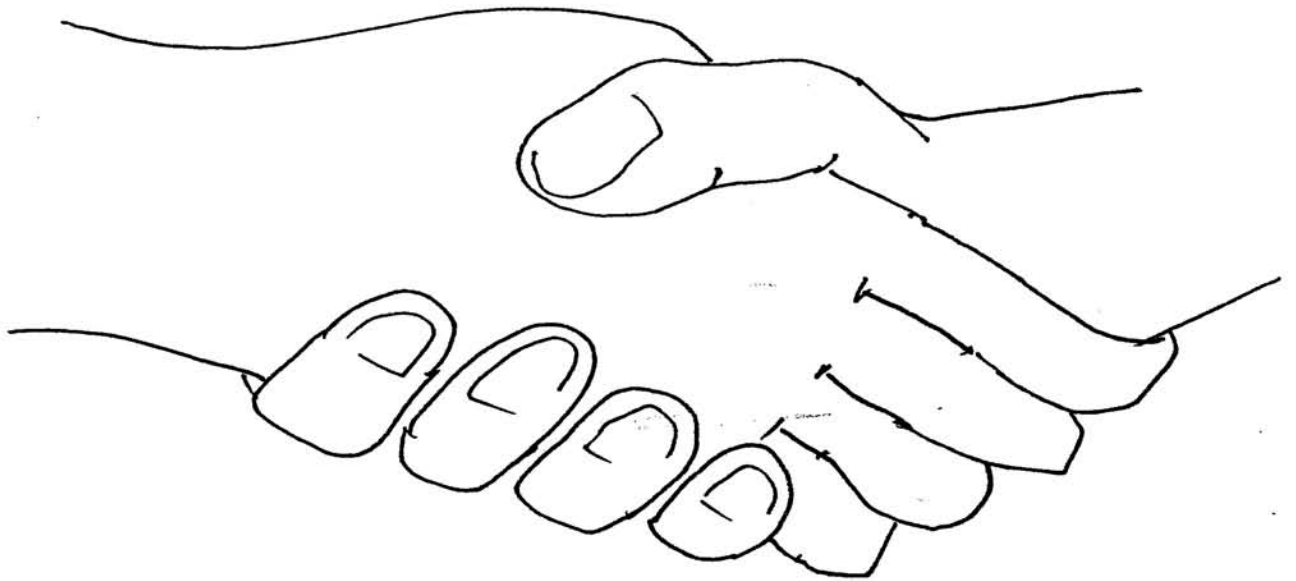


**ACTIVITY  
BOOK**

Helping Hand  
class



**This book belongs to:**

---

first name

last name

Father:

My address:

Mother:

My age:

My grade:

Sister:

My school:

My teacher:

Brother

Ways I've  
been God's  
helping hand:

Things I like to do with my hands:

May my hands always do helpful work for God.

## Adventurer Club will help you:

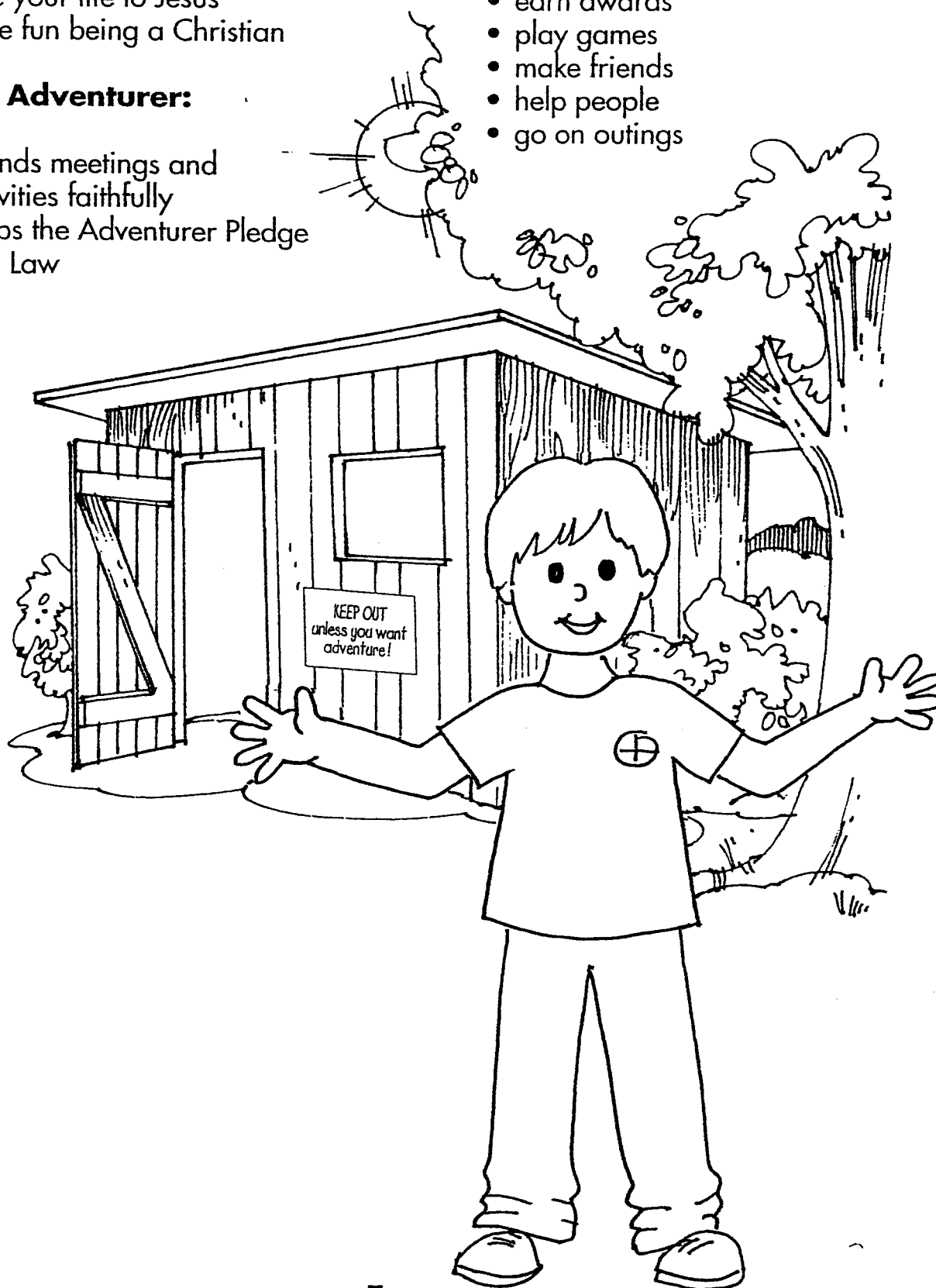
- give your life to Jesus
- have fun being a Christian

## A real Adventurer:

- 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



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

.....

## Recite the Adventurer Pledge and Law.

Child's name \_\_\_\_\_ 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**

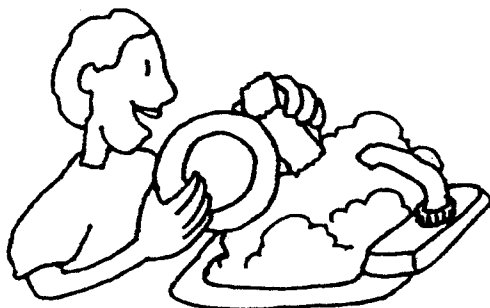
**Be Cheerful**

**Be Thoughtful**

**Be Reverent**

**Explain the Adventurer Law.**

Color these Adventurer Law cards and use them to make a poster, mobile, or wall hanging. Add a sentence to each that explains what it means.



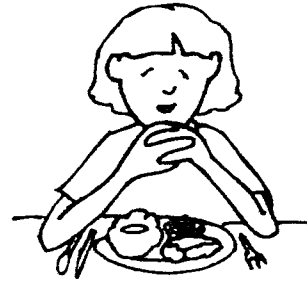
**Be Obedient**



**Be Kind**



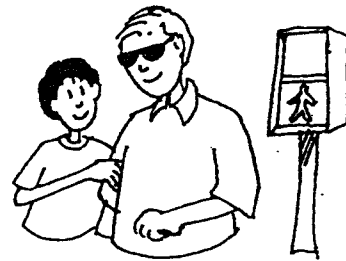
**Be Helpful**



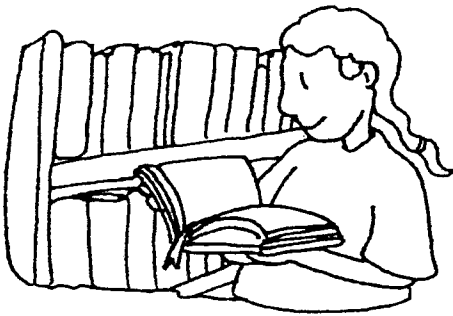
**Be Reverent**



**Be Cheerful**



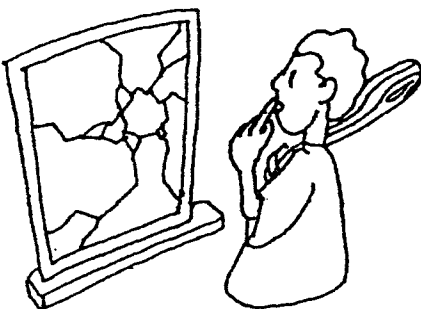
**Be Thoughtful**



**Be Pure**



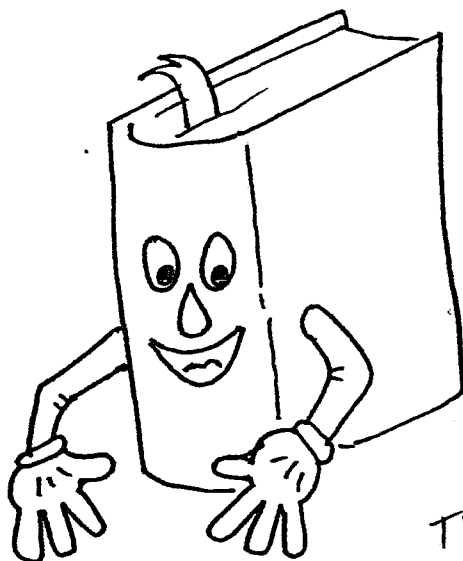
**Be Respectful**



**Be True**



**Be Attentive**

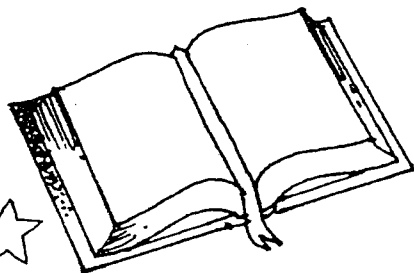


Books,  
Can become  
Good friends,

*TRY one and see*

Read the book; write it's name under the picture, then color the picture.  
Color one star if the book was OK, four stars if it was super

**I Samuel 1-3**



**Book on  
family,  
friends or  
feelings**



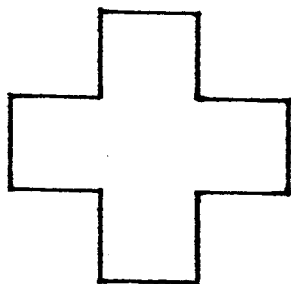
**Bible story  
book or a book  
about Jesus**



**Book on history  
or missions**



**Book on health or safety**



**Book on nature**





*Helping Hand Reading Certificate*

**This certifies that**

---

**has completed the class reading  
requirements of the  
Adventurer Ministries Department of the  
General Conference of Seventh-day Adventists.**

---

**Issuer's Name**

---

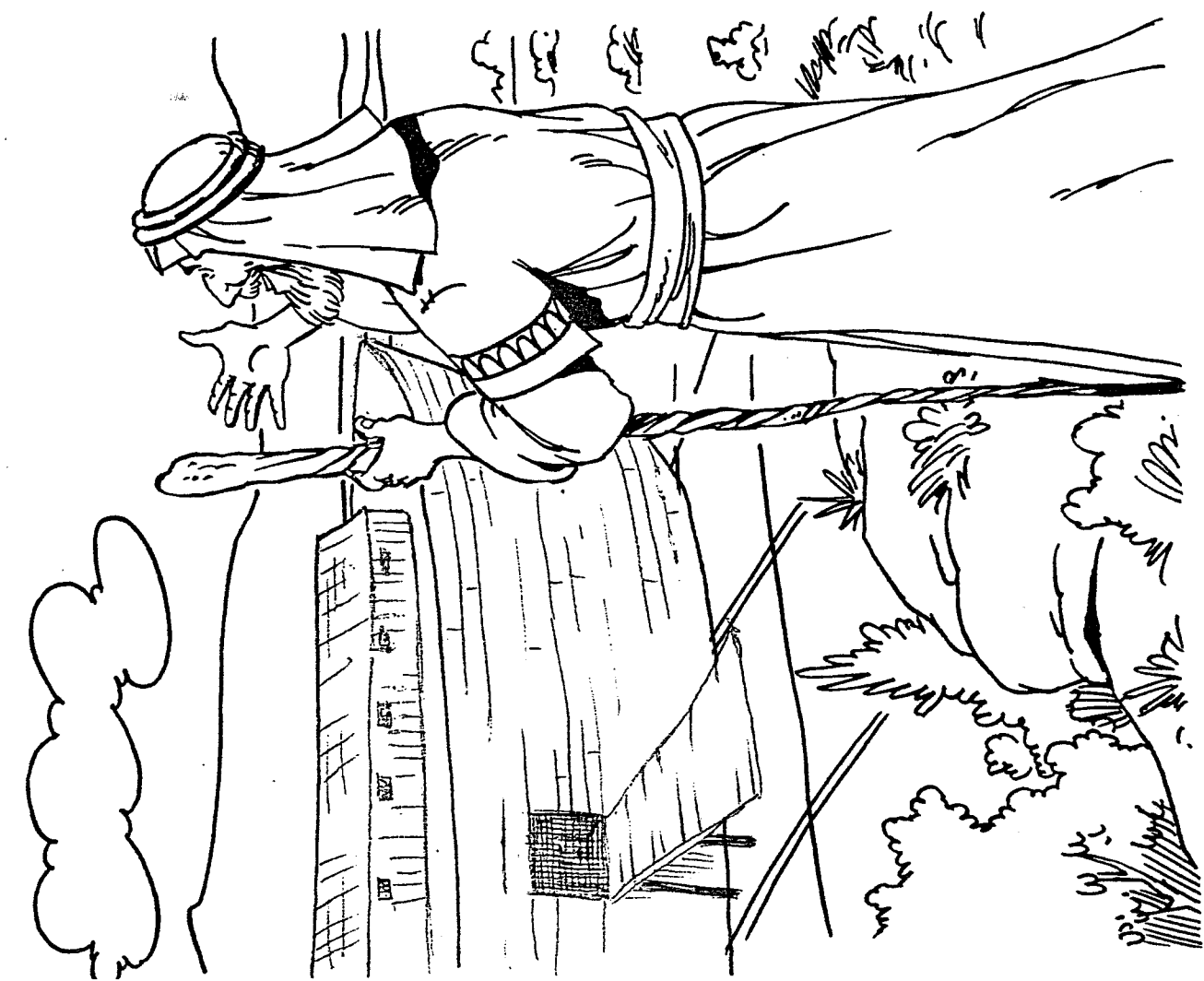
**Title**

---

**Date Issued**

---

**Conference**

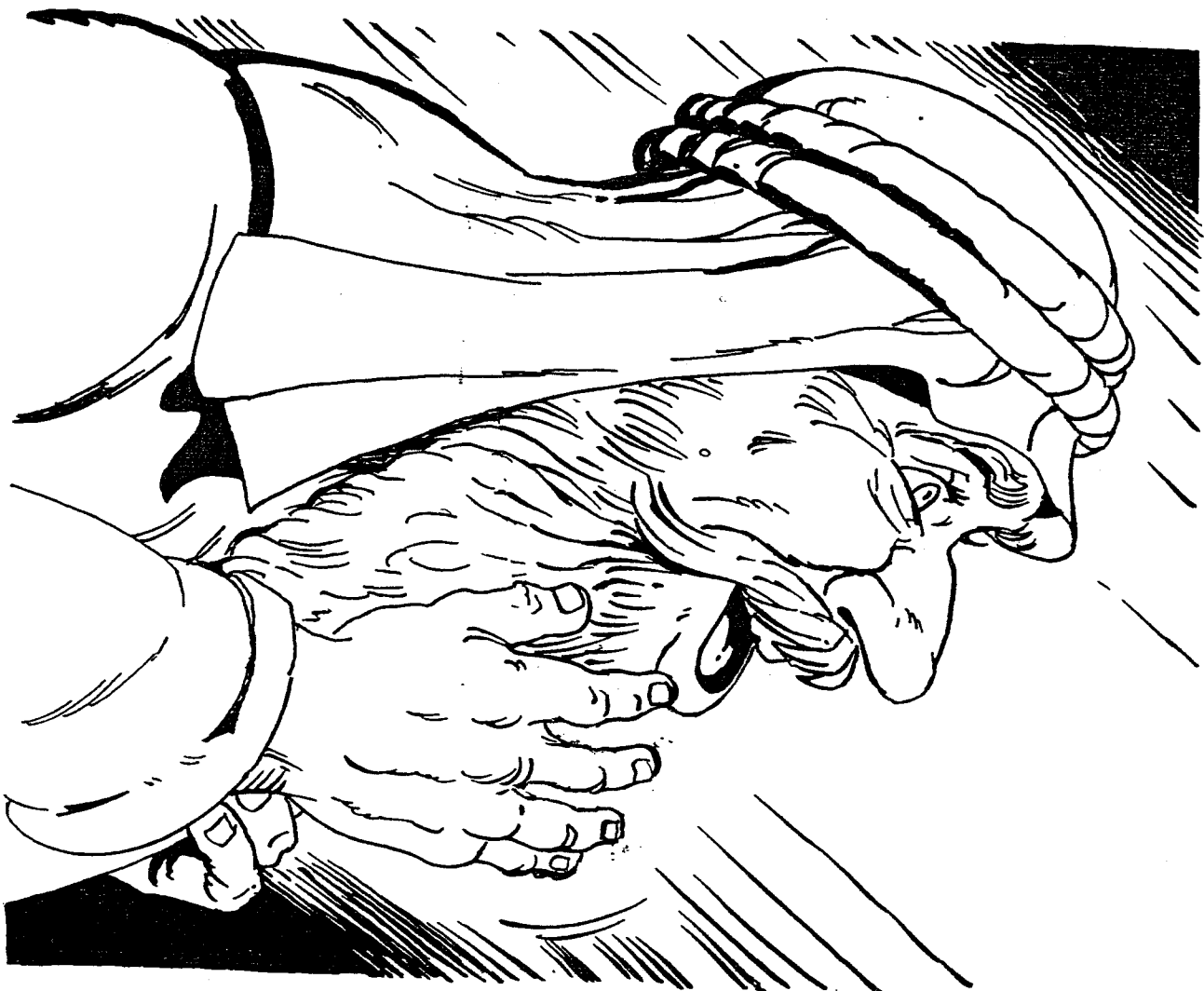


Noah built the ark as God said he should.

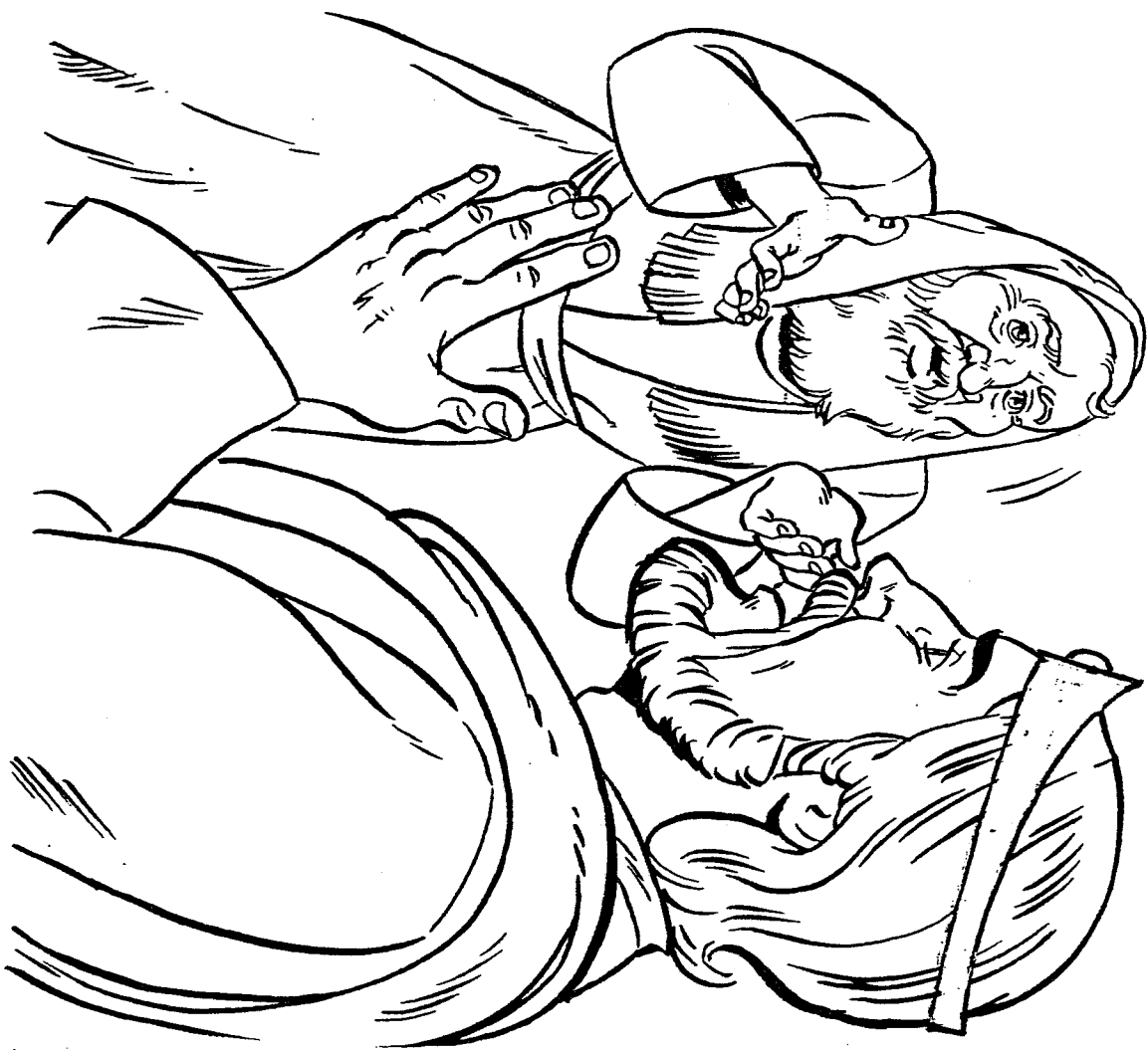


Abram and Sarah went where God told them.





Moses spoke with God on Mount Sinai.

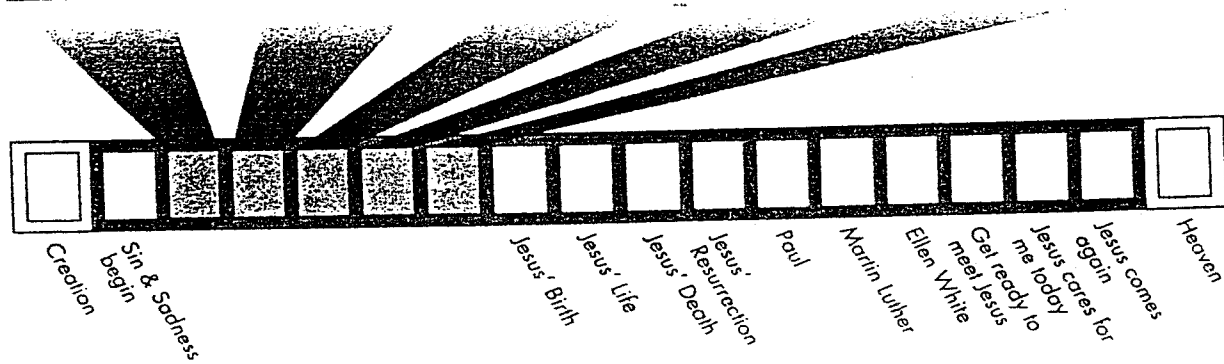


Wise King David was able to help God's people.



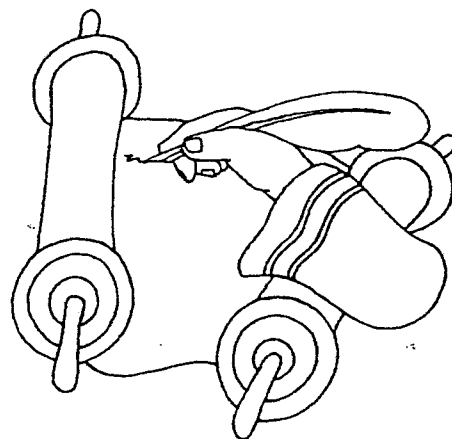
**"You must pray to King Darius only!" they told Daniel.**

- Water  
Cleanses  
the Earth
- God  
Calls a  
People
- A Promised  
Land for  
God's  
People
- God Works  
with His  
People
- God's  
People  
Disobey

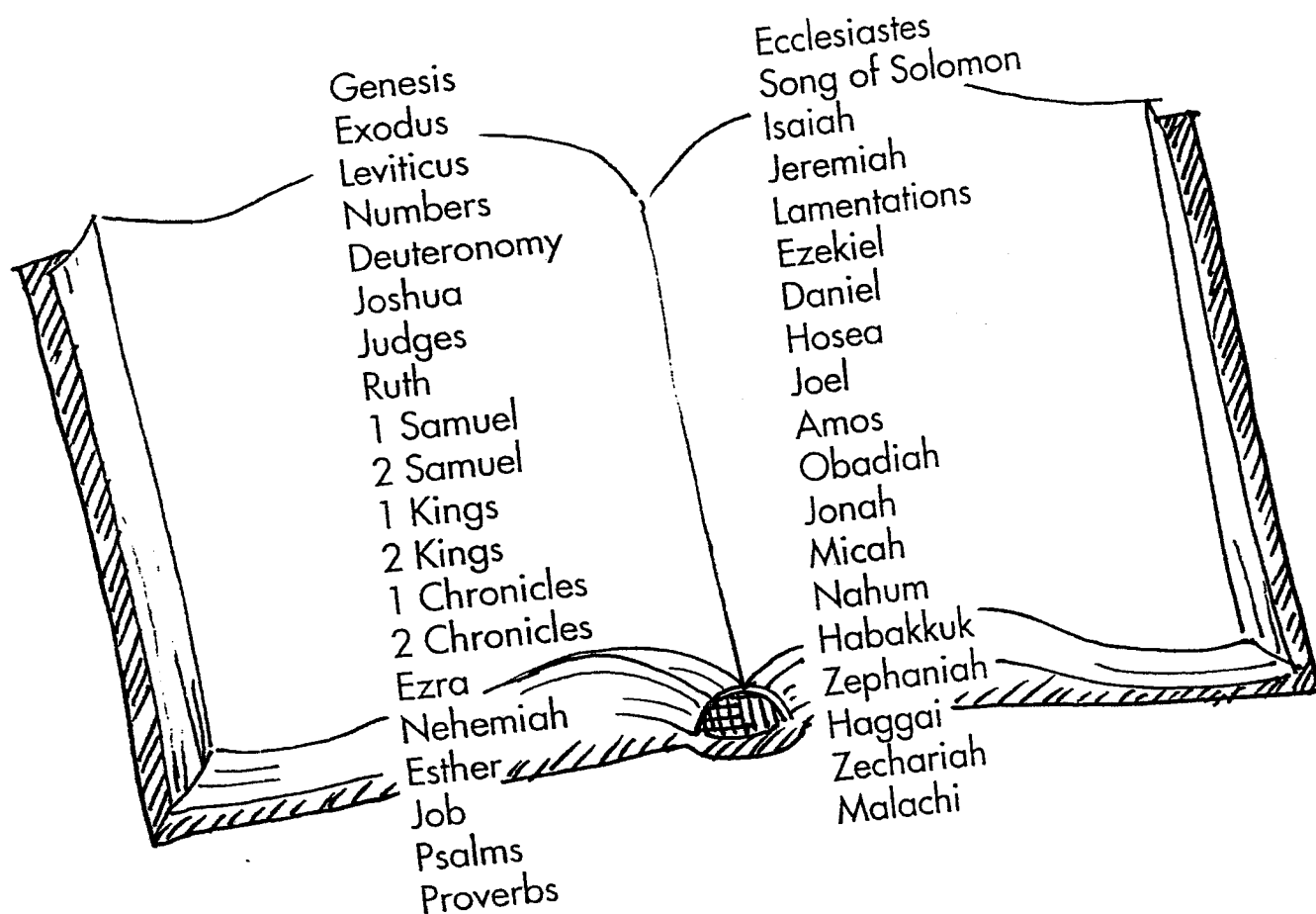


Memorize and explain three of the following verses about living for Jesus:

- a. Exodus 20:11-17
- b. Philippians 4:13
- c. Philippians 2:13
- d. 1 John 2:1, 2
- e. Jude 24



Recite in order the books of the Old Testament.



# Spend a regular quiet time with Jesus to talk with Him and learn about Him.

Here are some ideas. Check off what you've done. Circle what you like best.

### Days

- Sunday
- Monday
- Tuesday
- Wednesday
- Thursday
- Friday
- Saturday

### Place

- on my bed
- in my room
- in my favorite chair
- outdoors in a special spot

### Time

- when I get up in the morning
- after breakfast
- after supper
- at bedtime
- at \_\_\_\_\_ o'clock

### What to do:

- First:
- read your Bible
  - study your Sabbath School lesson
  - read a book about God
  - write a Bible verse on a card to keep with you all day

### → Second

- sing a song
- memorize a verse
- keep a journal or scrapbook
- make a prayer or thank you list

- draw a picture
- write a song, poem, or letter to God

Color in a square each time you have a quiet time.

Give yourself a special reward

Talk to Jesus about a problem

Make a collage of things Jesus has done for you

Tell Jesus how you feel today

Tell Jesus what you liked about your day

Tell Jesus what you like about Him

Tell someone how great quiet time is

Pat yourself on the back

Sing a praise song to Jesus

Great Start! Now make your own chart and keep enjoying quiet time.

Pray for a friend

Tell a family member about your quiet time

Always start with prayer

Take time to understand what you read

Ask Jesus what He wants you to do today

**START**

**With an adult, choose one thing in your life which Jesus has promised to help you improve. With His help, pray, plan, and work together to reach your goal.**

1. Pray that God will help you make a good choice.
2. Name one thing in your life that you know God would like to help you improve. Tell exactly what change you will make. \_\_\_\_\_  
\_\_\_\_\_
3. Use your concordance to find and read what the Bible has to say about this. Write a text that promises God will help you. \_\_\_\_\_  
\_\_\_\_\_
4. List steps that will help you make this change. \_\_\_\_\_  
\_\_\_\_\_
5. Memorize the promises you wrote.
  - Every morning, ask God to give you a new heart and ask Him to help you want to do what is right.
  - When you are tempted, repeat your promise, then choose to do or think about something else.

**How does a tadpole become a frog? Draw five stages of its life.**

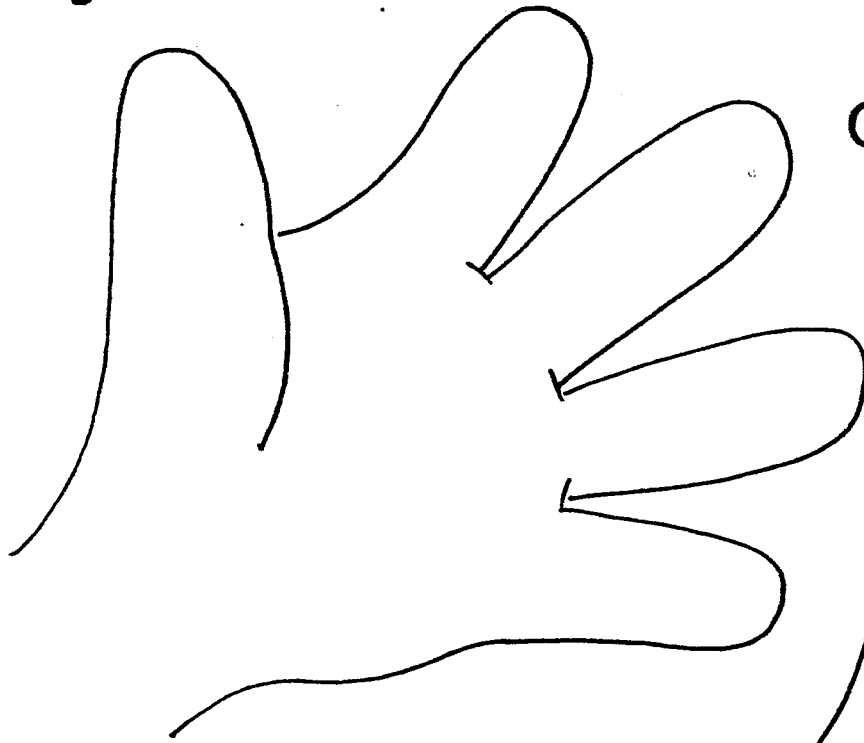


6. Be patient. Changing a habit is hard work. If you make a mistake:
  - Ask God to forgive you
  - Think about what you will do different next time.
  - Thank God for all the times he has helped you do it right
7. Meet with your adult leader at least once a week. Pray and talk about how it's going.
8. Work together for three weeks or more; until you are meeting your goal consistently. Have a celebration and thank God for His faithfulness.

Dear Jesus,  
Do You really love everybody?  
I find some people hard to like,  
especially when they are mean.  
Can You give me more love?

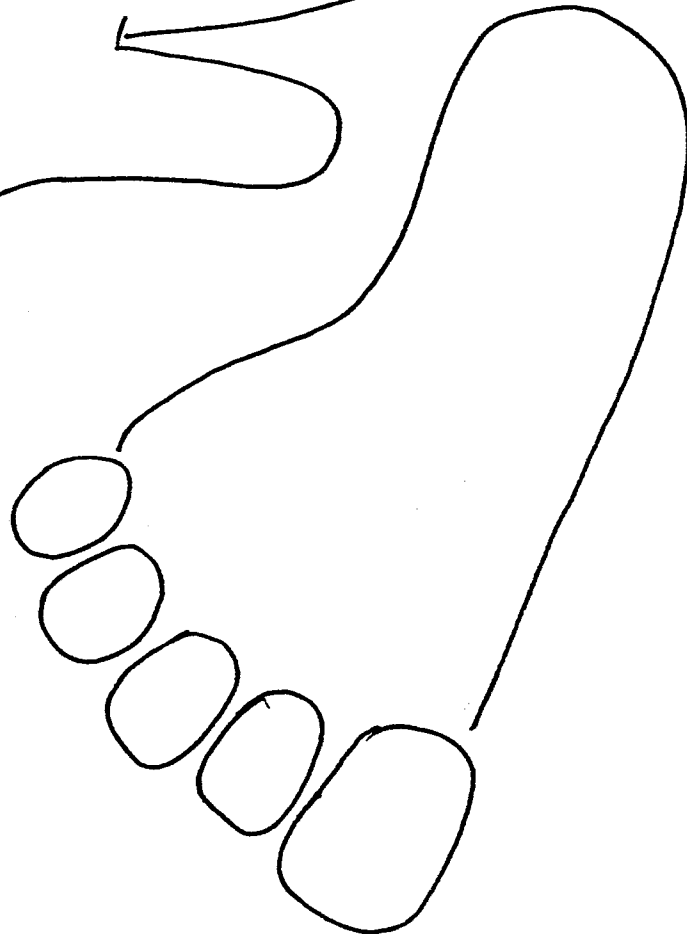


# My Abilities



God has given  
me hands.  
I can...

God has given  
me feet.  
I can...



I have a talent for

- 
- 
- 
-

God has  
given me  
a mind.

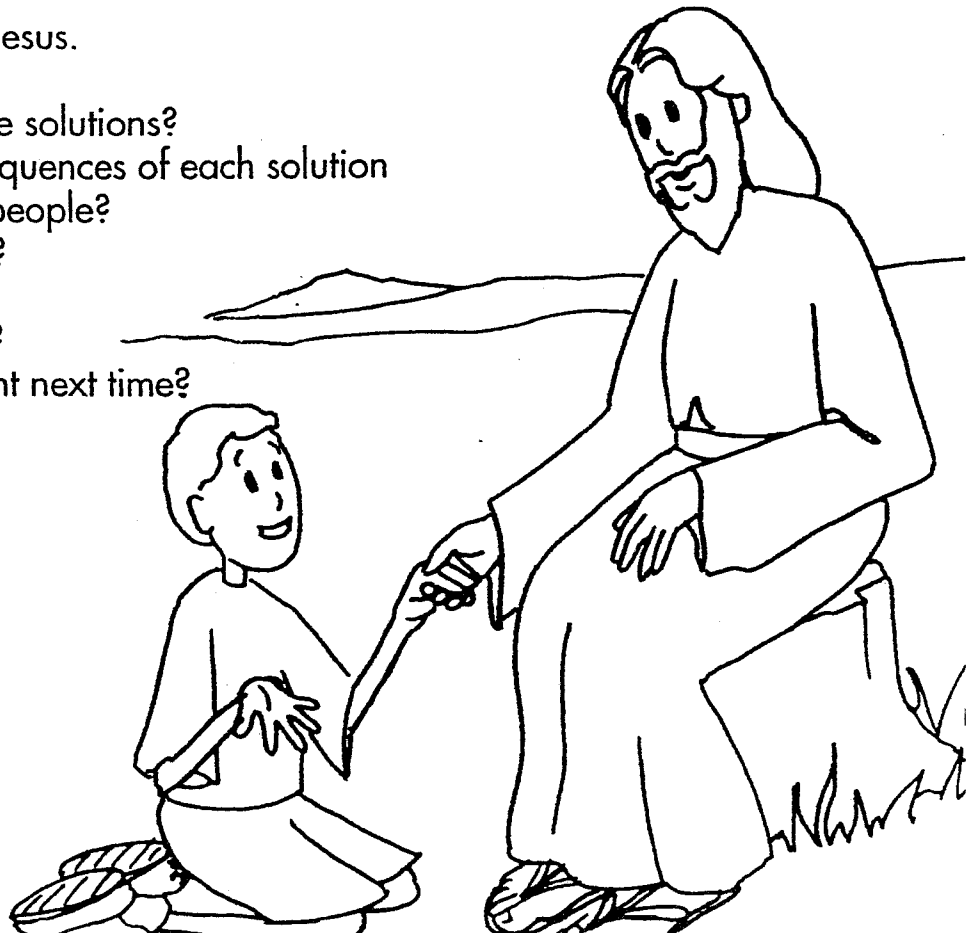


I can...

# I Can Make Wise Decisions

## 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?





16.

Use them to solve two real-life problems

**Problem 1**

1. The problem

2. Possible solution

Consequences

Possible solution

Consequences

Possible solution

Consequences

3. Best solution

**ACT ON IT**

4. Next time I'll

**Problem 2**

1. The problem

2. Possible solution

Consequences

Possible solution

Consequences

Possible solution

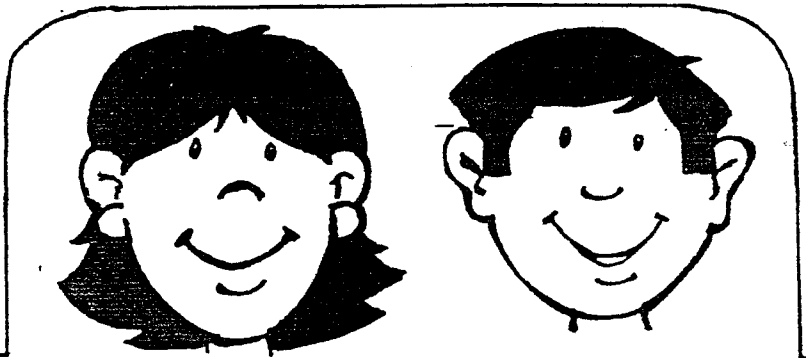
Consequences

3. Best solution

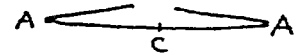
**ACT ON IT**

4. Next time I'll

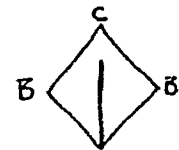
Make this to help you remember that in life's problems,  
with Jesus' help we can change



Make a crease between all points.  
Make a slot along dark line at 'C'.

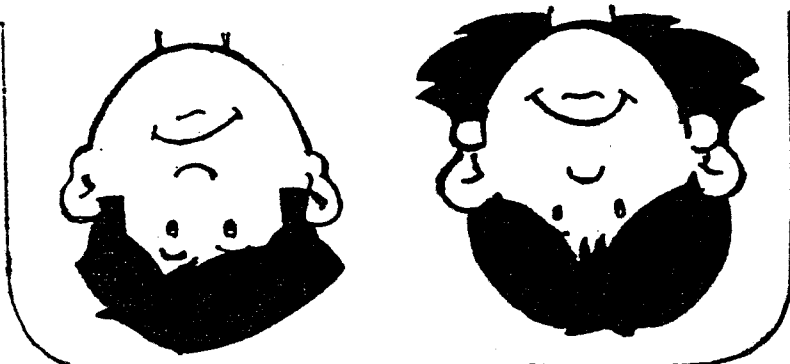
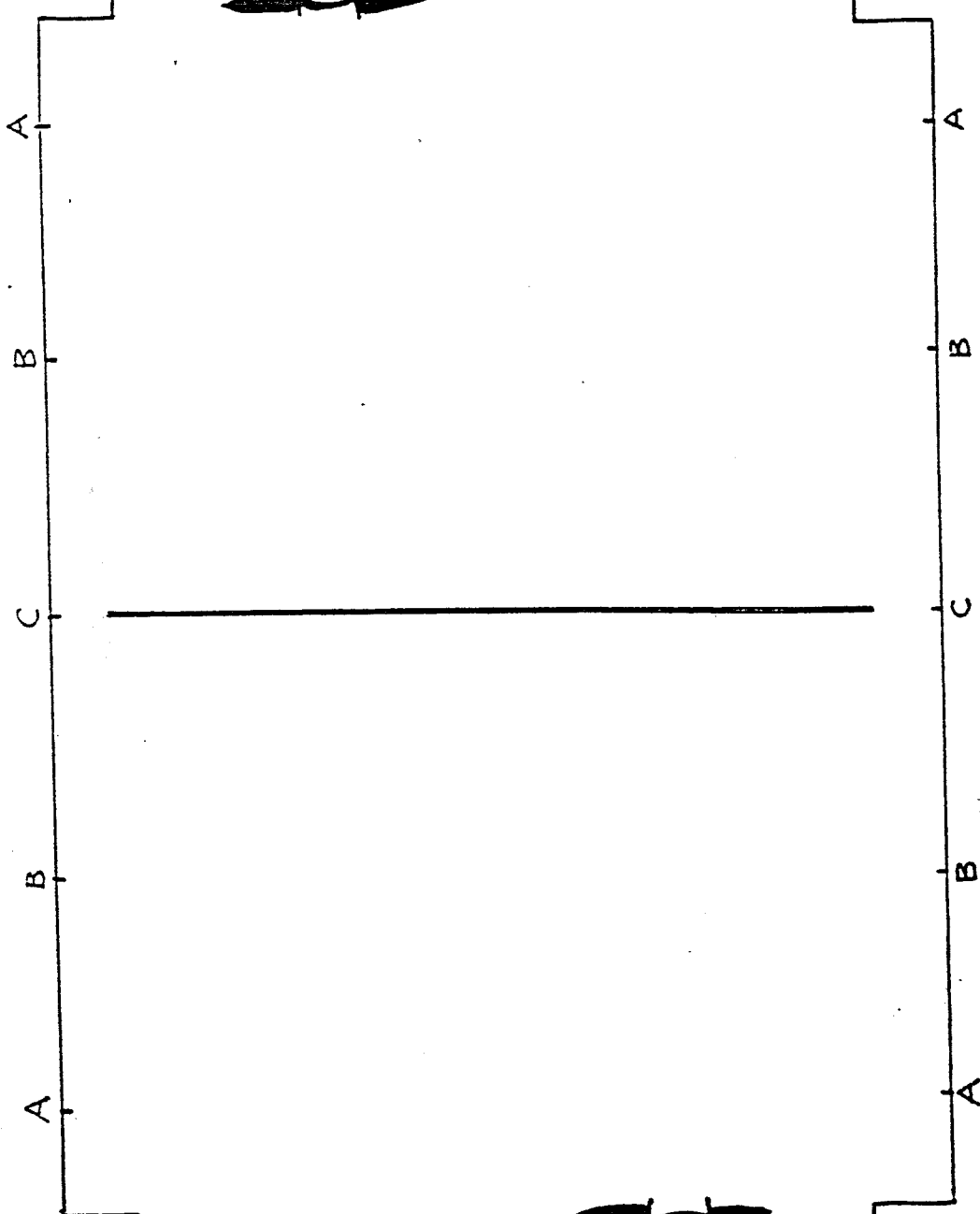


Fold on line 'A' put glue on back  
and fold in half at 'C'.

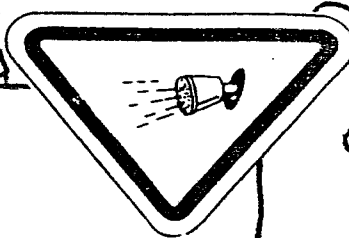


Let glue dry.  
Push up through slot  
to see people.

Glue on the two sayings  
between 'A' and 'B' lines.



we can change	with the help of Jesus
---------------	------------------------



## HYGIENE

1. Find, read and discuss Psalm 119:11,  
Proverbs 25:11  
Psalm 19:14
2. Learn about personal cleanliness
3. Tell three important times when we should wash your hands.
4. Practice the proper way to brush your teeth.
5. Discuss regular bathing and how to keep your hair clean.
6. Tell how many glasses of water you should Drink daily.
7. Tell why it is important to keep your clothing clean.
8. Help keep your house clean for one week.
9. Help with the laundry at home for one week



Now you can add this badge to your sash.

ADVENTURE

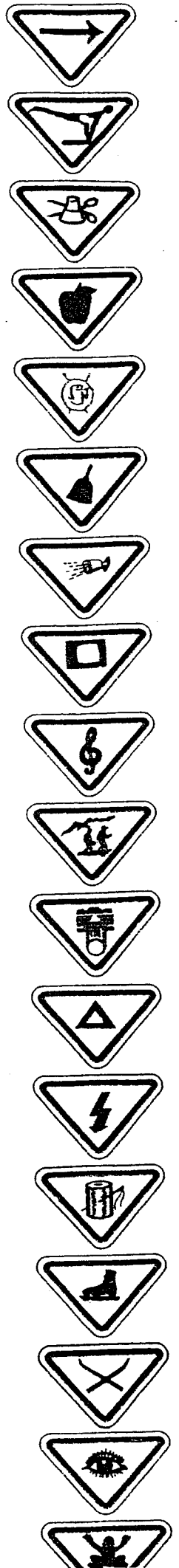
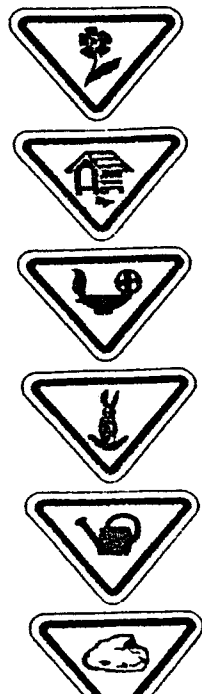
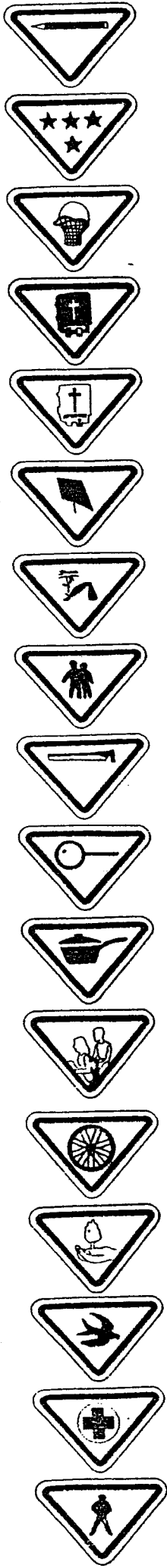
BEAR says...

Well done!



## Adventurer AWARDS

AWARD	DATE	AWARD	DATE
Artist	_____	Guide	_____
Astronomer	_____	Gymnast	_____
Basket Maker	_____	Handicraft	_____
Bible I	_____	Health Specialist	_____
Bible II	_____	Home Crafts	_____
Build & Fly	_____	Home Helper	_____
Camper	_____	Hygiene	_____
Caring Friend	_____	Media Critic	_____
Carpenter	_____	Music Maker	_____
Collector	_____	Outdoor Explorer	_____
Cooking Fun	_____	Reporter	_____
Courtesy	_____	Road Safety	_____
Cyclist	_____	Safety Specialist	_____
Environmentalist	_____	Sewing Fun	_____
Feathered Friends	_____	Skater	_____
First Aid Helper	_____	Skier	_____
Fitness Fun	_____	Spotter	_____
Flowers	_____	Swimmer I	_____
Friend of Animals	_____	Swimmer II	_____
Friend of Jesus	_____	Temperance	_____
Friend of Nature	_____	Trees	_____
Gardener	_____	Troubadour	_____
Geologist	_____	Wise Steward	_____



20.

## Plan a Family Worship

Here are some things that may help you:

Some favourite songs of

Mum.....

Dad.....

Sister.....

Brother.....

Favorite Bible stories

Mum.....

Dad.....

Sister.....

Brother.....

Thing to pray for

Mum.....

Dad.....

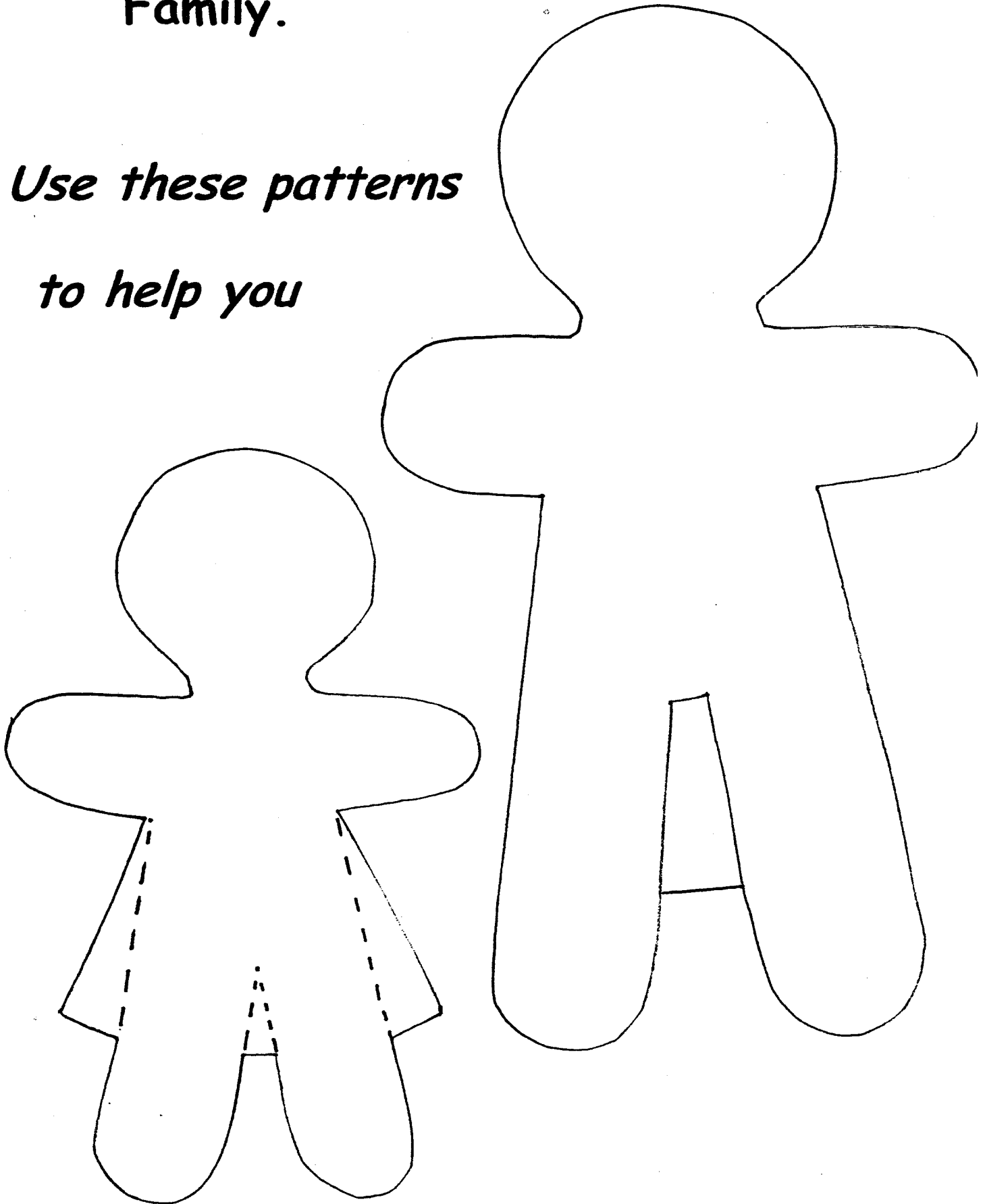
Sister.....

Brother.....

*Is Jesus part of your family?*

**Design a poster about your Family.**

*Use these patterns  
to help you*



22.



## CARING FRIEND

1. Explain what it means to be a Caring Friend. Find, read and memorise 1 Peter 5:7.
2. Talk to a person and ask the following:
  - a. The day and month they were born
  - b. Their favourite animals
  - c. Two of their favourite colours
  - d. Three favourite foods
  - e. Four things that are important to them
  - f. Have your new friend tell you some interesting thing that has happened in his or her life.
3. Visit a shut-in or older person and take something to them. Use the questions listed above as you talk together.
4. Tell one of the persons you visit how Jesus loves you and that He loves them also.
  5. Demonstrate how you can be a caring person to your parents by:
    - a. Helping to keep your room clean
    - b. Helping with food preparation or cleanup after a meal
    - c. Doing extra chores without being told.
  6. Tell about something special you have done for a friend.



Now you can add this badge to your sash.

ADVENTURE  
BEAR says...

Well done!



# Study a World Culture

Make a booklet about your chosen country

*My chosen country is.....*



Find out about:

the capital city

their flag

their language

the money system

the main industry

their exports

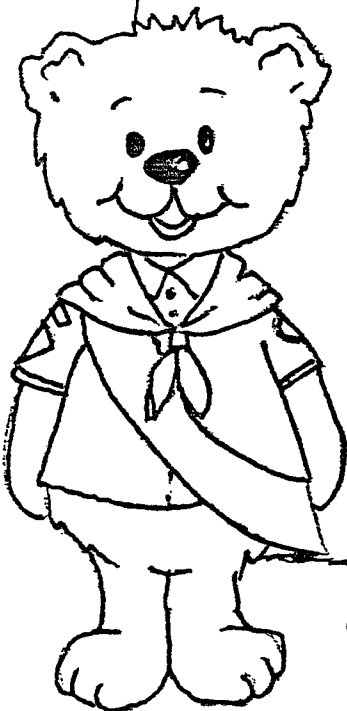
the state religion





## ENVIRONMENTALIST

1. Tell and explain the instructions God gave at creation in regard to the environment.  
Read and discuss Genesis 1:26
2. List three animals that are endangered and tell why.
3. List three birds that are endangered  
And tell how you can help protect birds.
4. Study endangered trees in you area.  
Plant or adopt a tree.
5. What dangers threaten the quality of our air?  
Explain how nature keeps our air fresh.
6. Tell where your town water supply comes from and what steps you can take to prevent it from being polluted
7. 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 road side or stream.
  - Help collect paper, cans or other materials for recycling



Now you can add this badge to your sash.

ADVENTURE

BEAR says...

Well done!



**BASIC**

- i RESPONSIBILITY**  
A. Repeat from memory the Adventurer Pledge and Law.  
B. Explain the Law.

- ii REINFORCEMENT**  
Earn the Helping Hand Reading Certificate.

**MY GOD**

- i HIS PLAN TO SAVE ME**  
A. Create a story chart—show the order in which these stories took place: Noah—Abraham—Moses—David—Daniel  
OR the stories you are studying in your classroom or Sabbath School.  
B. Make a mural, poem or song about one of the stories above to show someone how to live for Jesus.

- ii HIS MESSAGE TO ME**  
A. Find, memorise and explain three Bible verses about living for Jesus:  
Exodus 20:1-17  
Philippians 2:13  
Philippians 4:13  
1 John 2:1,2  
Jude 24  
B. Name the books of the Old Testament.

- iii HIS POWER IN MY LIFE**  
A. Spend a regular quiet time with Jesus to talk with Him and learn about Him.  
B. Work with an adult to choose one thing in your life which 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.  
B. Demonstrate and share your talent by earning one of the Adventurer Awards that allow expressions of personal talent.

- ii I CAN MAKE WISE CHOICES**  
A. Learn the steps of good decision-making.  
B. Use them to solve two real-life problems.

- iii I CAN CARE FOR MY BODY**  
Earn the Hygiene Adventurer Award.

**MY FAMILY**

- i I HAVE A FAMILY**  
Make a family flag or banner,  
OR collect stories or photographs about your family history.
- ii FAMILIES CARE FOR EACH OTHER**  
Help plan a special family worship, family night, or family outing.

- iii MY FAMILY HELPS ME CARE FOR MYSELF**  
Earn an Adventurer Award, not previously earned, in one of the following: Craft  
Indoor Skills  
Outdoor Skills

**MY WORLD**

- i THE WORLD OF FRIENDS**  
Earn the Caring Friend Adventurer Award.

- ii THE WORLD OF OTHER PEOPLE**  
Choose a world culture to study. Find a way to share Jesus' love with some of the people of that culture.

- iii THE WORLD OF NATURE**  
Earn the Environmentalist Award.

	Examiner	Date
<b>BASIC</b>		
<b>i A</b>		
<b>B</b>		
<b>ii</b>		
<b>MY GOD</b>		
<b>i A</b>		
<b>B</b>		
<b>ii A</b>		
<b>B</b>		
<b>iii A</b>		
<b>B</b>		
<b>MY SELF</b>		
<b>i A</b>		
<b>B</b>		
<b>ii A</b>		
<b>B</b>		
<b>iii</b>		
<b>MY FAMILY</b>		
<b>i</b>		
<b>ii</b>		
<b>iii</b>		
<b>MY WORLD</b>		
<b>i</b>		
<b>ii</b>		
<b>iii</b>		

