



Helping Hand



This book belongs to

Child name



_____ /
first name

_____ /
last name

God's

Helping Hand

Things I like to do with my hands:

My future adventurers:

Father:

Mother:

My address:

My age:

My grade:

My school:

My teacher:

Brother or Sister:

Brother or Sister:

Ways I've
been God's
helping hand:

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

Adventurer Club will help you:

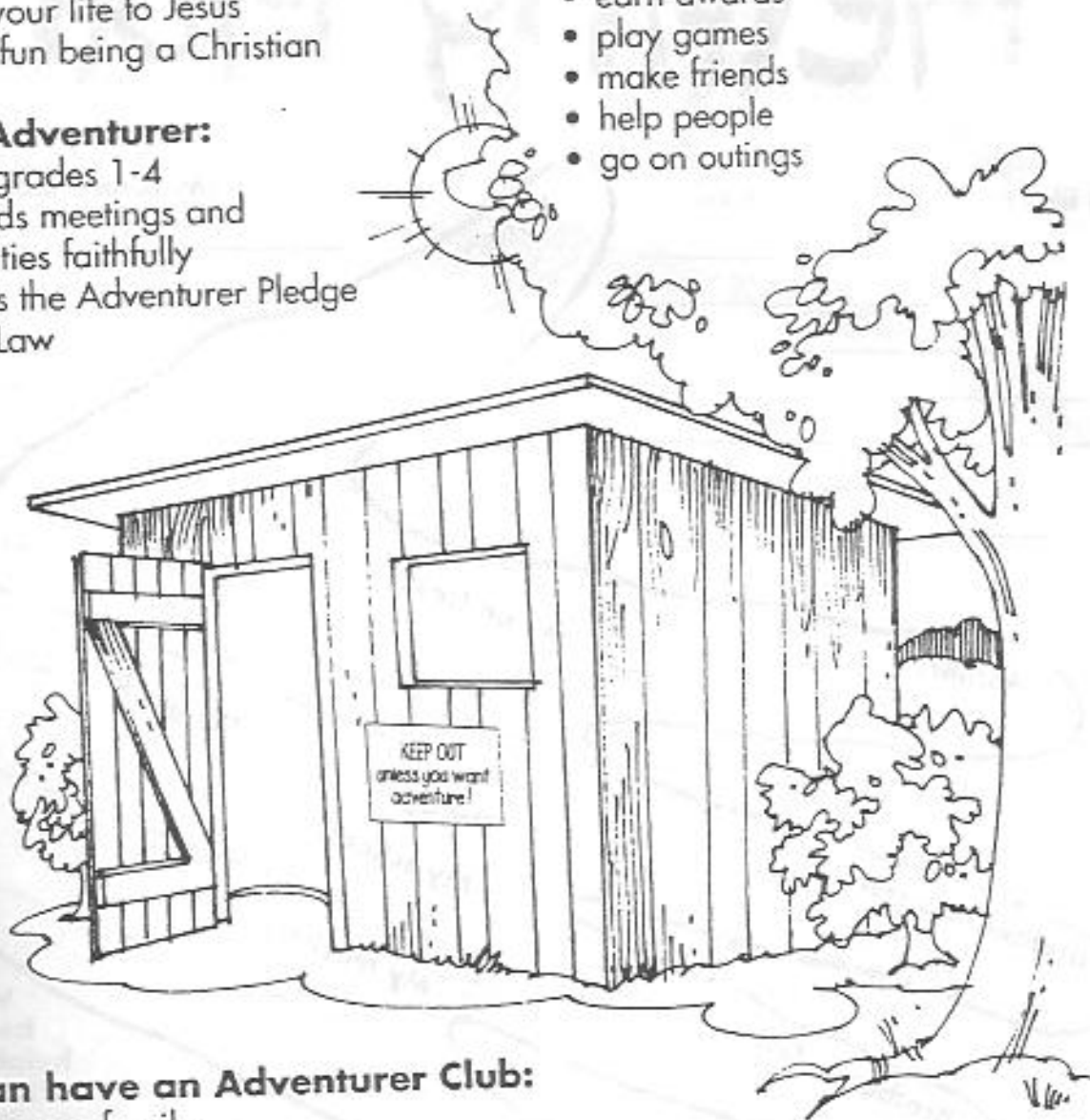
- give your life to Jesus
- have fun being a Christian

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.



Responsibility

A. 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

B. 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.

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 Pure



Be Respectful



Be True



Be Attentive



Be Helpful



Be Reverent



Be Cheerful



Be Thoughtful

Reinforcement

Earn the Helping Hand Reading Award.



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



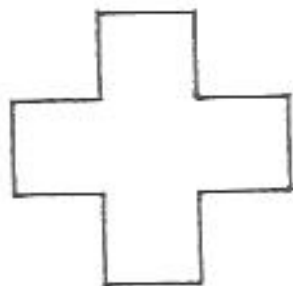
Bible story
book or a book
about Jesus



Book on history
or missions



Book on health or safety



Book on nature



His Plan to Save Me



A. Create a story chart or booklet showing the order in which these stories took place:

- Noah
- Abraham
- Moses
- David
- Daniel

OR

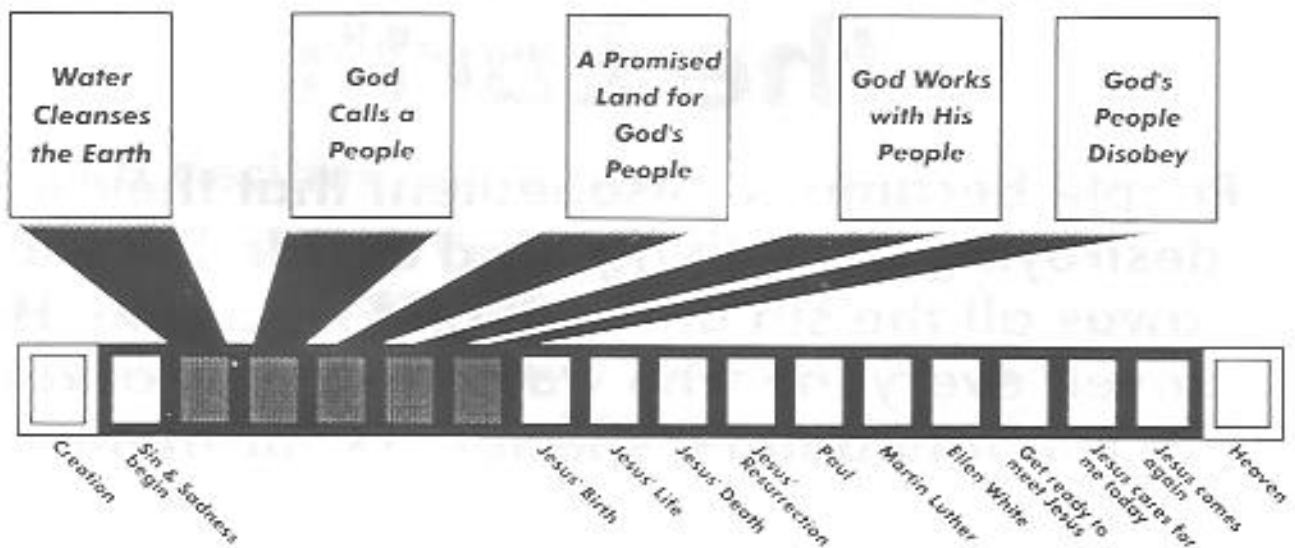
the Bible stories you are studying in your classroom or Sabbath School.

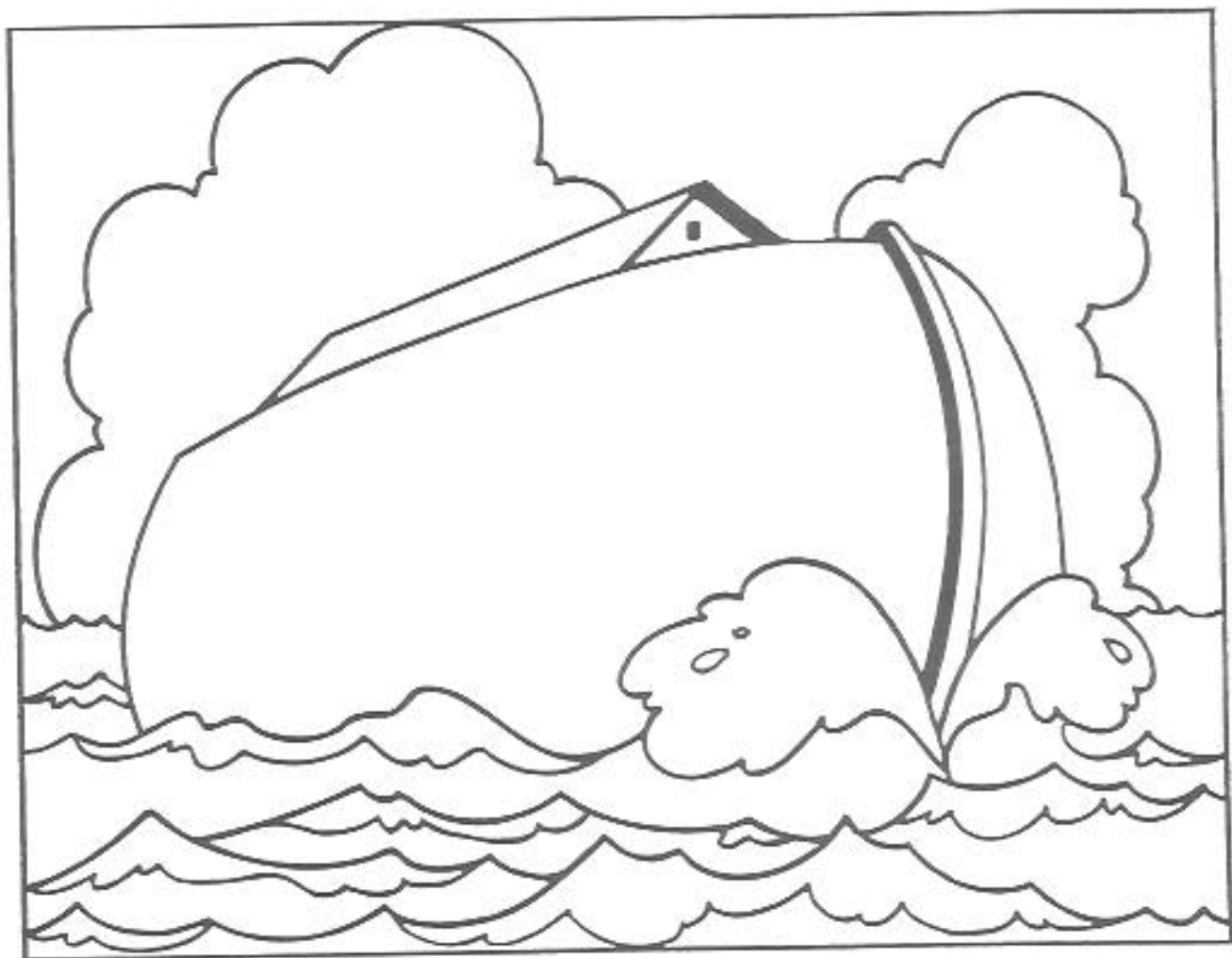
B. Use your story chart or booklet to show someone how to live for God.

I showed _____ that I can live for God by _____

S T E P B Y S T E P

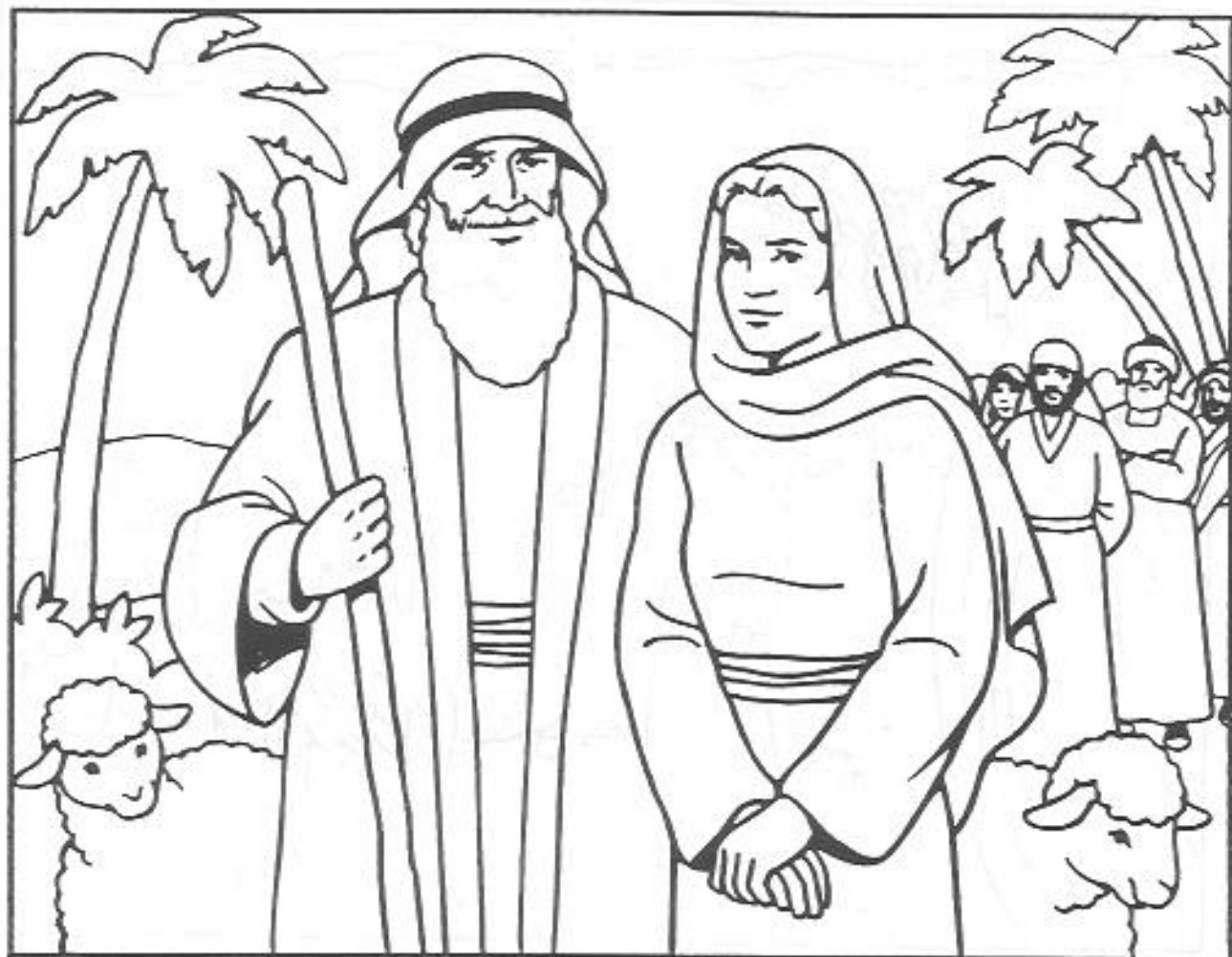
Busy Bee Bible Story Chart





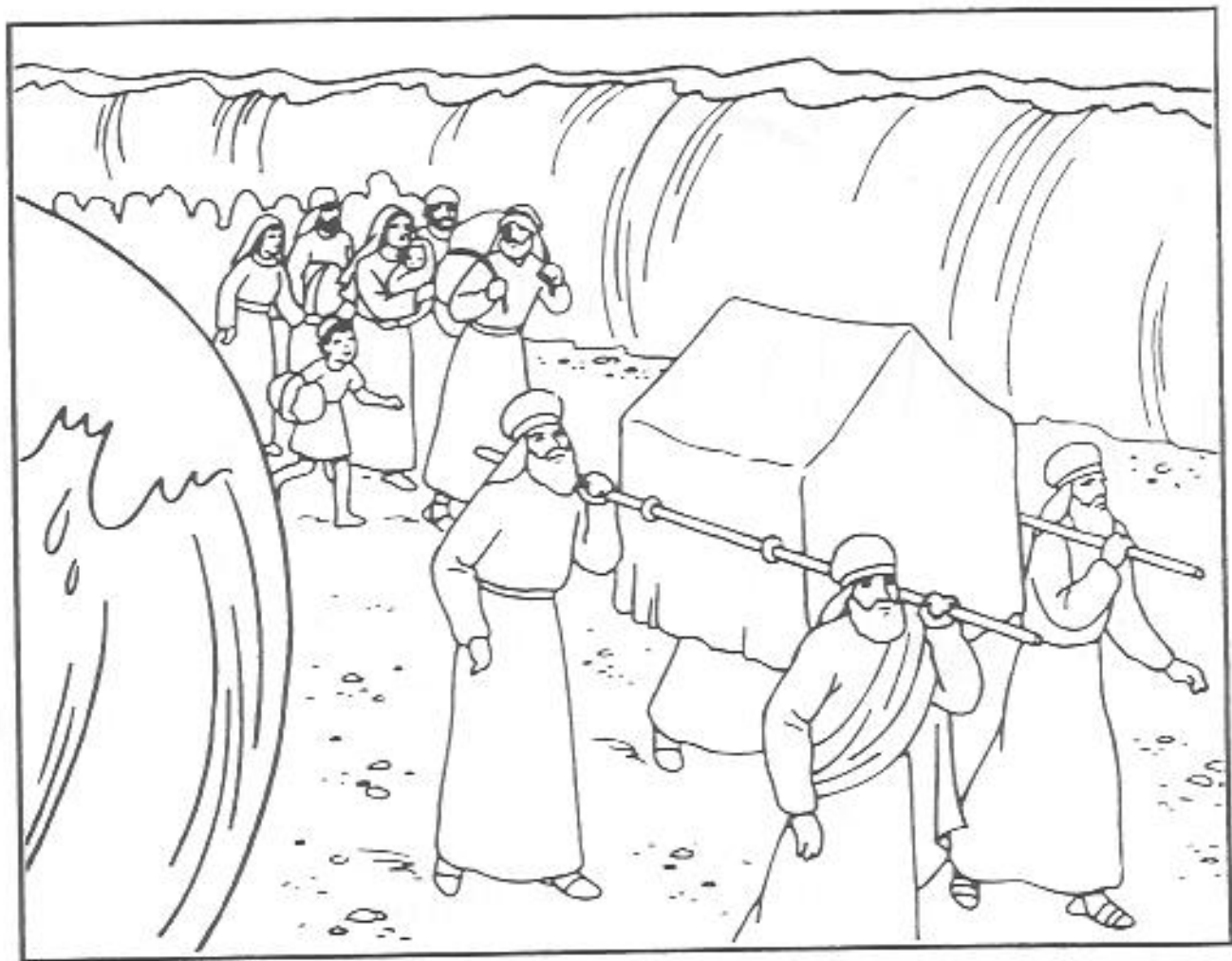
Water Cleanses the Earth

People became so disobedient that they were destroying everything. God decided to wash away all the sin and evil and try again. He saved everyone who would listen by asking Noah to build a special ark for them.



God Calls a People

God decided to choose a special group of people to teach the world about Him. He called Abraham and Sarah to a new country and made them the "father" and "mother" of His new nation.



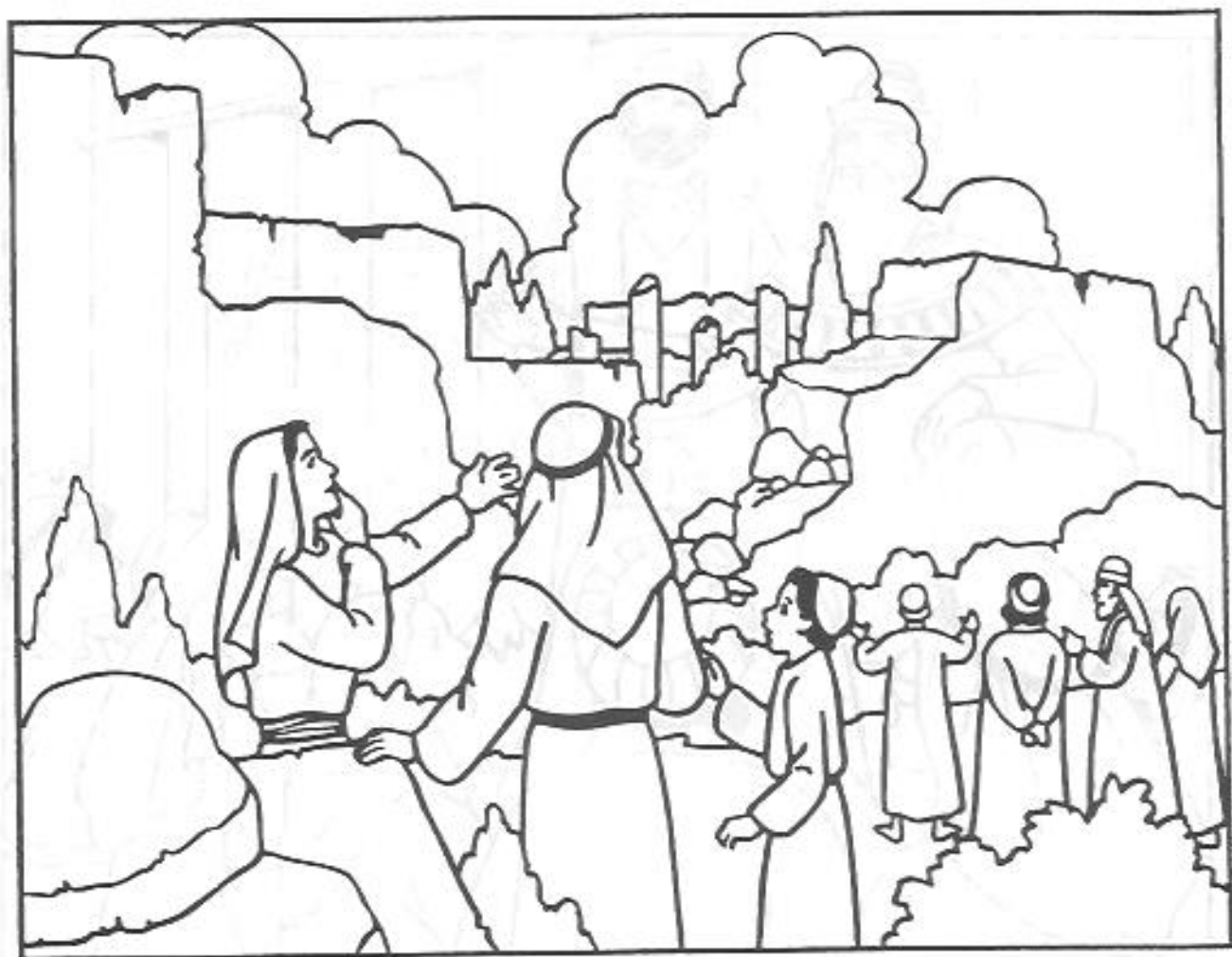
A Promised Land for God's People

God rescued His people from slavery just as he had promised. He brought them to a beautiful "Promised Land." He told them how to live so they would be happy and healthy.



God Works with His People

God's people, Israel, were not always obedient, but He continued to help those who would listen. David and Solomon were good kings who tried to follow God. Many of the kings chose to be wicked and cruel.



God's People Disobey

Israel refused to obey God. He finally let them be taken captive, hoping they would realize their mistake. Some listened to God and returned to Israel, but they never became what God had planned.

His Message to Me

Earn the Bible II Adventurer Award

Bible II Award



1. Earn the Bible I Award.

2. Recite in order the books of the Old Testament.

Genesis
Exodus
Leviticus
Numbers
Deuteronomy
Joshua
Judges
Ruth
1 Samuel
2 Samuel
1 Kings
2 Kings
1 Chronicles
2 Chronicles
Ezra
Nehemiah
Esther
Job
Psalms
Proverbs

Ecclesiastes
Song of Solomon
Isaiah
Jeremiah
Lamentations
Ezekiel
Daniel
Hosea
Joel
Amos
Obadiah
Jonah
Micah
Nahum
Habakkuk
Zephaniah
Haggai
Zechariah
Malachi



3. Tell or act out the following Bible stories:

- a. Noah
- b. Abraham
- c. Moses
- d. David
- e. Daniel

4. Read or listen to a Bible story.

5. 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
- f. Your choice

6. Play games to help the children enjoy and retain the Bible stories.



His Power in My Life

A. 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

B. 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.
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.

_____ is consistently reaching his/her goal.

Helping Hand's signature _____

Adult Helper's signature _____

I Am Special



.....

A. List some special interests and abilities God has given you.

You might be good at things like:

- math or reading—which take a lot of thinking
- soccer or fixing things—using your hands or body
- painting or music—being artistic
- helping people or making friends—with other people

A large heart outline with five horizontal lines inside for writing.

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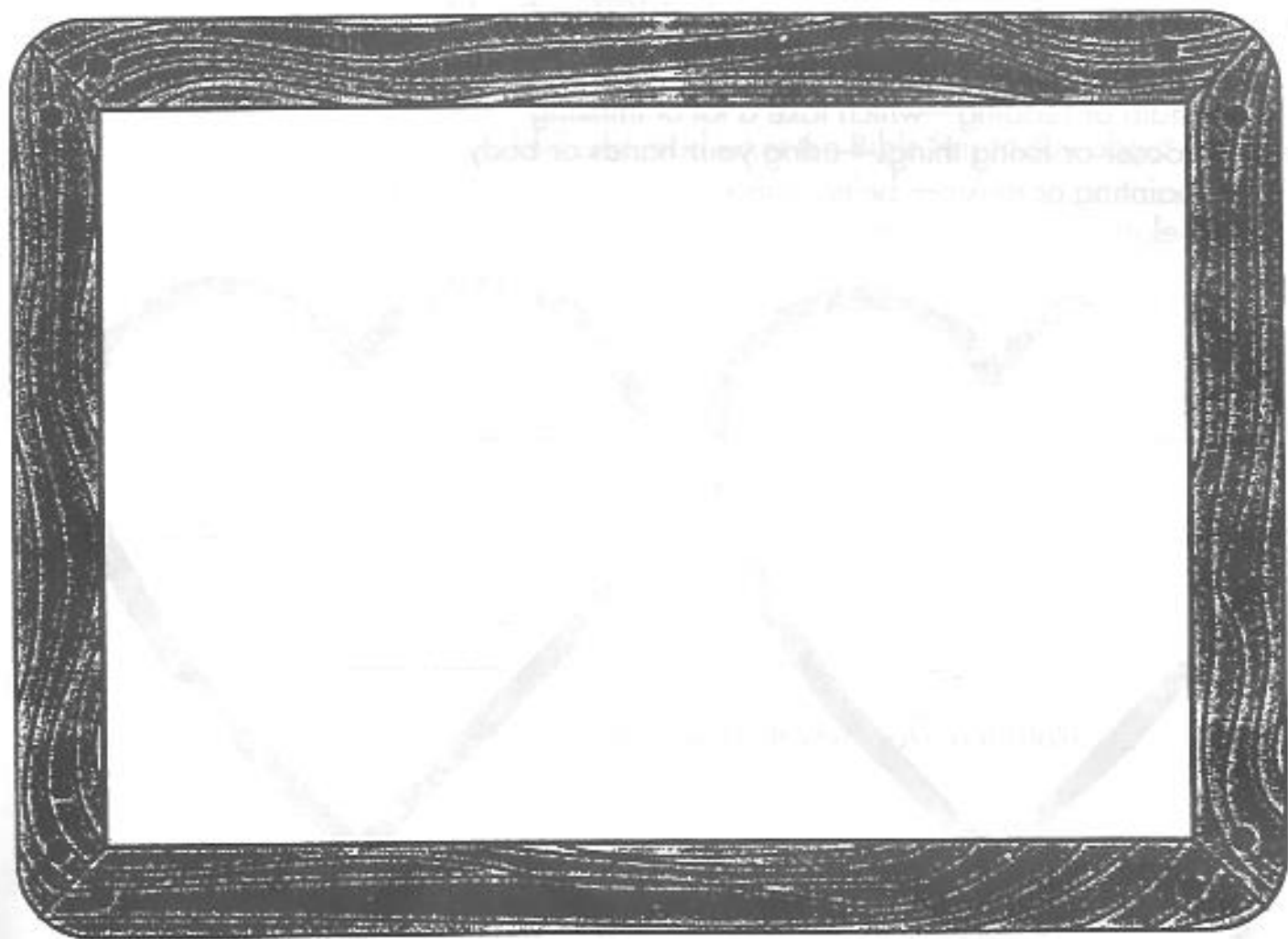
A large heart outline with five horizontal lines inside for writing.

A large heart outline with five horizontal lines inside for writing.

B. Share your talents using one of the following:

- Talent show
- Show and tell
- Earn an Adventurer Award

Draw a picture of what you did.



Suggestions for Parents or Leaders

Background Information

Our society often leads children to believe that they are not really talented unless they are good in school, sports, or the arts. This is misleading, because there are many areas in which the children may excel. Each is a gift from God and is given for a special purpose.

Children may have:

- Physical talents: Athletic or work ability (strength, coordination, speed, or agility); pleasing appearance; working with one's hands.
- Intellectual talents: Remembering and understanding, writing, planning and organizing, decision-making.
- Interpersonal talents: Speaking, sensitivity, humor, leadership, making friends.
- Artistic/creative talents: Art, music, poetry.

I Can Make Wise Decisions

A. Learn the steps of good decision-making.

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?



B. 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



I Can Care for My Body 3

Earn the Hygiene Adventurer Award

Hygiene Award



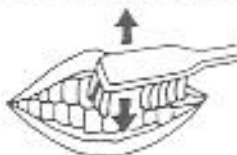
1. Find, read and discuss Psalm 119:11, 51:10, and 19:14.

2. Learn about personal cleanliness.

Personal cleanliness is important because _____

3. Discover three important times for washing your hands.
- _____
- _____
- _____

4. Practice proper brushing of teeth.



Up and
down



Use
floss



All teeth for
two minutes

5. Discuss regular bathing and how to keep your hair clean.

I will bathe _____
I will _____

6. How many glasses of water should you drink daily? _____

7. Is it important to keep your clothing clean?

8. Participate in a recognized fitness test:
a. President's Challenge
b. An equivalent program

Suggestions for Parents or Leaders

Make this award fun by:

- building food group collages or sorting types of food into boxes.
- enjoying an exercise activity together in the sunshine and fresh air.
- having a healthy water-drinking contest.

Order the information for the fitness tests from:

President's Challenge
Poplars Research Center
406 East 7th Street
Bloomington, IN 47405

President's Challenge Qualifying Standards

Age	Curl-Ups (in 1 minute)	Shuttle Run (seconds)	V-Sit Reach (inches)	Sit & Reach (centimeters)	1-mile Run (min/sec.)	Pull-Ups (number)
Boys						
6	33	12.1	+3.5	31	10:15	2
7	36	11.5	+3.5	30	9:22	4
8	40	11.1	+3.0	31	8:48	5
9	41	10.9	+3.0	31	8:31	5
10	45	10.3	+4.0	30	7:57	6
Girls						
6	32	12.4	+5.5	32	11:20	2
7	34	12.1	+5.0	32	10:36	2
8	38	11.8	+4.5	33	10:02	2
9	39	11.1	+5.5	33	9:30	2
10	40	10.8	+6.0	33	9:19	3

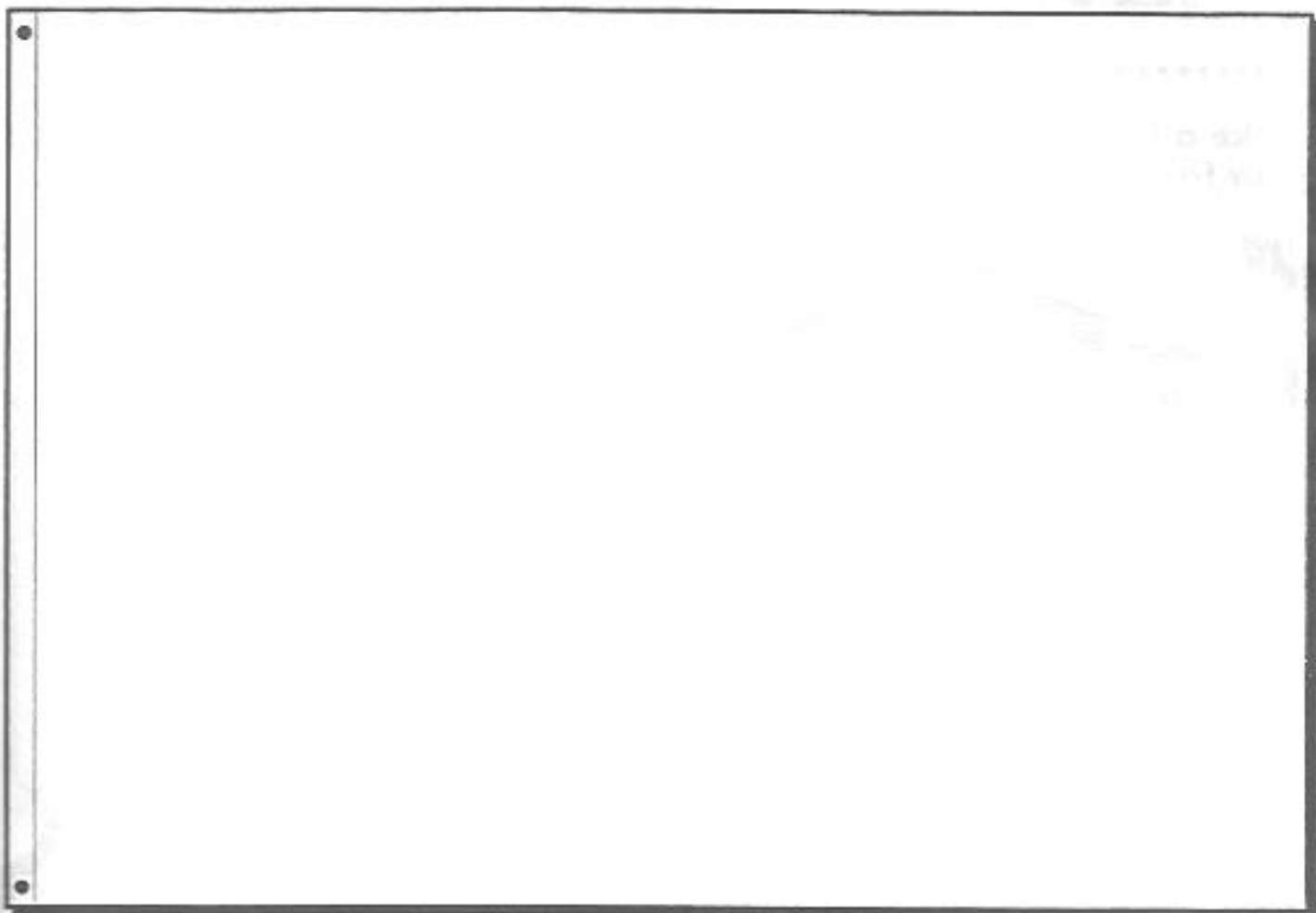
I Have a Family



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

Write your plans here.

Sketch your flag or banner here.



Suggestions for Parents or Leaders

A flag or banner may include colors, symbols or words showing:

- country of ancestry
- occupations
- hobbies
- favorite activities and interests
- family motto or sayings
- family traditions
- special achievements

ask parents, grandparents, or relatives about happy, sad, or funny memories or memories of school, home, work, or play. Use a notebook or tape recorder to remember what you hear.



Sample crests used on flags and banners.

Families Care for Each Other

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

Use this action strip to show what you did.



1.

2.

3.

4.

5.

6.

7.

8.

9.

10.

11.

12.

Suggestions for Parents or Leaders

List a variety of activity ideas before choosing what they would like to do:

- Worships may include a skit or favorite Bible game
- Family night activities may include such things as a special dinner or a living room picnic
- Family outings may be to the zoo, park or special friend's home

My Family Helps Me Care for Myself

Earn an Adventurer Award, in one of the following areas:

<p>Finance</p> <p><input type="checkbox"/> Wise Steward </p>	<p>Outdoor Skills</p> <p><input type="checkbox"/> Carpenter </p>
<p>Indoor Skills</p> <p><input type="checkbox"/> Cooking Fun </p>	<p><input type="checkbox"/> Guide </p>
<p><input type="checkbox"/> Home Helper </p>	<p><input type="checkbox"/> Swimmer I or II </p>
<p><input type="checkbox"/> Sewing Fun </p>	<p><input type="checkbox"/> Camper </p>
<p><input type="checkbox"/> Troubadour </p>	<p>Safety</p> <p><input type="checkbox"/> Safety Specialist </p>
	<p><input type="checkbox"/> Road Safety </p>
	<p><input type="checkbox"/> First Aid Helper </p>

The World of Friends



Earn the Caring Friend Adventurer Award

Caring Friend Award



1. Explain how you can be a Caring Friend.

- Find, read and memorize I Peter 5:7.

2. Talk to a person and ask the following:
- the day and month (s)he was born
 - their favorite animals
 - two of their favorite colors
 - three favorite foods
 - four things that are important to them
 - have your new friend tell you about their last trip

3. Visit a shut-in and take something to them. Use the questions in #2 as a basis for your conversation.

I visited _____

4. Tell one of the persons in #2 or #3 above how Jesus loves you and that He loves them also.

5. Show how you can become a caring person to your parents by:

- a. helping to keep your room clean
- b. helping in the kitchen with preparation or cleanup
- c. doing extra chores without being told

Tell what you did for your parents.

6. Tell of something special you have done for a friend.

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.

Name of culture _____

They live in _____
continent or country

It is very _____ where they live.
climate

The land is _____ with lots of _____ growing.
flat, hilly, etc. *types of plants*

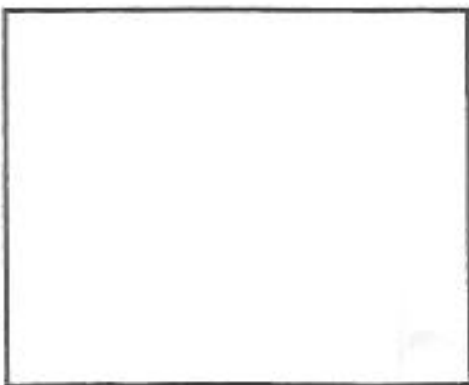
The people eat _____.

Many of them worship _____.

They make beautiful _____.
kinds of arts

They speak _____.

They live in houses built _____
that look like this:



Some interesting things they do are _____.

Some that live nearby are _____.

You might enjoy

- tasting a native food
- trying a native craft
- seeing a video about the culture
- singing a song
- hearing a story
- talking to a missionary or native
- playing a game

I shared Jesus' love by _____

The World of Nature

Earn the Environmentalist Adventurer Award.

Environmentalist Award



1. Recite Genesis 1:26. Explain our role in protecting wildlife.

This verse says we should _____

2. List three animals that are endangered and explain why.

3. List three birds that are endangered and explain how you can help protect birds.

4. Study endangered trees in your area. Plant or adopt a tree.

5. In your area:
- a. What causes pollution, and list ways you can prevent pollution.

More Awards for Helping Hand

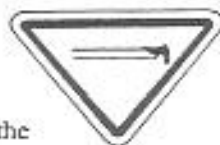


Basket Maker



1. Explain what a basket is.
2. Name several baskets found in your home.
3. Know the tools of a basket maker.
4. Describe how materials are prepared for basket weaving.
5. Make a simple basket of natural grasses, reeds, or other local material.
OR
Decorate a basket to be used for: sewing, trash, berries or flowers.
6. Decorate a basket to be given as a gift.
7. Tell some ways baskets were used in the Bible. Give at least one text.

Carpenter



1. Explain what a carpenter does.
2. Recite what the carpenter built in the following Bible texts:
 - a. Genesis 6:14-16
 - b. Exodus 30:1-3
 - c. II Samuel 5:11
3. Identify the basic tools required for simple wood-working and explain how to take care of them.
4. Name three things a carpenter builds.
5. Visit one of the places listed below:
 - a. lumber yard
 - b. hardware store
 - c. woodworking shop
 - d. sawmill
6. Using carpenter tools, make one of the following:
 - a. bird house or feeder
 - b. key holder
 - c. napkin holder
7. Discuss Jesus the Carpenter and things He may have made.

Computer Skills



1. Explain the purpose of each item:
 - a. Computer system
 - b. Monitor
 - c. Mouse
 - d. Keyboard
 - e. Central Processing Unit
 - f. Hard disk
 - g. Scanner
 - h. CD ROM
 - i. Modem
 - j. Printer
 - k. Network
 - l. Diskette
2. What are computers good for?
 - a. Documents and books
 - b. Databases
 - c. Calculations
 - d. Communications
 - e. Research
 - f. Fun
3. Do one of the following:
 - a. Type and print a thank-you note.
 - b. Play an educational game.
4. Do one of the following:
 - a. Visit an office and see how a computer helps that person with their work.
 - b. Visit a computer sales person and have them give a demonstration of the latest technology.
5. Know the home row of the keyboard.
 - a. Show the proper hand position on the keyboard.
 - b. Explain why proper hand position is important.
 - c. Type on an elementary typing program such as Sticky Bear or Mavis Beacon.

Geologist



1. Describe a Geologist and his/her work.
2. Recite a text in the Bible telling about rocks or minerals. Tell a Bible story where rocks or stones were used.
3. Experiment with soil, sand, gravel, rocks and water. OR Make a crystal garden.
4. Collect and display five different types of rocks. Identify and label them.
5. Read together Revelation 21.
 - a. Look up the precious stones listed.
 - b. Draw a picture of the heavenly city and color it.
6. Use stones or rocks to make an art picture or paint a rock.

Outdoor Explorer



1. Take a nature walk and collect items of interest:
 - a. a leaf, and share why you like that particular one
 - b. a feather, and discover what bird it is from
 - c. a rock, and learn what type it is
 - d. a seed, and identify the plant it comes from
2. Recite the golden rules for hiking:
 - a. Never cut trees
 - b. Never pull up live plants
 - c. Do not remove any type of markers
 - d. Stay off "No Trespassing" property
 - e. Ask permission before walking on private property
 - f. Don't litter
3. Explain what side of the road to walk on and why.
4. Walk half a mile to a picnic area. Carry and eat your own lunch.
5. Walk one mile and find nature items for each letter of the alphabet, such as: A = acorn; B = butterfly; C = cattail; D = duck; etc.
6. Take two walks of at least two miles each and talk about what you see. Tell what day of the week each item was created on.
7. Recite five safety rules for walking:
 - a. Always walk with at least one partner
 - b. Carry water when going for a walk
 - c. Wear comfortable walking shoes
 - d. Wear proper clothing
 - e. Watch where you walk so you won't become lost

Reporter



1. Give a report to your parents about an Adventurer function. Make a "Reporter" scrapbook of three Adventurer outings.
2. Look up information on a toy or musical instrument. Report to the group two things you discovered.
3. Listen to announcements and read the church bulletin.
 - a. Put bulletin announcements in your scrapbook.
 - b. Circle the events you were most interested in.
4. Talk with your pastor, Sabbath School or school teacher. In your scrapbook put:
 - a. a drawing of the person and where they work
 - b. a note describing what they like best about their job
5. Keep your "Reporter" scrapbook for at least two months.
6. Name some reporters in the Bible and tell what they reported.

Sign Language



1. Learn the manual alphabet used by the deaf, and the rules pertaining to it.
2. Learn how to send the receive words, using the manual alphabet.
3. Learn at least 50 words.
4. Learn and present at least one simple Christian song.
5. Where possible, have the Adventurers meet a deaf person and sign with them.
6. Sign a simple Bible verse.

Skater



1. Describe where and when it is safe to skate.
2. Demonstrate the care of a pair of skates.
3. Learn to skate forward, backward, to the right, to the left, and know how to cross over.
4. Skate through a curve, come to a full stop, and coast.
5. Skate a slalom course with at least six obstacles.
6. Participate in a game played on skates.

Even more Adventurer Awards

The Helping Hand can go back and complete unearned Grade 1/Busy Bee, Grade 2/Sunbeam Awards, and Grade 3/Builder. These include:

- Artist
- Astronomer
- Bible I
- Build and Fly
- Camper
- Collector
- Cooking Fun
- Courtesy
- Cyclist
- First Aid Helper
- Fitness Fun
- Friend of Jesus
- Guide
- Gymnast
- Handicraft
- Health Specialist
- Homecraft
- Home Helper
- Media Critic
- Music Maker
- Olympic
- Road Safety
- Safety Specialist
- Sewing Fun
- Skier
- Spotter
- Swimmer I
- Swimmer II
- Temperance
- Troubadour
- Wise Steward

