

Trinity Lutheran VBS

Tuesday Game Instructions



There are 3 games for today's VBS lesson. Feel free to adapt the games to fit the number and age of those who are participating. The game "Head, Shoulders, Cup" is demonstrated in the video and used as an illustration for the day's lesson.

Head, Shoulders, Cup

Supplies: Plastic cups (1 for every 2 players)

Directions: Have people pair up with each other and kneel face to face. Place one plastic cup in-between each pair. When you say "head," everyone must touch their head. When you say "shoulders," everyone must touch their shoulders. Quickly alternate between saying "head" and "shoulders" for about 10-15 seconds, then say "cup." When you say "cup," the first person to grab the cup wins the round. Play as many rounds as you would like. If you have enough players, you can have the winners play each other until there is only one champion.

Stuck on You

Supplies: 1 roll of Duct, Scotch, or Painters Tape

Directions: Choose someone to wrap tape around their head with the sticky side FACING OUT. On "go," have their teammates race to find items that can be stuck to their heads. If necessary, you might give them access to a junk drawer with numerous small items. At the end of the allotted time, the player with the most objects stuck to their head wins. Don't forget to take pictures—you'll want to remember this! If there aren't enough players to make multiple teams, just give them a fun challenge like "let's see how many items we can stick on in the allotted time."

Egg (or Water Balloon) Toss

Supplies: Egg or water balloon (1 per person)

Directions: Have people pair up with one another and stand face to face. Each pair should be standing the same distance from each other. Begin by having one person from each pair toss the egg or balloon to their partner. If the partner makes a successful catch, they both take one step back and continue. Younger children can take very small steps. If the egg or balloon is dropped, but not broken, they may continue. If the egg or balloon breaks, that team is out of the game. Continue playing until only one team remains. Play as many games as interest allows.