

NOT SUNDAY, NOT SCHOOL

# **Bible Heroes!**

**Extra Resources**



# Not Sunday, Not School: Bible Heroes!

## Sample workshop plans

### Two-hour session plan for Abraham

Time	Activity
0.00–0.10	Registration and welcome
0.10–0.15	Story: God's promises
0.15–0.30	Angel cakes
0.30–0.50	Trinity icon collage display
0.50–1.00	Flicking stars into space
1.00–1.10	Break with angel cakes
1.10–1.25	Trinity spinners
1.25–1.35	Truth or lie game
1.35–1.50	Sand pictures
1.50–2.00	Sandy prayers

### Two-hour session plan for Joseph (Part 1)

Time	Activity
0.00–0.10	Registration
0.10–0.20	Story: Joseph and his brothers; dreams
0.20–0.40	Star biscuits
0.40–1.00	Coat of many colours display
1.00–1.10	Break
1.10–1.20	Story: Joseph sold into slavery
1.20–1.35	3D stars
1.35–1.55	Dream catchers
1.55–2.00	Star prayers

### Two-hour session plan for Joseph (Part 2)

Time	Activity
0.00–0.10	Registration
0.10–0.20	Story: Joseph in prison; Pharaoh's dreams
	Take group photo
0.20–0.35	Sealing wax
0.35–0.50	Treasure boxes
0.50–1.00	Break
1.00–1.10	Story: Joseph's brothers go to Egypt
1.10–1.20	Memory game (cup)
1.20–1.40	Photo frames
1.40–1.50	Bird pudding
1.50–1.55	Story: Family reunited
1.55–2.00	Wheat prayers

## Two-hour session plan for Gideon

Time	Activity
0.00–0.10	Registration
0.10–0.20	Story: Gideon (the woolly episode)
0.20–0.25	Experimenting with wetting wool
0.25–0.45	Wool-winding pictures
0.45–0.50	Break
0.50–0.55	Water drinking game
0.55–1.00	Story: Gideon (the battle episode)
1.00–1.20	Making trumpets
1.20–1.40	Flowerpot lamps display
1.40–1.55	Prepare song
1.55–2.00	Noisy prayer

## Two-hour session plan for Rahab

Time	Activity
0.00–0.10	Registration
0.10–0.20	Story
0.20–0.40	Weaving with red cord display
0.40–0.55	City walls display
0.55–1.05	Break
1.05–1.20	Hide and seek
1.20–1.30	Secret writing
1.30–1.50	Friendship bracelets
1.50–2.00	Pegged prayers

## Two-hour session plan for Samson

Time	Activity
0.00–0.10	Registration and welcome
0.10–0.20	Story: Samson
0.20–0.35	Grass-head people
0.35–0.55	Paper chains; discuss prayer for end of session
0.55–1.10	Flick books
1.10–1.15	Break
1.15–1.20	Story: conclusion of Samson story
1.20–1.40	Demolition game
1.40–1.55	Arm wrestling
1.55–2.00	Prayer using paper chains

## Two-hour session plan for Ruth

Time	Activity
0.00–0.10	Registration and welcome
0.10–0.20	Story
0.20–0.40	Make bread and/or shape bread dough
0.40–1.00	Plaster of Paris sculpture using corn ears
1.00–1.10	Break
1.10–1.30	Seed pictures
1.30–1.45	Bird scarers
1.45–1.50	Hunt the wheat ear game
1.50–2.00	Prayers: grain offerings

## Two-hour session plan for David

Time	Activity
0.00–0.10	Registration and welcome
0.10–0.20	Discussion: choosing a king
0.20–0.25	Story: David chosen as king
0.25–0.35	David and Goliath story
0.35–0.55	Chocolate-eating game
0.55–1.05	Break
1.05–1.15	David as a writer of psalms; read examples of different types
1.15–1.35	Writing psalms
1.35–1.45	Glass harmonica
1.45–1.55	Setting psalm to music
1.55–2.00	Musical prayers

## Two-hour session plan for Solomon

Time	Activity
0.00–0.10	Registration and welcome
0.10–0.20	Story: Solomon's temple
0.20–1.20	Solomon's temple display
	Solomon's coins and Solomon's shopping list game
	Treasure boxes
1.20–1.25	Break
1.25–1.30	Story: God gives Solomon wisdom
1.30–1.45	Discussion: best gift
1.45–1.55	Matching proverbs game
1.55–2.00	Incense prayers

## Two-hour session plan for Elijah

Time	Activity
0.00–0.10	Registration and welcome
0.10–0.15	Story: Fed by ravens (story with actions)
0.15–0.30	Collage ravens
0.30–0.45	Making sandwiches
0.45–0.55	Story: Prophets of Baal (dramatic dialogue)
0.55–1.05	Conscience alley
1.05–1.10	Break: serving sandwiches
1.10–1.20	Story: Still small voice of calm / guided visualisation
1.20–1.40	'God passing by' frieze
1.40–1.55	'Where is God?' poem or 'Voice of God' discussion
1.55–2.00	Prayer circle

## Two-hour session plan for Esther

Time	Activity
0.00–0.10	Registration and welcome
0.10–0.35	Story with hot-seating
0.35–0.50	Esther's crown display
0.50–1.00	Break
1.00–1.25	Making TVs
1.25–1.40	Sweet-making: peppermint creams or fairy cakes
1.40–1.50	Hangman
1.50–2.00	Newspaper prayers

## Two-hour session plan for Old Testament prophets

Time	Activity
0.00–0.10	Registration and welcome
0.10–0.15	Story: Daniel in the lions' den
0.15–0.25	Handprint faith display
0.25–0.35	Lions game
0.35–0.40	Isaiah: 'I have called you by name'
0.40–0.55	My name
0.55–1.00	Break
1.00–1.05	Isaiah: 'Make a straight way'
1.05–1.20	Isaiah's civil engineering
1.20–1.25	Story: Ezekiel's vision
1.25–1.40	Blow-by-blow painting
1.40–1.50	Ezekiel's bones game
1.50–1.55	Story: Fiery furnace
1.55–2.00	Window prayers

## Two-hour session plan for John the Baptist

Time	Activity
0.00–0.10	Registration and welcome
0.10–0.25	Story: Jesus' baptism
0.25–0.35	Honey sandwiches
0.35–0.55	Waterfall banner display
0.55–1.00	Break
1.00–1.10	Quick on the draw memory game
1.10–1.30	Sackcloth painting
1.30–1.40	Doves
1.40–1.55	Sandals
1.55–2.00	Prayers: Water blessings

## Two-hour session plan for Jesus the hero

Time	Activity
0.00–0.10	Registration and welcome
0.10–0.25	Discussion: design a hero
0.25–0.35	Miracle Maker DVD: Garden of Gethsemane
0.35–0.50	Jesse tree display
0.50–1.10	Break: breaking bread
1.10–1.25	Decorating wooden crosses
1.25–1.40	Bookmarks
1.40–1.50	Candle rolling
1.50–2.00	Lord's Prayer

## Two-hour session plan for New Testament women

Time	Activity
0.00–0.10	Registration and welcome
0.10–0.15	Story: Martha and Mary
0.15–0.25	Entertaining cakes
0.25–0.40	Mary and Martha puppets
0.40–0.45	Story: Woman with the perfume
0.45–1.00	Pots of perfume
1.00–1.05	Story: Mary mother of Jesus
1.05–1.15	Break with cakes
1.15–1.25	Paint hyacinth pots
1.25–1.40	Make perfume
1.40–1.45	Plant hyacinths
1.45–1.55	Photo-fit game
1.55–2.00	Candle prayers

## Two-hour session plan for Early church heroes

Time	Activity
0.00–0.10	Registration and welcome
0.10–0.15	Story: Paul's conversion
0.15–0.25	Children's noticeboard display
0.25–0.35	Feely game
0.35–0.45	Story: Peter's escape
0.45–1.00	Fishing game
1.00–1.05	Break
1.05–1.15	Prison break pictures
1.15–1.20	Story: Philip and the Ethiopian
1.20–1.40	Christian world display
1.40–1.50	Saintly chain
1.50–2.00	Prayer journey

## Two-hour session plan for Heroes for Jesus

Time	Activity
0.00–0.10	Registration and welcome
0.10–0.20	Story or Bible extract
0.20–0.35	Decorating T-shirts
0.35–0.50	Gingerbread people
0.50–1.05	Making mirrors
1.05–1.15	Break
1.15–1.30	Who am I? game
1.30–1.45	Self-sculptures
1.45–1.55	Hero for Jesus today display
1.55–2.00	Mirror meditation