SNACKS & GAMES

Leader’s Cards for Tide Pool Playland
**Tide Pool Playland Safety**

- Have handy a first-aid kit in case of any injuries.
- Direct kids and staff to respect each other and the rules of each game.
- Have a large cooler filled with water to keep kids refreshed.
- Be aware of all allergies. Common food allergies include peanuts and other nuts, peanut butter, eggs, milk, and wheat. Outdoor allergies include bees, pollen, grass, and dust. Children with special needs often have special dietary needs. Check with the child’s caregiver privately. Gluten-free snack options are provided each day.
- Have kids wash their hands often.
- Be aware of foods that are choking hazards for kids under the age of 4 (candies, popcorn, grapes, raisins, etc.).
- Review Sensory Inventory forms for information of the specific needs of children with special needs.

**Quick Tips For Snacks**

- Make samples of all your snacks ahead of time.
- Always make sure you have extra food on hand.
- Be sure to use the talking points and questions for each snack. See *Preschool Director’s Guide* for tips on asking application questions for kids with special needs.

**Quick Tips For Games**

- Keep all your supplies together.
- Repeat the Bible Memory often.
- Be sure to use the talking points and questions for each game. See the *Preschool Director’s Guide* for tips on asking application questions for kids with special needs.
- Have several teens or adults to help you.
- Play songs from the Worship Music CD as kids play.

See the Preschool CD in the *Age-Level Resources Disc Set* for extra instructions, options, and helps.
JELLYFISH JIGGLERS

What You’ll Need (for 1 serving)

- 1/3 cup blue Jell-O®
- 1/3 cup green Jell-O®
- 1/3 cup whipped cream topping
- clear plastic cup
- plastic spoon

What You’ll Do

Spoon blue Jell-O into a clear plastic cup. Add whipped cream topping, and then green Jell-O on top. As children create and eat their snacks, talk about how deep and amazing the sea is. Remind them that God’s love for them is even deeper and more amazing—and that He’s with them wherever they go!

Option

If sugar and dye pose a problem for some children, consider using green grapes and blueberries chopped up into small pieces. Bananas might work for the “foam” if children can’t have dairy.
FISH FOOD

What You’ll Need (for 1 serving)
½ cup fish-shaped crackers
1 plastic bag
2 googly eyes
3 lengths of colorful ribbon (or string; 6” each)
2” length of clear tape
plastic spoon
(optional: colored paper, scissors)

What You’ll Do
Spoon crackers into the plastic bag, holding the bag at an angle so crackers settle in one corner. Twist the bag closed and secure with ribbons. (Cut small circles from colored paper, if desired, and then tape them to either side of the bag.) Add googly eyes. As children open and eat their snacks, talk about how deep and amazing the sea is. Remind them that God’s love for them is even deeper and more amazing—and that He’s with them wherever they go!

❤ Special Needs Tip: Offer assistance to children who need help with the tying or with gluing on the eyes.

Option
For children with gluten sensitivities, look for gluten-free treats to fill the bags instead.
What You’ll Need (for 1 serving)
4 strawberries
8 mandarin orange wedges
8 pineapple chunks
10 green grapes
15 blueberries
3 tbs whipped cream topping
plastic spoon
plastic knife
large paper plate

Preparation
Slice the strawberries into chunks ahead of time.

What You’ll Do
1. Give each child a paper plate and the ingredients listed. Help them assemble a rainbow as pictured, working from top to bottom. Spoon whipped cream topping along the bottom edge of the plate as clouds.

2. Let children dip the fruit into the whipped cream topping as they eat.
What You’ll Say

SAY: What’s today’s Deep Sea Discovery? (God KNOWS me and is with me!) God placed a rainbow in the sky as a very special promise to Noah. God knew Noah was a good man. And God knows us too! He sees everything we do, and He loves us anyway. Let’s thank Him for His love and for being with us wherever we go!

PRAY: Dear God, thank You for this food. Thank You for being with us and for loving us no matter what. Help us to serve You by doing the right thing. In Jesus’ name we pray. Amen.

Option

If children have dairy allergies, use bananas instead of whipped cream.
BUILD A BOAT

What You’ll Need (for 1 serving)

4 pretzel sticks
3 chocolate animal crackers
1½ graham cracker squares
¼ cup fruit cereal
2 tbs blue frosting
plastic spoon
large paper plate

Preparation

Break graham cracker squares into individual pieces as shown.

What You’ll Do

1. Give each child a paper plate and a plastic spoon. Distribute ingredients and help children assemble the snack as pictured. Start with the ark, and then add the animals and the rainbow. Finish by spooning blue frosting along the bottom of the plate as water.

2. Children can dip their food in the frosting as they eat.
What You’ll Say

SAY: What’s today’s Deep Sea Discovery? (God KNOWS me and is with me!) God used an ark to save Noah and his family. God knew Noah was a good man. And God knows us too! He sees everything we do, and He loves us anyway. Let’s thank Him for His love and for being with us wherever we go!

PRAY: Dear God, thank You for this food. Thank You for being with us and for loving us no matter what. Help us to serve You by doing the right thing. In Jesus’ name we pray. Amen.

Option

Use gluten-free crackers, pretzels, and cereal for kids with food sensitivities.
What You’ll Need (for 1 serving)

1 banana  
2 vanilla (or lemon) wafers  
2 mini chocolate chips  
¼ cup yogurt fruit dip  
blue food coloring  
plastic spoon  
plastic knife  
large paper plate

Preparation

Use blue food coloring to color the fruit dip. Break or cut the wafers in half.

What You’ll Do

1. Give each child a paper plate and a plastic spoon. Spoon fruit dip onto the center of each plate. Peel the banana and remove about 2" from one end. Cut a small slit in the other end.

2. Help children insert half a wafer into the slit cut in the end of the banana. Insert 2 other halves into the sides as fins. Add chocolate chips as eyes.
What You'll Say

SAY: What's today’s Deep Sea Discovery? (God HEARS me and is with me!) God used a huge fish to save Jonah. Even when Jonah was inside that fish, God heard Jonah. And God hears us too! God answers our prayers because He loves us. Let’s thank Him for His love and for being with us wherever we go!

PRAY: Dear God, thank You for this food. Thank You for being with us and for caring enough about us to listen when we pray. Help us to serve You by praying for others. In Jesus’ name we pray. Amen.

Option

Use blue Jell-O in place of the fruit dip. You can also make this a gluten-free snack by using gluten-free wafers.
**FRUIT CUP FISH**

### What You’ll Need (for 1 serving)

- 1 packaged fruit cup
- 1 colored index card
- scissors
- permanent markers
- clear tape
- plastic spoon

### Preparation

For each child, cut 3 triangles from the index card to make fins and a tail as pictured.

**Special Needs Tip:** Use fresh fruit if necessary to reduce sugar intake or eliminate food dyes (often in maraschino cherries).

### What You’ll Do

1. Give each child a fruit cup and 3 triangle shapes. Help children tape the triangle shapes to the fruit cup as fins and a tail.

2. Let children use permanent markers to draw faces on their fruit cups. Then distribute spoons and help children open the cups as needed.
What You’ll Say

SAY: What’s today’s Deep Sea Discovery? (God HEARS me and is with me!) God used a huge fish to save Jonah. Even when Jonah was inside that fish, God heard Jonah. And God hears us too! God answers our prayers because He loves us. Let’s thank Him for His love and for being with us wherever we go!

PRAY: Dear God, thank You for this food. Thank You for being with us and for listening when we pray. Help us to serve You by praying for others. In Jesus’ name we pray. Amen.
MAKING WAVES

What You’ll Need (for 1 serving)
2 gluten-free graham cracker squares
2 gummy bears
4 tbs blue frosting
plastic knife
paper plate

What You’ll Do
1. Give each child a paper plate, a plastic knife, and 2 graham cracker squares. Help children spread blue frosting on graham crackers, using the tip of the knife to make waves.

2. Let children add gummy bears on 1 cracker before eating.
What You’ll Say

SAY: What’s today’s Deep Sea Discovery? (God STRENGTHENS me and is with me!) Jesus gave Peter strength when Peter was afraid. And God strengthens us too! God helps us do hard things that we can’t do on our own. Let’s thank Him for His love and for being with us wherever we go!

PRAY: Dear God, thank You for this food. Thank You for being with us and for helping us to do things that aren’t always easy. Help us to serve You by helping others. In Jesus’ name we pray. Amen.

Option

If children have dairy allergies, consider using the gummy bears and graham crackers only, and allow kids to “sail” the rafts over a bed of cotton balls or blue crepe paper.
SINK OR SWIM

What You’ll Need (for 1 serving)

1 cup blue Jell-O®
2 bear-shaped graham crackers
2 tsp whipped cream topping
blue food coloring
plastic spoon

What You’ll Do

1. Give each child a Jell-O cup and a spoon. Help children put the whipped cream topping on their Jell-O. Add a drop or two of blue food coloring and help children stir the whipped cream to make waves.

2. Add graham cracker bears to the Jell-O before eating.
What You’ll Say

SAY: What’s today’s Deep Sea Discovery? (God STRENGTHENS me and is with me!) Jesus gave Peter strength when Peter was afraid. And God strengthens us too! God helps us do hard things that we can’t do on our own. Let’s thank Him for His love and for being with us wherever we go!

PRAY: Dear God, thank You for this food. Thank You for being with us and for helping us to do things that aren’t always easy. Help us to serve you by helping others. In Jesus’ name we pray. Amen.

Option

Make this a gluten-free snack by substituting gummy bears for bear-shaped crackers. Use bananas as “foam” if students are allergic to dairy.
FRUITY FISH

What You’ll Need (for 1 serving)

3 blueberries
1 green apple wedge
½ strawberry
1 clementine
1 candy eyeball
plastic knife
paper plate

Preparation

Save time by peeling and separating the clementines into halves prior to the session. Chop apple wedges into smaller pieces.

What You’ll Do

1. Give each child a paper plate and sections of clementine. Help children lay 1 half of a clementine in the center of the plate as the fish’s body. Use the remaining sections of the clementine to make fins and a tail.

2. Help children spread pieces from the apple wedge to make grass. Use the tip of a strawberry to make a mouth. Add blueberry bubbles and a candy eyeball before eating.
What You’ll Say

SAY: What’s today’s Deep Sea Discovery? (God LOVES me and is with me!) Jesus loved His disciples so much that He wanted them to understand who He is and why He came to earth. And He loves us too—enough to die on a cross! Let’s thank Him for His love and for being with us wherever we go!

PRAY: Dear God, thank You for this food. Thank You for being with us and for dying to save us. Help us to serve You by sharing Your love with others. In Jesus’ name we pray. Amen.
CASTING NETS

What You’ll Need (for 1 serving)
10–15 pretzel squares
10–15 fish-shaped crackers
5 tsp chocolate hazelnut spread
plastic spoon
paper plate

What You’ll Do
1. Give each child a paper plate, pretzels, and crackers. Spoon chocolate hazelnut spread onto each plate.

2. Have children dip their pretzels into hazelnut spread. They can add a fish cracker to the top of each pretzel before eating.
**What You’ll Say**

SAY: **What’s today’s Deep Sea Discovery?** (God LOVES me and is with me!) Jesus performed a miracle with fish and a net to help His disciples understand who He is and why He came to earth. Jesus loved His disciples and He loves us too—enough to die on a cross! Let’s thank Him for His love and for being with us wherever we go!

PRAY: **Dear God, thank You for this food. Thank You for being with us and for dying to save us. Help us to serve You by sharing Your love with others. In Jesus’ name we pray. Amen.**
FLOAT YOUR BOAT

What You’ll Need (for 1 serving)

4 apple wedges
8 cheese cubes
4 fruit picks (or toothpicks)
large paper plate
1/8 cup lemon-lime soda
bowl
(optional: 4 tbs caramel dip)

Preparation

To keep apples from browning, soak them in lemon-lime soda until ready to serve. Put cheese cubes on fruit picks as pictured. (Make 4 picks for each child.)

What You’ll Do

1. Give children a plate and 4 fruit picks with cheese.

2. Help children attach the fruit picks to apple wedges as pictured.
What You’ll Say

SAY: What’s today’s Deep Sea Discovery? (God SENDS me and is with me!) God had a special mission for Paul—to spread the good news of Jesus around the world. And God sends us too! Let’s thank Him for His love and for being with us wherever we go!

PRAY: Dear God, thank You for this food. Thank You for being with us and for giving each of us special talents and gifts. Help us to serve You by telling about You in the best way we can. In Jesus’ name we pray. Amen.

Option

Serve with caramel dip. For kids with dairy allergies, replace cheese with cantaloupe.

❤️ Special Needs Tip: Demonstrate how children should use the fruit picks, and allow them to practice.
TRAVELER’S TRAIL MIX

What You’ll Need (for 1 serving)
- 5–10 cheese puffs
- ¼ cup Chex® cereal
- ¼ cup fish-shaped pretzels
- ¼ cup fish-shaped crackers
- clear plastic cup
- plastic spoon

What You’ll Do
1. Give each child a plastic cup and spoon.
2. Help children make their own trail mix using the ingredients provided.
What You'll Say

SAY: What's today's Deep Sea Discovery? (God SENDS me and is with me!) God had a special mission for Paul—to spread the good news of Jesus around the world. And God sends us too! Let's thank Him for His love and for being with us wherever we go!

PRAY: Dear God, thank You for this food. Thank You for being with us and for giving each of us special talents and gifts. Help us to share Your love by telling about You in the best way we can. In Jesus’ name we pray. Amen.

Option

Use gluten-free crackers, pretzels, and cereal. Add dried fruit and chocolate candies.
WHEREVER I GO

What You’ll Need
cones (or other item to mark start and finish lines)

Preparation
Use cones to mark start and finish lines at opposite ends of a large playing area.

What You’ll Do
Have children stand next to each other behind the marked starting line. Stand behind the finish line and call, “God is with me . . .” Children will finish the statement by saying, “Wherever I go!” Answer by calling out a variety of animals, such as “Let’s go like kangaroos!” Children will begin hopping toward you until you give the signal to stop. At that time, begin the process again by saying, “God is with me . . .” Continue in this way, naming animals that move in different ways (bears, snakes, birds, crabs, etc.). When children reach the finish line, have them return to the starting line and play again as time allows.
What You’ll Say

SAY: What's today's Deep Sea Discovery? (God KNOWS me and is with me!) God told all the animals to go onto the ark. God saved Noah, his family, and all the animals on the ark. God knew Noah loved Him, and God KNOWS us too! ASK:

• What kinds of animals were on the ark?
• What do you think it was like inside the ark?
• Noah showed God that he loved Him by doing what God said. How can you show God that you love Him too?
GET ON COURSE!

What You’ll Need

items to create a simple obstacle course (empty boxes, jump ropes, cones, chairs, water sprinklers, kiddie pools, etc.)

Preparation

Set up a simple obstacle course in a large, open playing area. (If you’d like children to be able to get a little wet, include water sprinklers, kiddie pools, etc.)

What You’ll Do

Line children up at the start of the obstacle course. Tell them that they are going to pretend that they are Jonah, running away and not listening to what God said. Designate different parts of the course to represent Jonah’s journey (water sprinklers as the storm that God sent, a refrigerator box as the giant fish, parking cones as the city of Nineveh, etc.). Show children how to complete the course by demonstrating the action to be done at each step. Let them take turns running the course. When they reach the finish line, have children return to the starting line and play again as time allows.
What You’ll Say

SAY: What’s today’s Deep Sea Discovery? (God KNOWS me and is with me!) Jonah didn’t want to listen to God. But God answered Jonah’s prayers and gave him another chance. God heard Jonah, and God HEARS us too!

ASK:

• Why didn’t Jonah listen to God?
• What do you think it was like inside the fish?
• When are some times when you pray to God like Jonah did?
FOLLOW MY LEAD

What You’ll Do

Lay a simple game of Follow the Leader. Guide children around the playing area as you perform different actions such as skipping, hopping on one foot, clapping, spinning, or waving your arms overhead. Each time you change an action, shout, “Follow my lead!” Let children take turns leading the rest of the group.
What You’ll Say

SAY: What’s today’s Deep Sea Discovery? (God STRENGTHENS me and is with me!) Peter followed Jesus’ lead and got right out of the boat and onto the water! And when Peter was afraid of the waves around him, Jesus helped Peter to be strong and brave. God STRENGTHENS us too! ASK:

• Which did you like better—being the leader or a follower?
• Who are some other people that you listen to or follow each day?
• What are some ways that we can follow Jesus?
What You’ll Do

1. Start out by leading children in the familiar song “Head and Shoulders, Knees and Toes.” Point to each body part as it is mentioned.

   Head and shoulders, knees and toes, knees and toes
   Head and shoulders, knees and toes, knees and toes
   Eyes and ears and mouth and nose
   Head and shoulders, knees and toes, knees and toes

2. Once children are familiar with the song and the actions, switch things up by naming different body parts such as elbows, pinky fingers, bellies, or thumbs. Continue play as time and interest allow.
What You’ll Say

SAY: What’s today’s Deep Sea Discovery? (God LOVES me and is with me!) Jesus came to earth to show how very much God loves us. And Jesus told His friends to love others just like He does. Jesus loved His friends, and He LOVES us too! ASK:

• How does God show that He loves us every day?
• What is the greatest way God shows His love?
• How can we show God that we love Him back?
What You’ll Need
sidewalk chalk (various colors)
paved playing area

Preparation
Draw on the pavement large shapes, letters of the alphabet, numbers, simple pictures, etc., using sidewalk chalk.

What You’ll Do
Play a traditional game of Simon Says using the items you’ve drawn on the pavement, and replacing your name for “Simon.” Say things like, “<Your name> says stand on the yellow square” or “Sit on the picture of the cat.” To make things harder, give instructions with multiple steps like, “<Your name> says stand on the number 3 and then hop to the green triangle.”
What You’ll Say

SAY: What’s today’s Deep Sea Discovery? (God SENDS me and is with me!) Paul went wherever God told him to go, telling everyone about Jesus. God wants you to tell people about Jesus too! God SENDS us too! ASK:

- What kinds of places do you go to every day?
- Who do you see at those places?
- Who can you tell about Jesus?