

ROOTED

A 52-Week Lesson Plan for Christian Youth Ministry

MASTER SUPPLY APPENDIX

Consolidated Monthly Shopping Lists

QUARTER ONE

Spiritual Identity & Foundations

January · February · March | Winter

HOW TO USE THIS APPENDIX

1. This appendix covers Quarter 1 of ROOTED (January, February, March) and parallels that quarter in the book. It is organized month by month, so you can shop one month at a time.
2. Each monthly list consolidates every supply needed for that month's games, messages, and challenges, and any optional fifth-week lessons.
3. Most supplies can be purchased in a single trip before the month begins — dollar stores, craft stores, and big-box retailers carry nearly everything listed.
4. Quantities reflect the needs for each individual week. Items used across multiple weeks are listed once, with a note where applicable.
5. Each week's heading shows the lesson title and game title exactly as they appear in the book.
6. Weeks marked "(Optional)" are only needed if you plan to run the bonus fifth week for that month.
7. Items marked with an arrow (→) add context: extra supplies for a week's Challenge, a setup note, or a service station.

QUARTER 1 AT A GLANCE

Before students can serve, share, or stand strong — they need to know who they are.

JANUARY	Identity in Christ	4 Weeks
FEBRUARY	Guarding Your Heart	4 Weeks
MARCH	Armor of God	5 Weeks

JANUARY

Identity in Christ

QUARTER 1 · 4 WEEKS



MASTER SUPPLY LIST

Use this list to gather everything you need for all January lessons before the month begins. Items that appear in multiple weeks are listed once — purchase in the quantity that covers the fullest single-week need unless noted otherwise.

Week 1 · Created with Purpose

Game: *The Blind Masterpiece*

- ◆ Paper plates — one per student
- ◆ Sharpies or markers — one per student
- ◆ A sense of humor (yours and theirs)

Week 2 · The Label Swap

Game: *Stick-It Tag*

- ◆ 3–4 pads of standard Post-it notes (different colors if possible)
- ◆ 1 black Sharpie marker per student
- ◆ A countdown timer or stopwatch
- Additional for Challenge: Leftover Post-it notes & Sharpies from the game
- Additional for Challenge: A large cross — wooden, or drawn on poster board — placed at the front of the room

Week 3 · The Social Media Mirror

Game: *The Approval Rating*

- ◆ 1 whiteboard or large poster board (or a projector/TV display)
- ◆ 1 dry-erase marker or thick marker
- ◆ Small sheets of paper or index cards — 1 per student
- ◆ Pens or pencils — 1 per student
- ◆ A countdown timer or stopwatch
- ◆ Optional: a bell or buzzer to signal rounds
- Additional for Challenge: Index cards or half-sheets of paper — 1 per student
- Additional for Challenge: A designated "drop box" or basket at the front of the room

Week 4 · Part of a Bigger Story

Game: *The Living Mosaic*

- ◆ Blank white index cards — 1 per student
- ◆ Markers, crayons, or colored pencils
- ◆ 1 large poster board with a giant cross or globe lightly sketched in pencil
- ◆ Glue sticks or double-sided tape
- ◆ Bibles or printed handouts of 1 Peter 2:9
- ◆ Flashlights or battery-operated candles — 1 for every 2–3 students
- ◆ "Identity Tags" — nametags pre-printed or hand-written with: Chosen · Royal · Holy · God's Special Possession



LEADER TIP

Shop for all January supplies in a single trip before the month begins. Most items are available at a dollar store, craft store, or big-box retailer.

FEBRUARY

Guarding Your Heart

QUARTER 1 · 4 WEEKS



MASTER SUPPLY LIST

Use this list to gather everything you need for all February lessons before the month begins. Items that appear in multiple weeks are listed once — purchase in the quantity that covers the fullest single-week need unless noted otherwise.

Week 1 · Choose Your Circle

Game: *The Gravity Pull*

- ◆ 2 rolls of standard blue painter's tape
- ◆ 4 sturdy, identical plastic or wooden chairs

Week 2 · The Power of the Tongue

Game: *The Toothpaste Challenge*

- ◆ 3–4 travel-sized tubes of standard white toothpaste
- ◆ 3–4 disposable paper plates
- ◆ 3–4 plastic spoons
- ◆ Paper towels (the mess is real — have plenty)

Week 3 · Standing Strong Against Peer Pressure

Game: *The Standing Line*

- ◆ 1 roll of standard blue painter's tape
- ◆ A list of 10 silly, polarizing "This or That" questions (pre-prepared)
- ◆ 4–5 student "plants" — briefed before the session to jump to the unpopular side

Week 4 · Love Out Loud

Game: *The Silent Support*

- ◆ 1 large bag of balloons — inflated before youth group
- ◆ 2 large plastic laundry baskets



LEADER TIP

Shop for all February supplies in a single trip before the month begins. Most items are available at a dollar store, craft store, or big-box retailer.

MARCH

Armor of God

QUARTER 1 · 5 WEEKS



MASTER SUPPLY LIST

Use this list to gather everything you need for all March lessons before the month begins. Items that appear in multiple weeks are listed once — purchase in the quantity that covers the fullest single-week need unless noted otherwise.

Week 1 · The Belt & The Breastplate

Game: *The Ultimate Uniform*

- ◆ 3–4 rolls of heavy-duty aluminum foil
- ◆ 3–4 rolls of duct tape
- ◆ A timer
- ◆ A creative judging panel (leaders work great)

Week 2 · Ready Your Feet

Game: *The Slippery Slope*

- ◆ 2 large, heavy-duty tarps
- ◆ 2 bottles of dish soap
- ◆ A few buckets of water
- ◆ 2 traffic cones or chairs for the turnaround point

→ NOTE: Works best outdoors — have an indoor backup ready (slippery sock relay)

Week 3 · Shield Up

Game: *The Dodgeball Fortress*

- ◆ 10–12 soft foam dodgeballs
- ◆ 4 large, empty cardboard boxes or plastic storage bins (to serve as shields)

Week 4 · The Helmet of Salvation

Game: *The Water Balloon Drop*

- ◆ 20–30 pre-filled water balloons
- ◆ 2 cheap plastic construction hardhats or bicycle helmets
- ◆ 2 large trash bags (cut open as ponchos)
- ◆ 1 roll of heavy-duty duct tape
- ◆ 2 plastic cups (taped upside-down to the top of each helmet)

Week 5 (Optional) · The Sword of the Spirit

Game: *The Balloon Duel*

- ◆ 2 packs of long twisting balloons — inflated and tied into sword shapes
- ◆ 2 packs of standard round balloons — inflated (ankle balloons)
- ◆ 1 roll of painter's tape (boundary square)
- ◆ String or yarn — one 12-inch piece per student (to tie ankle balloon)



LEADER TIP

Shop for all March supplies in a single trip before the month begins. Most items are available at a dollar store, craft store, or big-box retailer. Weeks marked "Optional" apply only if you plan to run the bonus fifth week.