



Two options  
for each  
day's snack!

# Tundra Treats

Station Leader Manual

## Group resources really work!

This Group resource incorporates our R.E.A.L. approach to ministry. It reinforces a growing friendship with Jesus, encourages long-term learning, and results in life transformation, because it's:



### Relational

Person-to-person interaction enhances spiritual growth and builds Christian friendships.

### Experiential

What we experience through action and discussion sticks with us up to 9 times longer than what we simply hear or read.

### Applicable

The aim of ministry is to equip people to be both hearers and doers of God's Word.

### Lifelong

Experiences transform the heart, moving faith beyond the walls of church and into everyday life for years to come.

## Tundra Treats Leader Manual

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Visit our websites:

[group.com](http://group.com)

[group.com/TrueNorth](http://group.com/TrueNorth)

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## Thanks for joining the team!

True north is a fixed point on Earth's globe. Unlike magnetic north, *true north* is unmoving, unchanging, reliable, resolute.

If you're reading this manual, chances are that *Jesus* is your true north. You've trusted him to be a faithful friend when life's journey got lonely.

You've relied on his unchanging love through life's ups and downs. You've turned to Jesus' comforting words of hope when the world felt cold and dark.

And you want to share *all* of that with kids in your community!

Like you, we love Jesus, and we love kids. We know that kids today may find their world untamed and wild. We understand that kids' source of truth may shift, depending on the latest news headline, trend, or social media influencer. We long for kids to boldly step out in faith, knowing that Jesus always points them in the right direction. He is *their* true north. Now...and for eternity!

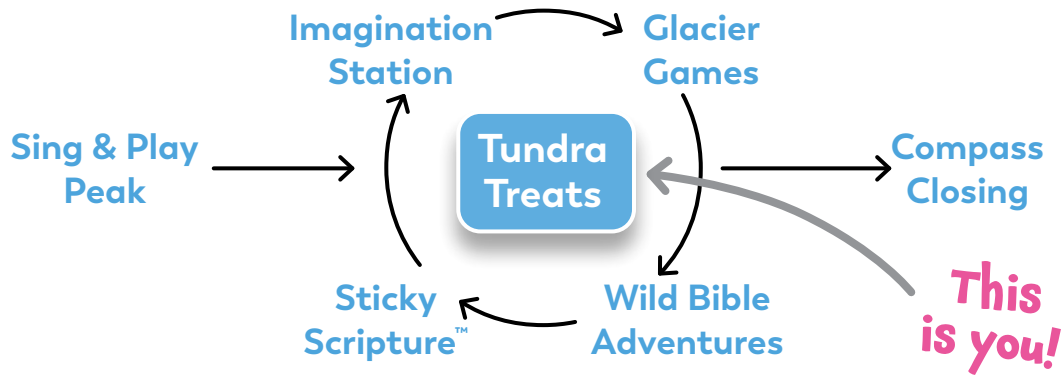
That's why we're so glad you've joined this adventure! Think of our team as trail guides, going ahead to make sure the terrain is smooth and the trail is well-marked. We've tested these activities with kids, so you can make the most of every minute you have. And we're praying that God's vast love amazes and astounds you as you lead kids into the wonder of a friendship with Jesus.

It's hard to find your way in a world gone wild.

But we have Jesus—our true north!

Together, let's give kids a rock-solid foundation and point them to Jesus, their unmovable, unshakable friend forever.





## Before True North



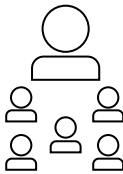
### Pray for everyone who will attend True North.

Ask God to prepare your heart and the hearts of the kids and leaders who will be part of True North.



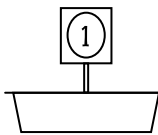
### Work with the VBS Director to collect food and supplies.

You may ask for donations from church members or even local businesses.



### Determine the number of Crews you'll have.

Kids join mixed-age Crews—groups of up to five kids and one adult or teenage leader. You'll prepare a snack tray for each Crew.



### Make a snack tray sign for each Crew.

At snack time, Crews just look for and grab the trays flagged with their numbers. This smooths the process of distributing snack trays and ensures that trays with allergy-modified options get to the correct Crews.



### Work with your Director to recruit a kitchen staff.

Your team helps prepare the food and snack trays, sets up tables for trays and water, makes quick trips to the store if you run short of anything, and cleans up after the snack rotation.



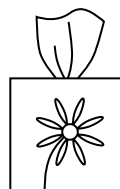
### Set up a prep area.

If your church kitchen isn't large enough, set up tables where your team can work. Choose a spot that's close to the dining area, since you'll transport snack trays and water. Carts make it easy to move snacks and water from the prep area to the dining area.



### Identify where kids will eat.

Eating outdoors in a shaded area is best. Crews can spread out, and it's easier for Crew members to hear each other. You'll also need space for snack trays and cups and pitchers of water.



### Assign one team member to be the "allergy expert."

Assigning responsibility to one person helps ensure kids with food allergies receive the appropriate snack. Refer this person to the information on page 6.

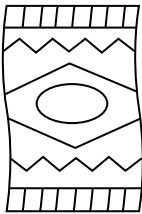
# During True North

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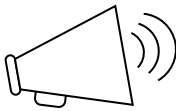
## Get a count.

Each day, check with the registration team to find out if any snack number adjustments are needed because of walk-in registrations. Add extra for Crew Leaders, Station Leaders, and other staff.



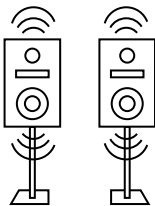
## Have Crews gather on blankets.

Washable blankets or disposable tablecloths keep Crews together for discussion while they're enjoying the snack. Plus, if you set out a blanket for every Crew, you'll know if everyone has arrived by seeing if all the blankets are taken!



## Use an attention-getting signal.

Attention-getting signals let kids know when it's time to stop what they're doing and look at you. Use the Wilderness Whistle (available from [group.com](http://group.com) or your Group VBS supplier) or another signal of your choice.



## Use a sound system.

Snack time gets noisy, so make sure everyone can hear you as you explain what to do, make announcements, and cue kids when it's time to clean up.



## Play Sing & Play Peak Music while kids eat.

This adds fun and energy *and* helps kids learn these amazing, faith-building songs!

## Rounding Up Supplies

You'll find a complete list of Tundra Treats supplies in the Master Supply List at [group.com/vbsTools](http://group.com/vbsTools). It's likely you won't have to purchase everything from your VBS budget. Many congregation members are happy to donate money or food items. Just use the handy photocopyable snack donation request form, found on the True North Clip Art & Resources CD, to let them know how they can help. Check your church kitchen to see what serving supplies and paper goods are available for your use. See if you can borrow things like serving trays, pitchers, or food-preparation bowls if you don't have enough at your church.

### Items for Every Day:

- napkins (1 per person per day)
- disposable drinking cups (1 per person per day)



— Wilderness Whistle\* or another attention-getter



— non-latex disposable gloves (optional, roughly 5 pairs per kitchen staff member, plus some extra)



— water pitchers (1 for every 2 Crews)

- sturdy serving trays (1 per Crew)



— microphone and speaker

- washable blankets or disposable tablecloths (1 per Crew, optional)—for Crews to sit on during snack-eating time

- large trash cans and/or trash bags



— sticky notes and pens for marking snacks for kids with allergies



— Sing & Play Peak Music CD or download\*

- media player

\*available from [group.com](http://group.com) or your Group VBS supplier



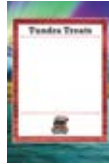
# Preparing Snack Trays

Each Crew's snacks are set out on a special snack tray, prepared by your team. A Crew consists of six people—five kids and one teenage or adult leader. Check with your VBS Director to see how many Crews you have at True North.

At snack time, guide Crews to select the snack tray that matches its name or number. A day or two ahead of True North, create your signs however you like or follow the easy, budget-friendly method we used below:

### Supplies:

- plastic trays (1 per Crew for the week)
- small floral foam blocks (1 per Crew for the week)
- black wrapping paper or bulletin board paper
- transparent tape
- wooden skewers (1 per Crew for the week)
- Snack Tray Signs from the Clip Art & Resources CD\* (1 per Crew for the week)
- wide-tipped, dark-colored marker
- duct tape



\*available from group.com or your Group VBS supplier



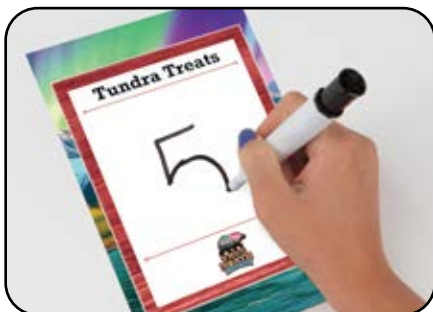
1. Wrap each floral foam block with black wrapping paper or bulletin board paper.



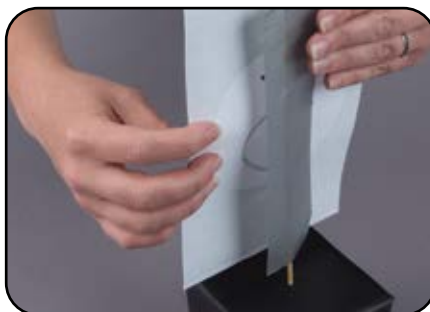
2. Push the pointed tip of a wooden skewer into each foam block.



3. Print copies of the Snack Tray Signs found on the Clip Art & Resources CD—one per Crew.



4. Using a wide-tipped, dark-colored marker, write the number of each Crew on a sign. Be sure to designate the difference between the elementary Crew numbers and the preschool Crew numbers. (We labeled preschool Crews with a P followed by the Crew number.)



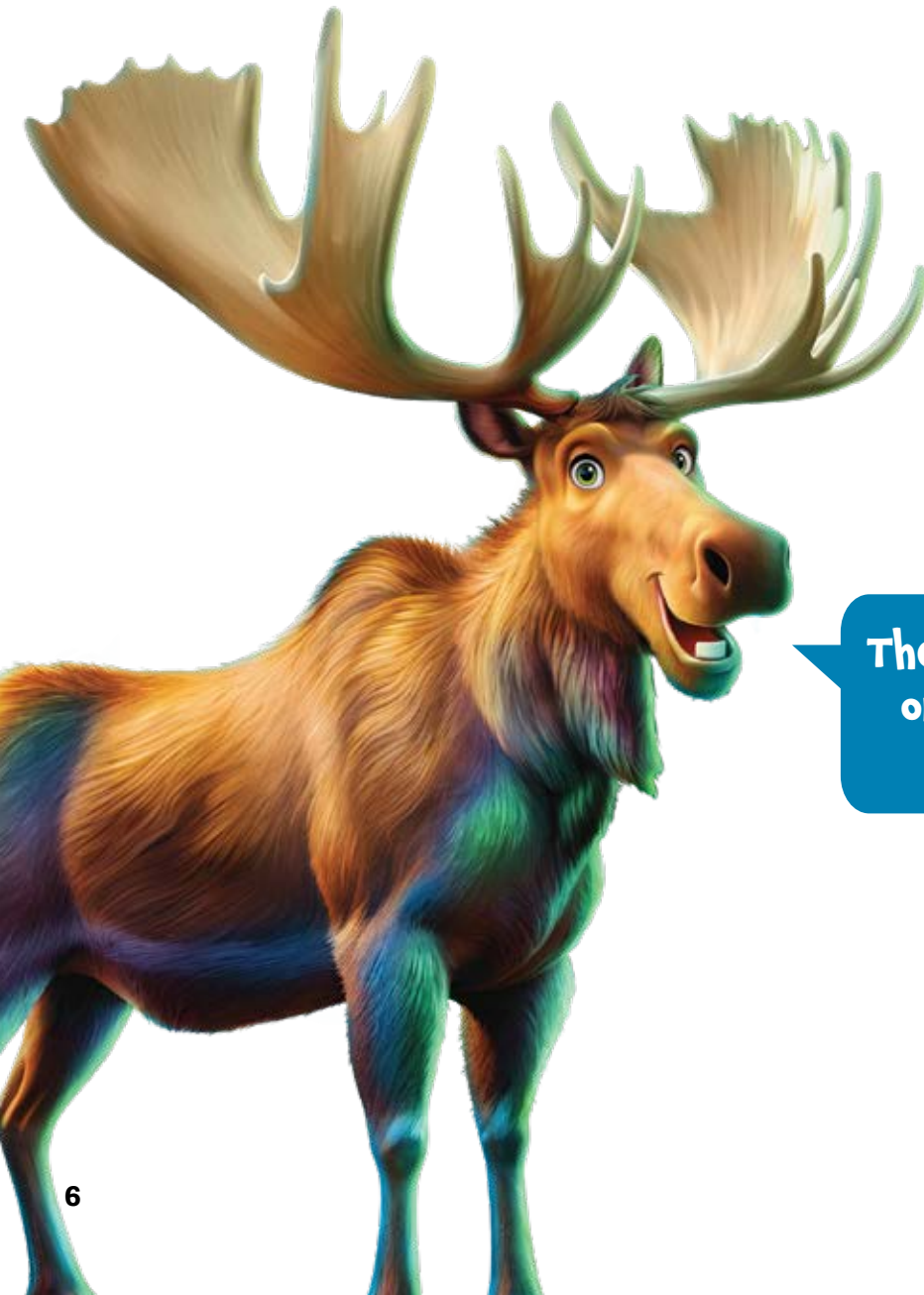
5. Securely attach a Snack Tray Sign to each skewer with duct tape.



6. Use duct tape or another strong tape to adhere the foam block of each sign to the center of a snack tray for each Crew to have a designated snack tray.

# Food Allergy Accommodations

- Each day, place your completed Allergy Alerts form in a prominent place where it's easy to read and reference.
- Place any alternative snack foods away from the other foods.
- Designate one or two people to prepare trays for Crews with food allergies for the week. This will provide a focused effort for no cross contamination of ingredients and potential allergens. Inform these volunteers each day of the alternative foods you're providing for kids with allergies.
- Attach a sticky note with the name of the child each altered snack belongs to, or place the snack in a resealable plastic bag and write the child's name directly on the bag.
- *Carefully check ingredient lists, as some food is made in facilities that also process peanuts.*



**The Allergy Alerts form  
on the next page is a  
*moost* have!**



# Allergy Alerts

Full Name	Crew Name or Number	Food Allergy or Allergies	Emergency Contact Full Name	Emergency Contact Phone Number	Special Notes

# DAY 1:

## When we wonder, we can trust Jesus.

**Bible Story:** John prepares the way and baptizes Jesus. (Matthew 3; 11:1-6)

**Bible Verse:** “Anyone who listens to my teaching and follows it is wise.” (Matthew 7:24)

### Sing & Play Peak

- Learn the Day 1 Bible Point and verse, and meet Bible Memory Buddy Ponder.
- Sing True North songs.
- Meet Scout Rivers, an explorer who has lots of questions about the wilderness.



### Wild Bible Adventures

Consider people’s wonderings about Jesus, then act out the surprising thing that happened when John baptized Jesus!



### Tundra Treats



A (Northern) Light Snack



Blizzard in a Cup

### Sticky Scripture

Play “Wilderness Wise” as they explore Matthew 7:24 and discover what it means to have wisdom.



### Imagination Station

Investigate with magnets, then craft a compass to discover what it means to trust Jesus—he always points us in the right direction!



### Compass Closing

See how we can trust Jesus to stand strong, even when people try to “poke holes” in our faith.



### Glacier Games



Goals for Good



Water Way



Fish, Wolf, Bear



At **True North**, the daily Bible Point is carefully integrated into each station’s activities for unforgettable Bible learning. See how your station reinforces today’s Bible Point.

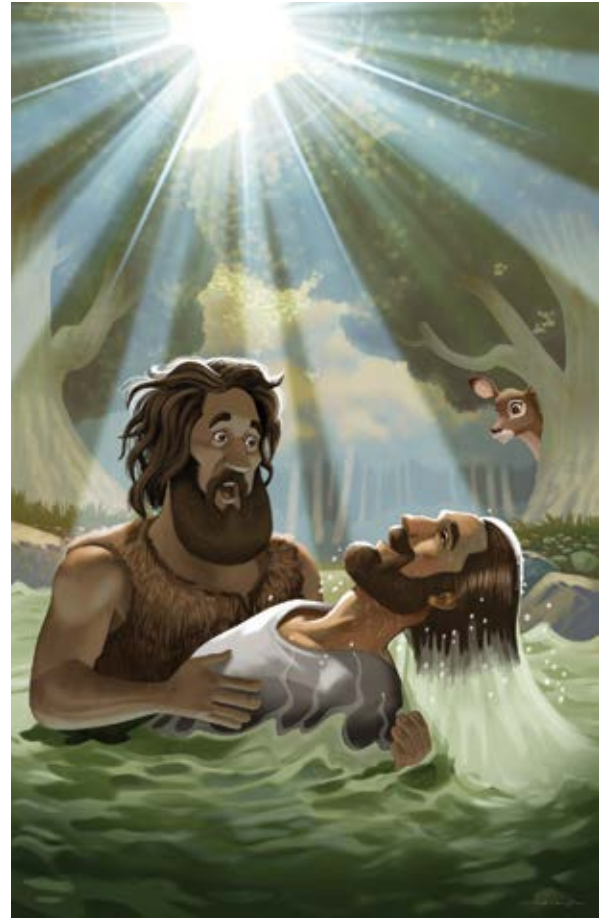
## When we wonder, we can trust Jesus.

**Bible Verse:** “Anyone who listens to my teaching and follows it is wise.” (Matthew 7:24)

**Bible Story:** John prepares the way and baptizes Jesus. (Matthew 3; 11:1-6)

Jesus’ cousin John came with unconventional clothes, a pauper’s diet, and a bold message: “Repent, for the Kingdom of Heaven is near.” Meaning? Jesus—the Messiah and fulfillment of God’s kingdom on earth—is *here*! John proclaimed Jesus’ power and authority. He resisted the very idea of baptizing Jesus, the one who would baptize with fire and the Holy Spirit! While John adamantly proclaimed Christ, even he had questions about Jesus. From prison, John sent a message to Jesus, asking, “Are you the Messiah we’ve been expecting, or should we keep looking for someone else?” John’s circumstances may have caused him to wonder if (and when) Jesus might take political action. Scholars ponder if John may have assumed the Messiah would be the one to rescue God’s people from Roman rule—as many Jews of the time anticipated. However, Jesus had a greater mission than anyone could comprehend. He came to save *the world* from sin. Such love and compassion go beyond anything we can understand or imagine!

Kids’ curiosity can be intimidating—and a bit wearying. They have so many questions, many of which we simply can’t answer. And when it comes to questions about Jesus, God, or the Bible, adults can *really* feel overwhelmed and underprepared. But we don’t have to have all the answers! Sometimes our wonderings can lead to true *wonder*, as we discover the mystery and marvel of God. Today, celebrate curiosity and questions. Point kids to Jesus, a trustworthy and true friend who will guide us as we seek to know and understand him better.



### Pointing to Jesus

People (even John the Baptist) wondered about Jesus. This passage can encourage kids that it’s okay to ask questions about Jesus—he will always help us find the truth.



## Today's Snack Option 1: **A (Northern) Light Snack**



### You'll need:

— vanilla pudding cups  
(1 per person)



— blue, red, or purple drink mix  
(approximately 3 single-serve  
“sticks” per Crew)

- plastic spoons (1 per person)
- photocopies of the “A (Northern) Light Snack” snack cards on page 28 (1 per Crew)

### COMPASS CLUE

Prepackaged snacks make your job a snap! Be sure to provide dairy-free pudding cups for kids who may need that option.



## Today's Snack Option 2: **Blizzard in a Cup**



### You'll need:

— puffcorn (1 snack bag per person)

- photocopies of the “Blizzard in a Cup” snack cards on page 28 (1 per Crew)





## Before Kids Arrive

- Put enough snacks on a snack tray for each person to have one.
- Photocopy and cut apart the snack cards on page 28. Put one on each snack tray.
- Fill water cups and set them on tables in the snack-eating area.
- Fill water pitchers to refill water cups.
- Set up some tables to hold all elementary Crew snack trays and other tables to hold preschool Crew snack trays.

## During Tundra Treats

- As Crews arrive for snack time, invite them to grab cups of water and then find a place to sit with their Crews.
- When all Crews have arrived, sound the Wilderness Whistle to get everyone's attention.
- Give a big welcome as Crews arrive for the first day at Tundra Treats. (You may want to explain that the *tundra* is sort of like a meadow where there aren't any trees. Tell kids that tundra is found where it's cold—like in Alaska! Introduce yourself and then explain the way snack time will work for the week.

### SAY

Each day when you get to Tundra Treats, grab a cup of water while your Crew Leader finds and carries your Crew's snack tray. The trays are marked with Crew numbers so they're easy to find. Elementary Crews, your trays will always be here (point to where you'll place the elementary Crew trays throughout the week), and preschool Crews, your trays will always be here (point to where you'll place the preschool Crew trays throughout the week).

After you have your water and your tray, find a spot to sit. Elementary Crews, you can check out some of the fun activities on your daily schedules. Preschool friends, spend time getting to know the friends in your Crew! Our time at Tundra Treats will help you build friendships in your Crews.

- Have each Crew Leader quickly find and take his or her Crew's snack tray.
- Each Crew's Prayer Person will lead a prayer for the snack.
- Play the awesome Sing & Play Peak Music in the background while Crews enjoy the snack.

## Finishing Up

- Ask Crews to throw away their trash.
- Dismiss Crews to their next stations.
- Enlist your team to pick up the Crew blankets, wipe up spills (if you're eating indoors), and straighten up the kitchen and snack area.

Pray and ask for God's blessing on the food you just prepared.



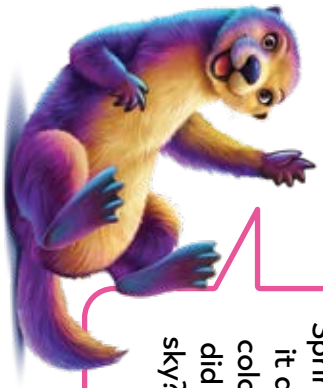
### COMPASS CLUE

Bring a copy of your Allergy Alerts list to your snack-eating area to use as a reference in case there are any questions from Crew Leaders or kids regarding food allergies and any snack modifications.

### COMPASS CLUE

Have pitchers of water on hand for your team to use in refilling water cups. Keep everyone hydrated!



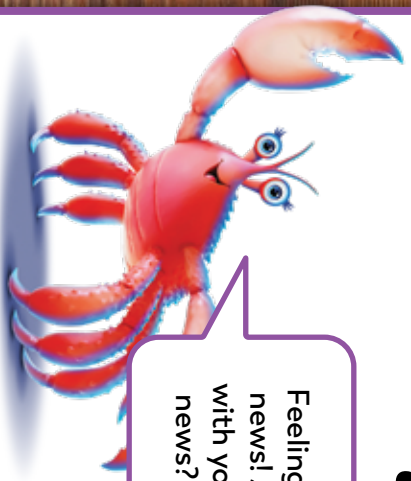


Sprinkle in some color and then give it a swirl! This reminds me of the colors in the northern lights! How did God make such a spectacular sky? You can trust Jesus when you wonder about things!

## A (Northern) Light Snack

## Blizzard in a Cup

Questions probably pop into your mind all the time! When wondering has you ready to burst, remember that Jesus is a steady friend you can trust.

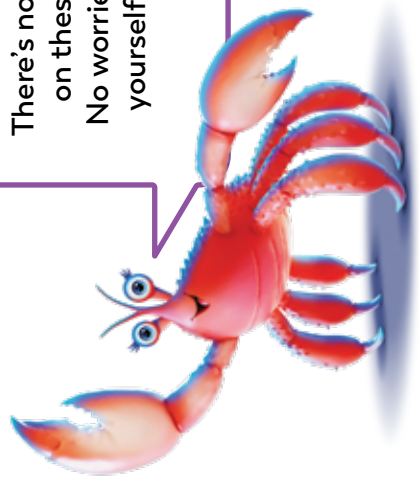


Feeling alone? I have some sweet news! Jesus is a friend who sticks with you all the time. Want s'more news? He loves you just beclaws!

## S'mores on a Stick

## Mini Mountains

There's not much room for friends on these mini mountaintops. No worries! Even when you're by yourself, Jesus is a friend right beside you!





# Tundra Treats

## Day 1

Option 1



A (Northern) Light Snack

Option 2



Blizzard in a Cup

## Day 4

Option 1



Snowball Snacks

Option 2



Snowy Trees

## Day 2

Option 1



S'mores on a Stick

Option 2



Mini Mountains

## Day 5

Option 1



Moose Munchies

Option 2



Log Cabin Crunchers

## Day 3

Option 1



Bear Foot Feast

Option 2



Bear Bites

Each snack connects to the daily Bible Buddy and Bible Point!



Questions:

[group.com/TrueNorth](http://group.com/TrueNorth)

800.447.1070

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VBS Programming



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