

# SPACE RECREATION MISSION MANUAL

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**“The HEAVENS  
declare the  
GLORY OF GOD,  
and the sky above  
proclaims HIS  
HANDIWORK.”**

*Psalm 19:1*



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Game descriptions are listed alphabetically by game title. For suggested game sequence, see the Stellar Sports Schedule, page 4.

# INTRODUCTION

**A**n enjoyable, well-organized, and energy-releasing recreation program can contribute greatly to the purpose and daily flow of Space Mission. As your church seeks to prepare young hearts and minds to respond to Gospel truths, we encourage you not to underestimate the importance of having a “Stellar Sports” recreation. Astronauts need time to run and play, especially during a morning of concentrated, tightly-scheduled learning. As you direct this high-energy aspect of your ministry keep in mind that in addressing the physical needs of the children, you are ministering not only to their bodies at the moment but to their innermost beings eternally. The release of physical energy during your Stellar Sports period enables them to come more quietly before the Lord throughout the remainder of the day.

The games and activities that follow:

- have been adapted for the Space Mission adventure theme.
- cover a wide range of activities from gentle games to those of a more “roughhousing” nature to accommodate the diversity of children as well as recreation philosophies of the churches using this Recreation Packet.
- can for the most part be played either outdoors or indoors, though some may require a little adaptation to be suitable for one or the other.

## Preparing For Stellar Sports

- Read the “Bible Lessons At a Glance” to have a good understanding of the Scriptural truths the children will be learning throughout the week; then be attuned to opportunities to reinforce those truths during Stellar Sports.
- Choose the games you will use and gather/prepare supplies needed for each game prior to the start of your week.
- Recruit two or more assistants to help with game setup and “crowd control,” and to come alongside children with special needs or those needing extra encouragement to participate.
- Have a list of backup games and accompanying supplies available for quick access.
- Pray as you prepare yourself for your role in Stellar Sports, and enlist the prayer support of others throughout the week. You and your assistants’ attitudes, enthusiasm, and encouragement will significantly impact the lives of your Astronauts.

## During Stellar Sports

- Each day have game supplies ready and set up for use before the children arrive.
- Create intrigue and interest for the Astronauts by enthusiastically starting each game with the space-themed introductory storyline (in quotes following each game title).
- Cheerfully encourage full participation and *friendly* competition. Be especially sensitive to the noticeably shy, lone, or insecure child as well as those children with special needs. If there is a child with special needs, work with the parent to adjust a game for that child’s abilities. The goal is that every child be included and enjoy each game.
- Keep the more active games under control to avoid potential injuries.
- If a game is not working out, is too difficult, or is not keeping the interest of the children, change the game rules, or go to a game on your backup list.
- If a game is taking too long, shorten the length of the game, or if space and staffing allow, divide the group and have two games running simultaneously.

# STELLAR SPORTS SCHEDULE

SPACE MISSION DAY	D Squadron (4's-K)	C Squadron (Grades 1 & 2)	B Squadron (Grades 3 & 4)	A Squadron (Grades 5 & 6)
<b>DAY 1</b>	Circle Launch (p. 5)	Circle Launch (p. 5)	Cosmic Clumps (p. 6)	Cosmic Clumps (p. 6)
	Mission Control Says (p. 9)	Spacesuit Shuffle (p. 10)	Spacesuit Shuffle (p. 10)	Spacesuit Shuffle (p. 10)
<b>DAY 2</b>	Flight Fitness Relay (p. 7)	Flight Fitness Relay (p. 7)	Asteroid Attack (p. 5)	Asteroid Attack (p. 5)
			The Blob (p. 11)	The Blob (p. 11)
<b>DAY 3</b>	Ring Around the Moon (p. 10)	Drop the Spaceship (p. 7)	Meteor Jump Relay (p. 9)	Meteor Jump Relay (p. 9)
	Duck Duck Meteor (p. 7)	Meteor Jump Relay (p. 9)	Hook-Up Tag (p. 8)	Hook-Up Tag (p. 8)
<b>DAY 4</b>	Drop the Spaceship (p. 7)	Kick Ball (p. 8)	Orbit Meteor Ball (p. 10)	Orbit Meteor Ball (p. 10)
	Comet Caper (p. 6)	Comet Caper (p. 6)	Comet Caper (p. 6)	Comet Caper (p. 6)
<b>DAY 5</b>	Laser Limbo (p. 9)	Laser Limbo (p. 9)	Capture the Aliens (p. 5)	Capture the Aliens (p. 5)
	Follow the Commander (p. 8)	Follow the Commander (p. 8)	Squadron Scavenger Hunt (p. 11)	Squadron Scavenger Hunt (p. 11)

## MOON MONSOON RAINY DAY GAMES

Alien Stomp (p. 12)	Asteroid Burst (p. 12)	Comet Tail Grab (p. 13)	Countdown (p. 13)	Satellite Shuffle (p. 13)	Search for Saturn's Ring (p. 14)	Space Mission Picture Charades (p. 14)
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# GAME DESCRIPTIONS

## Asteroid Attack

*"Speed is very important for our spaceship's Blast Off. Traveling at several thousand miles per hour, the spaceship is heading for the unknown. Will it avoid making contact with asteroids?"*

**Needed in advance:** 4 traffic cones or bases to mark off safety zones at both ends of the playing field

Asteroid Attack is played similarly to the swimming pool game called "Sharks." Have all the Astronauts line up at one end. Choose one student to be the Asteroid who stands in the center of the field. When he yells "Asteroid," all of the students at the one end run to the other, hopefully without being tagged by the Asteroid. If they are tagged, they become Asteroids also. The Astronauts who reach the safety zone at the other end of the field stop and wait for the command from the Asteroid to return to the other side. As the leader yells "Asteroid" this time, he may have three or four new Asteroids in the center of the field to help him. The game continues quickly, as more and more Asteroids come to the center of the field, and fewer and fewer children are running back and forth. This keeps up until everybody but one has been tagged and is in the middle of the field. Choose a new Asteroid and repeat the game.

## Capture the Aliens

*"Aliens have invaded Starship Territory. Can you capture them?"*

**Needed in advance:**

- balloons (1 per Astronaut)
- 15" pieces of string (1 per Astronaut)

This game is one of the best outdoor co-ed games available. Have half of the Astronauts line up in two single file lines, defining "Starship Territory." The lines should be parallel and approximately four feet apart, facing each other. Help the remaining Astronauts (who now are the "Aliens") tie balloons to their ankles. At the starting signal, the balloon-wearers are Aliens that must run through Starship Territory—that is, they must run between the two lines from one end to the other. The Astronauts in line try to pop the runners' balloons by stepping on them. The object is to see which Aliens can make it through without having their balloons popped. Reverse positions and play again.

## Circle Launch

*"It is time to board the spacecraft and you anxiously look for your partner. Where is he? You can't go on board without him!"*

**Needed in advance:** whistle

This game is very similar to "Anatomy Shuffle" or "Birdie on the Perch." The Astro-

## Day 2

A & B Squadrons  
Grades 3–6

## Day 5

A & B Squadrons  
Grades 3–6

## Day 1

C & D Squadrons  
4's–Grade 2



nauts pair off and form two circles, one inside the other, with one member from each pair in the inside circle and the other in the outside circle. The circles begin traveling in opposite directions. The director then blows the whistle, which is the command for each of the pairs to get back together, link hands, and sit down. The last pair to do so is “out.” Then the circles are re-formed, and the game continues until only one pair is left.

## Day 4 Comet Caper

A–D Squadrons  
All Grades

*“Halley’s Comet is orbiting through the solar system. See if you can keep it from colliding with anything!”*

### Needed in advance:

- hula hoop
- bell
- rope—hang a bell from the hula hoop and tie the hoop to a tree limb about five feet above the ground
- traffic cones—mark shooting lines 12–16 feet from the hoop
- several balls

Astronauts try to toss a ball through the hoop without ringing the bell. Young children may stand closer to the hoop. Each player gets five tries. The Astronaut with the highest score wins.

After playing once, make the object of the game to ring the bell—two games in one.

## Day 1 Cosmic Clumps

A & B Squadrons  
Grades 3–6



This is an excellent game to play in preparation for a game where teams are needed. If 4 teams are needed and you have 36 Astronauts, make the last number you call out 9.

*“The Space Mission Stellar Sports Countdown has begun! This is your first flight into space and you are pretty anxious. You want to listen very carefully to the numbers from Mission Control as they are being announced.”*

### Needed in advance: whistle

Instruct Astronauts to crowd into the center of the play area, and keep moving while holding arms at their sides. This forms the Cosmic Clump, in which everybody is bumping into each other at a very slow pace, mingling and mixing and becoming increasingly more clumped together. The Stellar Sports Director blows the whistle to stop all movement, and immediately yells out a specific number. If it’s the number 4, everyone must get into groups of four, lock arms, and sit down. The last group to do so are the losers of that round. You can eliminate groups until only one remains, or continue to play rounds with the entire group. Calling out higher numbers, like 13 or 17, is a lot of fun when there are many children involved.

