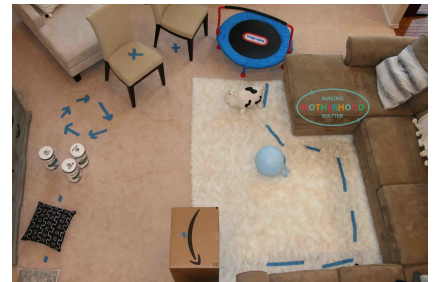


Eden Church VBS 2020: The Armor of God Belt of Truth Obstacle Course Game

Materials:

1. 1 **“Tunic”** per child - These should be clothes children can put over their clothes that hang down at least to their ankles, if not longer. For young students, a pillow case or baby blanket might work. For older children, beach towels or bed sheets or table cloths. The material needs to be long enough and heavy enough to impede movement.
2. **Obstacles** - Create an obstacle course made up of household objects for the children to navigate. It can be made out of chairs, pillows, Amazon boxes, hula hoops, etc... You can even create an obstacle/motor course with sidewalk chalk on the pavement outdoors.
3. **Stopwatch** - for timing the children as they complete the course
4. **Belts** - You can use real belts, or cords, ropes, curtain ties - anything that will effectively hold up the children’s tunics around their waists so they can move freely.



Directions:

Round 1: Complete the Belt of Truth Obstacle Course with the Tunics

Give your kids the tunics and instruct them to put them on. Make sure the tunics are hanging down to the kids’ ankles.

Show the children how to complete the obstacle course, explaining the obstacles as necessary, and then tell them that you’ll be timing them to see how quickly they can get through it.

Let the children complete the obstacle course, timing each one as they do.

After the course is completed, tell the children their times, and then discuss if it was easy or hard to do the obstacle course while wearing the tunics and how to improve things.

Round 2: Complete the Belt of Truth Obstacle Course with Tunics AND Belts

Explain that you're going to give them a chance to see if they can complete the obstacle course more quickly—and this time you're giving them belts to "gird up" their tunics around their waists.

Help your kids tie their tunics up around their waists so it is easier to move.

Let the children complete the obstacle course again, while you time them.

After the course is completed, tell the children their new times and discuss what was different about the second time through the obstacle course and what the belts did to make it easier to complete the course.

Source: www.biblebaton.com