

**Activity
Book**

Sunbeam



This book belongs to

Child's name

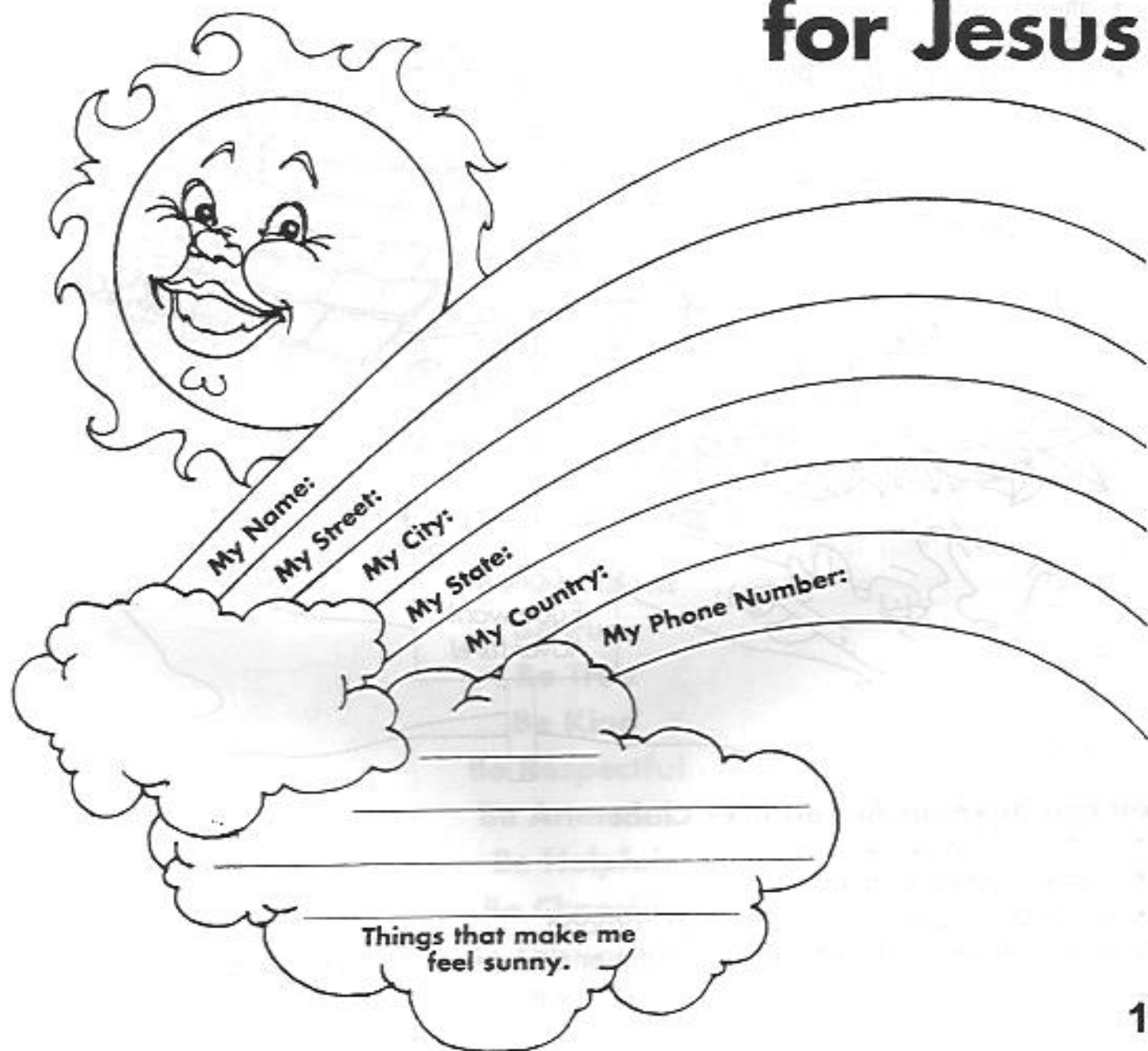


_____ /
first name

_____ /
last name

a sunbeam

for Jesus



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

Adventurer Club will help you:

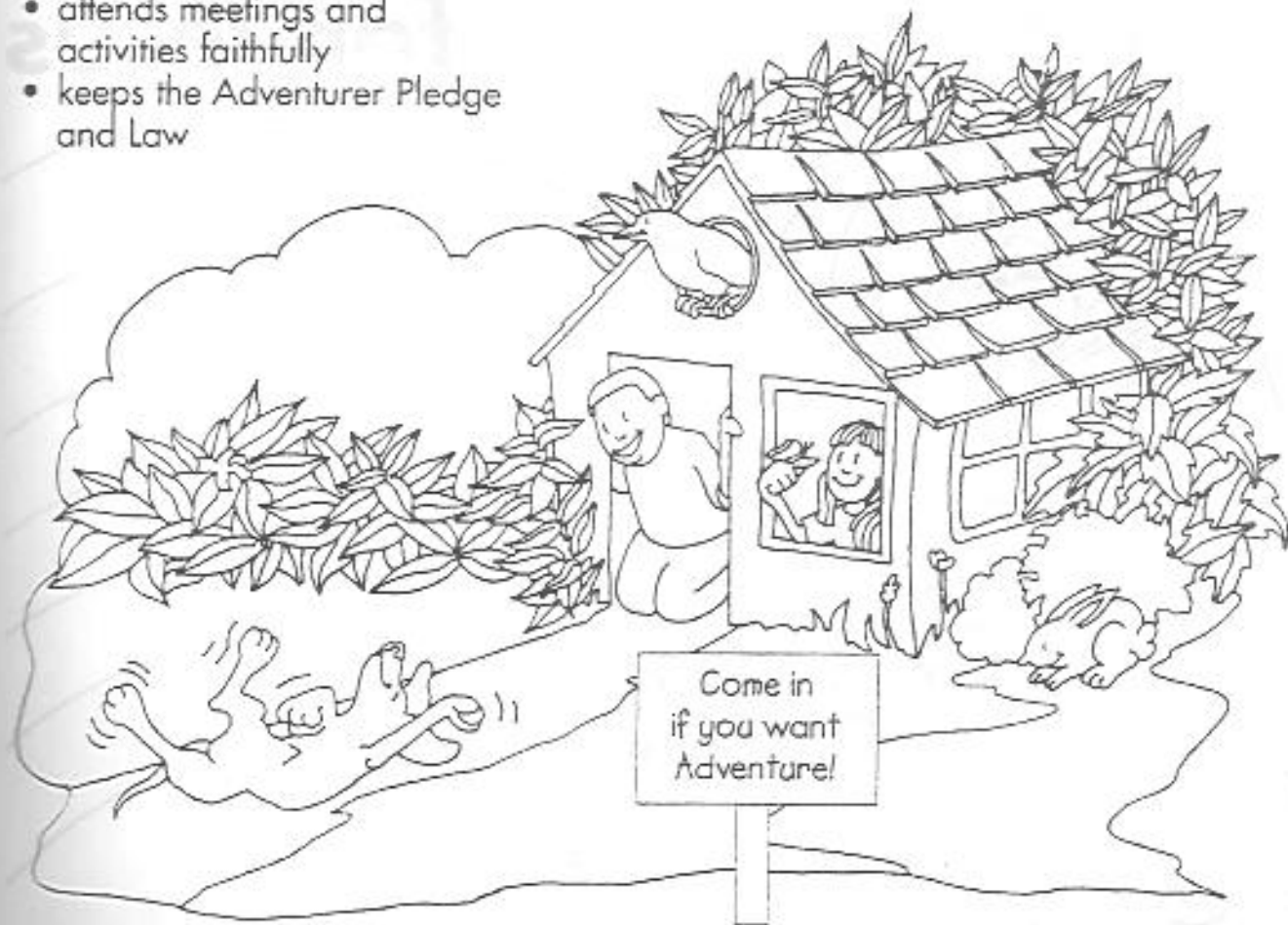
- give your life to Jesus
- have fun being a Christian

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



Recite and accept the Adventurer Law.




Loves _____ very much and wants
Child's name

me _____ to be happy. That's why He came as a
Child's name



and  for me. Now _____ can be



a _____ and help other people be  too.

Adventurer Law

Jesus will help me to

Be Obedient

Be Pure

Be True

Be Kind

Be Respectful

Be Attentive

Be Helpful

Be Cheerful

Be Thoughtful

Be Reverent

Make an Adventurer Law Booklet

1. Cut on the black lines
2. Fold on the dotted lines
3. Put the pages together
4. Staple on the dotted lines



1 Be Obedient



Be Reverent 10



3 Be True



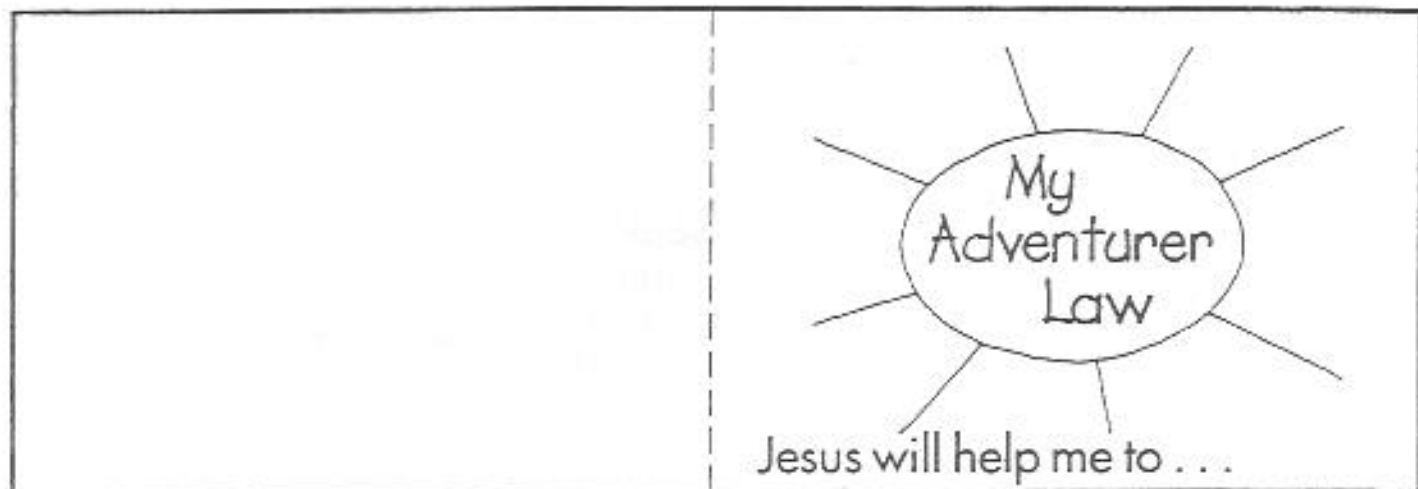
Be Cheerful 8



5 Be Respectful



Be Attentive 6



Reinforcement

Earn the Sunbeam Reading Award.

Read the book, then color the picture.



Two (2) chapters
from Mark



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 Jesus':

- Birth
- Life
- Death
- Resurrection

OR

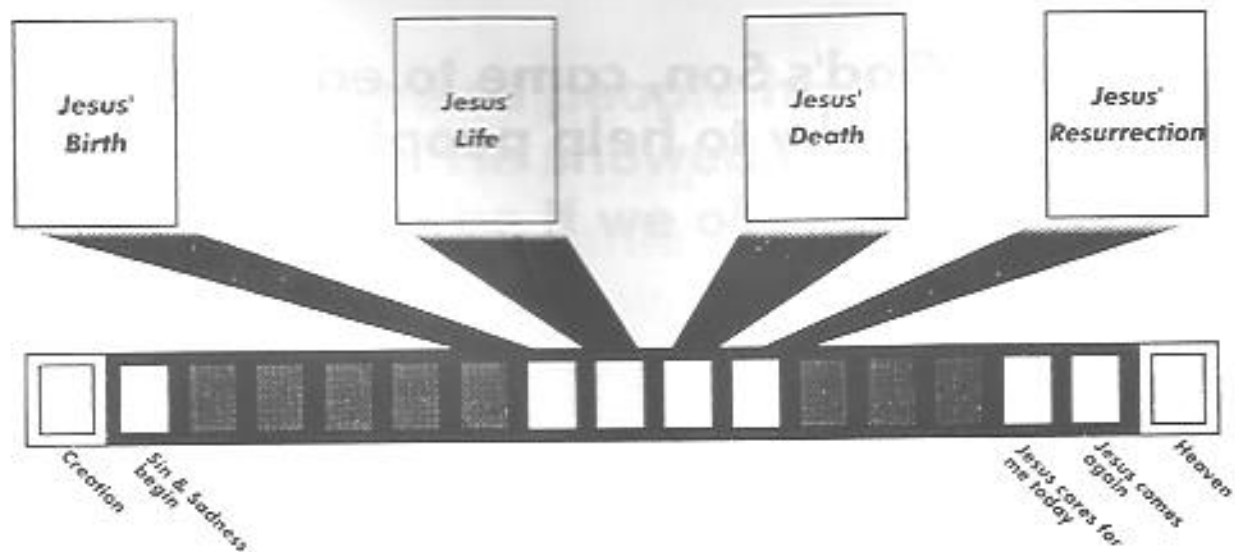
the Bible stories you are studying in your classroom or Sabbath School.

B. Use your story chart or booklet to show someone the joy of being saved by Jesus.

I showed _____

S T E P B Y S T E P

Busy Bee Bible Story Chart





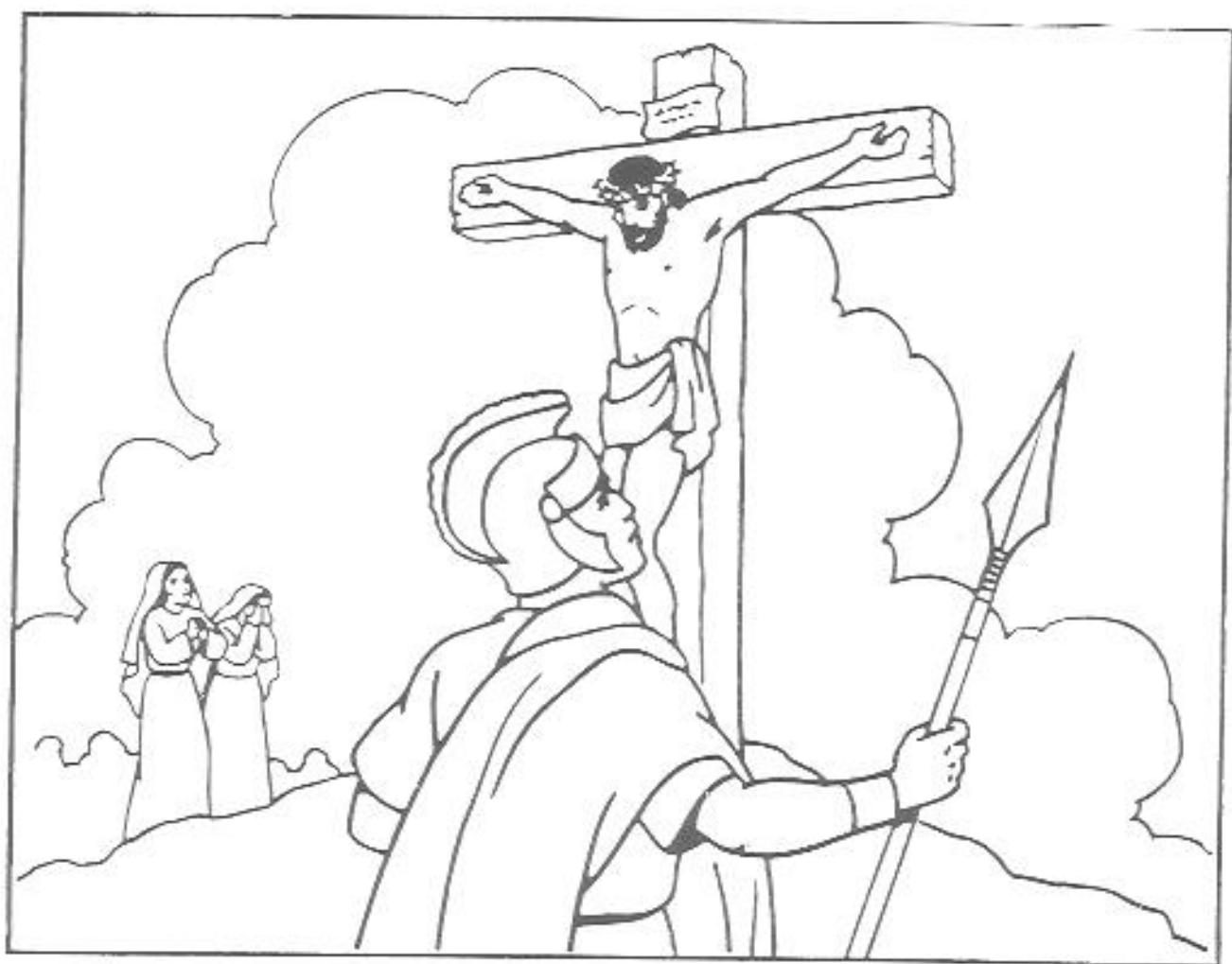
Jesus' Birth

Jesus, God's Son, came to earth as a baby to help people.



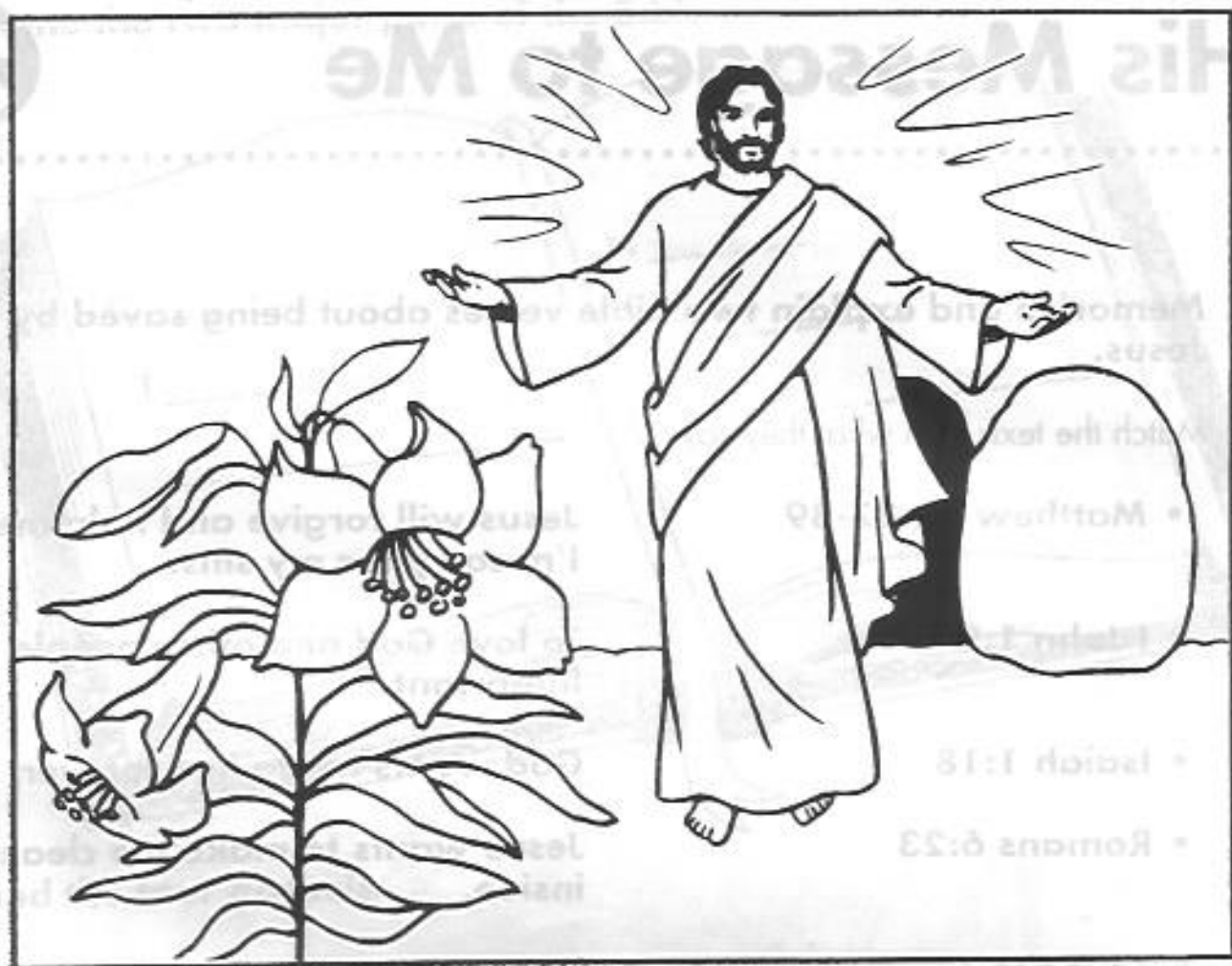
Jesus' Life

Jesus showed people how much He loves them. He showed how happy we can be if we obey him



Jesus' Death

Jesus let evil men kill Him on a cross because He wanted to take away our sins.



Jesus' Resurrection

**Jesus came back to life after three days.
He is in heaven, now, watching over us.**

His Message to Me

2

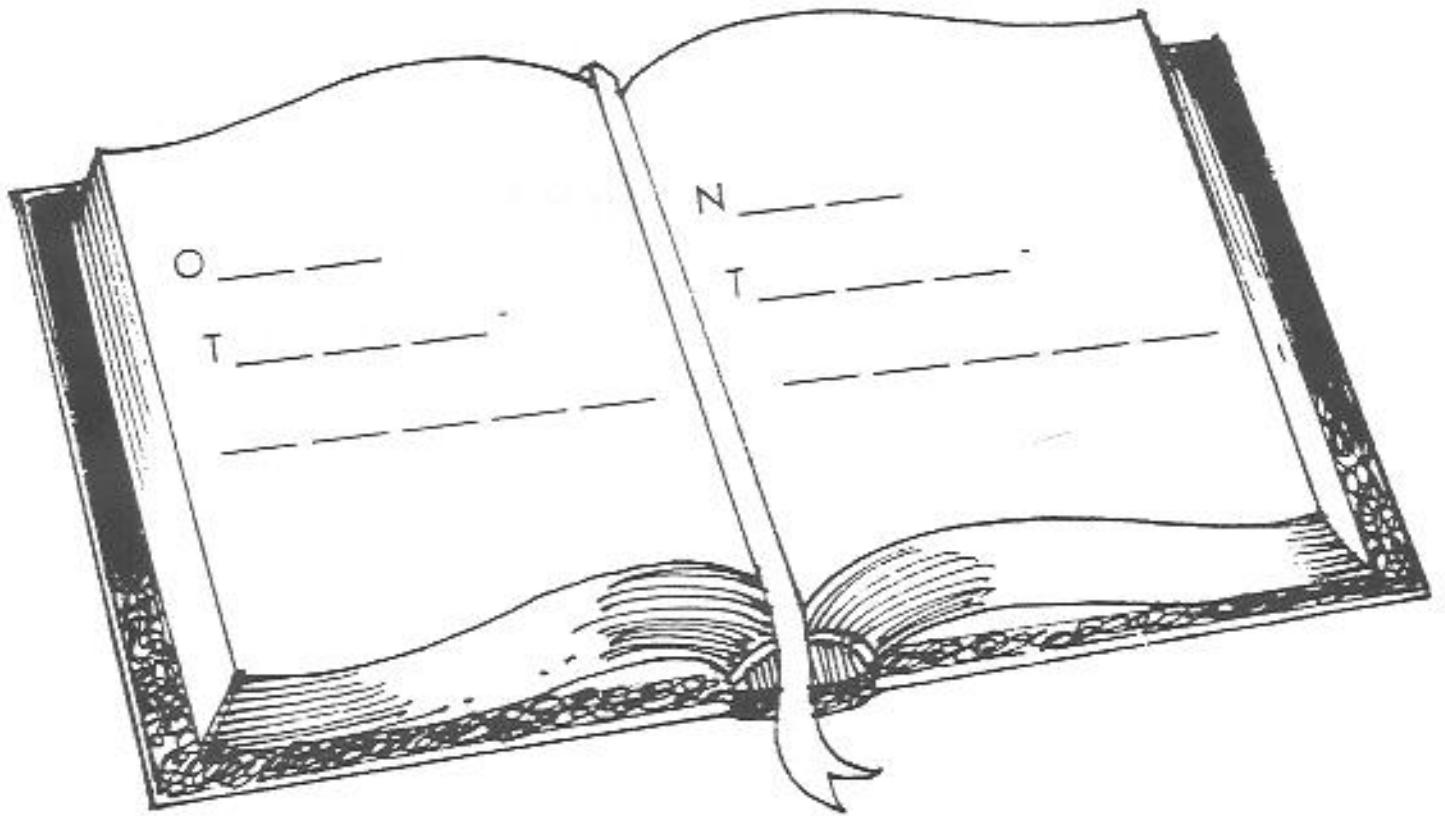
A. Memorize and explain two Bible verses about being saved by Jesus.

Match the texts with what they say.

- **Matthew 22:37-39** Jesus will forgive and help me if I'm sorry for my sins.
- **1 John 1:9** To love God and other people is important.
- **Isaiah 1:18** God wants me to live forever.
- **Romans 6:23** Jesus wants to make me clean inside.
- **Your choice**



B. Name the two major parts of the Bible



and the four gospels.

1. M _____

2. M _____

3. L _____

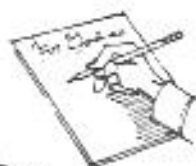
4. J _____

His Power in My Life

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

Color a square each time you finish a quiet time (or use stickers to fill your squares).

Things to do:



With Who? _____

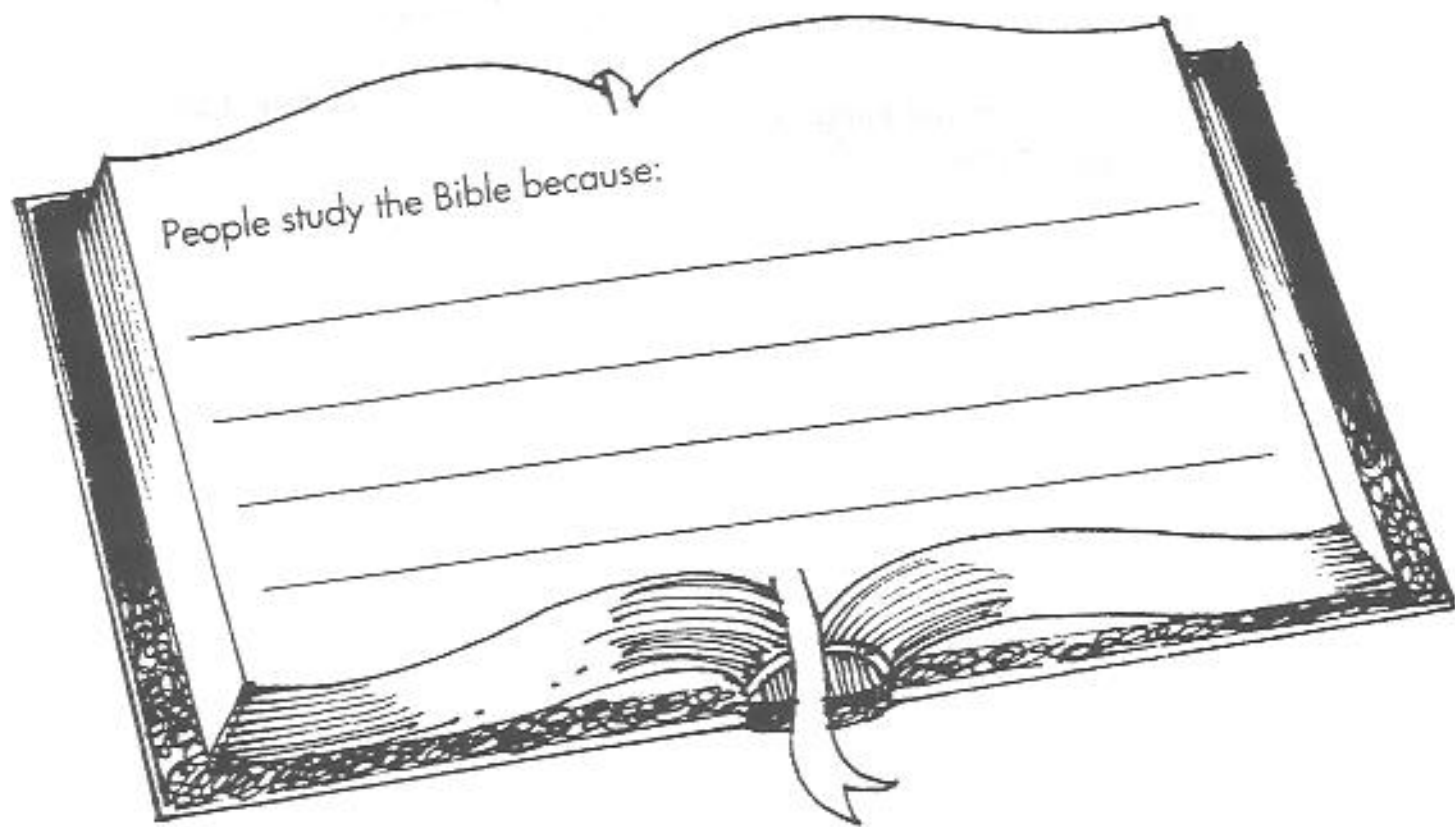
When? _____

Where? _____

Now Make
Your Own
Chart

B. Ask three people why they study the Bible.

I'll ask _____



Suggestions for Parents or Leaders

Your child needs your example and leadership as he tries to form good devotional habits.

You can help by:

- Having your own daily quiet time with Jesus daily;
- enthusiastically sharing some of the inspiration and

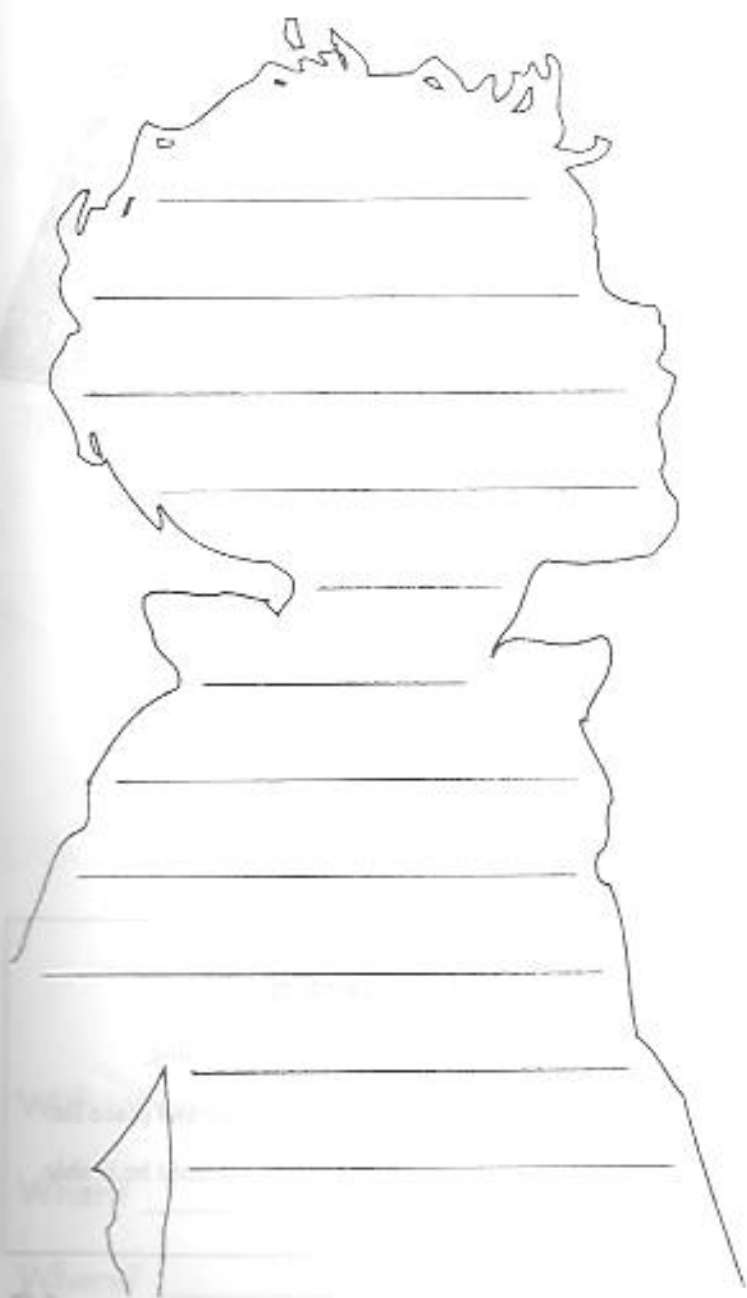
- insights you receive during your quiet time;
- leading out in family worship daily;
- helping your child choose a wise time and place for his quiet time;
- being a part of your child's quiet time until he is able and eager to continue on his own.



I Am Special

Make a tracing of yourself. Decorate it with pictures and words which tell good things about yourself.





You could write or draw about things you like, things your are good at, things you wish, and things about your family and friends.



I Can Make Wise Decisions

Play the "What-if?" Game.

Use words of pictures to show what you would choose.




		
If I _____		
I Would...		
		

I Can Care for My Body 3

Earn the Fitness Fun Adventurer Award

Fitness Fun Award



1. List at least four things that contribute to physical fitness.
2. Do three different stretches.
Hold a minimum of 15 seconds.
 - a. Leg 
 - b. Back 
 - c. Arms/shoulders 
3. Do three of the following:
 - a. Run, jog or walk one-half mile
 - b. Make a high jump. Record the highest of four jumps
 - c. Jump rope for three minutes
 - d. Climb a pole, rope or tree
4. Participate in two of the following:
 - a. Obstacle course
 - b. Leap frog
 - c. Relay race

5. Demonstrate your ability to do four of the following:
- Forward roll
 - Ten sit ups
 - Cartwheel
 - Handstand or headstand
 - Hang from a bar with hands and knees
 - Back bridge
6. Participate in an organized game that requires physical exercise.
7. Participate in a recognized fitness test:
- President's Challenge
 - 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
 400 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



Ask members of your family to tell some of their favorite memories.

Our Favorite Memories



Families Care for Each Other

- A. Show how Jesus can help you deal with disagreements. Use:
1. Puppets
 2. Role-playing
 3. Your choice

Report on what you did:

When I Feel
Unhappy with
Someone, I Will...

1. Think about what the problem is.
2. Talk about it privately with the person. Listen.
3. Look for solutions together.
4. Ask for help, if you need to.

My Family Helps Me Care for Myself

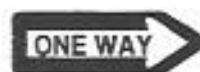
3

Complete one requirement of the Road Safety Adventurer Award.

Road Safety Award



1. Identify and explain
10 important road signs.



The World of Friends



Complete requirements #1 and #6 of the Courtesy Adventurer Award.

Courtesy Award



1. Explain what "courtesy" means.

2. Recite and explain the Golden Rule.
3. Be able to demonstrate good table manners.
- Properly set the table
 - Correctly ask for and pass food
 - Properly excuse yourself from the table
4. Make a telephone call using good telephone manners:
- To an adult
 - To a friend of your choice
 - Be able to answer the phone correctly
- OR introduce:
- An adult to a friend
 - Your teacher to a parent

5. Share an experience:

- a. When an adult was courteous to you
- b. When you were courteous to another person

6. Show acts of courtesy as you:

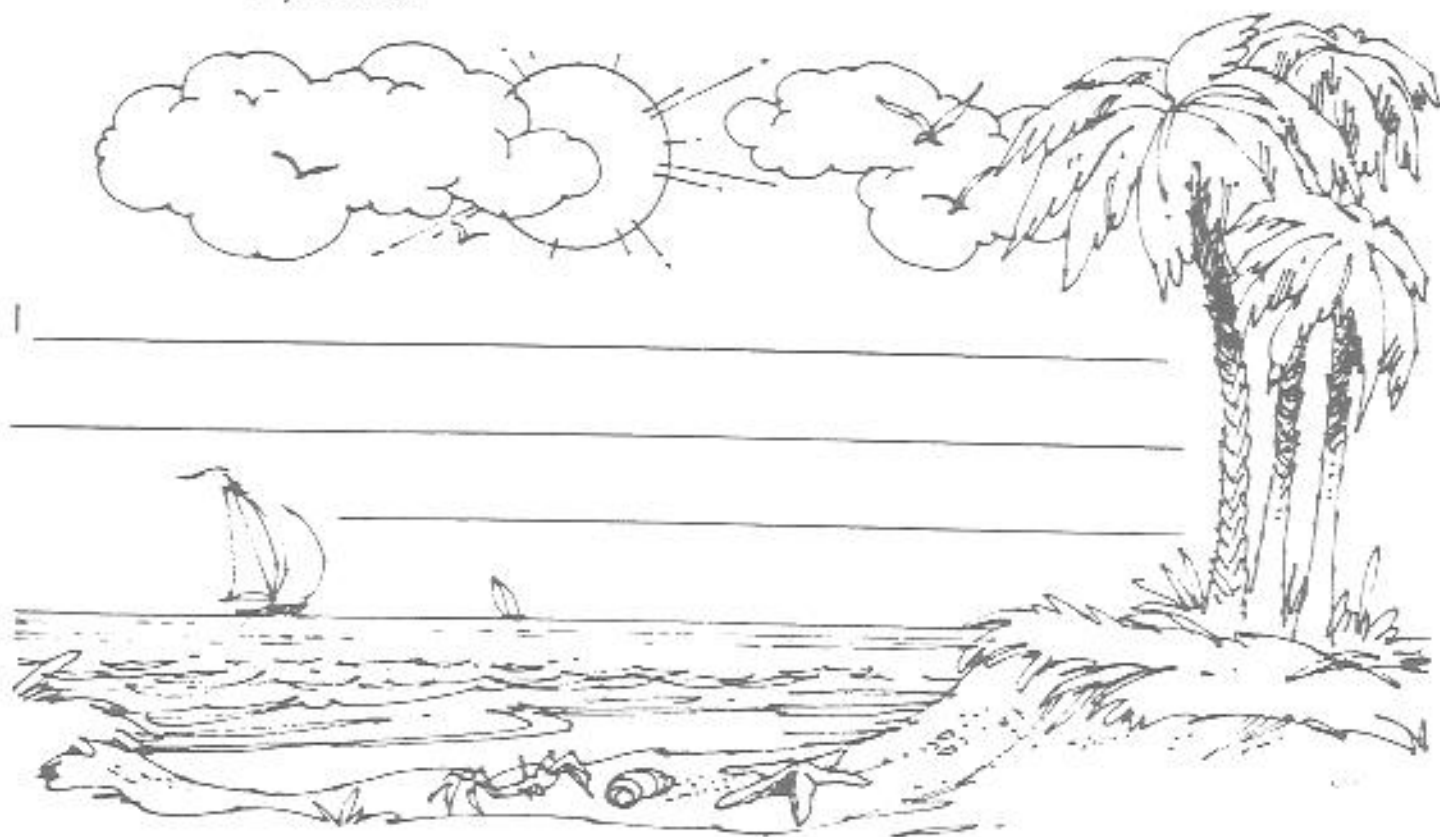
- a. Ask for a drink
- b. Say thank you
- c. Apologize
- d. Greet a friend
- e. Share and take turns (not shown)

Fill in the balloon with a courteous statement.



B. From your list, choose ways and spend time making your neighborhood better.

Share what you did.



Suggestions for Parents or Leaders

To prepare children for this activity review Jesus' special trip to our earth to help us, and point out some of the many places in the Bible where He asks us to help our neighbors.

The children's walking tour should be leisurely and not more than an hour and should not try to cover a whole neighborhood but rather see some of the representative parts. part of the tour may be completed by car or bus.

Children's list might include: community services, such as a fire or police station or grocery store; a special landmark, such as a park, river, or special building; a particularly well-kept home or garden (not expensive, but orderly). Help the children to find as many of these things as possible on their own so they can enjoy a sense of exploration and discovery.

The children can list a number of different projects to help the needs they have seen. Then lead them to decide upon an activity or project they can do well and feel a sense of accomplishment in completing. A few possibilities include:

- **Beautification:** Clean up a road, park, or vacant lot; plant flowers or trees.
- **Visit shut-ins:** Present programs for nursing homes or children's wards; adopt a grandparent; do yard work; wash windows; read letters and cards; make phone calls; create May baskets.
- **Help those in need:** Collect clothing or food; raise funds for special project; tutor first graders.
- **Spiritual assistance:** Form special prayer bands; help with VBS, fair booth, neighborhood Bible club, literature distribution.

The World of Nature

Earn a Friend of Nature Adventurer Award

Friend of Nature Award



1. Take a nature walk and discover items of interest.
 - a. Show or tell what you found.
 - b. Make these items into a collage or poster.

2. List the names of three different trees and do a bark rubbing of each.

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3. Collect four different kinds of leaves and compare.

4. Go on a critter hunt. Explore (or observe with a magnifying glass) all the things you can see in a 10 square foot area.

OR

Explore a yard or park and talk about what you see.

Draw what you saw.

5. Visit one of the following:

- a. zoo
- b. park
- c. wildlife area

6. Write a thank-you note to the people who took you to the place you visited in requirement #5.

7. Explain:

- a. How to become a friend of nature
- b. How to pick a flower when it is allowed
- c. How to protect trees, nests, etc.

More Awards for Sunbeam



Camper



1. Discuss with your family important rules for camping.
2. Go on a campout with your family and Adventurer group.
3. Help to pitch a tent.
4. Help to set up your stove or to build a campfire.
5. Help to prepare at least one meal while camping.
6. After your trip, help to put camping supplies away.
7. Memorize Psalm 34:7.

Collector



1. Explain who a collector is.
 2. Name five popular articles that people are collecting today.
 3. Listen to an adult collector as (s)he shows and talks about his/her collection.
 4. As a group plan what you want to collect and gather native items in one of the following ways:
 - a. play a game of A to Z Collection
 - b. have a nature treasure hunt
- OR
- Make two very different collections with at least 20 items in each.
- a. Objects: stamps, postcards, photographs, coins, etc.
 - b. Nature: leaves, minerals, feathers, shells, etc.
5. Have a collector's show and display two collections neatly arranged with objects well identified.
 6. Show and explain something you have learned about one of your collections.

Cooking Fun



1. Name the four food groups.
 - a. Collect pictures from each of these food groups.
 - b. Use your pictures to make a collage or poster to be displayed at your club, school or church.
2. Describe a complete, balanced daily menu.
OR
Compose a complete dinner menu.
3. Help prepare, serve, and clean up a four-course dinner.
4. Make two different kinds of sandwiches.
5. Prepare two different salads.
6. Help to prepare and pack a picnic lunch.
 - a. Include foods from the four food groups.
 - b. Share this picnic with family or friends.

Feathered Friends



1. Tell how God cares for birds.
2. Make a simple bird feeder or pinecone feeder.
3. Be able to recognize 10 different birds.
4. Play a bird game.
5. Draw and/or color pictures of the following:
 - a. two water birds
 - b. two seed eaters
 - c. one predator
6. Be able to make five bird sounds.
7. Make a Christmas tree or an Easter basket for birds.
8. Observe some live birds, imitate their movements, and collect feathers whenever possible. Keep in mind that keeping the feathers of migratory birds is illegal in some, if not all, U.S.A. places.

Gardener



1. Describe what a gardener does.
2. Name three different types of gardens, and describe the items that grow in each.
3. Name two gardens mentioned in the Bible.
4. List at least three tools you need for gardening.
5. Demonstrate how to use these tools properly and how to take care of gardening tools after use.
6. Do one of the following:
 - a. Take care of a small plot of land, including planting, transplanting and cultivating flowers or vegetables.
 - b. Using window boxes, flower pots, milk cartons or cans, plant and care for three different plants.
 - c. Make a terrarium and care for it.
7. Share a plant, garden produce or flower from your garden with your family or with a friend or neighbor.
OR
Draw and color a picture of a flower to give to someone.

Handicraft



1. Pick six of the following to make:
 - a. A get-well card, and give it to someone
 - b. A dried or silk flower arrangement
 - c. A bread-dough or clay figure
 - d. A shell picture
 - e. A string sculpture
 - f. A mobile
 - g. An item from papier-mache
 - h. A picture using egg shells or seeds
 - i. Covers for an autograph or photo album
 - j. A collage using six different materials
 - k. A poster inviting people to an event
 - l. An article of your own choosing
2. Give at least two of the above items to:
 - a. A family member
 - b. An elderly person in your church or a nursing home
3. Have an art show.

Skier



1. Describe how to take care of your skis and boots.
2. Demonstrate the following:
 - a. How to carry your skis
 - b. How to put them on
 - c. How to fasten them
3. Demonstrate how to climb in steps, in scissors and how to make a kick turn.
4. Perform the following movements:
 - a. Continuous turns without stopping
 - b. Sideslip and go over bumps
5. Ski on a beginners lift and hill under control and in good form.

Trees



1. Read several Bible verses about leaves. List the kinds of leaves you find.
2. Collect 10 leaves from different trees.
 - a. Press and dry
 - b. Identify
3. Paint one leaf with chocolate.
4. Tell how trees scatter their seeds and collect or draw five different seeds.
5. Make two different leaf rubbings.
OR
Make two pieces of stationery, using a leaf design.
6. Discover the trees and leaves in your neighborhood. Learn something special about each one. Report your findings to the class.
7. Put your dried leaves in a "Leaves" Scrapbook.

Even more Adventurer Awards

The Sunbeam can go back and complete unearned Grade 1/Busy Bee Awards. These include:

- Artist
- Bible 1
- Flowers
- Friend of Animals
- Friend of Jesus
- Guide
- Health Specialist
- Home Helper
- Music Maker
- Safety Specialist
- Spotter
- Swimmer 1

The Sunbeam should not be encouraged to do Grade 3/Builder or Grade 4/Helping Hand Awards.