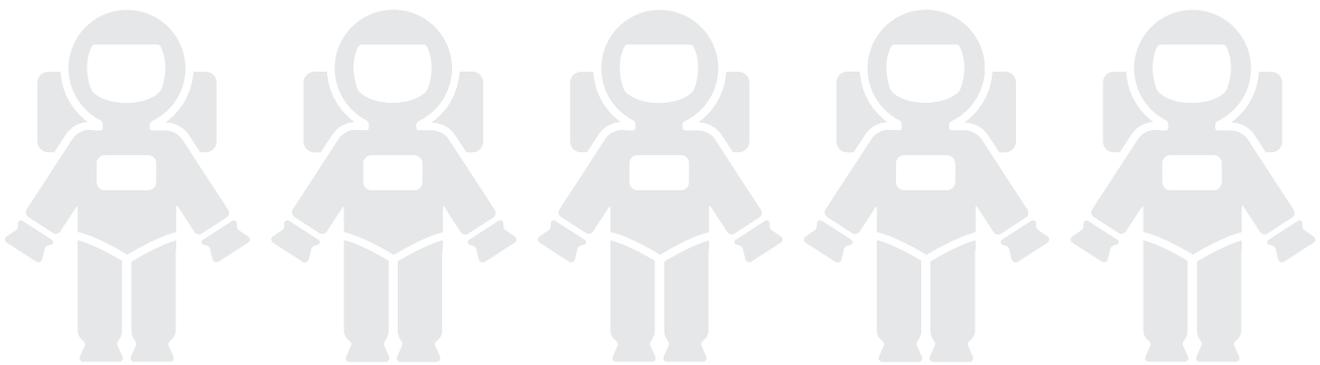




**Holiday club**  
**SAMPLE**  
**programme**  
for 5- to 11- year olds



## Voyage 1

# Forbidden food

**Key passage**

Daniel 1:8–21

**Key storylines**

- ☉ Daniel, Shadrach, Meshach and Abednego stand firm for God and choose to follow his ways.
- ☉ God influences the Babylonian officials to support them and gives the four young men the ability to learn and become wise.

**Key aims**

- ☉ To discover that Daniel and his friends had a choice to make – and that God did not let them down.
- ☉ To realise that God helps us when we think about what he wants us to do, and when we do our best to live his way.
- ☉ To welcome all the children, start building relationships and have fun together.

**For children with no church background**

Few children who are new to church will know much about the story of Daniel. The idea of not eating something to obey God will be strange, and they might be amazed that Daniel and his friends would choose vegetables instead of meat. Help them to see that it was all because Daniel followed God, the whole idea of which may never have entered their minds before.

**For church children**

As soon as you mention Daniel, many church children will be thinking about lions, but they may not know the first part of the story, which we tell today. Of course they know about God, and may know a bit about the Old Testament rules that led Daniel to not eat the king's food. Encourage them to tell you what they know about this, especially when you are in groups. They will probably not really know that Daniel and his friends are miles away from home, and quite likely scared about what is happening to them.

**For children of other faiths**

This passage will be very easy for all children from other faith backgrounds to relate to as almost all other faith groups have food that is forbidden to eat. It would therefore be appropriate to ask the children if there is anything that they cannot eat or at times refrain from eating. Because different groups may adhere

to different rules, do not presume you know what these foods are but ask the children to explain what they can or cannot eat. Do not be upset if they refer to food that they can't eat as 'Christian food' for it's sometimes assumed that Britain is a Christian country and therefore that the food eaten here is also Christian.

**For children with additional needs**

This may be the first time a child has attended something like a holiday club. Starting something new will feel like a potential threat to a child with an autistic spectrum disorder (ASD) or attention deficit hyperactive disorder (ADHD). A schedule of activities will encourage confident, calm behaviour. It's all about relationships. Make sure each child knows who will help and where to go for time out (maybe a beanbag in a corner).

Some children with additional needs may have a restricted diet because certain foods may cause a choking hazard or exacerbate their medical condition. It may be a good time to explain to other children in the group that, kind as it is to share snacks and sweets, it would be better not to because some people have food allergies. But do this in a way that doesn't draw too much attention to any particular child. Be sure to check registration forms for allergies!

## Lieutenants' briefing

### Spiritual preparation

#### Read together

Read Daniel 1:8–21 and outline the threads of the Bible story.

#### Explore together

This part of the narrative may be unfamiliar to the team as well as the children. Briefly summarise the rules that God gave his people from Leviticus 11 and Deuteronomy 14:1–21. The likelihood was that the king's diet would include foods forbidden to God's people. Today, most of God's people are happy to eat all kinds of foods – if children ask about this look at Mark 7:17–19 and Acts 10:14,15.

Run through the aims for the day (those listed on page 32 and others that you have chosen for the club), and think through and chat informally about how these are going to be met through the time together.

#### Reflect together

The key reason why Daniel refused the food was that it would make him ritually unclean, and he wanted to keep his relationship with God pure. What things mar our relationship with God? At the start of the club, take time to be quiet with God and ask his forgiveness for anything that might keep you from hearing God today.

By keeping to God's rules in this apparently minor way, Daniel and his friends made a stand. God showed his support to them in this – which may well have given them the confidence to trust him in the much greater challenges that were to come. What things strengthen our relationship with God? Share any examples from your own experience where you have been able to trust God because he has been your support in the past. As a team, you are about to launch into the club: you can be confident in God, because he has shown his power and trustworthiness before to you and to others.

#### Pray together

Pray that the children will feel really welcomed, will really enjoy

themselves and will get excited about coming. Once they're excited about holiday club, it is a shorter journey to get excited about the God at the centre of it. Pray for each other, for good relationships within the team, for stamina, boldness, patience and to be good examples to the children.

### Practical preparation

Talk through your programme together, remind everyone of the programme and who is doing what, ensuring that everyone knows their part in the day and has everything they need. Pay special attention to younger leaders and helpers or those who have not taken part in your holiday club before: give them an extra boost of encouragement.

Set up the different areas of the club and make sure that everything is in place in plenty of time, so you are ready as the first children come from the registration area.

Listen to any last-minute information or instructions from your Fleet Admiral.

Encourage the team to greet children who came to the first service (if you need one) and welcome everyone, especially those for whom this is the first time they have ever come to anything run by your church.

Share a 'team booster' before heading into the club. (For example, stand closely in a circle, with one arm out and touching hands with everyone else; say together 'Be bold, be strong, for the Lord our God is with us.')

Remember to smile!

### What you need checklist

- ☉ **Registration** Registration forms, badges, labels, pens, team lists
- ☉ **Starbases** Bibles, *Daniel's Data* or *Star Sheets*, Bible discovery notes
- ☉ **Music** The Transporters band or backing tracks
- ☉ **Drama** Costumes and props
- ☉ **Technology** PA system, laptop, PowerPoints and projection/OHP and acetates, *Space Academy* DVD
- ☉ **Activities** Equipment for games and construction

- ☉ **The Captain** Running order, notes, Full throttle and One giant leap equipment, quiz questions and globe
- ☉ **The Space Commander** Story script, props for the story
- ☉ **Café Cosmos** Drinks and biscuits or other refreshments

### Space programme

As the children arrive and register, play some space-related or sci-fi music (such as *Star Trek*, *Star Wars* or *Dr Who*) and display the *Space Academy* logo on the screen to welcome the children.

As this is the first main day of the club, make sure the registration team is ready to greet and register the children, so that any new children and parents don't have to wait long. Have a welcome team on hand to take the children to their groups. Encourage Lieutenants and Ensigns to be ready to welcome the children in their groups, tell them where the toilets are, etc.

### Report to starbase

10 minutes  
small groups

#### Starbase mobile

##### What you need

- ☉ Each letter of your Starbase name – eg, Mercury – written on different coloured sheets of card in 'bubble' writing and cut out
- ☉ Planet or star shapes cut out of card
- ☉ Wool or ribbon
- ☉ Felt pens or stickers
- ☉ Bead

##### What you do

Welcome the children to *Space Academy* and ask each one their name. Show them the name of your Starbase and let each child choose a letter to write their own name on and to decorate with felt pens or stickers. Have a few extra planet or star shapes for quick finishers or if you have a large group of children. Tape the letters in order down a length of wool or ribbon, making a loop at the top and including any extra shapes before or after

your Starbase name. Hang a bead at the end if you wish. Read down the children's names, asking them to stand up and turn round when their name is announced. Hang the Starbase mobile in your area.

## Action stations!

### 45 minutes all together

Bring everyone together so that the astronauts can get active! Play the *Space Academy* theme song as a sign for the children to join the larger group.

The Captain should introduce themselves and welcome everyone to *Space Academy*. They should run through the day's programme briefly and tell everyone where the toilets are and what to do in the event of a fire. Set out any simple rules that you have for the club. Introduce the space capsule, where astronauts can leave jokes, pictures and questions. Let the children know that they will have the opportunity to interview one of the team later, so get them to think of questions they would like to ask.

### Phaser-fitness

Super Nova reminds the astronauts of their need for exercise on board the spaceship so that they are fit for anything that happens. Play suitable space-themed music (eg *Star Trek* or *Dr Who* title music) and create some exercises to do with eating – eg, digging up vegetables, peeling potatoes, cutting carrots, stirring a stew, raising hand to mouth to eat.

### Brain boosters

The Captain introduces Buzz Brain. He could ask him what he studied at university and he could reply with some long-winded unpronounceable qualification such as a doctorate in Stellar-astro-geophysical-density-fusion-magnetosphere-cosmology. The Captain looks suitably impressed and then asks Buzz what he had for breakfast. He replies '237.67534 grammes of sprouts' (hopefully you'll get some response to this)! The Captain goes on to say that in today's story they'll be hearing more about training and food. 'But first, what can

you tell us about space food and the Astronaut Training Programme, Buzz?' Buzz then shares the following facts:

1. The first food eaten in space was apple sauce packed into something like a toothpaste tube – not that appetising! Now astronauts eat most things that we do on earth such as mashed potatoes, chocolate pudding and tortillas. Food is freeze-dried so it can be kept for a long time – astronauts just add hot water! (You can get packs of freeze-dried food from Amazon or from outdoor pursuit shops so, if you like, you could supply a live demo.) Snacks like cereal bars or nuts are fun to eat. Just open the packet and let the nut or piece of bar float into your mouth!
2. All astronauts undergo years of intensive training – usually 13 years after leaving school. Here are some essential requirements:
  - ⊕ Good grades at school and university in Maths and Science
  - ⊕ Excellent eyesight and fitness levels
  - ⊕ For astronaut pilots, 1,000 hours of pilot-in-command time in a jet aircraft
  - ⊕ Pass a swimming test that involves swimming three lengths of a 25-metre pool without stopping, and then do it again in a flight suit and tennis shoes.

### Full throttle

#### Zero-gravity dining

##### What you need

- ⊕ Various soft food
- ⊕ Spoons
- ⊕ Tables and chairs
- ⊕ Cover-up and clean-up equipment

##### What you do

Ask for pairs of volunteers (more than one pair, if you have enough space). Give one of each pair a covering for their clothes, sit them on a chair at a table and ask them to put their hands behind their back. Ask the other in the pair to stand behind them and put their arms through the seated person's arms (so that they can reach any items on the table). Place your choice of soft food in front of each pair, and tell the person at the back that they have to

feed their partner! This is to help them get the hang of eating food in zero gravity. The winner is the pair to finish their food first.

### Star songs

Introduce The Transporters band (if you have one) and get them to teach the *Space Academy* theme song of your choice and any actions, if you've come up with some. Sing it a couple of times so that the astronauts begin to get the hang of it, rather than singing other songs at this point. Say that you'll sing it again later!

### One giant leap

This activity ties into the Bible passage as it introduces the idea of food, and what we do and don't like to eat.

#### Space rations

##### What you need

- ⊕ Various soft foods in bowls/cups (eg, baby food, egg custard, mushy peas, rice pudding, fruit puree, chocolate spread, fish spread, jam, etc)
- ⊕ Blindfolds
- ⊕ Spoons
- ⊕ Clean-up and cover-up facilities

##### What you do

Ask for volunteers (one from each group). Help each volunteer put on a blindfold. Feed each volunteer the food in turn and ask them to identify each one. Give points for correct guesses! Try to include a variety of flavours and textures.

Be aware of food allergy issues and religious sensitivities when playing this game.

### Tell the story

For each Voyage, there are three options suggested for telling the Bible story: you can use the same approach each time, mix and match how you tell the story, or combine two or more approaches. Choose which will be most helpful for your team, your children and the style of your club.

1. The Space Commander now goes on to tell the Bible story based on Daniel 1:8–21, using their own words if possible (see page 7 for tips on how to do this). You can use the section headings, props

and actions from the script (see option 3) as memory joggers and to vary your story presentation each time.

- 2 Introduce today's episode from the *Space Academy* DVD. (If you are telling the story and using the DVD, tell the story first, then show the DVD so the children already have the outline of the events before seeing the episode.)
- 3 Or the Space Commander may prefer to follow the fully scripted retold Bible story for Voyage 1 on page 72.

#### Using props

Give the children plenty of opportunity to interact and provide them with suitable props. You will need name tags for Daniel, Shadrach, Meshach and Abednego, large pictures of burgers mounted on to cardboard or play food items and a selection of four different vegetables. If you're creative you may like to make giant versions of the vegetables so everyone can see what the volunteers are holding.

#### Universe challenge

The Captain should thank the Space Commander and then introduce the quiz. Before the session, put together some questions about the Bible story and also include the space and astronaut facts Buzz Brain gave earlier. You could include:

- ☉ What was the first food eaten in space?
- ☉ Name one requirement for being an astronaut?
- ☉ What food did Daniel and his friends eat?
- ☉ Name one requirement the king had to become a court official.

Make the quiz quick and lively, so the children have a chance to review the story and let off some steam after sitting and listening. For today's scoring system, have a globe. Allocate a number from one to six for each continent of the world. For example: Antarctica 1; Africa 2; Asia 3; Europe 4; The Americas 5; Australia 6. If a child answers a question correctly, get them to come up and lightly spin the globe. After a few seconds, get them to close their eyes and stop the globe by leaving their finger on a particular place.

Allocate the score according to the continent (or closest continent to) where their finger lands.

#### Data check

Using the points below, spend a few moments summing up the teaching for the day.

- ☉ God's people were in a strange new land where no one knew of, or believed in, God.
- ☉ Daniel, Shadrach, Meshach and Abednego had a choice to make – and God did not let them down.
- ☉ They stood firm for God and chose to follow his ways even when that meant being a bit different – like eating only vegetables!
- ☉ For us, too, following God often means we are different from others or do things differently (give some examples like not swearing, telling the truth, refusing to join in with gossip, etc).
- ☉ Because Daniel and his friends trusted God, he gave them the ability to learn and become wise.
- ☉ God helps us, too, when we think about what he wants us to do, and when we do our best to live his way.
- ☉ Through it all, Daniel and his friends discovered that they hadn't left God behind – he was still with them and helped them.
- ☉ When we move to a new place or go to a new school, we don't leave God behind either – he promises to be with us always.

#### Prayer

To conclude Action Stations! you may want to pause here to give the children an opportunity to think about what they've learnt and to pray silently. Before the session, create a 'space' prayer action that you can do just before you pray. You could say something like, 'Start to think about what God is like from what you've heard in this story – what would you want to say to him, right now? Because you can do that right now!' Make this time short as the children will probably only be quiet for a minute or so. Say 'Amen' or have another action so everyone knows it is the end of the prayer.

## Lunar landing

**45** minutes  
small groups

During this time, remind the leaders to collect any questions for On the star spot and get them to the person being interviewed in plenty of time.

#### Cafe Cosmos

In groups, have your refreshments together (raw vegetables such as carrots, sliced peppers or cauliflower florets would be good), and chat about the club so far. What are the children's favourite parts? Remind your Starbase group to think of questions for On the star spot to put in the space capsule, along with their jokes and pictures. Today's jokes could be on the theme of vegetables.

#### Bible discovery

##### With older children (8–10s)

Remind the children that Daniel and his friends were taken from their home town of Jerusalem, 800 km away to Babylon. Get them to work out the route they took on the map on page 6 of *Daniel's Data*. See if you can work out together where you'd be if you were taken 800 km from home. Talk together about what you would miss if you were taken away from your home town, village or city and get the children to write or draw their ideas on page 7. Go on to read Daniel 1:8–14 (either from the Bible or on page 8) and get the children to underline the words in the passage that tell them why Daniel and his friends wanted to only eat vegetables.

Encourage the children to answer the questions on pages 9 and 10. Talk about whether they expected Daniel and his friends to look healthier and better than the men who'd had the king's food.

Read about Daniel and his friends' training from Daniel 1:17–21 on page 11. Get the children to crack the code to find out what the men had to be like in order to do the training.

Talk about how Daniel, Shadrach, Meshach and Abednego chose to stand firm for God and followed his ways. Make sure they understand that although it may not seem that important – it was just about what they ate – it was a risky thing for them

SAMPLE

to do. When they chose God's way he did not let them down. Ask the children what this tells them about God. Ask them if they think God will help them when they think about what he wants them to do and when they do their best to live his way.

#### With younger children (5-7s)

Remind the children of the fact that the people of God were in a foreign land, a long way from home. Say how the king wanted all the men he'd chosen to train as court officials to eat the king's food. Read Daniel 1:8–16 using a child-friendly Bible or retell it with your own words (but have a Bible with you so that children know where the story comes from). Look at the pictures together on *Star Sheet 1*. Encourage the children to circle the things Daniel and his friends could eat. Chat about the food they like to eat and encourage them to colour these in on the sheet. Respond by writing the thank you prayer.

Colour in the Xs and Ys to read the message: God will help me do what is right and good. Talk about why it was important for the men to do what was right by only eating vegetables. Think together about the things we need to do which are right and good.

Chat together about things the children might want to pray about, and tell them of a time when God helped you to do something right and good. Spend some time praying together.

#### With all ages

Adapt these questions to suit your group, sharing your own feelings, opinions and experiences as appropriate:

- ☹ Has anyone ever been somewhere very different from their home town? What things were different about it?
- ☹ How do you think Daniel felt as one of the few people in the king's palace who believed in God?
- ☹ Do you think it helped that Daniel and his friends all decided to stand firm? Would it have been harder for Daniel on his own? If so, how?
- ☹ If you'd been with Daniel do you think you would only have eaten vegetables? Why/Why not? (Be

clear that this was not about becoming a vegetarian but about doing what God wanted. They could not be sure that the meat was the sort that God had said they could eat so they asked not to eat any.)

- ☹ What have you learnt about God from today's Bible story?
- ☹ Is it sometimes hard for you to know how to live God's way? How might God want to help you today?

#### Shuttlecraft

Choose a construction activity from page 68. For extra craft ideas, see *Ultimate Craft* (SU, 978 1 84427 364 5).

#### Fit for space

Check that your astronauts are fit for space by choosing a games activity from page 70. For extra games ideas, see *Ultimate Games* (SU, 978 1 84427 365 2).

#### Red alert

25 minutes  
all together  
space capsule

Welcome everyone back together by playing the *Space Academy* theme song. If there are any messages in the space capsule, read one or two out now. As today is the first day have some pre-prepared to give the children the idea, such as:

*Knock, Knock*  
*Who's there? Lettuce*  
*Lettuce Who?*  
*Lettuce in and you'll find out!*

Remind the astronauts to bring in jokes and pictures tomorrow.

#### Star songs

Have The Transporters lead two or three songs that are easy to pick up or have some funny actions. Choose ones that will engage children who aren't used to singing.

#### Data recall

The Captain rounds up what the Starbases have been exploring together, recapping the following points:

- ☹ Daniel and his friends stood up for their faith. In their strange

new land, they lived as God's friends and followed his ways, despite being different.

- ☹ God didn't let them down – he gave them wisdom and understanding.
- ☹ When we choose to follow God, he helps us and promises to be with us always.

#### Cosmic code

Introduce the Learn and remember verse for *Space Academy* for the week: Proverbs 3:5,6. Talk a bit about how Daniel and his friends had to trust God and not rely on what they thought themselves. Say how this is an important verse for us to take notice of today.

If you are using the Learn and remember song, start to teach it to the children. The sheet music for this can be found on page 88.

Split the amount to learn into two parts: learn verse five today and tomorrow and verse 6 and the Bible reference on days three and four. On day 5 you can put the whole thing together. Before today's session, write the words on several balloons using a permanent marker. Muddle up the order and ask for some volunteers to come to the front to put the balloons in the right order and hold them up. Everyone reads out the verse. Your volunteers tap the balloons in the air a few times, catch them and sort the words out again. Say the verse together again. Gradually remove the balloons until you've all learnt the verse.

If you prefer to have a different verse each day, you will find suggestions for this on the *Space Academy* website.

#### On the star spot

This is a time in the holiday club to talk about Jesus and the possibility of relationship with him, naturally and simply. Daniel followed the God he knew – but we can know more than he did because we can know Jesus. Interview one of the Lieutenants or Ensigns about a time when they had to go somewhere that was new and felt very different, and how they were helped by the knowledge that Jesus was with them.

Be direct! God did not let Daniel down: ask the interviewee if their experience was that Jesus did not let them down when they trusted him.

Also include the question you have picked out from those the children thought of and invite them to come up and ask it to the interviewee. When they have finished answering, give the 'prize' to the child and thank the Lieutenant or Ensign for being On the star spot!

### Drama: The final frontier

Introduce the comedy-drama, 'The final frontier'. It's a big day for Captain Kim and the crew of the Starship (insert name of your club/town) as they await their mission instructions from Mission Command. But something or someone is trying to stop their plans from being successful.

### Final orbit

Round off Red alert! by asking the children what they have enjoyed at *Space Academy* today and then include those things in a short prayer of thanks, using your space prayer action, if you came up with one. Encourage the children to come back tomorrow by saying something similar to the following:

'Well we've been on an amazing voyage today but this is just the start. What will the effect of all those sprouts be on Buzz Brain? Will Daniel, Shadrach, Meshach and Abednego continue to stand firm, when the people around them don't believe in their God? Will Spot have mastered the language of Zingyping and will our astronauts stand up to Super Nova's gruelling Phaser-fitness routine? Don't miss out – come back to *Space Academy* tomorrow to find out!'

Sing the *Space Academy* theme song and send the astronauts back to their Starbases to round off the day's session.

## Touchdown

**10** minutes  
small groups

### Creative prayer

Look together at the Starbase mobile you made earlier. Take turns to think of a fruit or vegetable beginning with one of the letters in the name of the Starbase. Let this lead you into remembering together the key points of today's teaching.

Look at the mobile again. This time take turns to thank God for one of the other children in the group (you can use the names on the mobile to jog your memory!). As leader, finish with a thank you for any children who were not mentioned by the others. Encourage the children to come back for the next session and to bring their friends.

## Voyage clear-up

**30** minutes  
team time

After all the children have gone, clear up from the day's events and set up for the next session, if the premises you're using makes that feasible. Meet together as a team to debrief. Use a feedback system that works best for you – there is an evaluation form on the *Space Academy* website. This would be the time for the Fleet admiral to raise any obvious issues such as an instant improvement to the registration queue or similar. Also raise anything that has cropped up that needs sorting before tomorrow and assign someone to sort it out. Remember to praise the team for the things that went well and urge them to do as well or better tomorrow! Have a brief time of prayer where Lieutenants and Ensigns can pray for their groups, and other team members can pray for their areas of responsibility. If you have the time and the facilities, you may wish to share a meal together.

SAMPLE

Star sheet Voyage 1

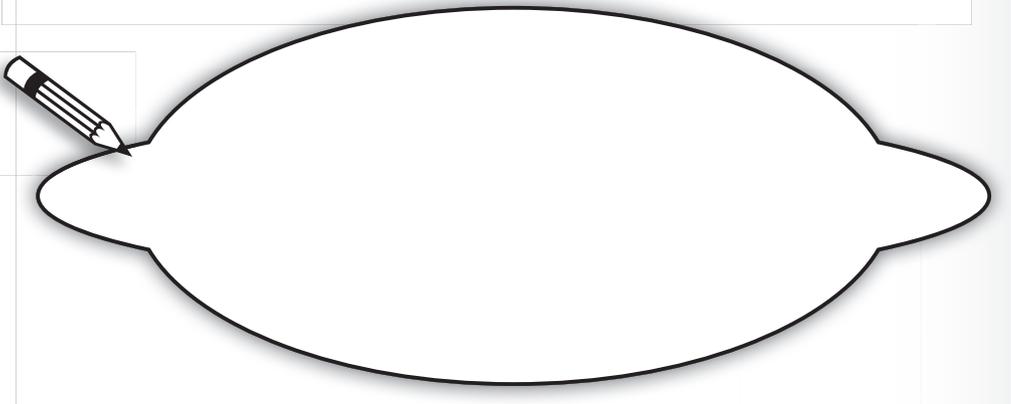
# Forbidden food

Bible fun with a friend or on your own.

1 Daniel and his friends only ate fruit and vegetables. Circle the things **they** could eat. Colour in the ones **you** like.



2 Write or draw a thank you prayer to God for your favourite food.



3 Colour in every square with an X or Y to read the message.

x	G	y	o	d	x	x	w	i	y	l	y	l	h	x	e	y	l
p	x	m	y	e	y	d	x	o	w	x	h	y	a	t	x	i	s
r	i	y	g	x	h	t	x	a	n	y	d	g	y	o	o	x	d