HELPING HAND

ACTIVITY BOOK

FOR ADVENTURERS AGED 9 YEARS
Greater Sydney Conference

This activity book belongs to
My name is ____________________________

I am ___ years old

(glue photo here)

I am a Helping Hand
BASIC REQUIREMENTS
“Because Jesus loves me I can always do my best”

☐ Repeat from memory and accept the Adventurer Pledge
Adventurer Law

Print on card, complete the law and cut out. Write the meaning on the back of each law. Attach to a string or ribbon and make a mobile.

Be ________________

Be ________________

Be ________________

Be ________________

Be ________________

Be ________________
□ Read or listen to two books from the Adventist Book Centre Adventurer reading list.

OR

□ Read or listen to chapters of 1 Samuel 1-3 and two books from the following topics.

- Book on family, friends or feelings
- Bible story book or a book about Jesus
- Book on history or missions
- Book on health or safety
- Book on nature

□ Reading Award IV

Read or listen to the Bible verses and ALL the books as shown above.
MY GOD
i. His Plan to Save Me

A) Create a story chart showing the order in which the following stories took place.

☐ Noah  ☐ Abraham  ☐ Moses  ☐ David  ☐ Daniel

B) Make a diorama, poem or song about one of the stories above to show someone how to live for God.
ii. His Message to Me

Find, memorise and explain three of the following Bible verses about living for Jesus:

☐ Exodus 20:11-17

☐ Philippians 2:13

☐ Philippians 4:13

☐ 1 John 2:1-2

☐ Jude 24
iii. His Power in My Life

A) Spend a regular quiet time with Jesus to talk with Him and learn about Him. Write on the fingers your quiet time with Jesus.

B) Work with an adult to choose one thing in your life that you would like to improve. With Jesus’ help, pray, plan and work together to reach your goal.
MY SELF
i. I Am Special

A) List some special interests and abilities God has given you. Circle the ones below that interest you and add others of your own.

- Singing
- Playing Sports
- Reading
- Maths
- Enjoy Friends
- Drawing
- Helping People

(glue photo of you here)
B) Demonstrate and share your talent by earning one of the Adventurer awards that allow expressions of personal talents.

Why this award allows me to express one of my personal talents.
ii. I Can Make Wise Choices

A) Learn the steps of good decision making.

1. Talk over each step with Jesus.
2. What is the problem?
3. What are several possible solutions?
4. What might be the consequences of each solution for myself and for other people?
5. What is the best solution?
6. Act on your decision.
7. Review. How did it work?
8. What will you do different next time?
## ii. I Can Make Wise Choices

B) Use the steps and the following tools to solve two real-life problems.

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Possible Solution 2

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Best Solution

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Reflection

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iii. I Can Care for My Body

Earn the **Hygiene Award**

A) Find, read and discuss:

- Psalm 119:11
- Proverbs 25:11
- Psalm 19:14

B) Learn about personal cleanliness

C) Tell three important times when you should wash your hands.
iii. I Can Care for My Body

Earn the **Hygiene Award** cont.

D) Practice the proper way to brush your teeth.

E) Discuss regular bathing and how to keep your hair clean.

F) How many glasses of water should you drink a day?
iii. I Can Care of My Body

Earn the **Hygiene Award** cont.

G) Tell why it is important to keep your clothes clean.

H) Help with:

- [ ] Keeping your house clean for one week.
- [ ] The laundry at home for one week.

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MY FAMILY
i. I Have a Family

Make a family flag or banner. Collect stories or photographs about your family history.

My Family
Help plan a special family worship, family night or family outing.

ii. Families Care for Each Other
iii. My Family Helps Me Care for Myself

Earn an Adventurer award, not previously earned in one of the following areas.

- Crafts
- Indoor skills
- Outdoor skills

The award I chose is:
i. The World of Friends

Earn the **Caring Friend Award**

**A) Explain what it means to be a caring friend.** Find, read and memorise

1 Peter 5:7

**B) Talk to someone and ask them the following.**

- Name: __________________________________________________
- The day and month they were born: _______________________
- Their favourite animal: ________________________________
- Two of their favourite colours: ___________________   __________________
- Three favourite foods: __________________   _________________   __________________
- Four things important to them: __________________   _________________
  ___________________   _________________

Have your new friend tell you some interesting thing that has happened in his or her life.
C) Visit a shut-in or older person and take something to them. Use the questions on the last page as you talk together.

D) Tell one of the persons you visit how Jesus loves you and that He loves them also.

E) Demonstrate how you can be a caring person to your parents by:
   - Helping to keep your room clean.
   - Helping with food preparation or cleanup after a meal.
   - Doing extra chores without being told.

D) Tell about something special you have done for a friend.
ii. The World of Other People

A) Choose a world culture to study. Find a way to share Jesus’ love with some of the people of that culture.

Find out about their capital city, flag, language, clothing, currency, religion, sport or food.
iii. The World of Nature

Earn the Environmentalist Award

A) Tell and explain the instructions God gave at creation in regard to the environment. Read and discuss Genesis 1:26.

B) List three animals that are endangered and tell why.

Animal: __________________________________________

Why:

Animal: __________________________________________

Why:

Animal: __________________________________________

Why:
iii. The World of Nature

Earn the Environmentalist Award cont.

C) List three birds that are endangered and tell how you can help protect birds.

BIRD _________________________________
Why?

BIRD _________________________________
Why?

BIRD _________________________________
Why?

D) Study endangered trees in your area. Plant or adopt a tree.
iii. The World of Nature

Earn the Environmentalist Award cont.

E) What dangers threaten the quality of our air? Explain how nature keeps our air fresh.

F) Tell where your town water supply comes from and what steps you can take to prevent it from being polluted.
iii. The World of Nature

Earn the Environmentalist Award

G) Participate in one of the following community activities to help clean the environment.
  - Take part in Earth Day events
  - With your group, help clean the trash from the roadside or a stream
  - Help collect paper, cans or other materials for recycling