



DINING HALL COACH GUIDE





CORE EDITION

WORKSHOP COACH GUIDE

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CREATION CARE STATEMENT

"At Ana-Genesis, we strive to minister in ways that care for God's creation, using reusable, compostable, and low-waste materials whenever possible."



CROWNED: Winter Games[®] VBS
CORE EDITION WORKSHOP CRAFT COACH GUIDE
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CONTENTS



Welcome & Coach Orientation

Welcome to CROWNED Page 3
For COACHES Page 4
A Word of Thanks & Encouragement Page 5

Program Overview

VBS Rotation Stations Page 6
Flexible Formats Page 7
Suggested Morning Schedule..... Page 8
Suggested Afternoon Schedule..... Page 9
Victory Village Dining Hall Overview..... Page 10

Station Set & Prep

Safety First & Station Set-Up Page 11

Athlete Activities

SESSION 1

Victory Snowballs (Rice Ball Snack)..... Pages 12–13

SESSION 2

Pita Bread Winter Scenes Pages 14–15

SESSION 3

Winter Sport Cupcakes Pages 16–17

Sweet Treats & Drinks

Icy Slushies Page 18

Village Snow Cones Page 19

Crown of Life Fruit Rings Page 20

Wrap-Up

The Greatest Race of All Page 21





WELCOME!

Welcome to CROWNED: Winter Games VBS, where Athletes celebrate perseverance, joy, and victory in Christ. Winter sports bring energy and excitement, but the real focus is discovering how to stay faithful, even when life gets tough. Guided by Scripture, we learn God is with us in every race.

At Ana-Genesis, we explore science to learn from and care for God's creation. We use reusable or compostable materials and aim to create minimal waste. As VBS continues, Athletes learn hands-on that caring for the world is one way we love our Creator.

AT THE HEART OF CROWNED IS OUR CORE VERSE:

"God blesses those who patiently endure testing and temptation. Afterward, they will receive the crown of life that God has promised to those who love him." — James 1:12

As we play, explore, create, and reflect, we discover victory is not about medals or high scores, but about endurance, trust, and faithfulness to God, no matter what. With Bruno the Hedgehog and Mia the Marmot leading, children enter a joyful space that celebrates teamwork, courage, and perseverance. Through it all, we keep our eyes on Jesus, always at the center.

For Coaches

As a Coach, your role is simple but essential: encourage, guide, and walk alongside your Athletes. You don't need to be an expert. What matters is being a steady presence, helping children feel safe, curious, and supported as they grow in faith.

At the start of each Training Hall demonstration, you'll find a short introduction that begins with 'say something like.' Use these words or your own to help Athletes see how the demonstration connects to the day's Scripture.





THANK YOU!

A WORD OF THANKS AND ENCOURAGEMENT FOR COACHES

Thank you for dedicating yourself to shaping the next generation of faith-filled Athletes. Everyone at Ana-Genesis is grateful for every volunteer and minister who gives their time and heart to serve. As a Coach for CROWNED Winter Games VBS, you step into a meaningful role—sharing God’s Word and the love of Jesus with your church family, friends, and new faces.

As you prepare, remember you are not alone. God is with you each step. Our BIG THREE Bible Verses for CROWNED Winter Games VBS are:

“God blesses those who patiently endure testing and temptation. Afterward, they will receive the crown of life that God has promised to those who love him.” James 1:12

(What does Jesus ask us to do?)

“We do this by keeping our eyes on Jesus, the champion who initiates and perfects our faith. Because of the joy awaiting him, he endured the cross, disregarding its shame.

Now he is seated in the place of honor beside God’s throne.” Hebrews 12:2

(How can we endure when life gets hard?)

“I am coming soon. Hold on to what you have, so that no one will take away your crown.”

(Why should we endure?)

TRUE DISCIPLESHIP

This VBS isn’t about perfection—it’s about faithfulness. Through your encouragement and presence, Athletes will see what it looks like to trust God and keep going, even when it’s challenging. The Ana-Genesis Team is praying for every Coach and Athlete, trusting God will bless this time and use it to plant seeds of faith that will keep growing long after the Games.

We look forward to seeing how God works through you during CROWNED: Winter Games VBS. Thank you for answering the call and helping Athletes run the race with perseverance and joy.



VBS ACTIVITIES AT A GLANCE

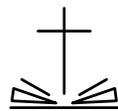
Station / Day	SESSION 1	SESSION 2	SESSION 3
PODIUM ZONE GAMES	Torch Relay Race	Flag Colors Hopscotch	Slide Step Race
SCIENCE TRAINING HALL	Snowstorm in a Jar	Snowball Catapult	Ice Cream Jars
ATHLETES' WORKSHOP	Team Color Bracelets or Keychain	Luge Rider Cups	Wood Sports Jerseys
ATHLETIC VILLAGE DINING HALL	Relay Torch Cheese Puffs	Winter Sport Cupcakes	Sticky Rice "Snowballs"
THE MEDAL PLAZA	James 1:12 Story: Bruno's Team	Hey 12:2 Story: Bruno's New Name	Rev. 3:11 Story: Race of Discovery



STATION ROTATION

After the Opening Ceremonies, Athletes rotate through the Event Venues together. Each rotation invites them to explore God’s Word at the Medal Plaza (Reflection Connection) and enjoy engaging activities at the Science Training Hall, Athlete’s Workshop, Podium Zone, and Victory Village Hall. Set up as many or as few venues as best fit your group size, space, and volunteer availability. CROWNED is designed to be flexible and adaptable for churches of all sizes.

Hungry Athletes need a fuel charge! The Victory Village Hall station is the time to grab a quick bite while enjoying the fun of making their own snacks. Coaches are encouraged to foster fellowship, encouragement, and teamwork among Athletes throughout the day. Athletes rotate through each venue with their team, building community and sharing the joy of learning, play, and faith as they move through the Games.

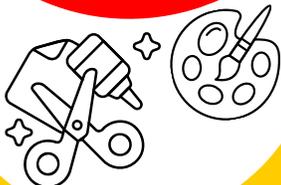


OPENING CEREMONIES
Celebration of Nations

THE MEDAL PLAZA Where we **CONNECT** with the story and learn how to gain the Crown of Life



ATHLETE’S WORKSHOP
Create, craft and learn about victory in Jesus.



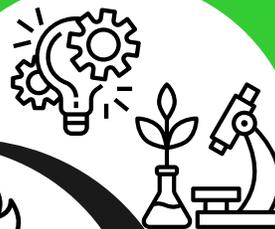
ATHLETIC VILLAGE DINING HALL

Little Athletes need fuel to perform well! Let’s make Snacks!



SCIENCE TRAINING HALL

Discover how the amazing ways God works in and through Creation.



PODIUM ZONE GAMES
Inspired by International Winter Sport Competition, let the fun begin!

CROWNED: Winter Games VBS

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FLEXIBLE FORMATS

CROWNED is built to adapt to your church's space, schedule, and capacity. Setting up fun stations is super easy! You can use folding tables, or even mats and blankets, on the floor or on the grass. Even if you have just a handful of kids, it's always a great idea to have at least one extra person, in addition to the Team Captains, to help set up each station between visits. The group can rotate between the different activities, spending as much or as little time at each station as fits your group!

For smooth flow, aim for no more than two Teams per Station at one time. If you have more than 10 teams you can host duplicate Stations. If attendance is lighter, maintain the full experience by adjusting rotation length rather than removing core elements.

SCHEDULING OPTIONS

You are not limited to a four-day model. Consider:

- A weekend experience (Friday–Sunday)
- Consecutive Saturdays
- A three- or four-session format
- Integration into existing Sunday programming

Choose the rhythm that best fits your congregation.

SPACE & SETUP

Stations can function:

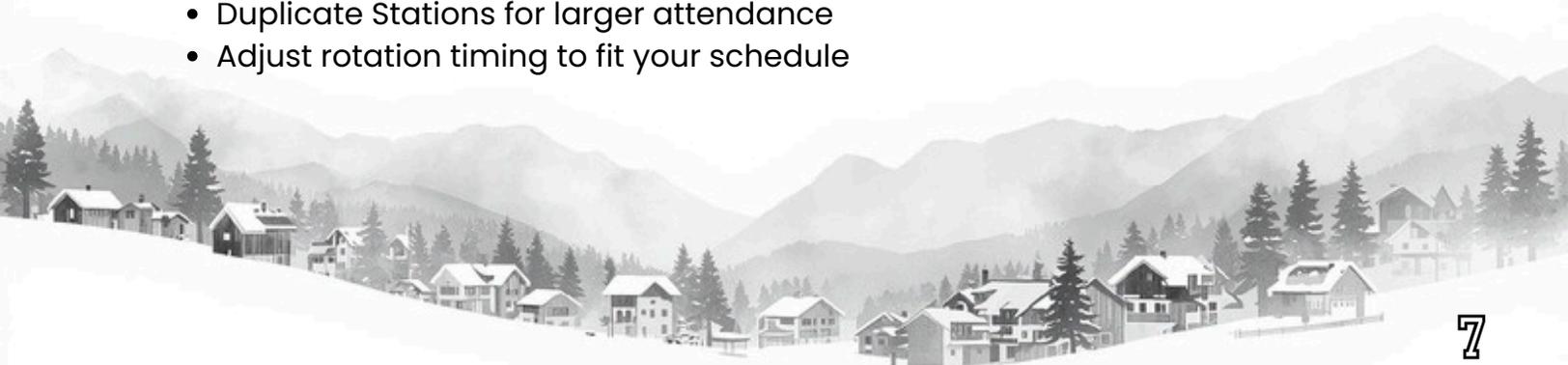
- In separate rooms
- Within one large space
- Outdoors - backyards are a great place for a weekend adventure!
- In clearly marked zones using tables or signage

Clear organization matters more than square footage.

STRUCTURE & CAPACITY

You may:

- Run all five Stations
- Combine Stations if needed
- Duplicate Stations for larger attendance
- Adjust rotation timing to fit your schedule





SAMPLE MORNING SCHEDULE

This schedule is just a sample, please feel free to adjust it to your needs. There are five stations

TIME	GAME	SCIENCE	BASECAMP	MAKER	SNACK
 9:30-10:00	OPENING CEREMONIES: CELEBRATION OF NATIONS				
 10:00-10:30	BLUE	RED	GREEN	BLACK	GOLD
 10:30-11:00	GOLD	BLUE	RED	GREEN	BLACK
 11:00-11:30	BLACK	GOLD	BLUE	RED	GREEN
 11:30-12:00	GREEN	BLACK	GOLD	BLUE	RED
 12:00-12:30	RED	GREEN	BLACK	GOLD	BLUE
CLOSING CEREMONIES OR LUNCH ON A FULL DAY					



SAMPLE AFTERNOON SCHEDULE

This schedule is just a sample, please feel free to adjust it to your needs. There are five stations

TIME	GAME	SCIENCE	BASECAMP	MAKER	SNACK
 1:30-2:00	OPENING CEREMONIES: CELEBRATION OF NATIONS				
 2:00-2:30	BLUE	RED	GREEN	BLACK	GOLD
 2:30-3:00	GOLD	BLUE	RED	GREEN	BLACK
 3:00-3:30	BLACK	GOLD	BLUE	RED	GREEN
 3:30-4:00	GREEN	BLACK	GOLD	BLUE	RED
 4:00-4:30	RED	GREEN	BLACK	GOLD	BLUE
CLOSING CEREMONIES (10-15 MINUTES)					



VICTORY VILLAGE DINING HALL



SESSION 1

Torch Cheese Puffs



SESSION 1

Pita Bread Winter Scene



SESSION 1

Winter Sport
Cupcakes





STATION SET-UP

All snacks are designed to be simple, fun, and as natural as possible. Whenever possible, use biodegradable cups, compostable plates, paper straws, and reusable serving trays. Encourage Athletes to help assemble their snack while keeping the area clean and organized.

SAFETY FIRST

Snack Station Safety Setup

Every activity at your VBS is designed to safely spark joy, curiosity, and a deeper understanding of the Lord of all Creation—Jesus. Practice each activity two or three times before the event so you know how it works and what supplies are needed. For safe, organized preparation, keep the following items and procedures at your station:

Protect Work Surfaces: Use sturdy, reusable tablecloths or cloth tarps to protect tables, floors, and nearby surfaces. This helps keep the area clean and prevents slips from spills.

Cleaning Supplies: Keep a spray bottle with plain water or a child-safe cleanser along with clean rags or recycled kraft paper towels for quick cleanup.

Safe Containers: Use sturdy, unbreakable containers when working with children. Glass bowls or bottles should be handled by adults only.

Sharps Storage: Store scissors and other sharp tools in a closed box or container with a lid so they remain safely out of reach.

Secure Supply Storage: Keep all ingredients and materials stored safely to prevent unsupervised access by children.

Food Allergy Awareness: Food allergies can be serious. Review ingredients and note common allergens such as peanuts, tree nuts, dairy, eggs, soy, and wheat. Parents or guardians should be informed that snacks will be served so they can guide or provide precautions for their child.

Ice and Choking Safety: Some recipes use ice or frozen ingredients. Young children should not handle large pieces of ice or place ice directly in their mouths. Older children should use caution around ice – it can be sharp if an ice cube breaks. Adult supervision is essential whenever ice is used.

Active Supervision: Keep Athletes within sight at all times. A calm, organized station helps children focus on learning, creativity, and fellowship while keeping everyone safe.





SESSION 1

LESSON INTRODUCTION

It takes time and patience to make good food. Think about everything that had to happen before this rice reached our table.

Our verse for today is James 1:12: God blesses those who patiently endure testing and temptation. Afterward they will receive the crown of life that God has promised to those who love him.

A farmer planted the rice and waited patiently for it to grow. When the harvest came, the hull—the outer covering of the grain—was removed and the rice was polished. It was packed into bags and shipped here all the way from California. The vegetables and other ingredients were also grown, harvested, and brought to the store where we purchased them. Then someone prepared and cooked the food.

Many months of work and many hands helped prepare this one simple dish.
(Hold a few grains of rice in your hand.)

Our lives are a little like these grains of rice. Each grain is very small, yet it has the potential to become something much greater. In the same way, each of us may seem small in this big world, but God is still at work in our lives.

Jesus once told a story about a tiny seed that grew into something much larger than anyone expected. Even the smallest beginning can grow into something strong and beautiful.

³¹Here is another illustration Jesus used: “The Kingdom of Heaven is like a mustard seed planted in a field. ³²It is the smallest of all seeds, but it becomes the largest of garden plants; it grows into a tree, and birds come and make nests in its branches.”

Seeds must endure many things before they grow. They face rain, dry weather, insects, and storms. But if they keep growing, eventually they become something far greater than the tiny seed they once were.

In the same way, we grow stronger when we continue trusting God, even when life is not easy. Small beginnings, patience, and perseverance can lead to something wonderful. Today, at the Podium Plaza you will have the chance to learn more about endurance and a man named Job but for now, we can remember that we are small and God is big. He has a good plan for us and all we have to do is stay steady and love Him until the end. He promises that we will get a Crown of Life if we do.



CROWNED RICE

Supplies

- Cooked white or sushi rice (cooled)
- Thin carrot slivers
- Thin yellow pepper strips
- Small vegetable pieces for faces: seaweed, peas, and black sesame seeds
- Biodegradable plates
- Clean hands or food gloves

Preparation

1. Lightly dampen hands so the rice does not stick.
2. Scoop about two tablespoons of rice.
3. Roll into a round snowball shape.
4. Add vegetable pieces to make a face.
5. Place carrot and yellow pepper slivers on top to form a tiny crown.

Athlete Participation

Athletes shape their snowballs and decorate the faces and crowns.

Faith Connection

Remind Athletes that the crowns on their snowballs are just decorations. The Bible teaches that those who love Jesus will receive something far greater — an imperishable crown that lasts forever. Our goal is not just to win games, but to faithfully follow Jesus.





SESSION 2

LESSON INTRODUCTION

There are many athletes around the world who compete for glory and fame. What are some of your favorite sports?

Do you have a favorite athlete?

When people think about champions, they often think about the most famous stars in sports—the ones who win the biggest competitions, break records, and receive medals and trophies.

But the greatest champion of all did something very different. Hebrews 12:2 says:

We do this by keeping our eyes on Jesus, the champion who initiates and perfects our faith. Because of the joy awaiting him, he endured the cross, disregarding its shame. Now he is seated in the place of honor beside God's throne.

Jesus did not become a champion by chasing fame or fortune, and He did not compete against other people to prove that He was the best. Instead, He showed true greatness by giving. He gave His time, His love, and His talents to help others. In the end, He gave everything—even His own life.

Today we are going to use food to tell a story. The story is really about you and your relationship with Jesus. Each of you will receive a piece of pita bread. We can think of it like a blank canvas or a piece of paper. Using the food in front of you, you will create a small scene set in winter.

Why winter?

Winter can be cold and dark. Trees lose their leaves, flowers disappear, and the ground can seem quiet and lifeless. Sometimes it feels as though nothing will ever grow again. When Jesus died, many people felt that same sadness. They believed the story was over and that hope was gone.

But the story was not finished.

Just as winter eventually gives way to spring, something wonderful happened. Jesus rose again, showing that love, life, and hope are stronger than darkness. Because of that, Jesus is the greatest champion of all.

As you create your winter scene, remember that our lives are not only about winning games, collecting trophies, or becoming famous. The most important things are loving God, helping others, and living with the joy and hope that He gives us—joy that lasts far longer than anything this world can offer.



PITA BREAD WINTER SCENES

Supplies

- Whole wheat pita bread
- Plain yogurt or cream cheese (snow)
- Sliced bananas, apples, or pears
- Small broccoli pieces (trees)
- Thin carrot sticks or pretzel sticks (ski poles or figures)
- Plates or compostable trays
- Child-safe spreading knives

Preparation

1. Spread yogurt or cream cheese over the pita bread to create a snowy base.
2. Add fruit slices for hills or snowbanks.
3. Use broccoli to create trees.
4. Use carrot sticks or pretzel sticks to form a skier or snowboarder.

Athlete Participation

Athletes design their own winter scene before eating it.

Coach Tip

Remind Athletes that God created the mountains, snow, forests, and everything we enjoy in creation.





SESSION 3

LESSON INTRODUCTION

We are making some really sweet treats today! On those treats we will add pictures and decorations of different sports. When people compete for a trophy or a medal, it can feel like the greatest honor in the world. Athletes train for years to win championships, medals, and rings. But even the greatest athletes eventually grow older and cannot compete anymore.

You might be too young to remember many athletes who have retired, but one of my favorites is:

The interesting thing about trophies, championship rings, and medals is that they do not last forever. Athletic ability fades over time, and even the greatest champions eventually step away from the competition.

Jesus reminds us that there is something much more important than the temporary rewards of this world. He teaches us to hold tightly to the things that truly matter. **Jesus said** "I am coming soon. Hold on to what you have, so that no one will take away your crown."

When we do kind and loving things for other people—when we make someone's day brighter or help someone who is struggling—we are storing up treasures that last far longer than any medal or trophy.

Jesus wants us to focus our lives on the things that truly last. Not being the most beautiful, the most talented, or the most famous—but living in a way that reflects the goodness of God.

The Apostle Paul describes these qualities as the fruits of the Spirit: Love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control Gal 5:22–23

Fruit is sweet—just like the treats we are making today. But the fruit that grows in our hearts is even sweeter.



WINTER SPORT CUPCAKES

Supplies

- Cupcakes with plain vanilla icing (store bought or homemade)
- Sugar sprinkles etc for decorating
- Wooden toothpicks or small paper sticks
- Food grade tape (freezer tape works well)
- Printed athlete character circles (Bruno, Mia, etc.)
- Biodegradable cupcake liners

Preparation

1. Decorate each cupcake with sugar and other sprinkles etc
2. Attach a character circle to a toothpick to create a sports topper using tape. It makes a nice keepsake after snack time.
3. Insert the topper into the cupcake.

Athlete Participation

Older children can help decorate frosting or place the toppers.

Coach Tip

Athletes represent perseverance and teamwork—qualities we practice in our faith walk.





ICY SLUSHIES

Supplies

- Crushed ice (store-bought or made in a blender)
- Natural fruit juices
- Biodegradable cups
- Paper straws
- Large serving spoon
- Pitchers for juice

Preparation

1. Fill each biodegradable cup about $\frac{3}{4}$ full with crushed ice.
2. Pour fruit juice over the ice.
3. Gently stir and add a paper straw.

Optional Natural Boost

Add small pieces of fruit such as; strawberries, blueberries, pineapple chunks

Athlete Participation

Athletes choose their favorite juice flavor to create their slushie.

Safety Reminder

Use finely crushed ice and supervise younger children to prevent choking.

Eco Tip

If possible, use local fruit juices or fresh fruit blended with water instead of artificial syrups.





VICTORY SNOW CONES

A simple but fun variation of Icy Slushies. Use less juice and shaved ice if possible.

Supplies

- Crushed ice (store-bought or made in a blender)
- Natural fruit juices
- Biodegradable cups
- Paper straws
- Large serving spoon
- Pitchers for juice

Preparation

1. Fill each biodegradable cup full with crushed ice and mound it up.
2. Pour a little fruit juice over the ice.
3. Add a spoon

Optional Natural Boost

Add small pieces of fruit such as; strawberries, blueberries, pineapple chunks

Athlete Participation

Athletes choose their favorite juice flavor to create their slushie.

Safety Reminder

Use finely crushed ice and supervise younger children to prevent choking.

Eco Tip

If possible, use local fruit juices or fresh fruit blended with water instead of artificial syrups.





CROWN OF LIFE FRUIT RINGS

These simple fruit rings remind Athletes that the rewards of this world do not last forever, but the crown God promises is everlasting.

Supplies

- Apple slices cut into rings (core removed)
- Banana slices
- Blueberries or strawberries
- Plain yogurt or sunflower butter
- Biodegradable plates
- Wooden sticks or small spoons

Preparation

1. Place an apple ring on a plate to form the shape of a crown.
2. Spread a thin layer of yogurt or sunflower butter on the apple ring.
3. Add banana slices and berries around the ring to decorate it like jewels on a crown.
4. Serve immediately.

Athlete Participation: Athletes decorate their own fruit crown using the fruit pieces.

Lesson Connection

Athletes compete for medals and trophies that eventually fade. God promises something far greater than a temporary prize. The crown God gives lasts forever.

Coach Tip

Choose natural fruits whenever possible and serve on biodegradable plates to care for God's creation while we celebrate together.





THE GREATEST RACE OF ALL

Phew! Your VBS training is almost done! You may be feeling a bit tired by now. On a weekend VBS like this, it is often the simple, repeated things that matter most: sharing snacks, laughing together, listening patiently, and noticing those small moments of wonder. Your steady presence as a Coach is a living example of faithful endurance.

At the Science Training Station, Athletes asked questions, formulated hypotheses, and tested their ideas to discover how God is at work all around them.

Throughout CROWNED Winter Games VBS, we ask and answer the core questions of the Christian faith. Together, we explore the who, what, why, where, when, and how of following Jesus, guided by three Scripture passages that all point to Him.

Who? Everyone. We are all called to follow and serve Jesus – and the One whom we serve is Jesus, our true Champion.

What? He lovingly calls us to be part of the family of faith. We are asked to persevere, hold on to our faith, run the race well, and continue obeying and serving with integrity.

Why? Because He loves us. He promises good gifts – love, joy, peace, faith, and ultimately – a Crown of Life to those who love Him – not a temporary reward, but eternal life in Christ.

How? On our own, obedience is hard. We cannot earn salvation. We fix our eyes on Jesus, the Champion who both initiates and perfects our faith. We make an effort, but we lean on grace. The redemptive work is already completed in Christ. It is by grace we are saved.

Where? In our daily lives, in our communities, in how we care for one another and for Creation, and forever with the Lord.

When? Today and every day. It is always the right time to commit ourselves to serving the Lord and fixing our eyes on Jesus.

VBS might be over but the race has just begun - keep your Athletes in prayer; the seeds planted now will bear fruit in due season.



KEEP RUNNING WITH PURPOSE

Thank you for leading CROWNED: Winter Games VBS.
The impact of this weekend extends far beyond these Sessions.
Continue encouraging Athletes to grow in perseverance, faith, and obedience
long after the final medal is awarded.

Additional resources, activity downloads, and updates are available at:
www.Ana-Genesis.org

Let everything that has breath praise the Lord.
Psalm 150:6

Ana-Genesis®
Ana-Genesis provides fresh, joy-filled encounters with our Savior, Jesus.



**RUN THE RACE.
WIN THE CROWN.**



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