

Activity Book



Advanced

Helping Hands



This book belongs to

Child's name

How to use this activity book

This activity book is designed for ease of use by the parent or teacher, and to stimulate enthusiasm on the part of the Adventurer. This activity book may be used as a whole, or the pages may be removed and completed one at a time. Collecting the completed pages and binding them together (with stapler or yarn) at the end of the year will provide a keepsake for the children to remind them of their Adventurers.



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Activity Book



God's

_____ /
first name

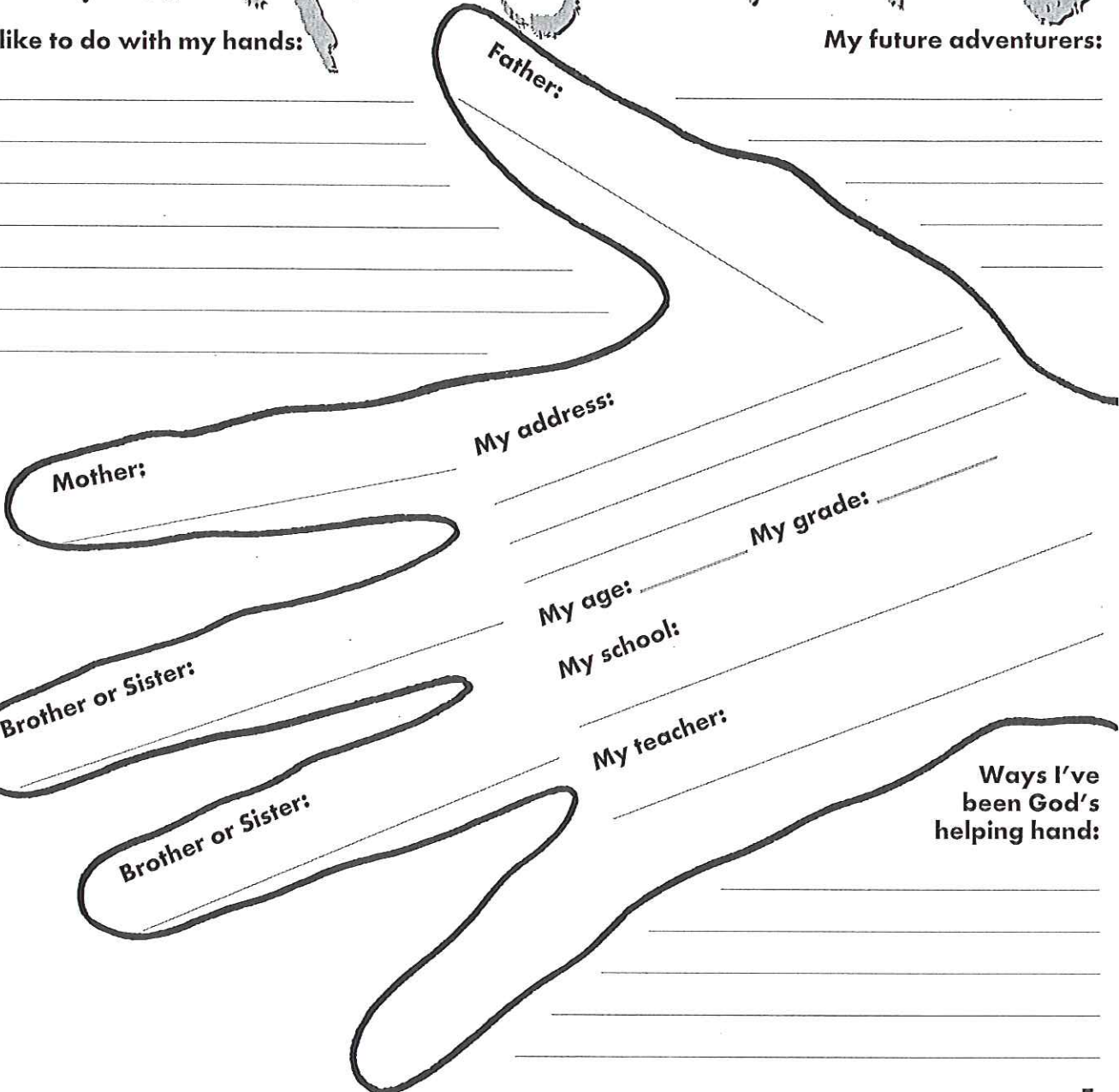
_____ /
last name

Advanced

Helping Hand

Things I like to do with my hands:

My future adventurers:



Basic Requirements My Outdoor skills

- I. Have the Helping Hand class requirement completed.
- II. Recite the Adventurer Pledge and Law.
- III. Explain the Law.
- I. Use a compass to follow directions and reach a goal.
- II. Demonstrate how to stay safe in adverse weather conditions such as:
 - Frostbite
 - Heat stroke
 - Hypothermia

My Family

- I. Earn the Home Helper Award.
- II. Plan a meeting with the family to discuss a topic important to the child.

My Health

- I. By respecting your body, you should be aware of the food you eat by reading the first three ingredients of your favorite:
 - Cereals
 - Drinks
 - Snacks
 - Desserts
- II. Keep a Food Diary of the food you eat in one week.
- III. Sign a Health Pledge card.

My Leadership

- I. Work with a staff member in planning one of the following:
 - Adventurer activity or outing
 - Club party
 - Club opening exercise
 - Assist in teaching an award to either Busy Bees or Sunbeams
- II. Participate in a church worship service by doing one of the following:
 - Scripture reading
 - Prayer
 - Ushering/offering
 - Children's story.

Science

- I. Help set up, serve, and/or clean up from a fellowship meal or prepare sandwiches for a homeless shelter.
- II. Prepare a care package for someone in need.

Science & Nature

- I. Use food coloring to color a carnation to give to a special person
OR start a vegetable plant.
- II. Find a creepy crawling creature of your choice
OR draw and color pictures of the snakes in your area.
- III. Show and tell one of the above or an option of your choice.



Instructor Checklist

- Basic Requirements**
- I. _____
 - II. _____
 - III. _____

- My Family**
- I. _____
 - II. _____

- My Health**
- I. _____
 - II. _____
 - III. _____

- My Leadership**
- I. _____
 - II. _____

- My Outdoor skills**
- I. _____
 - II. _____

- Science**
- I. _____
 - II. _____

- Science/Nature**
- I. _____
 - II. _____
 - III. _____



It's great to be part of an Adventurer Club...

.....

Adventurer Club will help you:

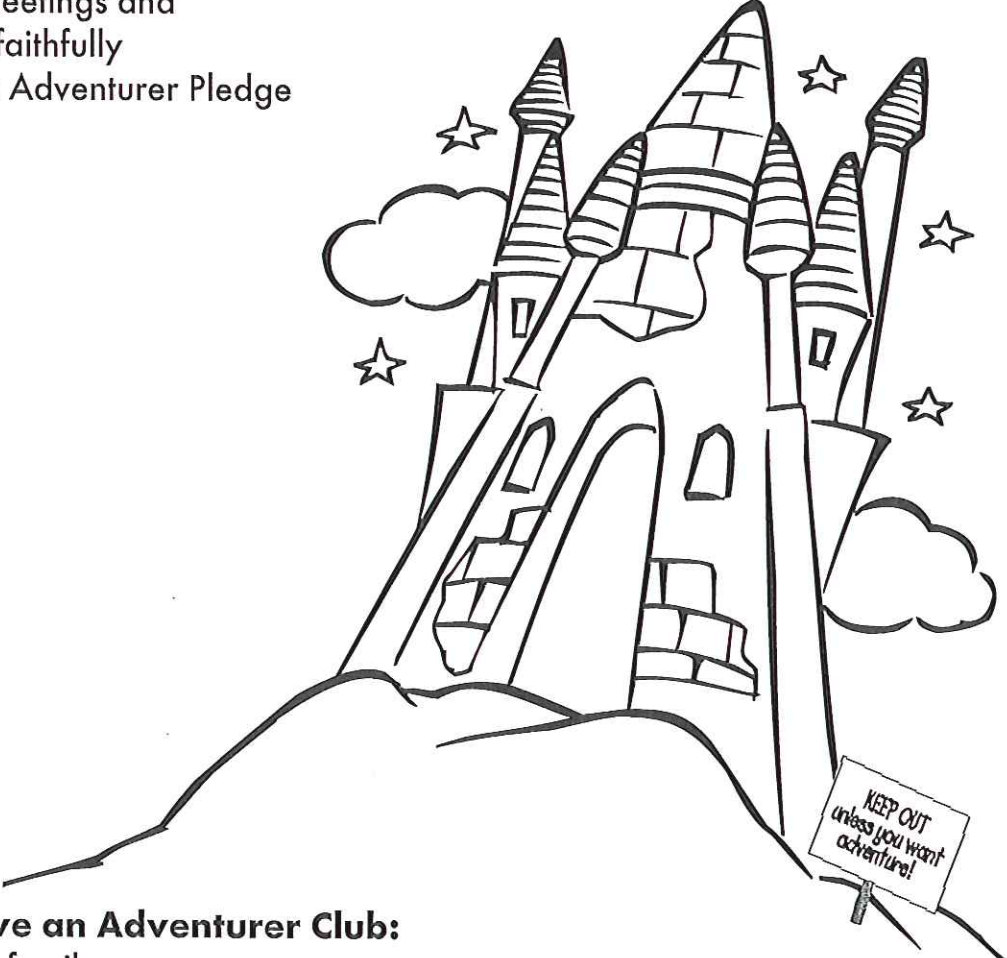
- give your life to Jesus
- have fun being a Christian

A real Adventurer:

- is in grades 1-4
- attends meetings and activities faithfully
- keeps the Adventurer Pledge and Law

In Adventurer Club, you'll:

- earn awards
- play games
- make friends
- help people
- go on outings



You can have an Adventurer Club:

- with your family
- with kids at your church
- with kids at school or in your neighborhood

If you don't have a club yet, ask your mom or dad or an adult at church.

Basic Requirements

Responsibility

.....

I. Have the Helping Hand class requirements completed.

II. Recite the Adventurer Pledge and Law.

_____ is a special person that the King of the Universe wants to have as a friend. Our Savior and King wants to walk with me every day and to show me how to be happy. He died for me so I can leave my sins behind and live forever. Now He is showing me how to be a great and joyful person like He is by taking good care of myself and giving a helping hand to the people around me. He puts love in my heart for all the people He has created. He helps me want to keep:

Adventurer Pledge

**"Because Jesus loves me,
I will always do my best."**

Adventurer Law

Be Obedient

Be Pure

Be True

Be Kind

Be Respectful

Be Attentive

Be Helpful

Be Cheerful

Be Thoughtful

Be Reverent

III. Explain the Adventurer Law.

I explained the Adventurer Law to _____.

Suggestions for Parents or Leaders

Each Helping Hand may choose one person such as a leader, family member, younger Adventurer, or friend to explain the Pledge to.

In explaining the Pledge, the Helping Hand may: tell its meaning in his/her own words; give examples of when to use it; or how to keep it.

I Have a Family

Earn the Home Helper Award



Home Helper Award

1. Assist with two of the following:

<u>Activity</u>	<u>Date</u>
Laundry	_____
Preparing meals	_____
Washing car	_____
Grocery shopping	_____

2. Set the table and help to do the dishes four times in one week.

Date _____ Parent signature _____

3. Make your bed and help clean your room every day for three weeks.

Date _____ Parent signature _____

4. Demonstrate your ability to do two of the following:

<u>Activity</u>	<u>Date</u>
Dust furniture.	_____
Sweep or mop.	_____
Vacuum a carpet or beat a rug.	_____

Continued on page 6.

I Have Health

.....

I. By respecting your body, you should be aware of the food you eat by reading the first three ingredients of your favorite:



Cereal:

- (1) _____
- (2) _____
- (3) _____



Drink:

- (1) _____
- (2) _____
- (3) _____



Snack:

- (1) _____
- (2) _____
- (3) _____



Desert:

- (1) _____
- (2) _____
- (3) _____

II. Keep a Food Diary for one week of the food that you eat.



Sunday



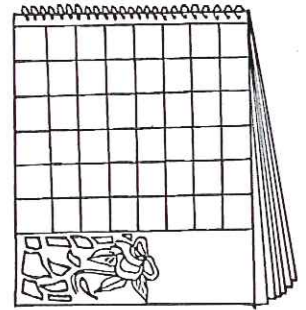
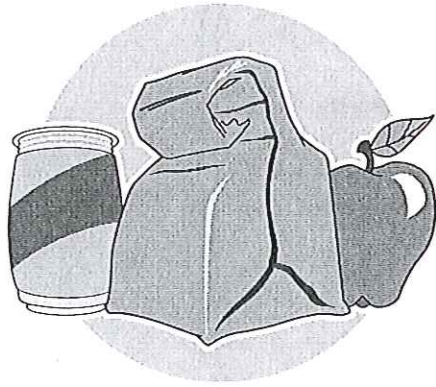
Monday



Tuesday



Wednesday



Thursday



Friday



Sabbath

I. Sign a Health Pledge Card.

The Winner's Pledge

With God's help, I want to be a true **WINNER**, "to be the best I can be" and "do the best I can do." Because drugs can keep me from reaching my goal, I **CHOOSE** not to use tobacco, alcohol, or other harmful drugs, and to help others do the same.

_____ Name

_____ Date

Catalog # 500300



I Can Be A Leader

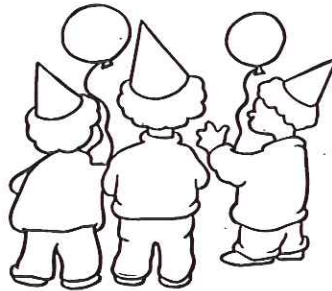
.....

I. Work with a staff member in planning one of the following:

Activity

Date

- Adventurer activity or outing
- Club party
- Club opening exercise
- Assist in teaching an award to either Busy Bees or Sunbeams



II. Participate in a church worship service by doing one of the following:

Activity

Date

- Scripture reading
- Prayer
- Ushering/offering
- Children's story



II. Demonstrate how to stay safe in the adverse weather conditions & Write a short paragraph with the most important thing you learn

Frostbite

Heat stroke

Hypothermia

I Can Solve Problems

.....

I. Help set up, serve, and/or clean up from a fellowship meal or prepare sandwiches for a homeless shelter.

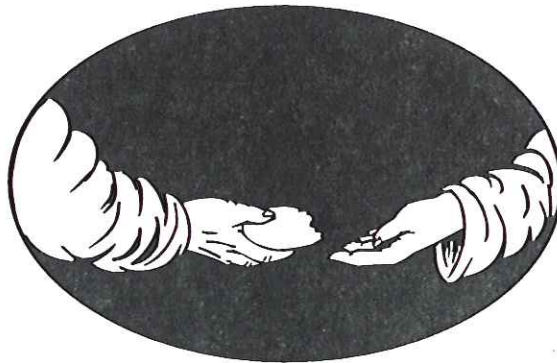
Date

Parent signature

II. Prepare a care package for someone in need.

Date

Parent signature



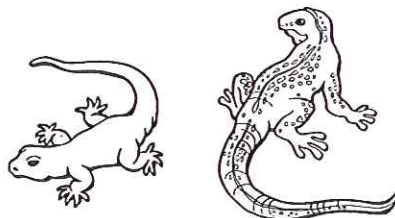
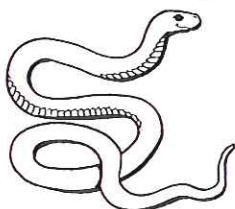
His Message to Me

.....

I. Use food coloring to color a carnation to give to a special person
OR start a vegetable plant

II. Find a creepy crawling creature of your choice
OR draw and color pictures of the snakes in your area.

III. Show and tell one of the above or an option of your choice at your Adventurer Club, class or Sabbath School.

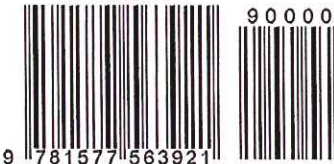




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