


WEEKLY EXPLORE MORE IDEABOOK



BIBLE X

*Bible Exploration
is not a destination,
it's the Adventure
of a lifetime.*

ADVENTURE I
BOOK OF BEGINNINGS

BIBLE X

Weekly ExploreMore Ideabook

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GETTING STARTED

Reading Scripture, discussing it as a family, and completing activity pages all help your kids see the big picture of God's story. But BibleX takes that learning to a whole new level. This ExploreMore IdeaBook provides you a wealth of ideas to help you further reinforce what you are learning from Scripture. The 10-15 weekly ideas give you plenty of options to remind your children of what they have discovered in God's Word. Each idea is something you can do together as a family to help everyone remember what God has been teaching you through His Word.

HOW DOES THIS WORK WITH BIBLEX?

This ExploreMore IdeaBook has been designed to help your kids engage all of their senses so they can fully grasp the truths in Scripture. The activities in this book should *always* serve to follow up on your daily Bible exploration. Do not start here! Your family will best benefit from these activities when they understand the context for why they are participating in them.

UNDERSTAND THE TYPES OF ACTIVITIES

IN THE KITCHEN

Do you have kids that like to cook or a family that likes to eat? Get them busy in the kitchen! This section provides food-related ideas to reinforce what your family is learning that week. Recipe ideas are included most weeks, but you may even think of your own favorites that will work as well.

SCIENCE EXPERIMENTS

God created an incredible, complex world for us to live in. Turn your home into a science lab using these simple, child-friendly experiments and activities. Not only will your kids have fun, but you will have some opportunities to teach a little science and reinforce what you are learning together.

CRAFTS

Make a craft related to a story learned during the week. Your kids will enjoy using their creative abilities and end up with a lasting visual reminder of the truths from Scripture. These don't have to be for kids only. Work with them, or alongside of them. They will enjoy seeing what you create.

SERVICE PROJECTS

This section will help your family put into action what they have learned that week. Suggestions include ideas for serving one another, friends, people in your church family and broader community, and reaching out to organizations across the globe. Help them experience the blessing of blessing others.

GAMES

Play a game to reinforce or reenact a part of the Bible story. Some games are more active, while others will help you exercise your brain. Be sure to focus on the fun you are having together as a family rather than competing to win. And don't forget to point out the tie-ins to the content of the Bible readings that week.

FIELD TRIPS

Take a field trip somewhere. Some may be right down the road from where you live and others might turn into a day trip or longer. Either way, these travels will help you dig in deeper with concepts you have encountered in your readings and certainly make for some great family memories.

RESEARCH PROJECTS

Dive in deeper on a topic related to what you are learning in Scripture during the week. Depending on the age and interest level of your children, this section can be as brief, or in-depth as you'd like. Be sure to show that you are interested in exploring the topic with them. Demonstrate what it means to be a life-long learner.



GET OUTSIDE

Be on the watch for nice days. As the weather permits, participate in these outdoor activities. Or if you don't mind the wet and cold, bundle up and go anyway! You and your kids will gain new appreciation for the variety of God's creation all year long and connect it to His Word from a whole new perspective.



EVERY ASPECT OF LIFE

Because the Word of God is living and active, it is still relevant today, thousands of years after it was written. We hope the activities in this section encourage you to engage as a family in meaningful discussions.

SUPPLY LISTS

In the far right or left column of each page is a list of the suggested supplies needed to accomplish each activity. Some activities may require more supplies than others, and some may not require any supplies at all! Most supplies you may find easily around your home. Others should be available at local stores or online.

DIFFICULTY RATING SYSTEM

Each idea is "difficulty rated" to help you choose the ones that work best for your family. You will find that activities that require more supplies, time, or advanced preparation (such as a field trip) will be given a higher difficulty rating.

- ★ Simple
- ★★ Average
- ★★★ Challenging

LEVEL OPTIONS

The ideas we have provided in this ExploreMore IdeaBook are meant to further reinforce what your family is learning together in your Bible reading. Though they will have the most impact if done during the week suggested, there are times that is not possible. For instance, doing a field trip or outdoor activity may not be possible the week it is suggested.

That's okay. You can always use an idea provided weeks after you have done the corresponding Bible reading and use it to serve as a reminder of what you learned earlier.

- Level I—review the ideas that have been provided each week and choose one of the simpler ones (one star rated) that can be easily done with your family. If you see an idea that would work for you sometime in the future, make a note of that and plan a time to do it.
- Level II—review the ideas that have been provided each week and choose 2-3 that your family would enjoy doing. If you see an idea that would work for you sometime in the future, make a note of that and plan a time to do it.
- Level III—review the ideas that have been provided each week and choose 4-5 to do each week—after your Bible Exploration times if possible. If you see an idea that would work for you sometime in the future, make a note of that and plan a time to do it.

ADVENTURE 1 BOOK OF BEGINNINGS

As you do these activities together as a family, we encourage you to have your Bible and Daily Exploration Guide with you. Remember, BibleX Adventure 1 focuses on the book of Genesis and is all about how God was at work in creation, the fall, the flood, and the first few generations of Abraham's family. While this book is filled with many fun and exciting activities together, remember that having fun together as a family is only part of why you are doing these activities. What you are really doing is demonstrating to your family how following Christ impacts every aspect of life, and that:

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Week 1



EAT A MEAL WITH LIMITED LIGHT ★

During dinner, turn off the main lights in your home. Set up some lanterns or light candles to give light as you eat dinner. Remind your kids that God created light and separated it from darkness on the first day of creation. Talk about how we use light and why we need it.

- Candles
- Lanterns

EAT FROM THE EARTH ★

God made plants for people and animals to eat. Eat an entire meal with only plant-based products. Try not to include any meat, dairy, or seafood ingredients. Discuss the different plants used in the meal. Talk about each person's favorite plant (fruit, vegetable, bean, etc.) to eat.

WHERE HAVE YOU BEAN? ★★

Give each family member two bowls (one filled with a specified number of beans and the other empty) and a straw. On signal, each player moves the beans from one bowl to the other by sucking on the straw end opposite the bean. The first person to transfer all the beans wins.

Talk about how God made plants with seeds so each kind of plant could continue to grow again and again.

- Beans
- Bowls
- Straws

PLANTING SEEDS ★★

Give each child an empty container you have saved. Let them scoop out enough soil to fill their container. Have them poke a finger into his or her soil to make a hole for the seed. Pass out seeds, then let your children place a seed in the hole and fill in the hole over the seed. Water the seeds gently. (Don't flood them.) Put the containers in a sunny spot. Check on the growth of the seeds and be sure to water regularly. Talk about the variety of the different kinds of plants God has made.

- Dirt or potting soil
- Empty container (milk carton, cottage cheese, etc.)
- Large spoon and/or trowel
- Package of vegetable seeds (dried beans grow well)

ANIMAL PUPPET FRIENDS ★★

On the fifth day of creation, God made creatures to fill the skies and the seas. On the sixth day of creation, God made creatures to walk on the earth. Use the time you are making these animal puppets to talk about the amazing design God had when He made each animal.

Help determine what animal each child would like to create. Then determine what color the animal will be. Will it have floppy ears, pointed ears, or no ears at all? What kind of tail? Will the animal have whiskers? Let your child introduce their puppet to your family, sharing its name and a little about itself.

- Construction paper
- Crayons
- Glue
- Scissors
- Small paper bag (one per child)
- Yarn



ZOO OR AQUARIUM

★★

Visit a local zoo to see land animals and birds. Or, visit an aquarium to see the animals God created to fill the waters. Make a point to discover unique things about each animal you see that show how God is an amazing Creator.



LEARN ABOUT AN ANIMAL

★

If you have younger children, choose a few educational library books on specific birds, sea animals, reptiles, bugs, or mammals. Read at least one of them this week.

If you have older children, have each child choose an animal they would like to learn more about. Have them use library books or look online for information on that animal, to share with the rest of the family. Spend some time marveling at God's creative design for each animal.



MAKE SILHOUETTES

★

God made people in His image! He made people special from the rest of His creation. Make silhouettes of each person in your family as a reminder that you are each made in God's image for His glory.

Set up a desk lamp or hold a flashlight about 3 feet (1 m) from the wall. Have each member of your family take turns putting one shoulder against the wall. Tape black paper behind the shadow and draw the shadow's outline with a pencil. Repeat this process with each family member. Carefully cut along the pencil lines and mount the silhouettes on light-colored paper.



PRESERVATION PLAN

★★

God wants you to help take care of His creation. There are lots of ways to preserve nature right where you live! Choose one thing:

- Clean up litter along a road.
- Help clean up a stream or pond.
- Sort your family's garbage for recycling.
- Make a compost pile.
- Volunteer at a recycling center.
- Before throwing things away, see if you can find one more way to use them.



MAKE RECYCLED PAPER

★★★

Tear paper into 1-inch (2.5 cm) pieces. Put one cup of paper pieces into bowl and add one cup of water and 1 tablespoon cornstarch. Fill blender about half full with paper mixture. Blend at low speed, adding more water if needed, until mixture turns to pulp. For colored paper, add drops of food coloring as desired. Extra drops will result in a stronger color. For scented

- Black and light-colored construction paper
- Desk lamp or flashlight
- Glue
- Pencil
- Scissors
- Tape

- Blender
- Bowl
- Cornstarch
- Measuring cups
- Measuring spoons
- Newspaper
- Pan (or tub) big enough to hold screen
- Spatula

paper, add a few drops of extract or several tablespoons of spices, herbs, or flowers. Blend for 30 more seconds.

Put a layer of newspaper on the bottom of the pan. Place one screen on top of newspaper, and pour the pulp into the middle of the screen. Use a spatula or your hands to spread the pulp evenly. Leave a wide border without pulp. Place the second screen on top of the pulp, and cover it with newspaper. Press on newspaper to get water out of the pulp. Use fresh newspaper and repeat until most water is soaked up. Take the screen "sandwich" out of the pan and lay it on fresh newspaper in a warm area to dry overnight. Remove screens when paper is dry.

As you work on this project, talk about how God gave people the responsibility to take care of the earth.



BOY, BUG, FLYSWATTER



Play like the game, "Rock, Paper, Scissors." Divide into pairs. At the count of three, each player has to imitate an impatient boy, a mosquito, and a flyswatter. Perhaps the boy could wave the bug away, the bug could say buzz, and the flyswatter could be a clap of the hands. Have them demonstrate what they decide. Explain that flyswatter beats bug because the bug gets squashed; bug beats boy because he bites the boy; boy beats flyswatter because the flyswatter is useless without the boy to use it.



SEVEN DAYS OF PRAYER



God made the world in seven days. Set aside a time to pray as a family each day this week, using the guide below.

- Monday—Missionaries Day—Pray for overseas missionaries.
- Tuesday—Task Day—Pray for the job God has given you and your family to do, whether you are school age, working, or serve as a volunteer.
- Wednesday—Workers Day—Pray for your local church leaders, your pastor, Sunday school leaders, etc.
- Thursday—Thanksgiving Day—Praise and thank God for what He has done.
- Friday—Family Day—Pray for your immediate family and those not quite as intimately related.
- Saturday—Servants of the Lord—Pray for the saints or fellow servants of the faith. The Bible exhorts us to pray for the persecuted church.
- Sunday—Salvation Day—Pray for those who do not yet know Jesus as their Lord and Savior.

❑ Two pieces of nylon (or wire) screen a little larger than the size paper you want to make

❑ Used paper

❑ Water

*Optional:
food coloring,
flavoring extracts,
spices, dried herbs,
dried flower petals*