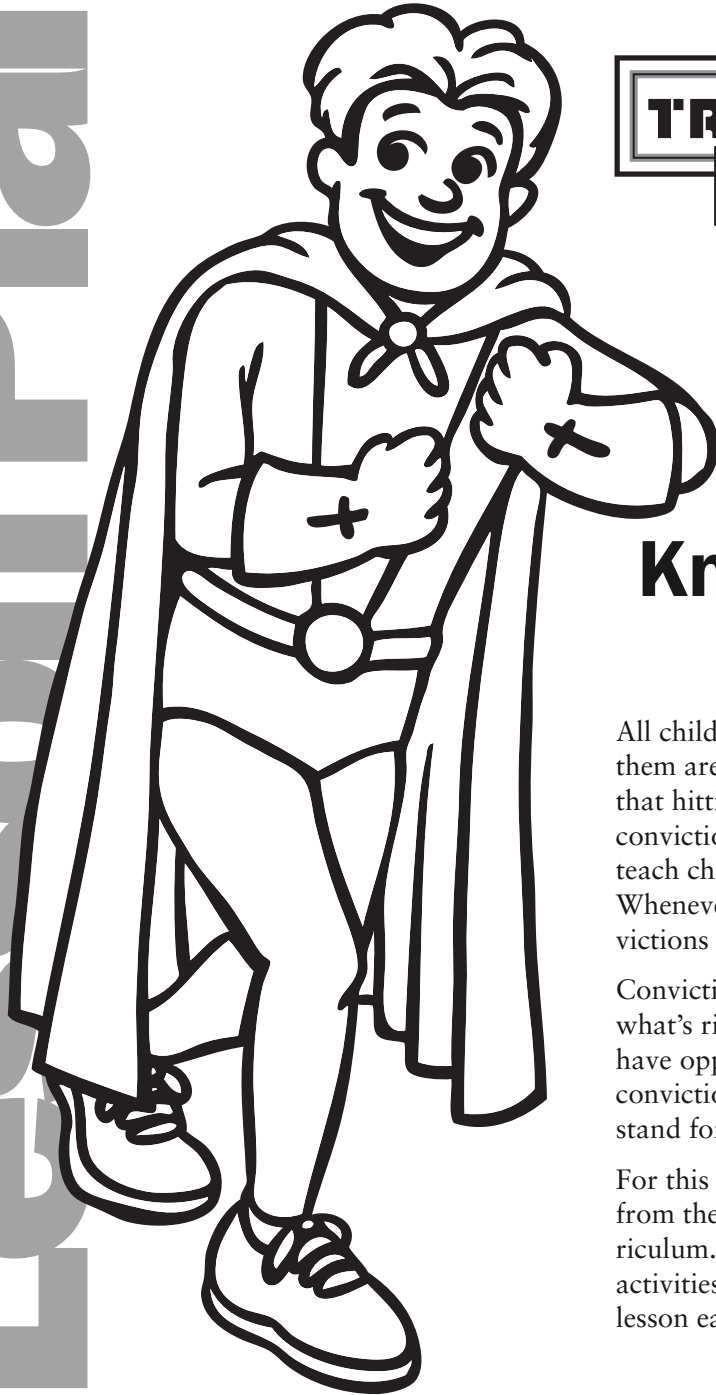
### 2 • Hero Field Guide

Using the instructions on pages 50-51 of the Hero Training Camp children’s curriculum have children decorate the next page in the Hero Field Guides and glue in the Bible verse for today. Discuss frustration, what it is and things that cause it in the lives of children. Talk about pulling back instead of reacting with emotion. Remember there is a color sheet on page 56 of the Hero Training Camp children’s curriculum for preschoolers instead of the Field Guide.

### 3 • Hero Skill Building Activity: Going Toe-to-Toe

Do the Going Toe-to-Toe activity described on page 52 of the Hero Training Camp children’s curriculum. After kids go Toe-to-Toe, talk about emotional control, what children can do to control their emotions when things seem to be getting out of hand.

This is a great activity to take pictures of so be sure to have your camera ready.



## TRAINING CAMP

### At Home

### Week 3

## How a HERO Knows What's Right

All children have convictions but some of them are not helpful. The child who believes that hitting another is justified has a faulty conviction. One of the tasks of parenting is to teach children your convictions about life. Whenever possible, it's best to tie those convictions back to God's Word.

Convictions help children take a stand for what's right. Heroes have convictions. As you have opportunity, help your children identify convictions that will enable them to take a stand for what's right and do the right thing.

For this lesson you'll want to use pages 59-84 from the Hero Training Camp children's curriculum. The following lesson plans divide the activities into four sessions emphasizing the lesson each day in different ways.

|  |  |
|--|--|
| <b>Bible Story</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. |
| <b>Bible Verse</b>                             | I have hidden your word in my heart that I might not sin against you.<br>— Psalm 119:11  |
| <b>Hero Power Words</b>                        | I will develop convictions based on God's Word.  |
| <b>Theological Truth Expressed Practically</b> | Convictions based on God's Word provide my conscience with direction, freedom, and power.  |



Lesson 3  
*Day 1*



## Supplies Needed

**Dancing Raisins:** Clear soda like club soda or Sprite, a clear drinking glass, and about 10 raisins

## Teaching Points for Today

Convictions enable a person to do what's right even when they don't feel like it. That's the heart of today's message. The Dancing Raisins demonstration provides you with an opportunity to help children understand convictions and how they operate in our lives to provide us with the ability to rise to the surface.

The Bible story and Role Play give you opportunities to dialogue with children about practical ways to implement convictions in daily life.

## Activities

### 1 • Bible Story Introduction: Dancing Raisins

Using the instructions of page 61 of the Hero Training Camp children's curriculum, show the Dancing Raisins demonstration. Explain why the raisins go up and down. Compare the raisins to convictions. Explain convictions as internal rules in your heart. Some examples of that are taking turns, sharing, or listening when the teacher is talking. If you can do that already without being reminded then those have turned into convictions or internal rules.

### 2 • Bible Story: It Does Make a Difference What you Believe

Pages 61-64 of the Hero Training Camp children's curriculum provide the Bible story that you'll present to the children. Discuss convictions like Rhonda and Randy have in the story. Ask the children for some examples of convictions they have. You might ask the following questions. The teacher leaves the room and asks everyone to remain in their seats. She's gone. What would you do and why? You see a man drop his glasses on the ground. What would you do and why? What are some other examples of convictions?

### 3 • Role Play: Emotion vs. Convictions

On pages 64-65 of the Hero Training Camp children's curriculum three role-plays are provided that illustrate the challenge of sticking to convictions when emotions prompt you to react otherwise. In each case children show a wrong response and a right response to a difficult situation.

Keep a camera handy to take pictures for later.



## Supplies Needed

**Code Breaker Wheel:** Photocopy the Code Breaker page and the Code Breaker Wheel on pages 79-80 of the Hero Training Camp children's curriculum, one set for each child. You'll also need a brad for each child and scissors.

**Convictions Game:** Photocopy onto card stock pages 77 and 78 of the Hero Training Camp children's curriculum for each child. You'll also need scissors and small plastic bags to hold the game pieces.

## Teaching Points for Today

The Code Breaker Wheel is fun for children, helping them to create a secret code or a message for someone else to decode. Children enjoy secrets and much of our faith is the application of God's secrets to life.

The conviction game allows you to discuss practical applications of convictions to the lives of your kids.

## Activities

### 1 • **Craft:** Code Breaker Wheel

Using the instructions on pages 67-68 of the Hero Training Camp children's curriculum have the children make secret codes and then decode them. Have older children help the younger ones work the codes.

### 2 • **Game:** Convictions Game

The instructions for the Convictions Game are on page 67 of the Hero Training Camp children's curriculum. Work to match up the thinking errors, convictions, and scripture. Be sure to take time to show kids how each group of pieces relates to each other. Children then can play with their sets of matching cards alone or with their friends.

**For Preschoolers:** Both activities above require reading ability. For young children it would be better to use the maze activity from page 81 of the Hero Training Camp children's curriculum.



## Supplies Needed

**Trail Mix Buffet:** Raisins, mini pretzels, O-shaped cereal, banana chips, Chex cereal, and any other ingredient you would like to add or substitute for one on the list. You'll also need one serving bowl for each ingredient, serving spoons for each ingredient, and a small plastic bag for each child.

**Square Puzzle:** Photocopy the puzzle on pages 71-72 of the Hero Training Camp children's curriculum, front and back on a piece of card stock and provide one puzzle for every two children. Cut the puzzle into pieces.

## Teaching Points for Today

Kids make choices everyday. As they make their Trail Mix Buffet they exercise that freedom of choice. The important thing is to realize that all of life is made of choices.

The puzzle is an opportunity to solve a problem. Heroes solve problems in life. It will be interesting to see how your children face the obstacles and seek to figure them out without whining and complaining.

## Activities

### 1 • **Snack:** Trail Mix Buffet

Using the instructions on pages 68-69 of the Hero Training Camp children's curriculum, have fun with the Trail Mix Buffet. The emphasis is on choices kids make. Each person can make different choices with their snack. Heroes make wise choices in life.

### 2 • **Activity:** Square Puzzle

The instructions for the Square Puzzle are on page 60 of the Hero Training Camp children's curriculum. This problem solving activity is great to work on with children of multiple ages. Encourage older children to help younger children. Teamwork is important. Talk about how heroes solve problems instead of whining about them. For preschoolers remember to also photocopy the game board on page 73.



Lesson 3  
*Day 4*



## Supplies Needed

**Hero Field Guide:** The Hero Field Guides made in the previous lesson. Also photocopy the verse for today on page 83 of the Hero Training Camp children’s curriculum, glue, and crayons or markers. Be sure to have a camera ready to take pictures.

## Teaching Points for Today

Use the Bible verse taught this week to reemphasize the importance of what a person believes. Talk about how convictions that come from the Bible protect a person from sin. As you work on the Hero Field Guides today, look for ways to review the lessons for this week and ask children what they enjoyed and how they are putting the things they are learning into practice.

The Human Chair game is a fun way to teach children that there are all kinds of solutions to the problems they face in life. This is one they may use in the future sometime as well.

## Activities

### 1 • Bible Verse

“I have hidden your word in my heart that I might not sin against you.” — Psalm 119:11

Repeat the verse first, during, and at the end of your time together. See if your children can repeat the verse by memory.

### 2 • Hero Field Guide

Using the instructions on pages 66-67 of the Hero Training Camp children’s curriculum, have children decorate the next page in the Hero Field Guides and glue in the Bible verse for today. Discuss ways the Bible can help us do the right thing and be heroes. Preschoolers can do the color sheet for this lesson on page 82 of the Hero Training Camp children’s curriculum.

### 3 • Hero Skill Building Activity: Human Chair

Pages 65-66 of the Hero Training Camp children’s curriculum teach a practical skill that is more than just a game. Kids might actually use this someday. For now though have fun talking about how heroes often know how to handle tough situations. Teamwork is important for solving problems. Work to move kids safely from one location to another.

Get your camera ready and take some pictures of the children in action.



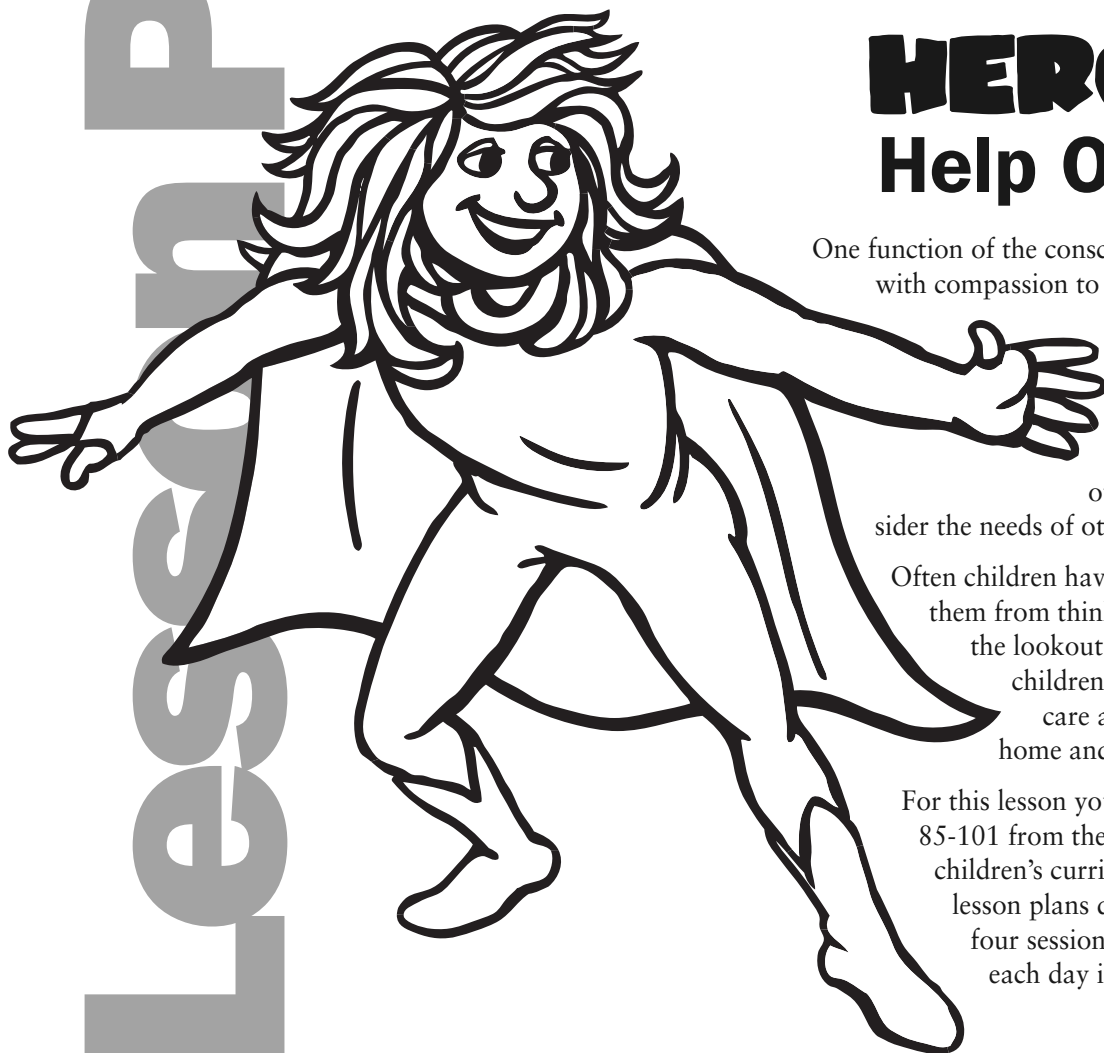


**TRAINING CAMP**

**At Home**

*Week 4*

**HEROES  
Help Others**



One function of the conscience is to prompt children with compassion to care about others. Your work this week will help children sense the feelings of others and look for ways to help them. Our goal is to help children get outside themselves and consider the needs of others.

Often children have roadblocks that prevent them from thinking about others. Be on the lookout this week for ways to help children work past those barriers to care about others both in your home and outside your family.

For this lesson you'll want to use pages 85-101 from the Hero Training Camp children's curriculum. The following lesson plans divide the activities into four sessions emphasizing the lesson each day in different ways.

|  |   |
|--|---|
| <b>Bible Story</b>                             | A Big Act of Kindness — David looked for something extra to do for Jonathan's family. He showed special kindness to Mephibosheth. |
| <b>Bible Verse</b>                             | Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you. — Ephesians 4:32               |
| <b>Hero Power Words</b>                        | I'm always on the lookout to help others.   |
| <b>Theological Truth Expressed Practically</b> | God uses the conscience to prompt me to help and bless others by doing more than what's expected.                                 |



Lesson 4  
*Day 1*



## Supplies Needed

**Make a Penny Shine:** Lemon juice, cup, 2 tarnished pennies, baking soda, and water

**The Crippled Race:** Two pieces of rope about 3' long

## Teaching Points for Today

The Bible story for this lesson focuses on a man with a disability. This will be a good week to help your children understand how to relate to people who have disabilities and special needs.



One of the tangible ways that children can care for others is through acts of kindness. Making a penny shine illustrates that people themselves shine when we do acts of kindness for them. Look for ways to be kind to people in your family this week and then watch them shine.

## Activities

### 1 • Bible Story Introduction: Making a Penny Shine

Using the instructions on pages 86-87 of the Hero Training Camp children's curriculum, make the penny shine. Explain to kids how it works and then discuss the lesson we learn. Pass the pennies around so that kids can see them with their hands. People shine when they receive acts of kindness. Heroes are the ones who help others and make them smile.

### 2 • Bible Story: A Big Act of Kindness

Tell the Bible story from pages 87-89 of the Hero Training Camp children's curriculum. Have children brainstorm about ways they can be kind at home and around the house with family members, even those that might be hard to be kind to. Why is it hard to be kind to some people? If you're a hero, how can you be kind even when it's difficult?

### 3 • Role Play: The Crippled Race

The instructions for the Crippled Race are on pages 90-91 of the Hero Training Camp children's curriculum. Many children don't respond well to others who have special needs. You might ask children, "Who do you know that has a special need of some kind?" and "What can you do to be friendly and kind to that person?"



## Supplies Needed

**Natural Bird Feeder:** Craft floral wire approximately 18" long for each child, popcorn (Cheerios for younger children), a paper clip, and about 24" piece of string per child

**You're the Winner Game:** Photocopy pages 97-98 of the Hero Training Camp children's curriculum. Make two copies of each page for each child so that every child receives a total of four pages. You'll also need scissors and an envelope for each child.



## Teaching Points for Today

Showing compassion isn't just about people. Your children can learn to care about the environment and about God's creatures like birds. The bird feeder craft helps children think about the needs of birds. It's a great way to help them care about others.

The You're the Winner Game takes a completely different slant on competition. By helping children understand the rules of the game you'll have opportunity to talk about what makes a person a winner in life as well.

## Activities

### 1 • **Craft:** Natural Bird Feeder

Using the instructions on page 92 of the Hero Training Camp children's curriculum make the bird feeders with the children. Encourage them to hang their feeders up outside near a window. Ask kids where they would like to put their bird feeders. Remind children that an attitude of kindness affects more than just people. It affects animals as well.

To make this craft easier for preschoolers you may want to use Cheerios instead. Wrap one end of the floral wire around a paper clip to prevent the Cheerios from falling off.

### 2 • **Game:** You're the Winner Game

The instructions for the You're the Winner Game are on pages 91-92 of the Hero Training Camp children's curriculum. You might want to play the game a couple of times yourself as you prepare before you teach it to the kids. If you have more than five kids have them work in groups of 2-3 to play the game. Discuss how this game is different than most games in that your goal is to help someone else have the most pairs instead of getting them for yourself.

This is a fun game for preschoolers but you may want to modify it a bit by dealing out all of the cards and having children place their cards face up in front of themselves. Deemphasize taking turns. Instead, look for ways to help the other person have a match.



## Supplies Needed

**Creamy Delight:** Non-dairy whipped topping (Cool Whip), vanilla yogurt, raisins, granola, cups, plastic spoons, mixing bowl, and mixing spoon

**Always Room for One More:** Large blankets, camera

## Teaching Points for Today

As you eat the Creamy Delight reflect on the lesson for this week. Remember the story of Mephibosheth and talk about caring about the needs of others.

As you play the Always Room for One More game, teach children how to include others. Look for creative ways to work as a team to accomplish the goal so that everyone wins. Let kids solve the problem of how to get everyone into the small area. It's fun to watch kids solve problems especially if the solutions benefit others.

## Activities

### 1 • **Snack:** Creamy Delight

Whip up the snack using the instructions on page 93 of the Hero Training Camp children's curriculum. As children enjoy this new snack talk about kindness and ways to share acts of kindness with others.

### 2 • **Game:** Always Room for One More

The instructions for the Always Room for One More Game are on pages 92-93 of the Hero Training Camp children's curriculum. There's no competition, just lots of cooperation. Watch for those children who are leaders. Some will be funny leaders, others will be serious, but take time to ask them specific questions about kindness and leadership. No doubt those same children influence others and their commitment to kindness is important. Obviously, the more people you have playing this game, the more fun it is, so you might want to play it with friends. However, even if there are only two of you, the point is still made.





## Supplies Needed

**Hero Field Guide:** The Hero Field Guides made in the previous lesson. Also photocopy the verse for today on page 100 of the Hero Training Camp children's curriculum, glue, and crayons or markers

**The Pen is Mightier than the Sword:** Photocopy the note cards from page 96 of the Hero Training Camp children's curriculum, pens and art supplies of your choosing, letter-size envelopes



## Teaching Points for Today

The Bible verse emphasizes kindness and compassion. Be sure to talk about both of those words and help children understand what they mean. As the kids add to their Field Guides, use the discussion time to reflect on things learned this week and how they can grow in this area of the conscience.

Sending kindness notes requires that children think of others. Choosing a person and determining what to say require that kids consider the needs of another person. This exercise builds compassion muscles in kids.

## Activities

### 1 • Bible Verse

"Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you."  
— Ephesians 4:32. Repeat the verse first, during, and at the end of your time together. See if your children can repeat the verse by memory.

### 2 • Hero Field Guide

Using the instructions on page 92 of the Hero Training Camp children's curriculum, have children decorate the next page in their Hero Field Guides and glue in the Bible verse for today. Discuss ways we can help others. Be kind, offer comfort, forgive, and take initiative are just a few to mention. A color sheet is provided for preschoolers on page 99 of the Hero Training Camp children's curriculum.

### 3 • Hero Skill Building Activity: The Pen is Mightier Than the Sword

Follow the instructions on pages 89-90 of the Hero Training Camp children's curriculum to have children create kindness notes for others. You might have older children work with younger children to assist them if necessary. Talk about the fun of receiving an encouraging note from someone. You might have preschoolers color a picture instead of writing words or have them dictate the words to you.

# Lesson Plan

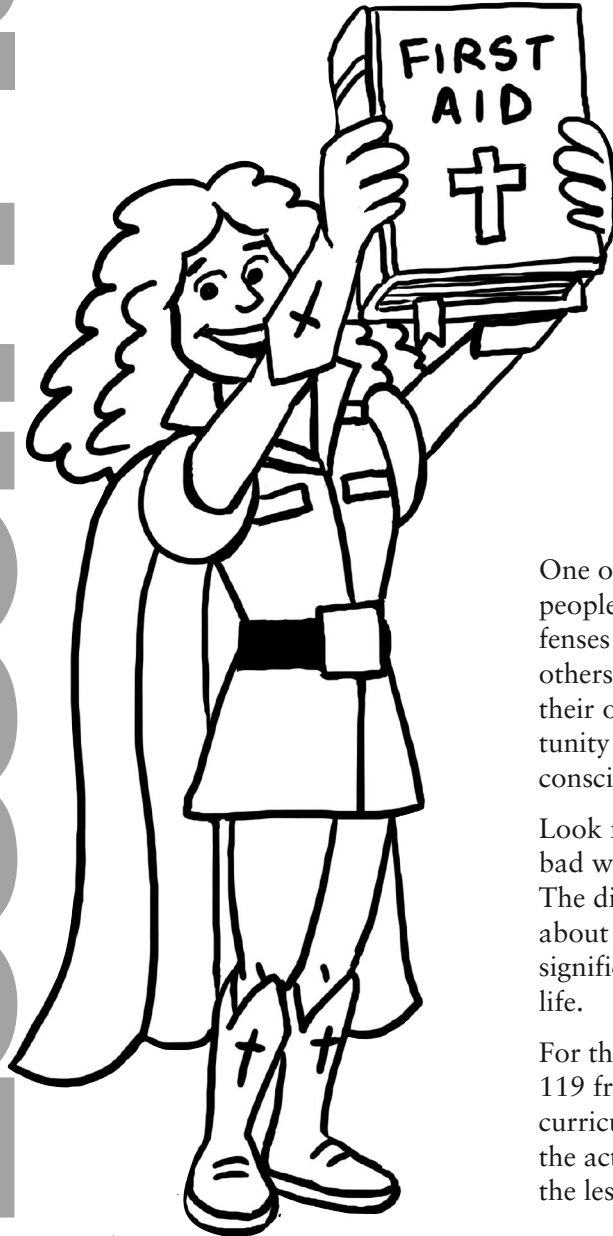


## TRAINING CAMP

### At Home

### Week 5

## God's First Aid Kit



One of the most challenging areas for many people is learning how to respond well to offenses and mistakes. Many children blame others, or minimize, rationalize, or justify their offenses. In this lesson you'll have opportunity to talk about a very sensitive area of the conscience, dealing with wrongs.

Look for opportunities to describe good and bad ways of responding to mistakes or sin. The dialogue that you have with your kids about this area can go a long way to produce significant godliness in this important facet of life.

For this lesson you'll want to use pages 103-119 from the Hero Training Camp children's curriculum. The following lesson plans divide the activities into four sessions emphasizing the lesson each day in different ways.

|  |   |
|--|---|
| <b>Bible Story</b>                             | The Big Mistake — David sinned by stealing another man's wife. David experienced guilt and repentance. God forgave him. |
| <b>Bible Verse</b>                             | The corrections of discipline are the way to life. — Proverbs 6:23  |
| <b>Hero Power Words</b>                        | I know the power of admitting when I'm wrong and asking for forgiveness.  |
| <b>Theological Truth Expressed Practically</b> | God has a plan for me to respond well to offenses and to grow and learn from them.                                      |



## Supplies Needed

**The Churning Guilty Conscience:** A cup of hot (but not boiling) whole milk, a plate, a few drops of food coloring (red, blue, and green if possible), and liquid dish soap

**I'm Lost. I Need Some Help:** Small pieces of chocolate like Hershey kisses, and one blindfold

## Teaching Points for Today

David made a significant mistake with Bathsheba but he was willing to own up to it and confess it to God and receive forgiveness. Talk to kids about why it's sometimes hard to receive correction.

The Churning Guilty Conscience experiment is a visual picture of what happens in a person's heart. It takes humility and courage to admit you've done something wrong or to get some help in life. That's why the role play is so important. It forces children into a position where they have to ask for help, a humble place to be.

## Activities

### 1 • Bible Story Introduction: The Churning Guilty Conscience

Using the instructions on page 105 of the Hero Training Camp children's curriculum, demonstrate this object lesson for the children. Talk about the conscience churning and how uncomfortable that is for a person's heart. Today we're going to talk about how to have a clear conscience in the area of dealing with wrongs.

### 2 • Bible Story: The Big Mistake

Tell the Bible story using pages 106-108 of the Hero Training Camp children's curriculum. Be careful to talk about David's sin appropriately and emphasize David's response to his sin. Ask children to answer the question, "Why is it so hard to receive correction?" Or you might even ask children if they tend to blame others or blame themselves inappropriately when they create an offense of some kind.

### 3 • Role Play: I'm Lost. I Need Some Help

Following the instructions on pages 110-111 of the Hero Training Camp children's curriculum, play the game. The purpose of the game is not to trick the child but to give accurate information only when the child asks for help. Asking for help is hard for some children and puts the blindfolded person in a vulnerable situation as you work together to complete the task. Talk about humility and how important this quality is to accomplish things in life.







## Supplies Needed

**Parachute:** Using light-weight plastic trash bags (tall kitchen trash bags work well), precut one 16" square piece of plastic for each child, four pieces of light string or yarn about 16" long, and penny-size metal washers, two for each child.

**Rebuilding Trust Game:** Two sheets of letter-size paper for each child (this paper can be written on. It doesn't have to be new.)

## Teaching Points for Today

Kids love the parachute craft. Use the opportunity to discuss the four parts of the conscience and how all of them are important. You might even ask kids which one is most important for them to be working on in their own lives.

When trust is broken children must earn it back. That's the message of the game today. Talk to kids about the value of doing what's right as a building block for building trustworthiness and responsibility.

## Activities

### 1 • Craft: Parachute

Using the instructions on pages 111-112 of the Hero Training Camp children's curriculum, have children make parachutes. It would be good to test out this particular craft to make sure that the weight of the washers is right for the parachute. A parachute needs four strings to work just like the conscience needs four parts to be strong. Talk about how some children have a weak part of the conscience that needs to be strengthened. Preschoolers will need a good bit of help with this craft, but it's a lot of fun to play with.

### 2 • Game: Rebuilding Trust One Step at a Time

The instructions for the Rebuilding Trust One Step at a Time Game are on page 111 of the Hero Training Camp children's curriculum. Have each child move from one location to another. After playing the game, talk with the children about rebuilding trust. It's important to do the right thing. When you do the wrong thing then you have to go back and make it right, often a challenging process.





## Supplies Needed

**Bagel Faces:** Sliced bagels, one half bagel for each child, flavored cream cheese, butter, and several vegetables such as carrot sticks, cherry tomatoes, peas, sliced bell peppers, alfalfa sprouts, and sliced cucumbers, plastic knives, plates, and napkins. Be sure to have a camera ready to take pictures.

**Easier Said Than Done Drawings:** Paper and pencils for each child, objects to draw such as an orange, a jar, and a small bottle of juice.

## Teaching Points for Today

The drawing activity can be a challenge. It requires humility to look at your work and evaluate it. You can't be afraid to draw because you aren't good at it. Learning takes time and many mistakes often allow one to learn to do better.

As children put the bagel faces together for their snack, talk about forgiveness and how it cleanses the heart. All people need forgiveness and David in the story is an excellent example of God's grace in a person's life.

## Activities

### 1 • Activity: Easier Said Than Done Drawing

Following the instructions on page 104-105 of the Hero Training Camp children's curriculum have children draw the items. It's not an easy task and some children will be able to do it better than others. Some children are afraid to draw because they'll make a mistake, but good artists know that lots of practice increases their skill. Making mistakes isn't bad as long as we know how to think about them.

### 2 • Snack: Bagel Faces

Using the instructions on page 112 of the Hero Training Camp children's curriculum, have children make faces on their bagels. Take pictures of the faces before children eat them. Talk about the conscience and how it is important for children in everyday life. Forgiveness cleans the slate with God but often requires confession or apology with others.





## Supplies Needed

**Hero Field Guide:** The Hero Field Guides made in the previous lesson. Also photocopy the verse for today on page 118 of the Hero Training Camp children's curriculum, glue, and crayons or markers

**Will You Forgive Me? Game:** Photocopy the game from pages 115-116 of the Hero Training Camp children's curriculum for each child, scissors, and a small plastic bag for each child.

## Teaching Points for Today

The Bible verse is a great one to memorize. The quality of our lives increases when we respond well to correction. Kids often don't value correction so this is a great opportunity to talk about its benefits.

As you work on the Hero Field Guides take time to reflect on the lesson for this week and the activities you did to illustrate the truths. The Will You Forgive Me? Game produces opportunities to illustrate the importance of responding well when you sin or make a mistake.



## Activities

### 1 • Bible Verse

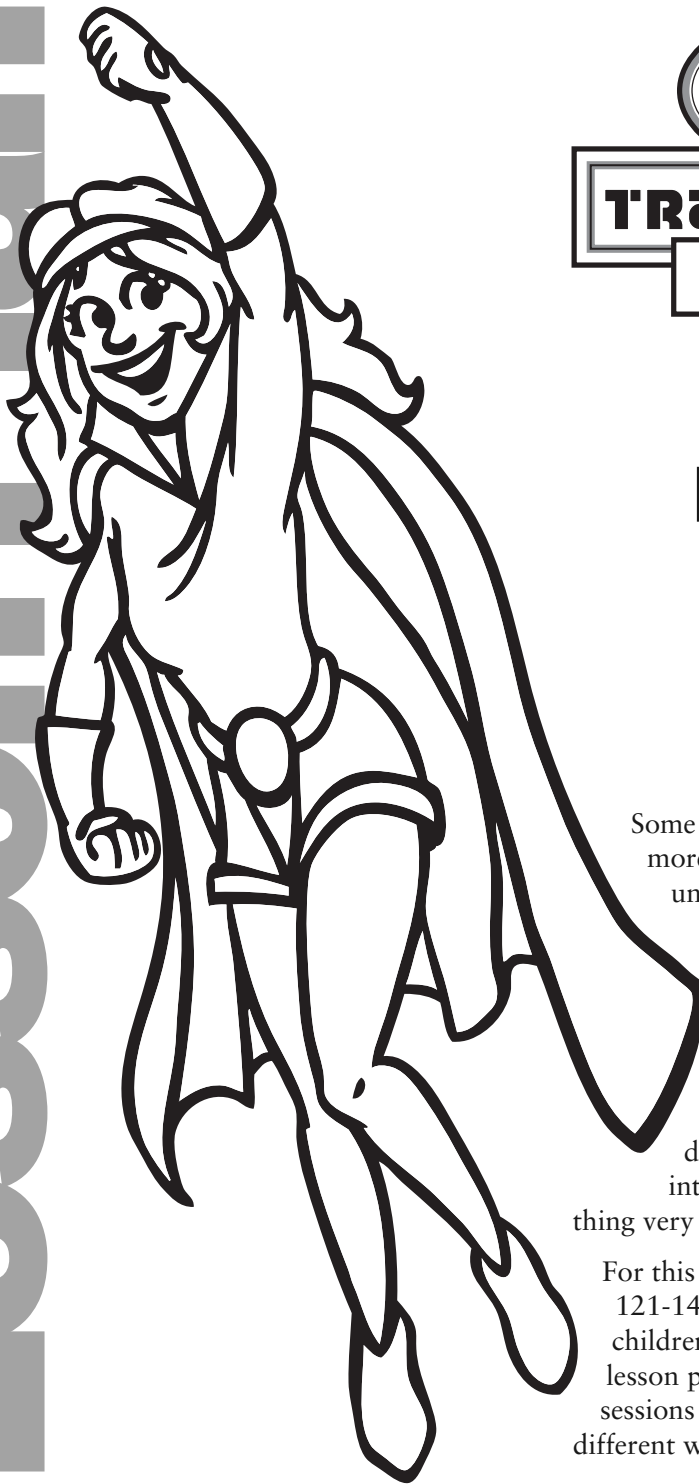
"The corrections of discipline are the way to life." — Proverbs 6:23. Repeat the verse first, during, and at the end of your time together. See if children can repeat the verse by memory. While the kids are working on their Hero Field Guides, discuss the value of correction and why it is so important for life.

### 2 • Hero Field Guide

Using the instructions on pages 112-113 of the Hero Training Camp children's curriculum, complete the Hero Field Guides for this lesson. A color sheet is provided for preschoolers on page 117 of the Hero Training Camp children's curriculum.

### 3 • Hero Skill Building Activity: Will You Forgive Me? Game

Pages 108-110 of the Hero Training Camp children's curriculum give the instructions for the Will You Forgive Me? Game. As you prepare, you may want to play the game yourself a few times to understand how the game works. Older children can help younger children with the cutting and preparation for the game. Have children pair up to play the game. Talk about different kinds of offenses and how we work through them in our own hearts and then with God and others.



**TRAINING CAMP**

**At Home**

*Week 6*

**Handling the Pressure**

Some children struggle with dishonesty more than others, but all kids need to understand what integrity is and why it's important. The conscience prompts children to be honest.

This week children will learn that God gives strength to help them handle the pressures to be dishonest. This lesson teaches children to please God with their integrity and thus preserving something very important for their own lives.

For this lesson you'll want to use pages 121-144 from the Hero Training Camp children's curriculum. The following lesson plans divide the activities into four sessions emphasizing the lesson each day in different ways.

|  |  |
|--|--|
| <b>Bible Story</b>                             | The Real Test — David realizes that killing Saul would be cheating and chooses to trust God instead.         |
| <b>Bible Verse</b>                             | Do not lie to each other, since you have taken off your old self with its practices.<br>— Colossians 3:9     |
| <b>Hero Power Words</b>                        | I can be honest even when it's hard.   |
| <b>Theological Truth Expressed Practically</b> | My integrity is a valuable tool, not only for my conscience, but also for building relationship with others. |



Lesson 6  
Day 1



## Supplies Needed

**A Careful Balance:** A helium balloon with a ribbon or string, temporarily secured to a table or chair, paper clips, heavy paper or card stock, and scissors.

**Role Play:** Photocopy the three story cards on page 131 of the Hero Training Camp children's curriculum. Just one copy is needed.

## Teaching Points for Today

In the Bible story for this lesson David is placed under pressure to kill Saul. If he did, he would be cheating since God had already told David to wait for him to bring the kingship about. David experiences a real temptation when the opportunity arises. He's successful because he trusts God in the situation.

Balancing a helium balloon in the air can be a challenge. In a similar way, kids have to maneuver through life, being honest, but also being careful about what they say and how they say it. That takes some skill. The role plays put kids into tough situations and ask them for good responses. Take advantage of the discussion opportunities to talk about the temptations to do wrong.



## Activities

### 1 • Bible Story Introduction: A Careful Balance

Dishonesty always occurs under pressure. Sometimes it's the pressure to look good, or avoid getting in trouble, or wanting something you can't have that prompts a person to lie, cheat, or steal. The balloon example is all about balance. What are the pressures in your life that cause you to do the wrong thing? Using the instructions on pages 122-123 of the Hero Training Camp children's program, explain that the goal is to balance the balloon in the air. Use the discussion points to summarize as you lead into the Bible Story.

### 2 • Bible Story: The Real Test

Use pages 123-125 of the Hero Training Camp children's curriculum to develop the Bible story for the children. Pause in the middle, allowing the children to answer the questions as they imagine David being in the cave. Why do you think David didn't listen to his soldiers and refused to kill King Saul? He could have been king faster, so why not do it?

### 3 • Role Play: Put Yourself Into the Story

Using the role play on page 125 of the Hero Training Camp children's curriculum, set the stage for the drama. Talk to the children about the challenges of lying, stealing, and cheating. It might gain something quickly but has some negative consequences in the end. Using some of the ideas in the discussion points, help children catch the point through personal application.



Lesson 6  
Day 2



## Supplies Needed

**Honesty Badge:** Photocopy onto card stock the Honesty Badge from page 141 of the Hero Training Camp children's curriculum. Purchase enough 1" ribbon so that each child can have two 4" strips. You'll also need scissors, glue, and markers along with any other art-related supplies that you think might make the craft experience more enjoyable.

**Hidden Consequences Activity:** Photocopy pages 132-140 of the Hero Training Camp children's curriculum. You'll also need 6 letter size envelopes, glue, and masking tape.

## Teaching Points for Today

The honesty badge provides discussion opportunities about the value of integrity and the importance of honesty. People can see it and you are considered trustworthy when you are honest.

As you open the various envelopes in the Hidden Consequences game, practical situations are analyzed and children try to brainstorm solutions. Talk about short-term and long-term consequences of the choices children face.

## Activities

### 1 • Craft: Honesty Badge

Using the instructions on page 129 of the Hero Training Camp children's curriculum, have each child create an Honesty Badge. What are the benefits of being honest? You might encourage children to think about these things: (1) You receive the benefit of the doubt (2) You are considered trustworthy (3) You have the privilege of privacy (4) You have a peace inside.

### 2 • Activity: Hidden Consequences

Using the instructions on pages 126-127 of the Hero Training Camp children's curriculum, work through the situation cards and their various solutions. If you're working only with preschoolers you might want to skip this activity.





## Supplies Needed

**Amazing Under Pressure:** One large hardcover book for each child (each book should weigh 2-3 pounds), photocopy paper (20# weight), scissors, rulers, and tape; make an example of supports to show the children

**Delicious Under Pressure:** In advance, using the recipe provided on pages 127-128 of the Hero Training Camp children's curriculum, create the Pressure Bars and have them ready to serve.

## Teaching Points for Today

Dishonesty always occurs under pressure. The Amazing Under Pressure Activity helps to illustrate the need for inner strength in one's heart. Talk about how that practically takes place in daily life.

As kids eat the delicious snacks made under pressure, talk about the things learned this week. Look for specific ways to apply the Bible story of David to the lives of children today.

## Activities

### 1 • Activity: Amazing Under Pressure

Using the instructions on page 126 of the Hero Training Camp children's curriculum, have children create a support out of paper that will hold the book two inches above the table or floor. After kids are successful, share with them how it works and work through the discussion points provided on page 126 of the Hero Training Camp children's curriculum.

### 2 • Snack: Delicious Under Pressure

Before serving the Pressure Bars, explain how they are made using pressure. Encourage children to answer the following questions: How does pressure help a person have greater strength to develop honesty? What makes a person strong on the inside so they don't have to be dishonest by lying, cheating, or stealing?





## Supplies Needed

**Don't Get Sucked In:** One medium hard-boiled egg (peeled), a little oil, matches, and a glass bottle or jar with a 1 1/2" opening (a Starbucks Frappuccino bottle works well).

**Hero Field Guide:** The Hero Field Guides made in the previous lesson. Also photocopy the verse for today from page 143 of the Hero Training Camp children's curriculum, glue, and crayons or markers. Also have a camera ready to take pictures.

## Teaching Points for Today

The Bible verse is a good one for children to memorize. Talk about lying, why it is wrong, and what the consequences are of lying. You might even talk about the consequences of lying even if you don't get caught.

As you do the science experiment with the egg and the jar, talk about ways that kids get sucked into doing the wrong thing today. Kids are often quite perceptive in their observations, so allow them time to explore examples of pressures that are out there to do the wrong thing.

## Activities

### 1 • Bible Verse

"Do not lie to each other, since you have taken off your old self with its practices." — Colossians 3:9. Start out with the Bible verse, and repeat it several times with the children. Encourage kids to repeat the Bible verse and see who can remember it. Point out that the person who originally said those words was the apostle Paul and he realized that the conscience is very important.

### 2 • Hero Skill Building Activity: Don't Get Sucked In

Using the instructions on page 128 of the Hero Training Camp children's curriculum, do the science experiment with the egg and the jar. Talk about the importance of staying away from bad influences who try to squeeze us into being dishonest with them.

### 3 • Hero Field Guide

Using the instructions on page 129 of the Hero Training Camp children's curriculum, complete the Hero Field Guide page for this lesson. A color sheet is available for preschool children on page 142 of the Hero Training Camp children's curriculum.







## Supplies Needed

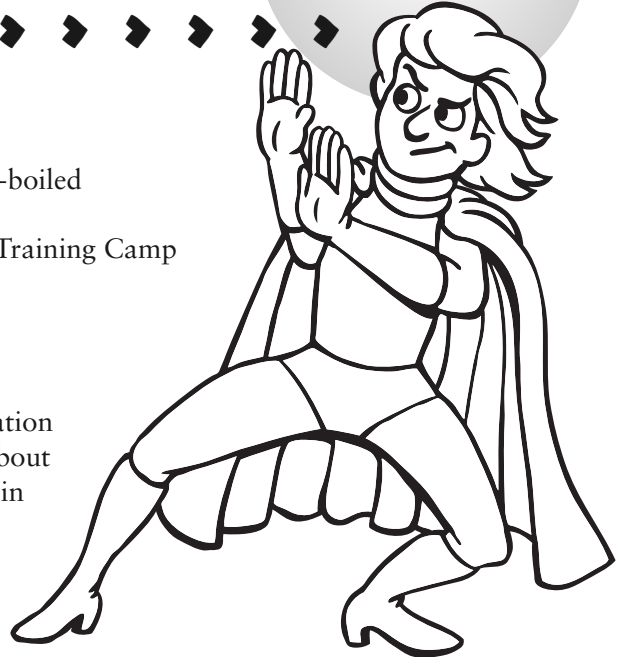
**Which Egg is Ready?:** Two eggs, one raw and the other hard-boiled

**Role Play:** The two Situation Cards on page 156 of the Hero Training Camp children's curriculum

## Teaching Points for Today

Sometimes you can't tell what's in a person's heart. The illustration of the two eggs is a fun one that challenges children to think about the inside and not just externals. The Bible story puts children in a real situation where revenge seems sweet. But it wasn't the right thing to do.

As children act out the role play use the opportunity to discuss what enables a person to do what's right even under the pressure of temptation. It's the heart qualities that God develops over time.



## Activities

### 1 • Bible Story Introduction: Which Egg is Ready?

Temptations occur in life continually. They are one of the enemies of the conscience. Heroes are strong enough on the inside to handle the temptations that come their way. A hero is someone who is not just strong on the outside but is strong on the inside as well. Using the instructions on page 147 of the Hero Training Camp children's curriculum, ask children which egg is ready to eat. Then explain how you can tell the real difference between the two eggs by spinning them on the table. Use the discussion points to summarize as you lead into the Bible story.

### 2 • Bible Story: The Hero's Temptation

Use pages 147-149 of the Hero Training Camp children's curriculum to develop the Bible story for the children. Allow the children to answer the questions as they imagine David being faced with the challenge of mistreatment and empathize with his desire to get revenge. Has that experience ever happened to you? Allow children to share times they were mistreated. Why do you think David listened to Abigail? What was she saying to David that was so important?

### 3 • Role Play: Responding to Temptations

Using the role play on pages 149-150 of the Hero Training Camp children's curriculum, set the stage for the drama. Talk to the children about the challenges of the temptations. Act out the drama. Using some of the ideas in the discussion points, help children catch the point through personal application.



## Supplies Needed

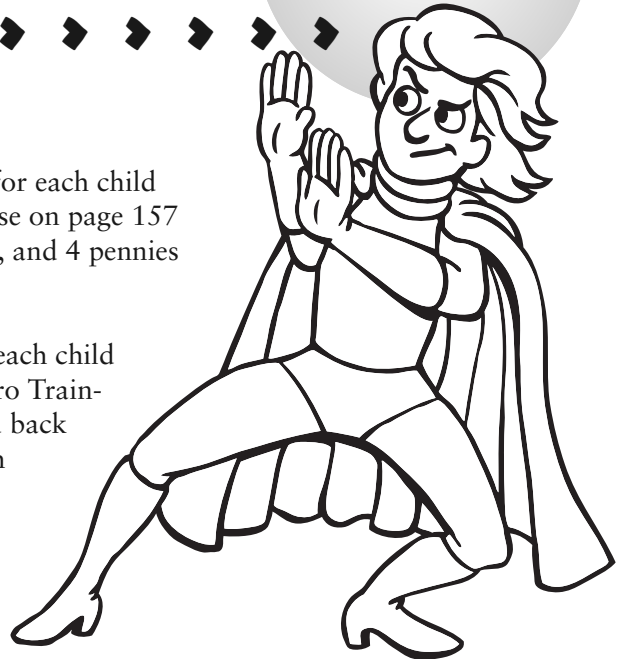
**A Hero Reminder:** Scissors, tape, one piece of aluminum foil for each child approximately one foot square, cut into 4 strips. The Bible verse on page 157 of the Hero Training Camp children’s curriculum photocopied, and 4 pennies for each child, tissue paper (optional)

**Don’t Get Distracted Game:** Photocopy onto card stock for each child the “Don’t Get Distracted” pages on pages 158-159 of the Hero Training Camp children’s curriculum, make the two pages front and back on the same piece of card stock, colored pens, and a stopwatch

## Teaching Points for Today

As children create the craft today, ask them where they will put it as a reminder to do what’s right even under pressure. The person who is strong on the inside is the person who wins in the end.

The game Don’t Get Distracted works for children who can read. But even younger children enjoy watching someone try to figure out how to quickly go through the colors. The point is to focus on doing what’s right instead of getting distracted by temptations in life. How might this apply to your children?



## Activities

### 1 • Craft: A Hero Reminder

Using the instructions on pages 151 of the Hero Training Camp children’s curriculum, have each child create a Hero Reminder. While they’re working, discuss the questions: Why is getting revenge a bad thing to do? Why do people try to get revenge anyway? What are some temptations to get revenge that children might experience in a home? Although this activity requires a bit of parental involvement for preschool children, they enjoy the result and it becomes a good reminder even though they can’t read.

### 2 • Game: Don’t Get Distracted

Using the instructions on page 152-153 of the Hero Training Camp children’s curriculum, have children create and then use the Don’t Get Distracted pages to play the game. Talk about why it works. Remember to talk about the point of the lesson, to focus on what’s right instead of getting distracted by temptations to get revenge.



## Supplies Needed

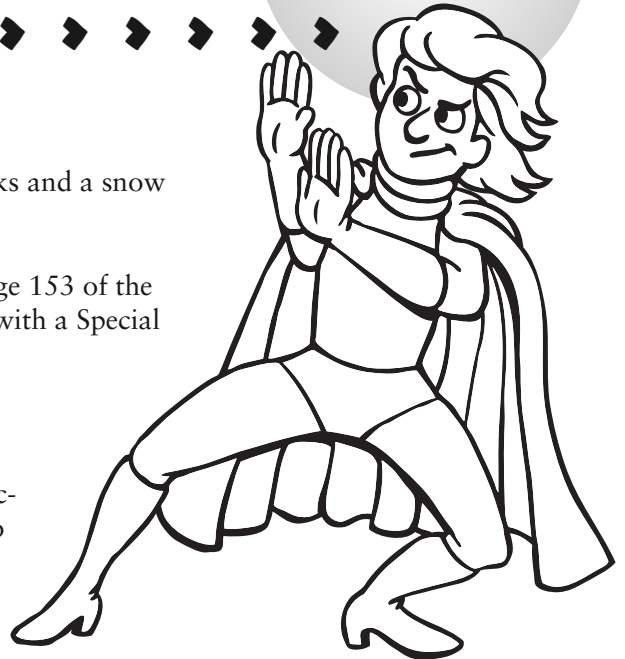
**Avoiding Temptation Game:** About 20 rolled-up pairs of socks and a snow saucer or large pillow

**Cookies with a Special Treat Inside:** Using the recipe on page 153 of the Hero Training Camp children's curriculum make the Cookies with a Special Treat Inside for the children and have them ready to serve

## Teaching Points for Today

As children play the Avoiding Temptation Game, help them recognize ways that temptations come at them every day. How do you fight the temptations to get angry, say something mean, be lazy, or do a job part way?

As children eat the special treat talk about what's inside the heart. Name some of the good qualities you see in each one of your kids and ask them to do the same for each other.



## Activities

### 1 • **Game:** Avoiding Temptation

Using the instructions on page 150 of the Hero Training Camp children's curriculum, have one child at a time try to make it from one safe area to the other. Work through the discussion points provided on pages 150-151 of the Hero Training Camp children's curriculum.

### 2 • **Snack:** Cookies with a Special Treat Inside

As you distribute the cookies talk about the special treat inside. Discuss the following questions: What makes a hero different on the inside? How can children develop a strong heart to resist temptations in life?



## Supplies Needed

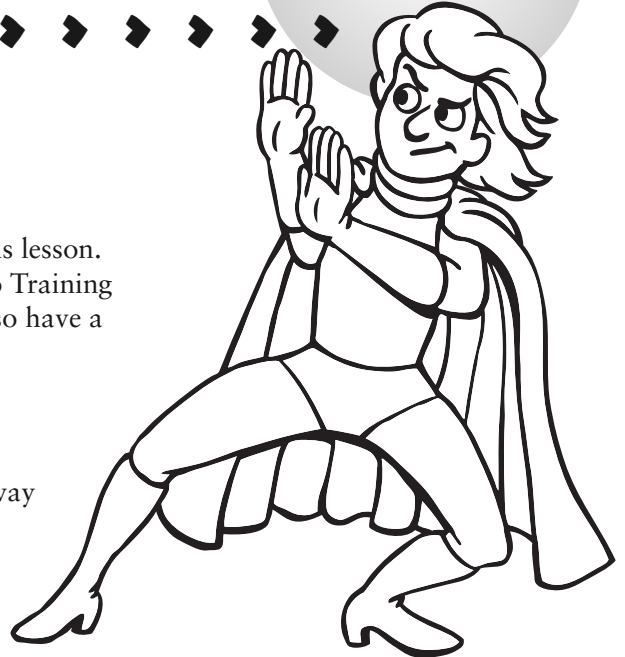
**Can You Discover the Trick?:** A broom

**Hero Field Guide:** The Hero Field Guides made in the previous lesson. Also photocopy the verse for today from page 162 of the Hero Training Camp children’s curriculum, glue, and crayons or markers. Also have a camera ready to take pictures.

## Teaching Points for Today

The Bible verse reminds children that God always provides a way to escape. You never have to sin and life never becomes so overwhelming that you don’t have a next step to move forward.

The trick with the broom may need some exaggeration of the cues for kids to get it, but when they do, they feel a sense of accomplishment. There are tricks or secrets in life that make life work more effectively. What are some of the ones we’ve learned during Hero Training Camp?



## Activities

### 1 • Bible Verse

“God is faithful; he will not let you be tempted beyond what you can bear. But when you are tempted, he will also provide a way out so that you can stand up under it.” — 1 Corinthians 10:13. Repeat the Bible verse several times with the children and see who can remember it. Point out that the person who originally said those words was the apostle Paul and he realized that the conscience is very important.

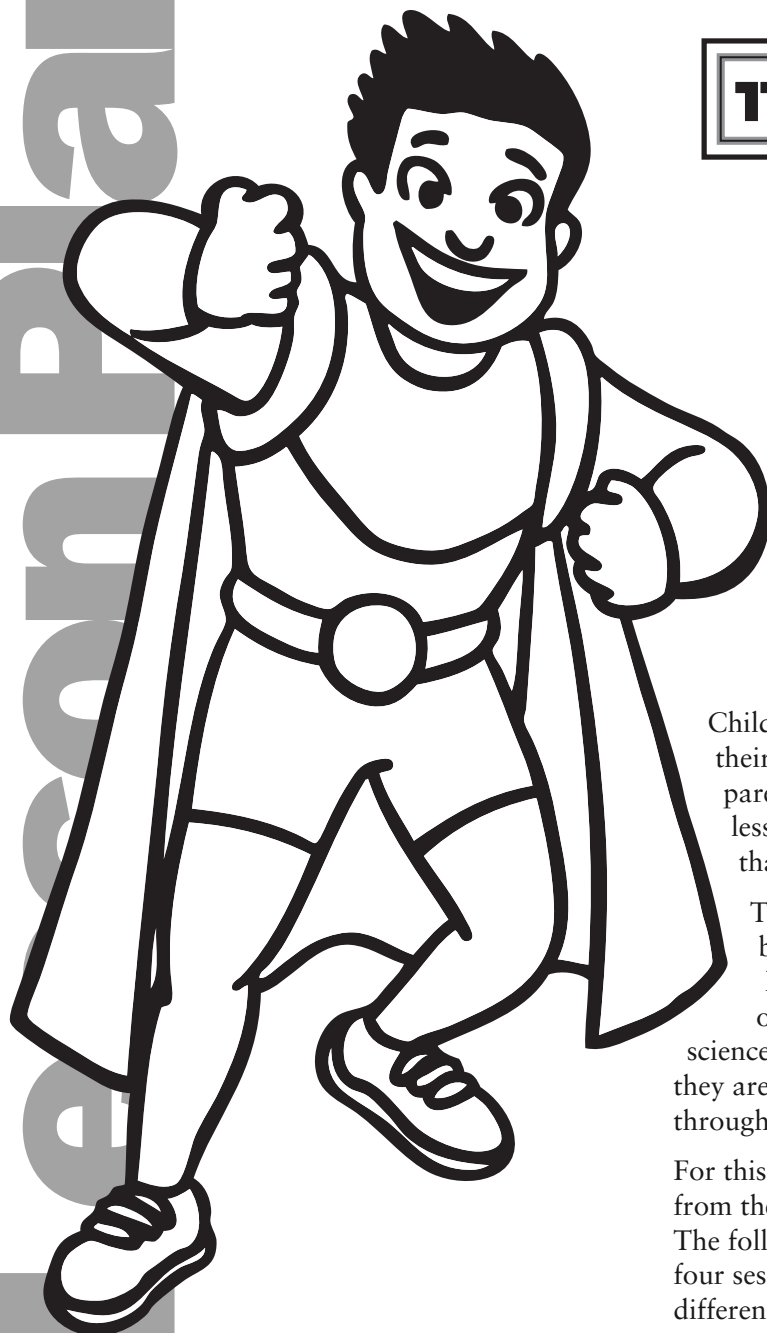
**Note:** This Bible verse is a long one and won’t be memorized by most children on the spot. However, it is an important verse and children will see it on the Hero Reminder craft. The whole verse is valuable for children to learn over time.

### 2 • Hero Skill Building Activity: Can You Discover the Trick?

Using the instructions on pages 151-152 of the Hero Training Camp children’s curriculum, do the activity for the large group first. After each time you do it, have the children brainstorm about what the secret is. Have children come up and demonstrate it to see if they know the answer. Progressively exaggerate the secret part of the routine until all children figure it out. Talk about how heroes can see things that others can’t see like the dangers of tempting situations.

### 3 • Hero Field Guide

Using the instructions on pages 154 of the Hero Training Camp children’s curriculum, complete the Hero Field Guides for this lesson. A color sheet is available for preschool children on page 160 of the Hero Training Camp children’s curriculum.



**HERO**  
**TRAINING CAMP**  
**At Home**

*Week 8*

**The One Minute HERO**

Children need to learn how to take initiative on their own. Unfortunately some children rely on parental prompters to get things done. In this lesson children will learn how to look for things that need to be done and do them.

This lesson is called “The One Minute Hero” because it often only takes a minute to be a hero and solve a problem or help someone out. The key is initiative. God placed a conscience inside your child to provide promptings, but they are of little value if the person doesn’t follow through by taking some action.

For this lesson you’ll want to use pages 165-180 from the Hero Training Camp children’s curriculum. The following lesson plans divide the activities into four sessions emphasizing the lesson each day in different ways.

|  |  |
|--|--|
| <b>Bible Story</b>                             | The Right Thing Done the Right Way — David moved the Ark to Jerusalem but the first time didn’t do it the right way.   |
| <b>Bible Verse</b>                             | Pray for us. We are sure that we have a clear conscience and desire to live honorably in every way. — Hebrews 13:18  |
| <b>Hero Power Words</b>                        | I look for things that need to be done and do more than what’s expected.   |
| <b>Theological Truth Expressed Practically</b> | We must always listen to God who often uses the conscience to prompt us to do the right thing. Looking for ways to honor others is a good way for me to practice doing what’s right. |





## Supplies Needed

**Find the Ark Hunt:** Photocopy and cut out the Ark Hunt game cards on page 178 of the Hero Training Camp children's curriculum. Create more game cards than the number of children. Hide the arks around the room.

## Teaching Points for Today

Sometimes children think that an action is justified or even right but later find out that it was not. That's what happened to David in this story. Children will be able to relate to that part of the story. It's important for kids to realize that they are growing and can learn from mistakes.

The Bible Story Introduction helps children become aware of what an ark is and gives them the idea that David wanted to bring the Ark back to Jerusalem. The role play helps put children in actual situations and encourages them to choose to do what's right.

## Activities

### 1 • Bible Story Introduction: Find the Ark Hunt

Using the instructions on page 167 of the Hero Training Camp children's curriculum, explain that copies of the Ark are hidden all over the room. Hold one example up so that children can see what they are hunting for. Have children report back with the arks that they find. Then use the discussion points to summarize as you lead into the Bible Story.

### 2 • Bible Story: The Right Thing Done the Right Way

Use pages 167-170 of the Hero Training Camp children's curriculum to develop the Bible story for the children. Pause in the middle, allowing the children to answer the questions as they imagine David's disappointment at his friend's death. Why did Uzzah die? What do we learn from this story? What did David learn?

### 3 • Role Play: Who Can Do the Right Thing?

Using the role play on page 172 of the Hero Training Camp children's curriculum, have children act out each situation. Using some of the ideas in the discussion points, help children catch the point through personal application.





## Supplies Needed

**One Minute Check List:** Photocopy onto card stock the One Minute Check List door hanger on page 177 and cut one per child, crayons or markers, a hole punch, and rubber bands, one for each child

**Human Robot:** An assistant willing to be the robot, a piece of bread, stick of butter, a plate, and a butter knife

## Teaching Points for Today

As children prepare the craft talk to them about how long it takes to do particular things in their rooms. Unfortunately, a messy room may take some time to get clean initially but when it is, it's not that hard to keep neat. One minute at a time, several times a day can do exactly what's needed.

The Human Robot game is a funny way to see that words have meaning but the intentions are most important. Some children do what the words say but excuse themselves from doing what the person intended. This activity is a great opportunity to discuss the communication process. For example, when Mom asks a child to pick up the towel in the bathroom and the child just stuffs it into the rack, that's not doing what was intended.

## Activities

### 1 • **Craft:** One Minute Check List

Using the instructions on page 171 of the Hero Training Camp children's curriculum, have each child color and decorate the One Minute Check List. Talk about what we've learned in Hero Training Camp. Heroes start in the small stuff. It only takes an extra minute to clean up the mess you made before going on to the next thing. The bedroom is a great place to start practicing the work of being a hero. Talk about how children will plan now to clean up their rooms and keep them neat.

### 2 • **Activity:** Human Robot

Using the instructions on pages 173-174 of the Hero Training Camp children's curriculum, have children take turns telling the robot what to do to see if they can get the robot to do what is intended, not just what is said. Discuss the questions in the discussion points and make application to life.





## Supplies Needed

**Snack Towers:** Square or round crackers, cheddar cheese slices, apple slices, grapes, napkins, paper plates, and a knife for cutting the cheese and fruit.

**How Much Time Does it Take to Be a Hero?:** Camera, a stopwatch, set of adult clothes including pants, sweatshirt, hat, sunglasses, and shoes

## Teaching Points for Today

Racing to put on the clothes and pose for the picture in today's activity is a fun way to emphasize that it doesn't take a lot of time to be a hero. Talk to kids about the small things in life like saying thank you, or going back to clean up a mess, or helping someone out. It doesn't take long but it benefits others greatly.

As children are eating their snack towers, talk about the things learned in this lesson and other lessons during Hero Training Camp.

## Activities

### 1 • Activity: How Much Time Does it Take to Be a Hero?

Using the instructions on pages 170-171 of the Hero Training Camp children's curriculum, have children race the clock and pose for the picture. After the activity is over, have children work through the discussion points provided for this lesson.

### 2 • Snack: Snack Towers

Serve the food items and allow children to build their own snack towers. Use the snack time to discuss ways that children can do more than what's expected at home. When Mom asks her son to clean up the toys in the front lawn, how might he do more than what's expected? When Dad asks his daughter to take the clothes out of the dryer, how might she do more than what's expected?





## Supplies Needed

**Hero Field Guide:** The Hero Field Guides made in the previous lesson. Also photocopy the verse for today from page 179 of the Hero Training Camp children’s curriculum, glue, and crayons or markers. Also have a camera ready to take pictures.

## Teaching Points for Today

The Bible verse today ties the concept of honor into the conscience. Be sure to have children say the Bible verse several times and try to memorize it. Most importantly, talk about honor and how it helps people see what needs to be done and do it. Honor thinks about others and looks for ways to show value to them.

As you play the game, have children look for things that need to be done. Be sure to talk about the difference between seeing what needs to be done and doing it. Many times children can see things but it also takes initiative to be a hero. That sometimes is inconvenient or takes some work. Heroes are not afraid to do what needs to be done.



## Activities

### 1 • Bible Verse

“Pray for us. We are sure that we have a clear conscience and desire to live honorably in every way.”  
 — Hebrews 13:18. Repeat the Bible verse several times and see who can remember it.

### 2 • Hero Skill Building Activity: Seeing What Needs to Be Done and Doing It

Using the instructions on page 170 of the Hero Training Camp children’s curriculum, give kids several family examples of regular things that need to be done: taking trash out, dishes left in living room, coats not put away. What might a hero do when he/she sees those things not done?

There are several things in this room that need to be corrected. Who can identify what they are? When a child identifies one correctly allow that child to go and make it right. Go over the discussion points and talk to children about the lesson learned in this activity.

### 3 • Hero Field Guide

Using the instructions on pages 173 of the Hero Training Camp children’s curriculum, complete the Hero Field Guides for this lesson. A color sheet is available for preschool children on page 176 of the Hero Training Camp children’s curriculum.

# Free

## EMAIL PARENTING Tips



**Receive guidance and inspiration a couple of times a week in your inbox.**

### Free Parenting Tips

Get practical suggestions to help you relate better to your kids and help your kids change their hearts, not just their behavior.



The tips are gleaned from the live seminars, books, and articles of Dr. Scott Turansky and Joanne Miller, RN, BSN. Here's what parents are saying about these short words of encouragement.

*"We have a three year old and an eight year old, and so many tips apply to both. It's exciting for me when God delivers a tip on something we're struggling with and I'm able to share it with my husband. It get's conversation started and good things happen."*

—mom of two, Wichita, KS

*"Just wanted to let you know what a blessing your parenting tips have been to me and the others I share them with. I make copies of them to pass around and also save them on file. They truly help me and other parents learn practical and biblical principles of parenting."*

—children's pastor, San Diego, CA

*"These tips are very helpful and actually seem to come at a time when I need them. I have three teenagers ages 16, 14, and 13, so I always need help with something."*

—mom of three, Ewing, NJ

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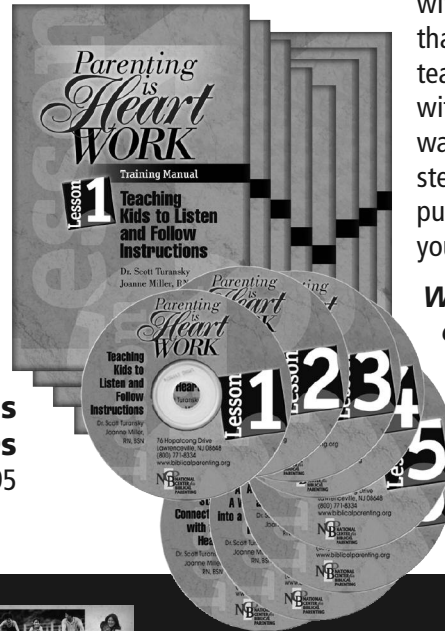


# Resources to Help Equip Parents

## Parenting is Heart WORK

Training Manuals and Audio CDs

Set of 8 Manuals with CDs  
 ■ \$99.95



Listen to nationally known teachers Dr. Scott Turansky and Joanne Miller, RN, BSN as they unpack strategic routines of family life. Learn how to give day-to-day instructions in a way that builds cooperation and responsibility. Gain practical ideas for connecting

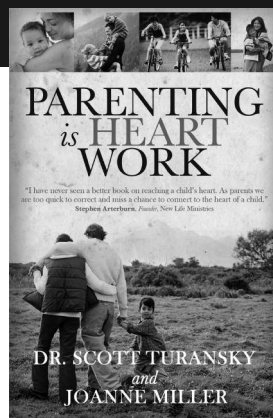
with your kids emotionally so that their hearts will be soft and teachable. Each lesson comes with a 36-page manual that walks you through the content step-by-step, showing you how to put the truths into practice with your child.

*When parents change, children change. You'll love the difference.*

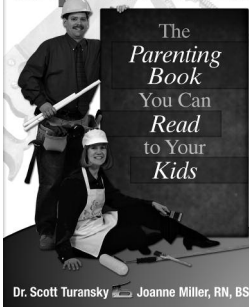
## Books

### Parenting is Heart Work

Move beyond behavior modification to a heart-based approach to parenting with this life-changing resource. Learn what the heart is and discover practical ways to help your children make lasting changes.  
 ■ \$14.99



### Home Improvement

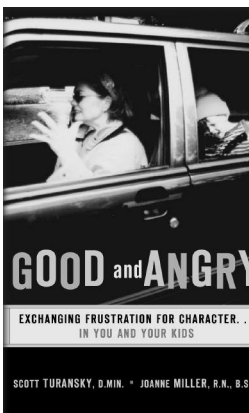
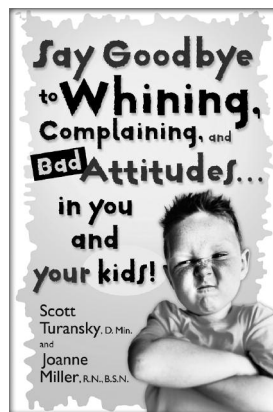


### Home Improvement

Eight foundational principles every family needs are communicated in an easy-to-read format. Each chapter begins with a fictional story that you can read to your kids to help them understand the changes you're making.  
 ■ \$12.99

### Say Goodbye to Whining, Complaining, and Bad Attitudes... in You and Your Kids!

Obedience gets the job done but honor deals with *how* the job is done. Honor will change the way your family relates and equip your children with success principles for life.  
 ■ \$13.99



### Good and Angry: Exchanging Frustration for Character... in You and Your Kids

Learn practical strategies to deal with the seven most common things that make parents angry. Identify character weaknesses in your kids and develop new routines to help them change.  
 ■ \$13.99

# Children's Program Materials

If you're looking for fun activities for kids, you've come to the right place. At the National Center for Biblical Parenting we know that the language of children is activity. That's why we've created several resources that will not only stimulate fun in your family, but they'll teach valuable lessons as well. Your most important job is to pass on spiritual values to your kids.



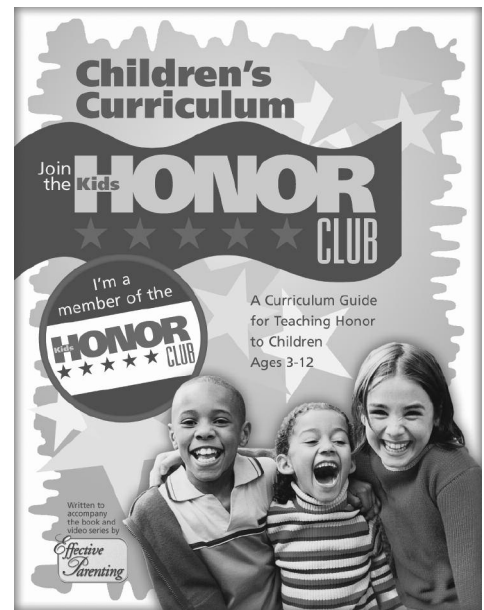
## Hero Training Camp

Hero Training Camp uses the life of David, activities, songs, crafts, and science experiments to teach children what it means to be a hero now in four areas: do what's right, deal with wrongs, be honest, and care about others.

Kids will learn how to handle mistakes and offenses, face the challenge of being honest under pressure, take initiative to help others, how to be a one minute hero, and the skill of seeing things that need to be done and doing them. These are all qualities of heroes. The training starts now!

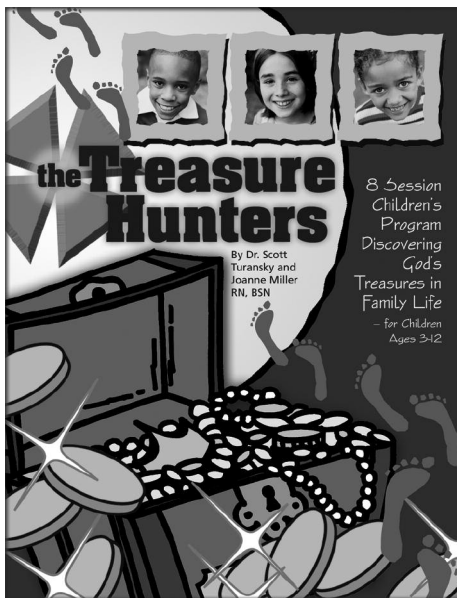
## Kids Honor Club

Using the concept of honor, children explore ways they can add energy to family life. Complete with Bible stories, crafts, activities, and games, these thirteen lessons will help children ages 3-12 think differently about how they relate in the family. This curriculum was written to complement the parent training material, **Say Goodbye to Whining, Complaining, and Bad Attitudes, in You and Your Kids.**



## Treasure Hunters

Hidden within the common experiences of family life are treasures every child needs. Learning the value of correction, how to accept no as an answer, and the importance of a good attitude are important now but also for the future. Each of these eight lessons will help children ages 3-12 learn how to be more effective in their families. This curriculum was written to complement the parent training material, **Parenting is Heart Work.**



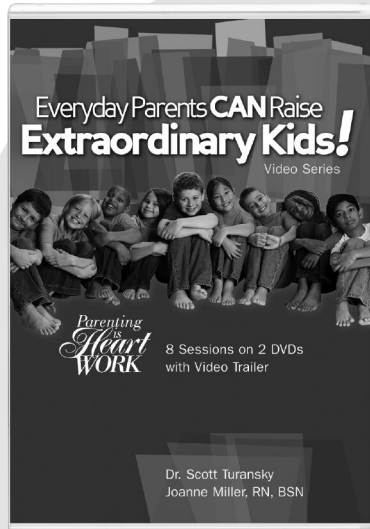
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# Video Programs for Your Small Group

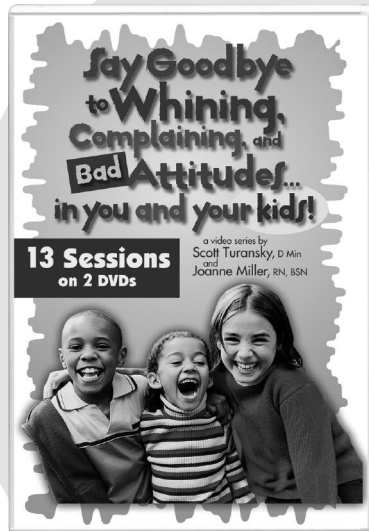
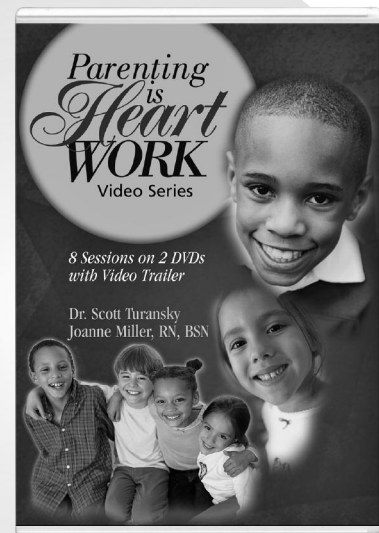


## Everyday Parents CAN Raise Extraordinary Kids

8 Sessions on DVD plus a Leader's Guide, for parents of children ages 2-18. Hero Training Camp, the conscience development program for kids ages 3-12 is a children's program that's available to complement what the parents are learning. Using the biblical concept of the conscience, teach children to be internally motivated instead of depending on external prompters.

## Parenting is Heart Work

8 Sessions on DVD plus a Leader's Guide, for parents of children ages 2-18. The Treasure Hunters children's program for kids ages 3-12 is available to complement what the parents are learning. Learn how to move to a heart-based approach to parenting instead of relying on simple behavior modification techniques.



## Say Goodbye to Whining, Complaining, and Bad Attitudes... in You and Your Kids

13 Sessions on DVD plus a Leader's Guide, for parents of children ages 2-18. The Kids Honor Club children's program for kids ages 3-12 is available to complement what the parents are learning. Use honor to change the way your family relates. Obedience gets the job done. Honor deals with how the job is done. Honor is a fun way to address common problems in family life like bad attitudes, complaining, sibling conflict and much more.

For more information visit our web site.



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