

UPWARD BOUND

2's & 3's Teacher Guide

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“For God... has shown
in our hearts to
give the light of the
knowledge of the
glory of God in the
face of Jesus
Christ.”

II Corinthians 4:6



UPWARD BOUND OVERVIEW



Meet Upward Bound's Hiking Crew

- Trail Guide
VBS Director
- Guide
Classroom Teacher
- Assistant Guide
Classroom Teacher Assistant

Welcome to the Trek!

What to Expect From Upward Bound

Children love Upward Bound; adults love its impact! By God's grace, here's what it will do in the lives of your children:

- deepen their knowledge of and love for the Word of God
- increase their enthusiasm for memorizing Scripture

Overall Focus and Bible Lesson Truth Summary

Written with a passionate desire for children to see Jesus as He truly is—to know, love, and trust Him as they never have before, Upward Bound focuses on Christ's astonishing incarnate journey to win our salvation.

Tracking Jesus' perilous footsteps from the courts of Heaven to the cross and back again to the Summit, your VBS Backpackers will learn from the gospel of Luke

- for Jesus, being Upward Bound meant fully doing His Father's will, every step of the way
- all people are born with an Earthly Bound attitude and need to repent and be saved by grace
- having an Upward Bound attitude requires moment-to-moment reliance on the power of the Holy Spirit
- because Jesus undertook this journey for them, they, too, can reach the Summit through faith in Him



BIBLICAL TRUTHS AT A GLANCE

Day	Bible Lesson	Climbing Cheer	Bible Memory Verse
Day 1	<p>The Surprising Journey— <i>Born in the Likeness of Men</i></p> <p><i>Luke 1:26–28; 2:1–40</i></p> <p><i>The Angel Gabriel</i></p>	<p>Main Theme: In the most wonderful and surprising journey ever taken, God the Son purposed with God the Father and God the Holy Spirit to leave the glories of Heaven to become a little baby in this broken world to rescue sinful people.</p>	<p>“Jesus came down!”</p> <p>“...at the name of Jesus every knee should bow in Heaven and on earth and under the earth...” <i>Philippians 2:10</i></p>
Day 2	<p>The Humbling Journey— <i>The Form of a Servant</i></p> <p><i>Luke 2:41–50</i></p> <p><i>Mary, Jesus’ Mother</i></p>	<p>Main Theme: Jesus had one driving purpose in his life: to do the will of his Heavenly Father. He humbly lived every moment of every day loving and learning to obey God his Father, and loving and serving the people around Him, even as a child!</p>	<p>“We must obey God!”</p> <p>“...at the name of Jesus every knee should bow in Heaven and on earth and under the earth...” <i>Philippians 2:10</i></p>
Day 3	<p>The Obedient Journey— <i>Humbled Himself by Being Obedient</i></p> <p><i>Luke 3:21–23; 4:1–15</i></p> <p><i>Gilead the Gecko</i></p>	<p>Main Theme: In all Jesus did, God the Father was fully pleased with Him. Jesus never, ever sinned or gave in to Satan’s temptations. Because of his settled purpose to do the will of the Father, his having fed on the Word of God throughout his life, and his complete dependence on the power of the Holy Spirit, Jesus was able to be fully obedient.</p>	<p>“Follow God’s Word!”</p> <p>“...at the name of Jesus every knee should bow in Heaven and on earth and under the earth...” <i>Philippians 2:10</i></p>
Day 4	<p>The Painful Journey— <i>Obedient to Death on a Cross</i></p> <p><i>Luke 22:47–Luke 23</i></p> <p><i>Simon of Cyrene</i></p>	<p>Main Theme: Jesus’ complete obedience to the Father and selfless love for us led him to the Cross where he took our sins on Himself and died the painful death we deserved.</p>	<p>“Jesus saves sinners!”</p> <p>“...at the name of Jesus every knee should bow in Heaven and on earth and under the earth...” <i>Philippians 2:10</i></p>
Day 5	<p>The Joy of the Journey— <i>God Has Highly Exalted Him</i></p> <p><i>Luke 24:1–12; 50–53</i></p> <p><i>Mary Magdalene</i></p>	<p>Main Theme: The Resurrection testified that Jesus had accomplished the goal of His journey, our redemption. He had done His Father’s will perfectly & won our salvation. He re-entered the Courts of Heaven, His victory complete.</p>	<p>“Jesus is alive!”</p> <p>“...at the name of Jesus every knee should bow in Heaven and on earth and under the earth...” <i>Philippians 2:10</i></p>

TEACHING 2's & 3's

Expedition E



LOOK ONLINE

for additional resources (music, artwork, and publicity information) are available on the Upward Bound portal. Talk to your Director for more information or visit: **portal.reachoutadventures.com**

Caring for Expedition E, Upward Bound's 2 & 3 year olds, is a precious ministry which blesses the entire program. Expedition E toddlers (and their parents!) handle separation best when these littlest of Backpackers are enjoying a simple, relaxed curriculum. Your ministry:

- ✿ allows staff parents to give themselves more fully to their VBS roles
- ✿ provides a creative, nurturing environment
- ✿ teaches these little Backpackers Upward Bound's basic spiritual truths

Using this Curriculum

The most effective way to implement this curriculum will depend on your:

- ✿ facility
- ✿ number of Guides and Assistant Guides
- ✿ number of children
- ✿ Expedition E's specific age composition:
 - how many 2's, how many 3's?
 - do you have just-turned 2's and almost 4's?

This Teacher Guide provides you with:

- ✿ insights and guidelines for working with very young children
- ✿ a full, age-appropriate curriculum including
 - daily schedule
 - lesson summary
 - memory work
 - lesson-related, hands-on learning activities
 - recreation plan

The key to success with 2's & 3's is:

- ✿ prayer
- ✿ good preparation & organization
- ✿ flexibility!



Gearing Up

Getting Ready for Upward Bound

Prepare Your Heart and Mind

- ✿ Prayerfully read through the Bible Lesson Curriculum which is the heart and unifying thread of the entire program.
- ✿ Attend Upward Bound training meetings to be spiritually and mentally prepared for your role, and to pray and develop unity with other staff members.
- ✿ Aim to pray for each activity and every child individually before coming to Upward Bound each day.

Your teaching materials include:

- ✿ Bible
- ✿ 2's & 3's Teacher Packet
 - Teacher Guide
 - Bible Lesson Curriculum and "At a Glance" overview
 - 2's & 3's Activity pages (reproducible activity pages in the back of this book)



Expedition Guide Responsibilities

Classroom Coordinators for Expedition E are responsible for the following:

Outpost Setup

- **Location**

Ideally your class should be located in a room that is not a thoroughfare, has adequate space, easy access to a safe outdoor play area, and a bathroom nearby.
- **Decorations**

Transform your classroom into the Backpackers' "Outpost"; consult your VBS Decorations Coordinator for ideas. Display visual aids at child level so they may be easily seen and touched when appropriate. Items not to be touched by the children should be hung from the ceiling or placed higher on walls.
- **Furniture**

Tables and chairs should be child-sized, with plenty of room to walk around them. Have a higher table or shelf to keep materials easily accessible to Guides.
- **Campfire Circle (circle time area)**

Set up a pretend campfire (sidebar) and spread out mats so the Backpackers can sit "around the campfire" for group activities.
- **Safety**

Safety check your Outpost and remove all untouchables. Make sure all electrical outlets are covered and window cords out of reach.
- **Cleanup**

Have a pail and sponge and/or disinfectant wipes, a broom and dust pan and/or vacuum, and garbage cans readily at hand for easy cleanup.

Easy "Campfire"

- ✿ Fire Pit: Use a low galvanized tub.
- ✿ Flames: Tape large red, orange, and yellow paper triangles on inside rim of the tub.
- ✿ Logs: Place paper towel tubes in bottom of tub.





Outpost Rules

Clearly explain your rules concerning the use of toys and materials, snack time, obedience, and getting along with the other children. Gently but firmly discipline when necessary, according to your church's policy.

Down-to-Earth Expectations

Keep your expectations realistic for your Backpackers. The week will be long for these little ones and the goal is for both them and their teachers to enjoy their Upward Bound experience.

Outpost Supplies

- Device to play music
- pillows, mats, sleeping bags, or blankets for rest time
- Learning Site materials
- tissues, paper towels, cleanup and diaper changing supplies

Hands-On Activities

The daily schedule allows for two periods which provide hands-on learning experiences.

■ **Arrival Time Activities**

These may be repeated each day or rotated for variety (see list on pages 8-9)

■ **Learning Sites**

Learning Sites are specifically designed to follow each Bible lesson presentation to reinforce the day's Biblical truths. Detailed instructions begin on page 12.

Unless your Director has already appointed a Learning Site Coordinator, delegate responsibility to one or more Guides/Assistant Guides for planning, setup, supervision, and takedown of daily activities. Note that *it is not necessary to use every lesson-specific Site each day*; select those you believe will be most effective and manageable in your particular situation.

Summit Celebration (closing program)

Ask your Director if your Expedition will sing a song and/or recite your memory verse in the final closing program for family and friends; if so, plan to practice on Days 4 and/or 5.

Backup Ideas

Have music, relevant picture books, a list of stand-up exercises and other backup activity ideas on hand to use if the need arises.

Clock Patrol

Keep your Expedition on schedule!



Developmental Realities for 2's & 3's

■ General

The first reality to consider for these little ones is the significant developmental span between the “just two’s” and the “almost four’s.” Be sure to learn the age of each child and *adjust your expectations accordingly*; otherwise you may make the mistake of underestimating the petite child and expecting too much of the faster-growing child.

■ Physically

These children are very active and need lots of space in which to move around. Be flexible about their sitting down for the Bible story; some will need to get up and touch the visual aids. Many of them will have only beginning coloring skills.

■ Emotionally

2's & 3's need lots of approval, some individual attention, and full acceptance of the unique person God has created each one of them to be. Allow each child to be special! Try not to hurry them, and watch for indications of frustration *before* behavior problems arise. If a child is having a difficult time, provide an alternate activity. Pressuring a resistant child usually

leads to tears, class disruption, and the need to take Mom or Dad away from her or his VBS assignment.

■ Spiritually

Coming from the homes of your VBS staff, most of the children receive their primary Christian teaching from their parents and Sunday School. Your teaching should be seen as an adjunct to their Christian education. Reinforce basic Gospel truths and reduce lesson material to an extremely simple narrative form. Encourage the children to pray. Their prayers may sound like mumbling to you, but their heavenly Father hears them very clearly!

■ Cognitively

Children of two or three learn with simple rote—repeat, repeat, repeat! And because they learn with their whole bodies, do as much with drama, hand motions, sounds, and other sensory activities as possible! (Don't ask them to learn just by sitting and listening to accommodate an adult teaching style of “teaching by talking.”) Appeal to the children's curiosity. Remember that the attention span is very short at this age, so alternate busy and quiet activities. Make learning fun and leave the children with wonderful memories of Upward Bound!



On the Trail

Leading Your Backpackers Through Upward Bound

About the Schedule

The schedule that follows breaks the day into short segments. It is wise to move young children on to the next activity before they become bored and find their own “creative” alternatives! At each transition make short, clear statements to direct your Backpackers. For example, rather than asking, “Would you like to sit down and listen to a story?” say,

*“It's time to pick up the blocks. I see Sam putting his blocks away...
Let's sit on our mats. I like the way Sarah is sitting on her mat...
Now we're ready to sing some songs!”*

Keep the same schedule each day to give the children a growing sense of security as the week progresses and they become familiar with the daily routine.



LOOK ONLINE

for additional resources (music, artwork, and publicity information) are available on the Upward Bound portal. Talk to your Director for more information or visit: **portal.reachoutadventures.com**





Free Resources

Search online for these free preschool theme-related (camping, hiking, forest life) or Bible lesson-related printables/activities:

- ✿ pre-writing activity sheets—insert into clear sheet protector; provide wipe-off crayons; wipe off with small felt square to reuse
- ✿ images for matching and sorting—print onto cardstock; cutout
- ✿ lacing activities—print onto cardstock, cutout, and punch holes; provide colored shoe laces, or lengths of heavy yarn with taped ends
- ✿ sensory tub ideas

Sample Daily Schedule

Time	Activity
Pre-Start and 10 minutes	Arrival Time Activities
20 minutes	Campfire Circle (<i>whole group time</i>): <ul style="list-style-type: none"> • Greeting Game Song • Lesson Teasers • Climbing Cheer
25 minutes	Trail Break (<i>outdoor play</i>)
5 minutes	bathroom break
20 minutes	Bible Storyteller, Trail Treats, Lesson Focus
40 minutes	Learning Sites (<i>hands-on activities</i>)
5 minutes	cleanup and bathroom break
20 minutes	rest time
10 minutes	Campfire Circle: <ul style="list-style-type: none"> • Memory Verse Song • singing • Climbing Cheer review
15 minutes	Trail Break (<i>lesson-related recreation, page 18</i>)
10 minutes	Campfire Circle: <ul style="list-style-type: none"> • singing • prayer • distribute take-home crafts

Arrival Time Activities

- ✿ Expect staff children to arrive early because of their parents' roles.
- ✿ Prior to the children's arrival, set up several activities from the list below with enough space to comfortably accommodate four to five Backpackers supervised by a Guide/Assistant Guide. These activities should be brought out only for arrival playtime.
 - brown play-clay (recipe on page 16), rollers, rocks, small twigs, plastic forest animals, insects, snakes, birds
 - nativity play sets, picture books, toys, puzzles related to the day's lesson where possible
 - picture books and puppets related to the outdoor theme
 - music of both upbeat and quiet music (e.g., Upward Bound)