
Adaptable 5-Day VBS Curriculum Guide: Kindness Cosmic Explorers 🚀

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Note for VBS Directors: Book & Supply Logistics

This single download includes a **Comprehensive VBS Launch Pack** containing:

1. **VBS Director's Launch Checklist:** A ready-to-use checklist to help you organize logistics, supplies, and leader assignments for a seamless VBS.
2. **The 5-Day Curriculum Chart:** The full week-long lesson structure linking every chapter of **AJ and the Constellation of Kindness** to **Christian Virtues, Hope, Peace, and Scripture**.
3. **10 Unique Worksheets:** A complete set of **unique, age-adapted worksheets** (K-2 and 3-5) for every day, linking the book's SEL tools to spiritual practice.

This curriculum is designed for maximum adaptability. Churches are **not required to purchase specific Mission Kit supplies**; the items below are **suggestions** that can often be purchased affordably in bulk (e.g., wristbands with inspiring messages, bubble wands, small stress balls). The **K-5 Age-Adapted Curriculum Workbook** contains worksheets and activities tailored for each day's lesson.

VBS Motto: "You are Amazing! Take care of YOU, and let kindness ripple!"

VBS Director's Launch Checklist: Kindness Cosmic Explorers

Phase	Task
I. Planning & Procurement	
Order the Storybook and K-5 Curriculum Workbooks (allow 2-3 weeks).	☐
Review the Launch Pack 5-day structure.	☐
II. Leadership & Preparation	
Assign Lead Teachers and Helpers for the 5 days.	☐
III. Daily Execution	
Conduct morning rally/worship centered on the day's Virtue.	☐
Teach the Core Spiritual Lesson using the Scripture and Chapter.	☐
Complete the hands-on Activity/Adaptation (using purchased workbook or craft).	☐

Day 1: The Call to Explore – Recognizing Our Star Power (Chapter 1)

Spiritual Focus	Core Value	Complete Scripture Quote	Optional Kit Supply Suggestion
Self-Acceptance	Dignity of the Human Person	Ephesians 2:10: "For we are God's handiwork, created in Christ Jesus to do good works, which God prepared in advance for us to do."	Wristband or Bookmark with an inspiring message (e.g., "You Are Amazing!")
Core Spiritual Lesson	Discuss how God created each child perfectly and uniquely for a purpose. The "You Are Amazing!" message is God's truth for them. Our faith is our internal compass guiding us to good works.		
Activity/ Adaptation	Option A (Workbook): Complete a Self-Worth worksheet from the companion workbook. Option B (Adaptation): Create a "True North" craft, listing their unique God-given strengths.		

Day 1: The Call to Explore – Recognizing Our Star Power (Chapter 1 Printable Worksheets)

K-2 Adaptation

Worksheet Title: My Masterpiece for God **Activity:** Simple drawing and fill-in-the-blank.

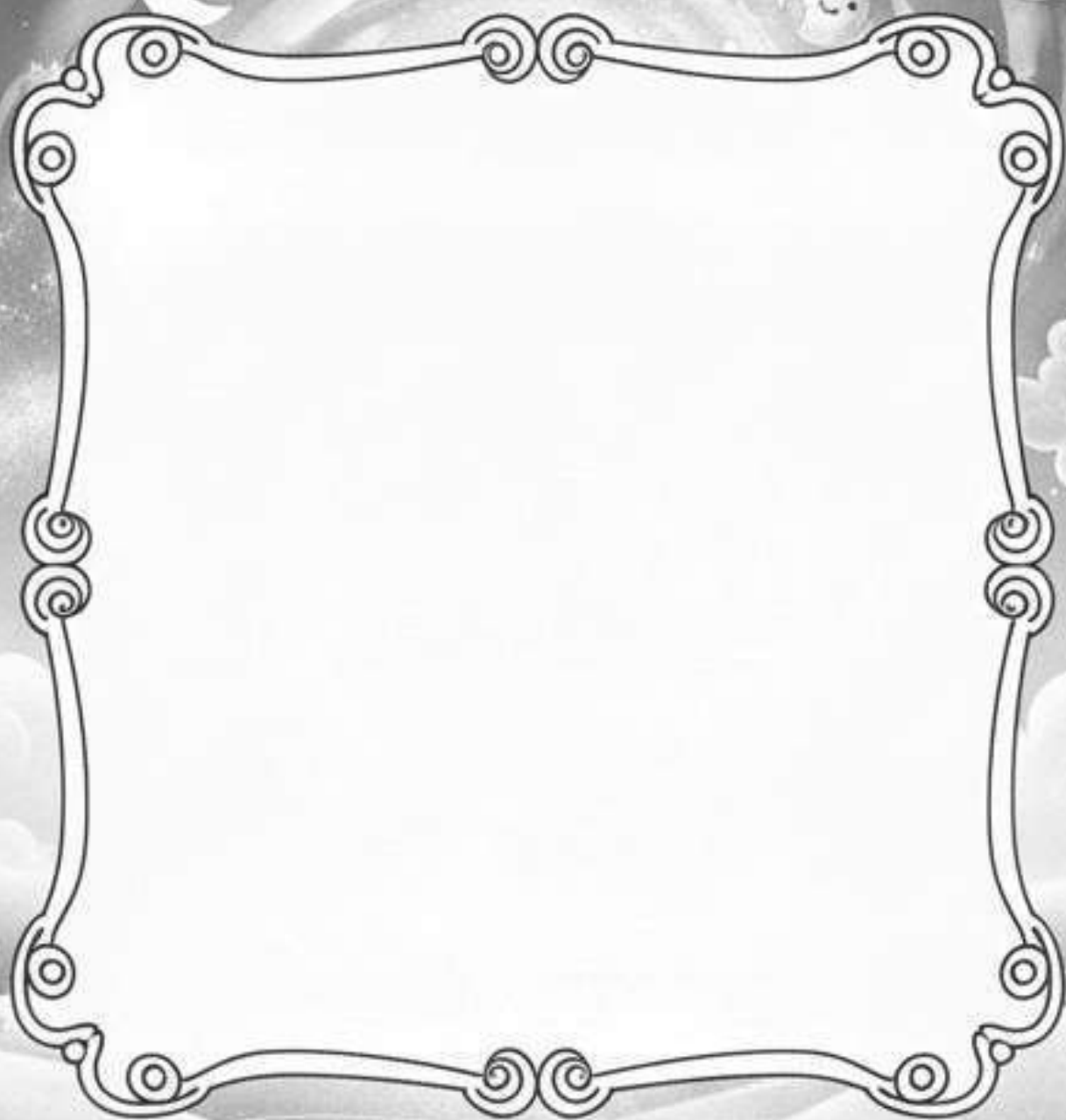
- **Prompt:** Read Ephesians 2:10 (Simplified): *"We are God's handiwork, created in Christ Jesus to do good works."*
- **Prompt:** Draw a picture of yourself.
- **Prompt:** I am God's Masterpiece because...
- **Prompt:** God gave me the gift of **[Blank]** so I can share His love.

3-5 Adaptation

Worksheet Title: My Unique Talents for God's Work **Activity:** Short writing and reflection.

- **Prompt:** Read Ephesians 2:10: *"For we are God's handiwork, created in Christ Jesus to do good works, which God prepared in advance for us to do."*
- **Prompt:** 1. List 3 unique talents or gifts God has given you.
- **Prompt:** 2. Describe one specific way you can use one of these gifts to do a "good work" this week.

My Masterpiece for God



My Unique Talents for God's Work

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[illegible]

Day 2: Navigating the Feelings Nebula (Chapter 2)

Spiritual Focus	Core Value	Complete Scripture Quote	Optional Kit Supply Suggestion
Emotional Awareness	Empathy & Love of Neighbor	Romans 12:15: "Rejoice with those who rejoice; weep with those who weep."	Colored Pencils/Crayons or other coloring medium
Core Spiritual Lesson	Feelings are gifts to process and communicate. Empathy means trying to understand the sorrow (Pluvia) or fear (Worrions) of others, reflecting Christ's compassion.		
Activity/ Adaptation	Option A (Workbook): Complete a Feelings Identification worksheet from the companion workbook, using colors to express emotion. Option B (Adaptation): Play Empathy Charades (acting out emotions) and discuss how Jesus responded to sadness or worry.		

Day 2: Navigating the Feelings Nebula (Chapter 2 Printable Worksheets)

K-2 Adaptation

Worksheet Title: Caring for Our Neighbor **Activity:** Drawing prompts focused on empathy.

- **Prompt:** Read Romans 12:15 (Simplified): *"Be happy with those who are happy; be sad with those who are sad."*
- **Prompt:** Draw a friend showing a sad or worried face.
- **Prompt:** Draw one simple thing you could do to help them show Christ's love.

3-5 Adaptation

Worksheet Title: Empathy: Reflecting Christ's Compassion **Activity:** Scenario reflection and planning.

- **Prompt:** Read Romans 12:15: *"Rejoice with those who rejoice; weep with those who weep."*
- **Prompt:** 1. Describe a time you successfully used empathy (you "wept with those who weep").
- **Prompt:** 2. List one way you can be a better listener this week to understand the feelings of a "neighbor."

Caring for Our Neighbor Activity



Empathy: Reflecting Christ's Compassion



Day 3: Grounding on Galaxy Planet (Chapter 3)

Spiritual Focus	Core Value	Complete Scripture Quote	Optional Kit Supply Suggestion
Inner Peace & Rest	Temperance (Self-Control)	Philippians 4:7: "And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus."	Sensory Item (e.g., small stress ball) and Bubble Wands
Core Spiritual Lesson	Our bodies are temples of the Holy Spirit. We practice finding God's Peace when life is stressful through prayerful focus and breathing, allowing the Holy Spirit to be our guard.		
Activity/ Adaptation	Option A (Workbook): Use the companion workbook's Grounding Exercise template. Option B (Adaptation): Practice the 5-4-3-2-1 Grounding Exercise using the sensory item. Use Calming Breath Work with the bubble wands or simply deep breaths, followed by a moment of silent prayer.		

Day 3: Grounding on Galaxy Planet (Chapter 3 Printable Worksheets)

K-2 Adaptation

Worksheet Title: Finding Peace in the Holy Spirit **Activity:** Simple list and fill-in-the-blank for the 5-4-3-2-1 technique.

- **Prompt:** Read Philippians 4:7 (Simplified): *"And the peace of God... will guard your hearts..."*
- **Prompt:** Use your special breathing.
- **Prompt:** 5 things I see that **God created**
- **Prompt:** 3 things I can touch that remind me **God is here**
- **Prompt:** 1 person I can **pray for** right now to share God's peace

3-5 Adaptation

Worksheet Title: 5-4-3-2-1: Grounding in God's Peace **Activity:** Full reflection and application of the technique.

- **Prompt:** Read Philippians 4:7: *"And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus."*
- **Prompt:** Fill out the steps below when you need to feel God's peace:
 - **5:** List **five things** you see that God created.
 - **4:** List **four sounds** you hear and thank God for the peace of quiet moments.
 - **3:** List **three objects** you can touch and imagine your body is a temple of the Holy Spirit.
 - **2:** List **two pleasant smells/tastes** and thank God for small gifts.
 - **1:** Name **one person** you can pray for right now to share God's peace.

FINDING PEACE IN THE HOLY SPIRIT



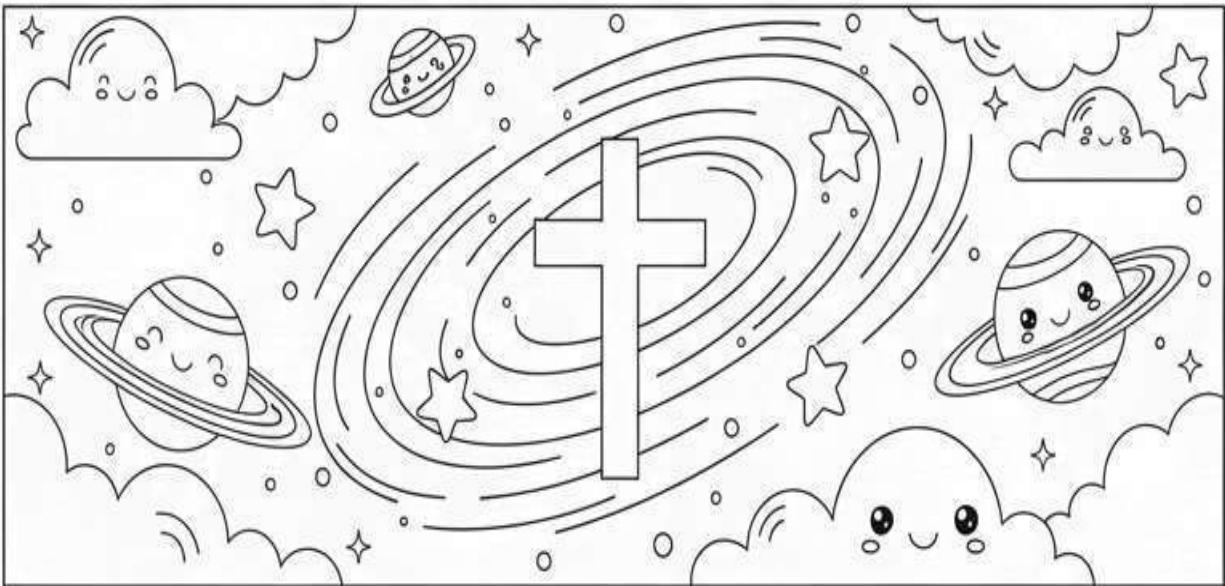
Four horizontal lines for writing.

Four horizontal lines for writing.

Four horizontal lines for writing.

Four horizontal lines for writing.

Grounding in God's Peace Activity



A large rectangular area with horizontal lines for writing, occupying the middle section of the page.



Day 4: Creating the Kindness Ripple (Chapter 4)

Spiritual Focus	Core Value	Complete Scripture Quote	Optional Kit Supply Suggestion
Action & Outreach	Charity & Service	Galatians 6:9: "Let us not become weary in doing good, for at the proper time we will reap a harvest if we do not give up."	Simple Craft Supplies for a service project
Core Spiritual Lesson	True Christian Kindness is unconditional service, reflecting Christ's love. Even small acts of goodness spread far and wide, creating a spiritual ripple effect in the world. Kindness truly ripples when you don't place conditions on it.		
Activity/ Adaptation	Option A (Workbook): Use the Kindness Mission tracking sheet in the companion workbook. Option B (Adaptation): Dedicate time to a simple VBS Service Project (e.g., writing notes for the military, decorating lunch bags for a food pantry, or cleaning up the church grounds).		

Day 4: Creating the Kindness Ripple (Chapter 4 Printable Worksheets)

K-2 Adaptation

Worksheet Title: My Charity Ripple Mission **Activity:** Drawing and simple reflection on unconditional kindness.

- **Prompt:** Read Galatians 6:9 (Simplified): *"Let us not become weary in doing good."*
- **Prompt: 1. Draw an act of kindness you can do today.**
- **Prompt: 2. Circle:** Was this kindness unconditional? (Yes / No)
- **Prompt: 3. Why does God want us to serve others?**

3-5 Adaptation

Worksheet Title: The Unconditional Kindness Challenge **Activity:** Advanced reflection on sacrifice and service.

- **Prompt:** Read Galatians 6:9: *"Let us not become weary in doing good, for at the proper time we will reap a harvest if we do not give up."*
- **Prompt: 1. Name one person you can show *unconditional* kindness (Charity) to this week.** (Provide space for writing)
- **Prompt: 2. What small, tangible act of service will you do?**
- **Prompt: 3. Write a short reflection on why true Christian kindness should not place conditions on others.**

My Charity Ripple Mission





The Unconditional Kindness Challenge

Day 5: The Constellation of Joy and Hope (Chapter 5)

Spiritual Focus	Core Value	Complete Scripture Quote	Optional Kit Supply Suggestion
Trust & Perseverance	Hope & Joy	Romans 15:13: "May the God of hope fill you with all joy and peace in believing, so that you may abound in hope by the power of the Holy Spirit."	Craft Supplies (Paper, glitter, stickers) and Music
Core Spiritual Lesson	Hope is confident trust in God's promises. The joy of song (Chapter 5) is a beautiful spiritual gift for celebrating that hope and perseverance, even when the path is unclear.		
Activity/ Adaptation	Option A (Music Focus): Learn a new upbeat VBS song or worship song, linking the joy of the music to the power of the Holy Spirit. Option B (Craft Focus): Have students create their own Constellation of Hope craft, drawing symbols that represent prayers or things they trust God with.		
Grand Finale	Commissioning: Final reading of the book and commissioning the students to be permanent Kindness Cosmic Explorers who continue the "chapter of kindness and hope" at home.		

Day 5: The Constellation of Joy and Hope (Chapter 5 Printable Worksheets)

K-2 Adaptation

Worksheet Title: Hope Anchor Coloring Page **Activity:** Coloring and simple affirmation.

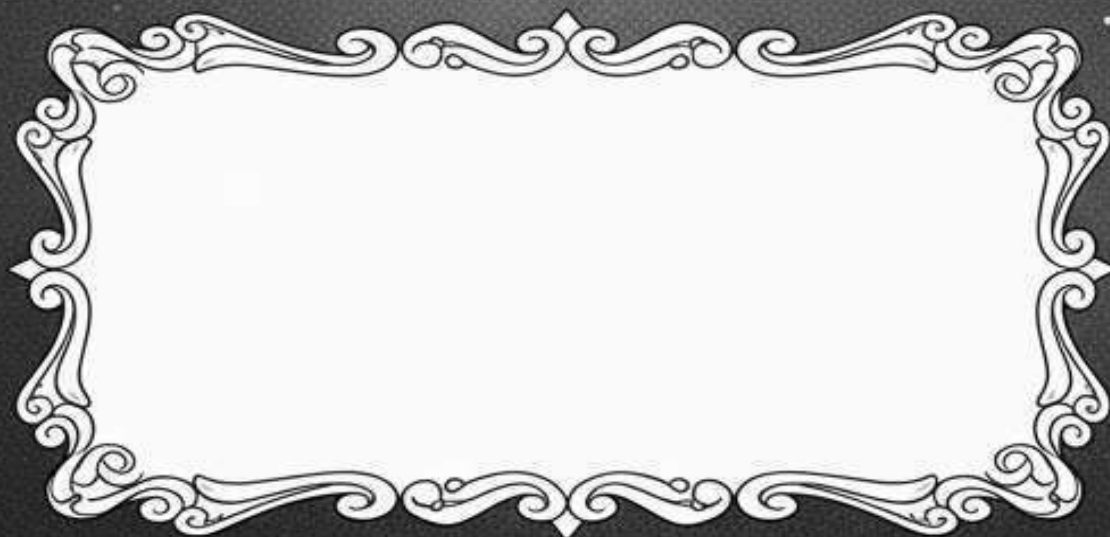
- **Prompt:** Read Romans 15:13 (Simplified): *"May the God of hope fill you with all joy and peace..."*
- **Prompt:** Color the hope anchor below.
- **Affirmation:** Hope means trusting God is in control.

3-5 Adaptation

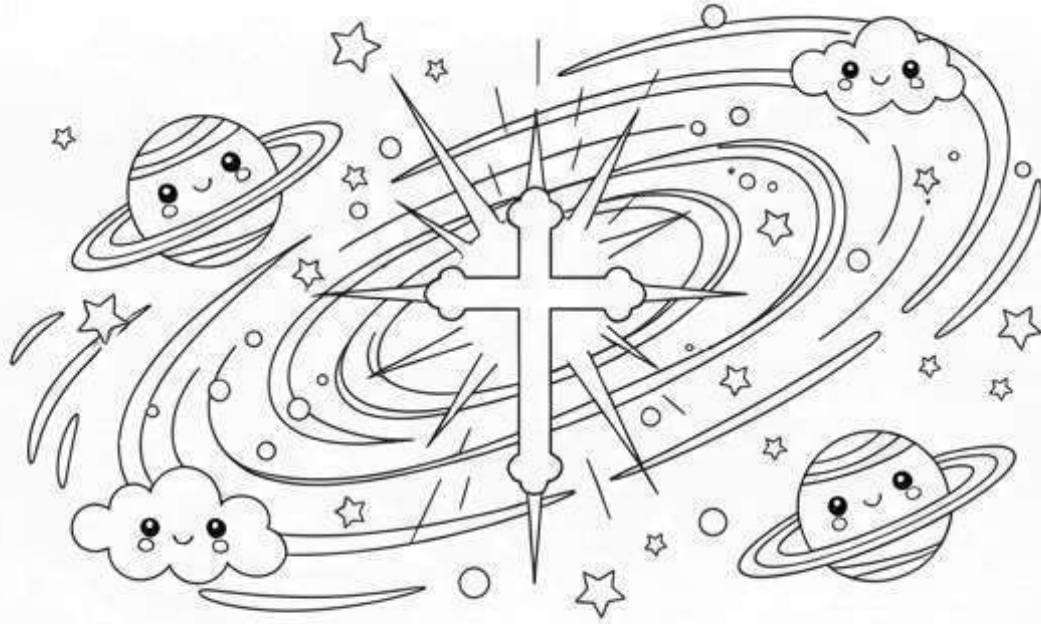
Worksheet Title: My Constellation of Hope Reflection **Activity:** Scripture writing and prayer reflection.

- **Prompt:** Write out the full quote: *"May the God of hope fill you with all joy and peace in believing, so that you may abound in hope by the power of the Holy Spirit."*
- **Prompt:** 1. What does Christian hope mean when you feel worried or lost?
- **Prompt:** 2. Write a short prayer asking the Holy Spirit for the gift of joy and perseverance.

Hope Anchor Coloring Page



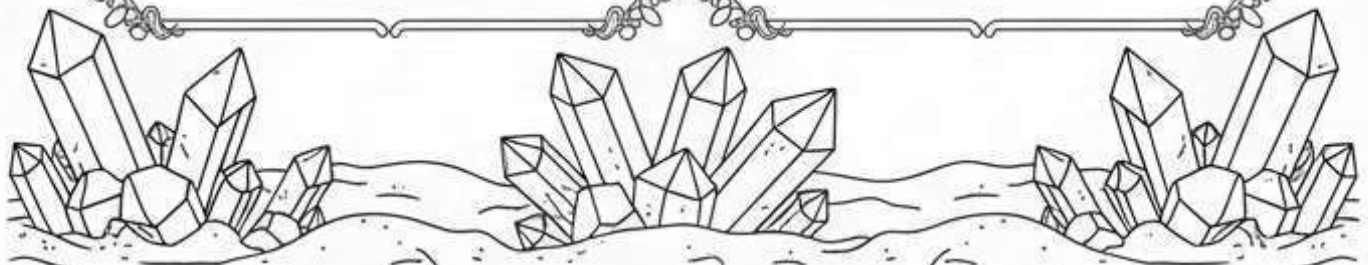
My Constellation of Hope Reflection



Scripture Writing:

Reflection:

Prayer



Free 5-Day VBS Curriculum: Faith, Kindness, and Virtue. Use the *Kindness Cosmic Explorers* guide to teach children K-5 essential emotional wellness skills and core **Christian virtues (Charity and Hope) and spiritual gifts (Peace)** through Scripture. Fully adaptable for any church budget!

Curriculum Element	Why It's Universal
Core Virtues	The VBS focuses on shared concepts like Charity, Love of Neighbor, Hope, Peace, and Self-Control (Temperance). These are foundational virtues taught in virtually every Christian tradition.
Scripture	The quoted verses from Ephesians, Romans, and Philippians are from the widely accepted New Testament.
Spiritual Focus	Themes like the Dignity of the Human Person (God's handiwork), finding God's Peace through the Holy Spirit, and Service (doing good works) are central to the entire Christian faith.
Tool Integration	The methods taught (grounding, deep breathing, expressing emotions) are secular emotional intelligence skills that are easily integrated into a Christian context, as they teach stewardship of the body (the "temple of the Holy Spirit").