



SCIENCE 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 SCIENCE COACH GUIDE
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CONTENTS

Copyright & VBS Series Information Page 2

Contents Page 3

Welcome & Coach Orientation

Welcome to CROWNED Page 4

For COACHES Page 4

A Word of Thanks & Encouragement Page 5

Program Overview

VBS Activities at a Glance Page 6

Victory Village Overview Page 7

Event Venues & Stations Page 7

Flexible Formats Page 8

Suggested Station Rotation Page 9

Training Hall Plan Page 10

Station Set & Prep

Safety First & Station Set-Up Page 11

The Scientific Method Page 12

Athlete Activities

SESSION 1

Snowstorm in a Jar (James 1:12)Pages 13–15

SESSION 2

No-Churn Ice Cream (Hebrews 12:2) Pages 16–18

SESSION 3

Ice Track Speed Test (Revelation 3:11) Pages 19–20

Wrap-Up

The Greatest Race of AllPage 21

Closing EncouragementPage 22

Back CoverPage 24





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

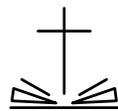
Station / Day	SESSION 1	SESSION 2	SESSION 3
PODIUM ZONE GAMES	Torch Relay Race	Flag Colors Hopscotch	Slide Step Race
SCIENCE TRAINING HALL	Snowstorm in a Jar	Snowball Catapult	Ice Cream Jars
ATHLETES' WORKSHOP	Team Color Bracelets or Keychain	Luge Rider Cups	Wood Sports Jerseys
ATHLETIC VILLAGE DINING 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.

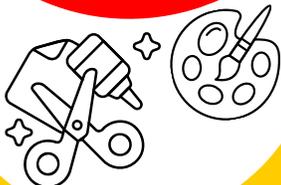


OPENING CEREMONIES
Celebration of Nations

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.



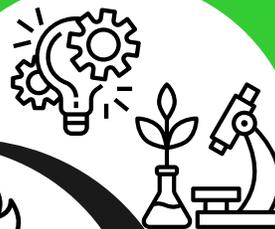
ATHLETIC VILLAGE DINING HALL

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:

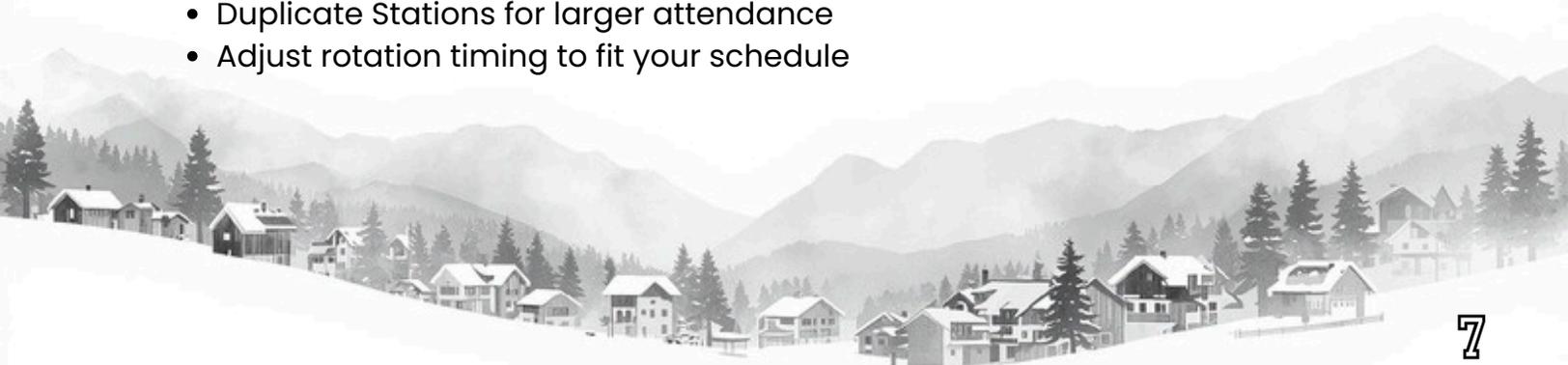
- In separate rooms
- Within one large space
- Outdoors - backyards are a great place for a weekend adventure!
- In clearly marked zones using tables or signage

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)					



SCIENCE TRAINING HALL OVERVIEW



SESSION 1

Snowstorm in a Jar



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.”

Faith Connection

“Storms don’t mean God has left us. Endurance doesn’t stop the storm—it carries us through it. God promises a crown to those who endure.”



SESSION 2

No-Churn Ice Cream



Heb 12:2

“We do this by keeping our eyes on Jesus, the champion who initiates and perfects our faith

Faith Connection

“Faith must be protected. Jesus says, Hold on. What we build spiritually must be carefully and intentionally guarded so it lasts eternally”



SESSION 3

Ice Track Speed Test



Rev. 3:11

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

Faith Connection

“God’s crown isn’t given for shortcuts. It’s given for faithfulness, honesty, and obedience. How we run matters.”



STATION SET-UP

SAFETY FIRST

Every experiment at your VBS is intended to safely spark joy, wonder, and understanding about the Lord of all Creation – Jesus. Please practice 2-3 times before your event to ensure the experiments go as planned. Also, it is a good idea to have the following items at your Science Station:

1. Tablecloths, tarps, or plastic sheeting to cover the tables, floor, and surfaces.
2. A spray bottle with plain water, child-safe cleansers, and lots of paper towels
3. Use safe, unbreakable containers with children. Glass bottles, bowls etc. are fine for adult use.
4. A safe box with a lid or container to keep scissors and other sharps well away from little hands
5. Store all supplies and materials in a safe place to prevent unsupervised access
6. Use gloves, goggles, or other safety items as needed.





SCIENTIFIC METHOD

USE THE SCIENTIFIC PROCESS

Leading the Science Station is simple—and fun! You don't need a science background, just curiosity and a willingness to explore alongside your kids. Each Ana-Genesis VBS experiment is carefully planned so you can lead with confidence while creating moments of wonder and discovery. As Teams arrive at your Station, remember to greet them with "Welcome to all the Athletes on Team {Blue} " (use the appropriate color).

Our experiments follow a kid-friendly version of the Scientific Process, helping the Athletes at your Station think like scientists while seeing God's creativity at work.

Five Steps of Discovery

1. Ask a Question: Introduce a big, curiosity-sparking question that gets Athletes thinking and wondering what might happen.
2. Make a Prediction (Hypothesis): Athletes share ideas and make predictions—no right or wrong answers, just thoughtful guessing and imagination.
3. Try It Out (Experiment) Hands-on time! Its time to actively participate, keeping energy high and learning fun.
4. Observe and Discuss: Athletes notice what happened, talk about results, and begin thinking like real scientists.
5. Connect the Dots: Wrap up by connecting the experiment to the Bible and everyday life, helping kids see faith and science working together.

With these simple steps, your Science Station becomes a place where curiosity grows, faith deepens, and kids discover how amazing God's world truly is.





SNOWSTORM IN A JAR

HEY COACH! This is your training page – it's your secret playbook for the day. The actual steps are on the next pages.

Scripture Focus: 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.

Science Demo: Snowstorm in a Jar

Big Idea

Storms don't mean God is absent. Endurance produces blessing.

Supplies

- Clear glass jar or recycled bottle
- Warm water
- Rock salt
- Baking soda
- Spoon

Setup

1. Fill the jar $\frac{3}{4}$ full with warm water.
2. Place the jar where everyone can see clearly.

Demonstration Steps

1. Slowly add 1 tablespoon baking soda. Stir once.
2. Add 1 tablespoon rock salt.
3. Gently swirl the jar and observe.

What to Point Out

- The swirling particles look chaotic—like a storm.
- Salt and baking soda move differently, creating layers and motion.
- The storm doesn't destroy the water—it moves through it.

Scripture Connection (Say This)

"Life brings storms, but endurance shapes us. God doesn't promise no storms—He promises a crown for those who endure."





SNOWSTORM IN A JAR

QUESTION & HYPOTHESIS



INTRODUCTION

SESSION 1 - ENDURE THE STORM
(JAMES 1:12)

Say something like; “Today we’re going to watch a storm form right in front of us. Storms can feel confusing and overwhelming, just like hard moments in life. But the Bible reminds us that God blesses those who endure. Like my hand holding the jar, God is controlling the storms - even when they hit hard. As we watch this storm move and settle, remember: storms don’t last forever, and God is with us through every one.



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.

SCIENTIFIC QUESTION

What happens when different materials move through water during a “storm”? We will create a snowstorm in a jar to observe how movement, pressure, and time affect what we see.

MAKING PREDICTIONS (FORMING A HYPOTHESIS)

Coach: write some notes to guide your team!

- What do you think will happen when we add baking soda and rock salt to the water?

- Do you think the storm will last forever—or change over time?



SNOWSTORM IN A JAR

MATERIALS & PROCEDURE

EARTH SCIENCE | PHYSICS | ENGINEERING

MATERIALS FOR THE EXPERIMENT

- Clear jar with lid (any clean reusable food jar is perfect)
- Water
- Baking soda
- Rock salt

PROCEDURE

- Fill the jar most of the way with water.
- Add baking soda and stir gently once.
- OBSERVE and Discuss
- Sprinkle in rock salt.
- Slowly swirl the jar and watch closely.
- OBSERVE and Discuss
- Set the jar down and observe as time passes.

Prep: 5 minutes

Demo & Discussion: 20 minutes

Clean Up: 5 minutes

OBSERVATIONS:

- What happens right away?
- Does the storm stay the same?
- What happens when everything settles?

FAITH CONCLUSION

Storms don't mean
God is gone.
Endurance means
trusting God while we
wait.





NO CHURN ICE CREAM

HEY COACH! This is your training page – it's your secret playbook for the day. The actual steps are on the next pages.

SESSION 2 — FIX YOUR EYES ON JESUS

Scripture Focus: Hebrews 12:2

“Let us fix our eyes on Jesus, the champion who initiates and perfects our faith...”

Science Demo: Shake-It Ice Cream in a Jar

Big Idea

Transformation happens when we stay focused and keep going.

Supplies

Small 8 oz clear mason jars with lids

½ cup heavy cream per Athlete (small cartons are great here)

1–2 tsp sugar

¼ tsp vanilla

Pinch kosher salt

1 tsp Bird's Custard Powder (optional)

Measuring spoon

Setup

Add all ingredients to the mason jar. Seal the lid tightly before beginning.

Demonstration Steps

Shake the jar steadily for 4–6 minutes. Pause briefly to check thickness. Continue shaking until the mixture thickens and becomes creamy. (Stop before it turns to butter.)

What to Point Out

At first nothing seems to change. Air is being added as the jar is shaken. The liquid slowly becomes thick. Energy + motion create transformation.

If we stop too soon, the change doesn't finish.

Scripture Connection (Say This)

“Hebrews tells us to fix our eyes on Jesus, the Champion of our faith. Just like this cream changed when we kept moving and didn't quit, our hearts grow stronger when we stay focused on Him. Transformation doesn't happen when we give up— it happens when we keep going.”



NO CHURN ICE CREAM QUESTION & HYPOTHESIS

INTRODUCTION

SESSION 2 - FIX YOUR EYES ON JESUS
(HEBREWS 12:2)

Say something like: "Hebrews tells us to fix our eyes on Jesus—the Champion of our faith. Today we're going to make something that changes only if we keep going. At first, it will look like nothing is happening. But steady shaking adds energy and air, and the cream begins to transform. This is a reminder that faith grows when we stay focused on Jesus and don't quit."



"Let us fix our eyes on Jesus, the champion who initiates and perfects our faith..." Heb 12:2

SCIENTIFIC QUESTION

How does steady motion change a liquid into something thick and new?
We will shake cream in a jar to observe how energy and persistence create change.

MAKING PREDICTIONS (FORMING A HYPOTHESIS)

Coach: write some notes to guide your team!

- What do you think will happen when we start shaking?

- What might happen if we stop too soon?



NO CHURN ICE CREAM

MATERIALS & PROCEDURE

PHYSICS

MATERIALS FOR THE EXPERIMENT

- ½ cup heavy cream
- 1–2 tsp sugar
- ¼ tsp vanilla
- Pinch kosher salt
- 1 tsp Bird’s Custard Powder (optional)
- 8 oz mason jar with tight lid

PROCEDURE

- Add all ingredients to the mason jar.
- Seal tightly.
- Shake continuously for 4–6 minutes.
- Pause and check the texture.
- Continue until thick and creamy.

Take turns shaking vigorously until the mixture thickens, coats the back of a spoon, and has doubled in volume, 4–5 minutes. Next swirl in flavor. Try a drizzle of chocolate sauce, chopped strawberries, or toasted, chopped nuts or chocolate. Freeze until the mixture hardens, about 3 hours

Prep: 5 minutes
Demo & Discussion: 20 minutes
Clean Up: 5 minutes



If shaken too long, the cream will turn into butter instead – another kind of transformation.

OBSERVATIONS:

- What changed first?
- What role did constant shaking play?
- How did the texture change over time?

FAITH CONCLUSION

Jesus tells us to hold on to what we have. This cream didn’t change right away – it took steady movement and patience. Faith grows the same way.

When we keep trusting, even when we’re tired, God transforms our hearts. Focusing on Jesus is also team work – that’s where the chuch comes in.





ICE TRACK SPEED TEST

QUESTION & HYPOTHESIS

PHYSICS | ENGINEERING

INTRODUCTION

SESSION 3 - HOLD ON TO YOUR CROWN
REVELATION 3:11

Say something like:

"In sports, it can be tempting to look for shortcuts — something that makes you go faster or win easier. But Jesus tells us to hold on to what we have. Today we'll test different surfaces and see how they affect speed. Some paths may seem faster. Some may melt things down. As we watch what happens, think about this: not every shortcut is wise. Holding steady and choosing the right path matters more than simply being the fastest."



"I am coming soon. Hold on to what you have, so that no one will take your crown." Rev. 3:11

SCIENTIFIC QUESTION

How do different surfaces affect speed and movement?

We will test how ice moves across different treated surfaces.

MAKING PREDICTIONS (FORMING A HYPOTHESIS)

Coach: write some notes to guide your team!

- Which surface do you think will be fastest?

- What do you think salt will do to the ice?



ICE TRACK SPEED TEST

MATERIALS & PROCEDURE

EARTH SCIENCE | PHYSICS | ENGINEERING

MATERIALS FOR THE EXPERIMENT

- Metal baking tray (cookie sheet)
- Ice cubes (4)
- Wax (rubbing the end of a candle works)
- Vegetable shortening or butter
- Salt
- Books (to tilt tray)

PROCEDURE

- Divide the tray into four straight tracks.
- Rub wax onto one track.
- Spread a thin layer of shortening onto one track.
- Sprinkle salt onto one track.
- Leave one track untreated (bare metal).
- Tilt the tray slightly using a stack of books.
- Place one ice cube at the top of each track.
- Release at the same time and observe movement.

Prep: 5 minutes

Demo & Discussion: 20 minutes

Clean Up: 5 minutes

OBSERVATIONS:

- Which surface was fastest?
- Which melted differently?
- What changed when the surface changed?

FAITH CONCLUSION

"In sports, how you play matters just as much as winning. The Bible says we aren't crowned unless we hold on to our faith. Staying faithful takes practice.

Today we will test four different paths. Just like in life - there will always be choices but serving Jesus will always work out for the best in the end. Other paths might look good but only one leads to the Crown.





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.**



RELIGION/Christian Education/Children and Youth
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AGS-VBS-2026-CRN-SCI-CORE



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Crowned Winter Games Science Guide – Core Edition
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