



Engaging Cross Training ideas

There is value in giving a simple structure to leaders while also allowing them to use the time in the best way for their individual groups. Providing ideas and a framework for what their focus could be would take a lot of the guesswork out of what Cross Training time should be.

- The first Cross Training of the day could mostly be a getting to know you time. Playing games to help everyone meet each other and their leaders, learn names, and build team spirit. Relationships at VBS are so important for each child to feel seen and known!
- The second Cross Training time of the day could be used to review the day's lessons, work on memory, etc. If your church is not using the logbooks, use this time to ask questions about the day. This is a great time to review the day and ask children questions to help them apply what they learned.
- Memory games each day for Bible verses: Using movement, music, and repetition in fun ways will help the children to memorize the verse and gospel truths long term. Some examples of what this could look like are below:
 1. Hand motions!
 2. Putting the verse to music
 3. Remove a word game. Write the verse on a board and remove one word at a time, quoting out loud together in between each word until you have little to no words left on the board. Make fun by asking everyone to say it different ways i.e. loud, whisper, while pinching their nose, while turning around, with an accent, etc.
 4. Unscramble game- Print the verse on paper and cut so only 2-3 words are on each piece. Have groups compete to see who can unscramble the verse the fastest.
 5. Line up! Each child will receive one word of the verse written on a paper. Time them to see how fast they can line themselves up in order correctly.
 6. Popcorn verse - Children sit/stand in a circle and pass a ball in one direction. As they get the ball, they say one word of the verse until the verse is complete.