

**SUPER**

**FEAST  
OF FUN**

**Superhero  
HOLIDAY CLUB**

**WHAM!**



- Find a team: Have an idea of how many children might come along and what adult to child ratio you will need. Adults will need to comply with your Church Safeguarding policy and ideally have a DBS.
- Train and Equip the team: Give specific roles to teams, show them what they are doing and what is expected of them. This will include how to safely escort children around the building, who is in charge of first aid, who is registering children etc.
- Advertise: You will want to advertise through your church, schools, other clubs etc. Have a clear way children can sign up and make sure you have forms for people to fill in with any details you may need. It will help you out enormously if you know who is coming beforehand, rather than be inundated on the day and have to turn people away. Make sure you comply with GDPR.
- Plan your menu: Healthy food is a key part of any Feast of Fun activity, think about whether you are able to offer a hot or cold lunch as part of your holiday club (make sure you follow the correct food hygiene procedures)

## Healthy lunch ideas

### Savoury Food Ideas

- Pizza topped with healthy vegetables
- Tomato and Basil Pasta
- Sandwiches with vegetable sticks, humous, and salsa
- Jacket Potatoes with beans, salad, tuna and cheese.
- Wraps with homemade coleslaw



### Sweet Food Ideas

- Fruit Kebabs
- Blueberry muffins
- Yogurt and fruit
- Banana Split

# Daily timetable



10.00	Registration & Team games	Challenges in specific age groups
10.20	Welcome and upfront	Games, jokes, challenges, teaching, songs
10.45	Healthy Snack time	Use the Feast of Fun grant *fruit, juice etc
11.00	Activity 1*	See activity ideas in next pages
12.00	Lunch	Use feast for fun grant *make your own etc
12.30	Activity 2 *	See activity ideas in next pages
1.30	Upfront	Challenges, awards, points, recap, songs, goodbye
2pm	Finish	Take home sheets

# Themes

Memory Verse:  
'For God has not given us a  
spirit of timidity but of love,  
and of power and self  
discipline'  
2 Timothy 1.7

- Monday - Moses
- Tuesday - Elijah
- Wednesday - David
- Thursday - Daniel
- Friday - Jesus



For shorter holiday clubs just pick two or three of these topics. There are many YouTube clips that will tell these stories, so even if you don't have a great 'story teller' or actors you can get the story across anyway!

# Activities

## Craft



This Superhero Cloak is made by cutting up the side seams of a t-shirt until you get to the sleeves. Carry on cutting around the back of the arms to the shoulder, and then around the front seam of the neck. The kids can now decorate their cloak using felt, material, glue and fabric pens.



Cut a large circle of thick card into a shield for each child. Let them decorate them using tissue paper, card, glue, pens, glitter etc. To finish attach a handle by gluing a strip of card to the back with enough room for the child to grip.

# Activities

## Cooking



Buy premade pastry cases. Allow the children to have one or two each. They will need to fill the case up with whipped cream or custard and then choose and cut fruit into shapes and carefully arrange on top of the cream.



Make these fruit wands by allowing children to thread fruit onto a wooden kebab stick. Try using small berries for the wand, and then cutting slices of melon into star shapes with a cookie cutter for the top.

# Activities

## Art



Make these juggling balls with dried rice, balloons and a sandwich bag. Children will need to fill a sandwich bag with about 1/2 cup of rice and tie it in a knot. Cut off the end of two balloons. Squeeze the rice bag into the first balloon. Now pull the other balloon over the rice bag covering up the gap from the first balloon. Make three and practice juggling!



Each child will need a canvas to write the memory verse on in straight lines. Now cover the words with masking tape and tape or glue colourful crayons to the top of the canvas. In a covered space prop the canvas up with the crayons on the top. Use a hairdryer to melt the crayons so they drip all over your canvas. This must be supervised by an adult! Once you are happy with the pattern remove the tape to reveal the memory verse.





# Activities

# Games



Some fun games and challenges for the activity time or for the group time at the beginning of each session:

- 10 minutes to build the highest tower out of paper and sellotape. It must be able to hold a raw egg at the top!
- Make some human bingo cards. The children have a list of 20 characteristic and then need to find names of other children who have these skills. I.e, someone who can skateboard, someone who has more than 3 siblings, someone who has been to Spain etc.
- Put a balloon between your legs and have a relay race in teams.
- Hold hands in two long lines and give them a hula-hoop to thread their bodies through without breaking arms.
- Ring toss: throwing their homemade juggling balls into hoops.
- Attach a balloon on a short piece of string to each persons ankle. Everyone has to try and pop the other balloons. The winner is the person with the last unpoped balloon!

# Songs



Jesus, You're my superhero – (Hillsongs)

King of me – (Rend Collective)

Noah built the most enormous boat – (Becky Drake)

Put your hands in the air – (Doug Horley)

You are good - (Bethel Kids Music)

Again, YouTube is a wonderful place to source these songs, it means you don't have to have a musician or band, but the kids will love to see the adults at the front doing the actions and worshipping along.