



WORKSHOP 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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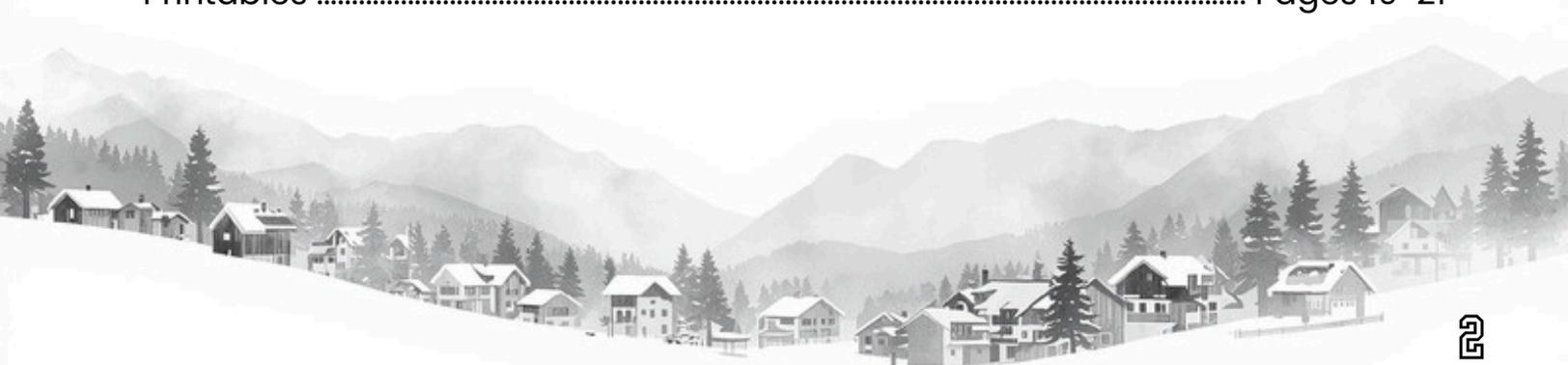
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WELCOME!

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

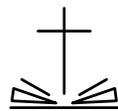
Station / Day	SESSION 1	SESSION 2	SESSION 3
PODIUM ZONE GAMES	Torch Relay Race	Flag Colors Hopscotch	Slide Step Race
SCIENCE TRAINING HALL	Snowstorm in a Jar	Snowball Catapult	Ice Cream Jars
ATHLETES' WORKSHOP	Team Color Bracelets or Keychain	Luge Rider Cups	Wood Sports Jerseys
ATHLETIC VILLAGE DINING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

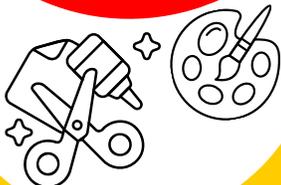


OPENING CEREMONIES
Celebration of Nations

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.



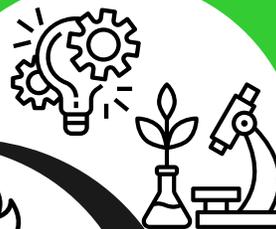
ATHLETIC VILLAGE DINING HALL

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:

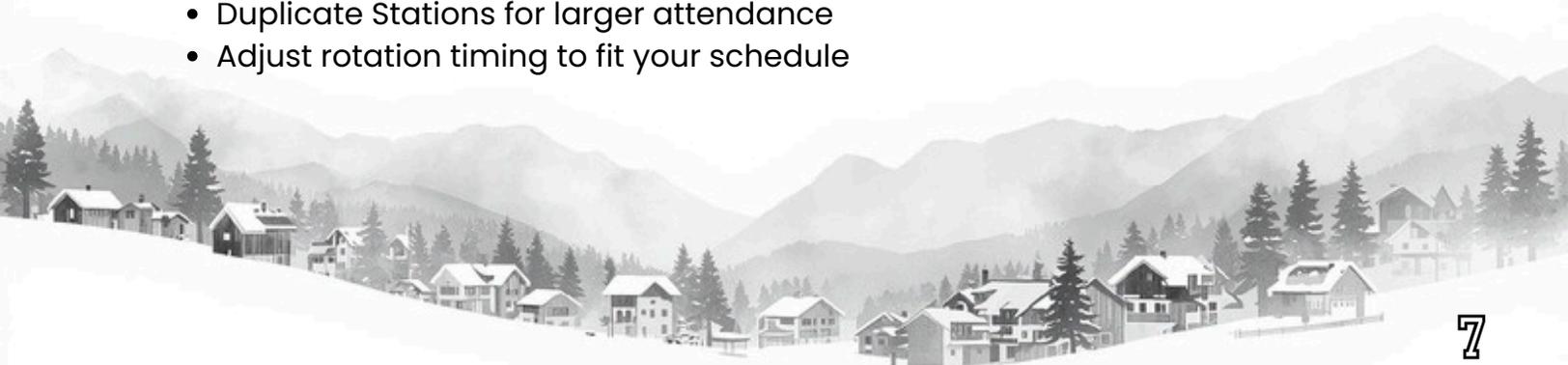
- In separate rooms
- Within one large space
- Outdoors - backyards are a great place for a weekend adventure!
- In clearly marked zones using tables or signage

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)					



CRAFT STATION OVERVIEW



ATHLETES WORKSHOP



SESSION 1

Paper & Wood Bead
Bracelet or Keychain



SESSION 2

Paper Cup Bobsled
Racers



SESSION 3

Origami Hedgehog or
Memory Verse Medal





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 Station:

1. Tablecloths, cloth tarps to cover the tables, floor, and surfaces.
2. A spray bottle with plain water, child-safe cleansers, and clean rags or recycled Kraft 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



RECYCLED PAPER BEAD BRACELETS & KEYCHAINS

A zero-plastic, eco-friendly craft that turns discarded magazine pages and coconut shells into wearable art. Consider supporting an organization that helps people through fair-trade products or make your own beads. (see the Bonus Craft on the next page)

Step 1: Gather Supplies

Beads

- Recycled magazine pages, catalogs, or colorful paper
- Clear non-toxic glue stick or white craft glue
- Small brush (if using liquid glue)
- Optional: natural sealant (Mod Podge or diluted white glue)

Cutting & Rolling

- Scissors
- Ruler
- Pencil
- Skewers, toothpicks, or thin dowels for rolling

Cord

- Natural hemp cord (1mm–2mm thickness)
- OR elastic cord (for easier bracelet fit)

For Keychains

- Silver swivel lobster clasps (metal only, no plastic)
- Split key rings (metal)
- Small metal crimp beads or tight knots (optional)
- Needle-nose pliers (Station Coach only)

Time Required

- 15 minutes bead prep (can be pre-made)
- 15–20 minutes assembly

Younger Kids Option

- Pre-make or purchase beads.
- Elastic cord instead of hemp.

Older Kids Upgrade

- Make the beads together
- Teach sliding knot technique.
- Let them design patterned bead sequences.



RECYCLED PAPER BEAD BRACELETS & KEYCHAINS

Step 2: Make the Bracelet

1. Cut 8–9 inches of hemp cord.
2. Tie a secure knot at one end.
3. String 10–14 beads.
4. Tie the ends together with a strong square knot.
5. Trim excess cord.

For adjustable bracelet:

- Leave longer cord
- Tie sliding knot instead of fixed knot

Step 3: Make the Keychain

- Cut 6–7 inches of hemp cord.
- Tie cord securely onto the swivel lobster clasp.
- String 4–6 beads.
- Tie tight knot at end.
- Attach metal split key ring.
- Trim excess cord.

FAITH CONNECTION

James 1:12 connection. God gives a special reward to people who keep trying and trust Him, even when things are hard or tempting. This reward is called the crown of life, and God promises it to everyone who loves Him.

Sometimes, it takes patience and hard work to turn something old or broken into something beautiful. For example, instead of throwing away old magazines and paper, we can recycle them and make cool jewelry! In life, we might feel like things are messy or "trashy," and wonder if God can make something good out of our problems. The answer is, "YES!" If we keep trusting God and don't give up, He can turn our tough times into something wonderful.

BONUS! OPTIONAL FOR OLDER ATHLETES OR IF THERE ARE FEWER/LONGER STATIONS

- Cut magazine pages into long triangles:
 - About 1 inch wide at the base
 - 6–8 inches long
 - (Wider base = fatter bead.)
 - Place a skewer at the wide end and roll tightly toward the tip.
 - Add a small dot of glue at the end and press to seal.
 - Slide bead off the skewer.
 - Optional but recommended:
 - Lightly brush with diluted glue or Mod Podge to seal and let dry.
- Let dry completely before stringing.



PAPER CUP BOBSLED RACERS

A zero-plastic, eco-friendly craft that turns discarded magazine pages and coconut shells into wearable art. Consider supporting an organization that helps people through fair-trade products or make your own beads. (see the Bonus Craft on the next page)

Step 1: Gather Supplies (Per Child)

- 1 natural kraft paper cup
- 2 strips red cardstock (runners)
- 1 strip brown cardstock (seat support, optional)
- Printed or hand-drawn paper rider template
- Crayons or colored pencils
- Glue stick
- Scissors

Step 2: Prepare the Sled

1. Turn the kraft paper cup sideways.
2. Trim a shallow curved opening at the top to create a seat.
3. Glue two red card stock strips underneath as sled runners. or use recycled coffee stir sticks/popsicle sticks

Step 3: Create the Rider: See Next Page

1. Color the paper rider.
2. Cut it out.
3. Fold slightly at the bottom to create a small tab.
4. Glue tab inside the cup so the rider is upright.

Time Required

- 15–20 minutes assembly

Younger Kids Option

- Pre-cut the seat opening.
- Pre-attach runners.
- Use the rider template.

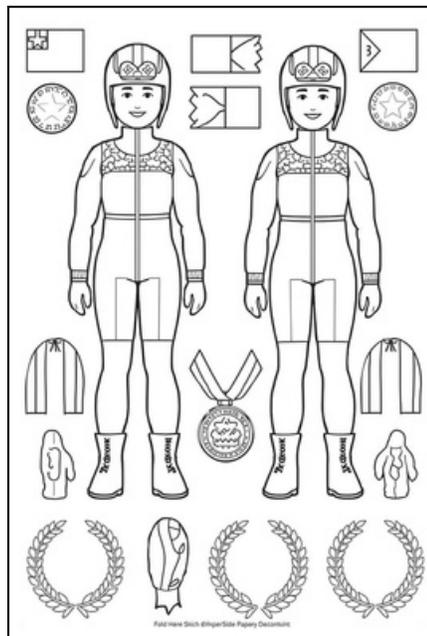
Older Kids Upgrade

- Add two riders (team sled).
- Design team colors.
- Add small paper number decals.
- Use popsicle sticks or coffee stick sticks for runners
- make a simple track to race on (tip - a little wax on the runners makes them slid faster)



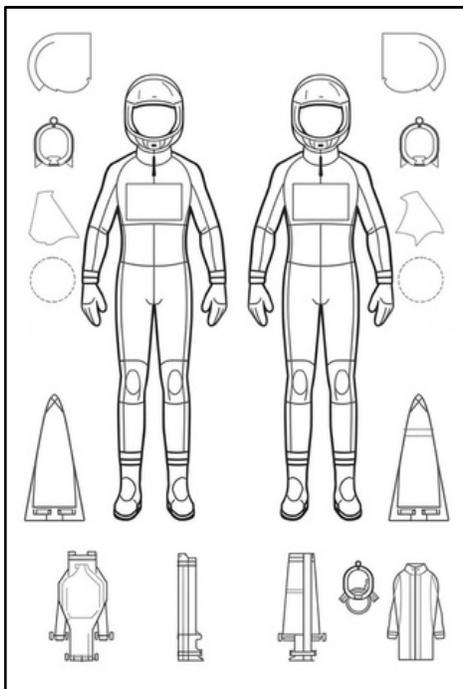
PAPER CUP BOBSLED RACERS

Find these sheets in the Printable section at the back of this guide and make copies or let kids create their own characters. Decorate the bobsleds with cutouts or just leave them plain.



FAITH CONNECTION

Hebrews 12:2 Connection. In bobsled racing, the athletes have to lean forward and pay close attention to where they are going. If they look away, they might crash. The Bible tells us to keep looking at Jesus, just like bobsled racers look straight ahead. The person in the sled is not looking back—they are moving forward. Sometimes, life feels really fast or even a little scary. The road might twist and turn, and we might not know what will happen next. Jesus loves us more than we can ever imagine, so if we keep looking to Jesus and trust Him, He will help us stay on track. Jesus is our real Champion, and we can always trust Him to help and guide us.



Have fun racing them if there is time. Make a simple track by tilting a piece of stiff cardboard (from a box) or a strip of wood.



ORIGAMI HEDGEHOG OR MEMORY MEDALS

A zero-plastic, eco-friendly craft that turns discarded magazine pages and coconut shells into wearable art. Consider supporting an organization that helps people through fair-trade products or make your own beads. (see the Bonus Craft on the next page)

ORIGAMI HEDGEHOG

Step 1: Gather Supplies (Per Athlete)

- Brown paper (printable or plain)
- Scissors
- Glue stick
- (Optional) Wooden clothespin + magnet strip



Step 2: Prepare the Hedgehog

1. Cut paper in half lengthwise on the vertical line.
2. Accordion fold each half along the horizontal lines.
3. Cut around the hedgehog face (leave attached).
4. Glue the two folded strips together at one end.
5. Fan open to form the hedgehog body

MEMORY MEDALS

Step 1: Gather Supplies (Per Athlete)

- Gold cardstock (or yellow paper)
- Red ribbon or yarn
- Scissors
- Glue stick
- Hole punch
- Printed memory verse labels (small strips)
- Tape (optional)



Time Required

- 15–20 minutes assembly

Younger Kids Option

- Pre-cut paper in half.
- Use the printable outline.
- help with gluing & folding

Older Kids Upgrade

- Draw and design their own hedgehog face.
- Add layered paper “spines” in different shades.
- Attach to wooden clothespin.
- Add magnet strip to create a fridge art holder.



MEMORY MEDALS

Step 2: Making the Medals

1. Fold gold paper into medal shape (pre-cut octagon or square folded into octagon).
2. Secure folds with small amount of glue.
3. Punch a hole at the top.
4. Thread ribbon through and tie.
5. Open the inside folds.
6. Write memory verse inside — or glue printed verse label inside.
7. Close medal.

Time Required

- 15–20 minutes assembly

Younger Kids Option

- Pre-cut medal shapes.
- Pre-fold crease lines.
- Adults assist with hole punching.
- Use memory verse labels to glue inside.

Older Kids Upgrade

- Write full memory verse by hand inside.
- Decorate outer edges.
- Create multi-day medal set (one verse per day).

FAITH CONNECTION

Revelation 3:11 Connection. This Bible verse reminds us that Jesus is coming soon, even though it may feel like a long wait. Some races are short, but others, like a marathon, require endurance and focus. In a long race, athletes hold tightly to what they have learned and trained for, so they do not lose their place. In the same way, Jesus encourages us to hold on to our faith in Him, especially when life feels difficult or uncertain. As we remain steady and trust Jesus, we protect the hope He has given us. He promises a crown to those who remain faithful.



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.

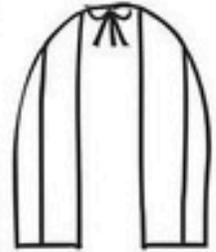
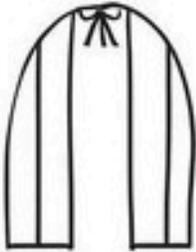
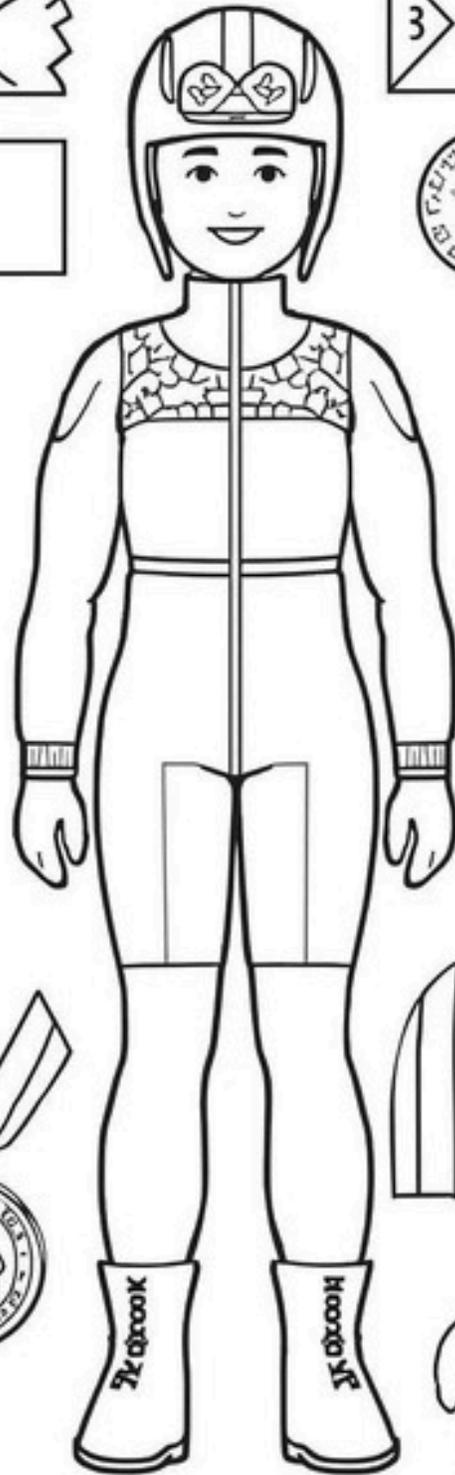
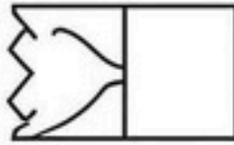
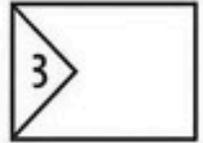
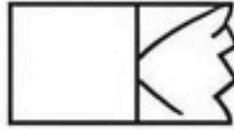
Why? Because He loves us. He promises good gifts – love, joy, peace, faith, and ultimately – a Crown of Life to those who love Him – not a temporary reward, but eternal life in Christ.

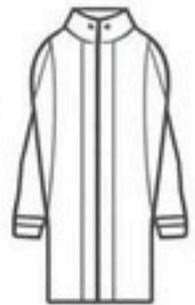
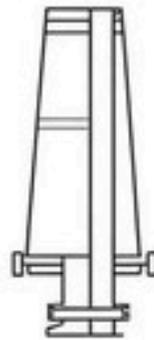
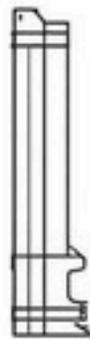
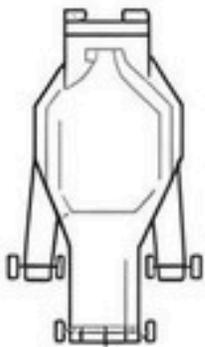
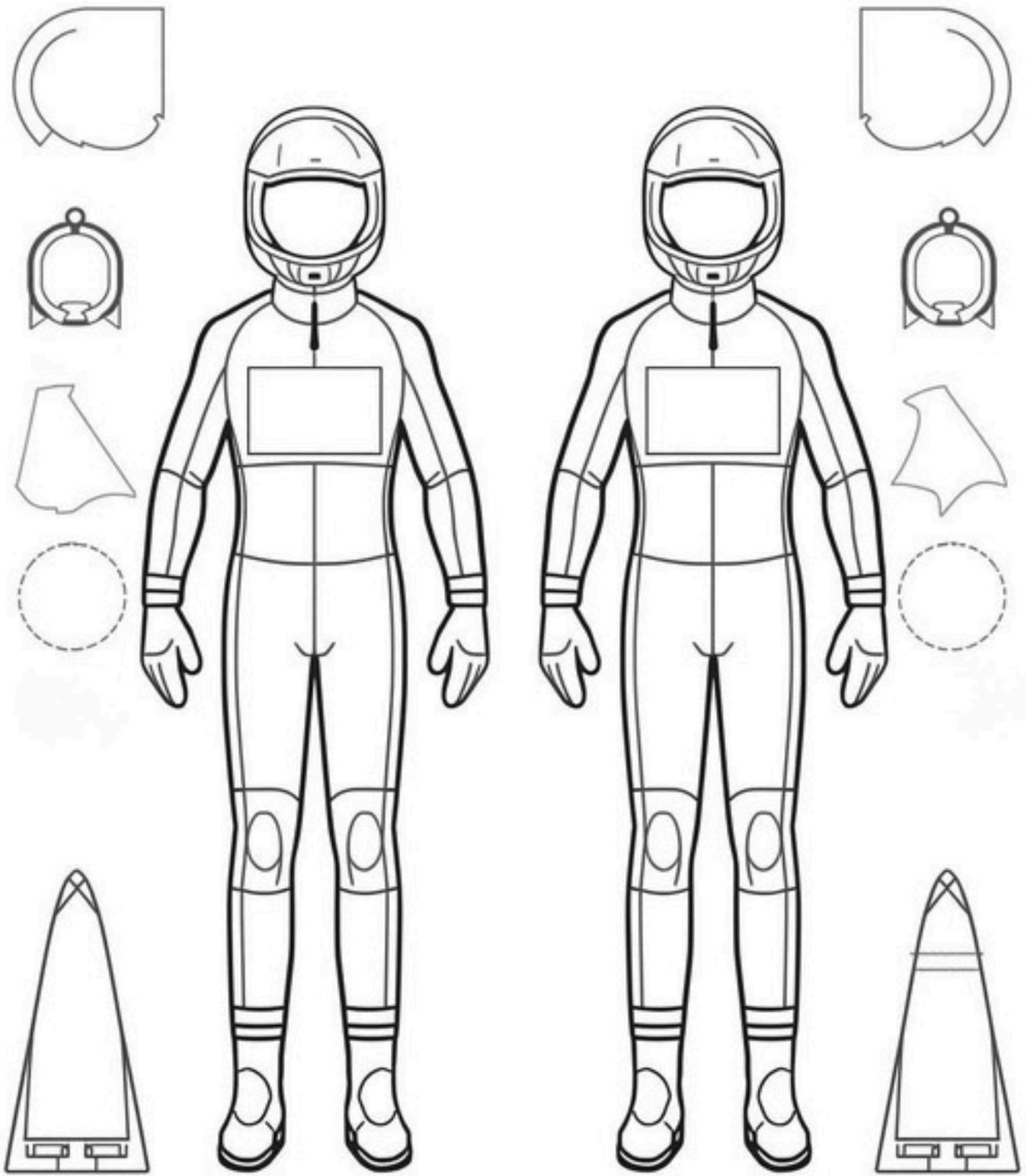
How? On our own, obedience is hard. We cannot earn salvation. We fix our eyes on Jesus, the Champion who both initiates and perfects our faith. We make an effort, but we lean on grace. The redemptive work is already completed in Christ. It is by grace we are saved.

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.







A series of horizontal dotted lines for handwriting practice, separated by a vertical dashed line down the center of the page.



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.
CLAIM THE CROWN.**



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