

# BIBLE I



1. Own or have use of a Bible.
  2. Explain how to show respect for the Bible and how to care for it.
  3. Name the first and last Books of the Bible and tell who wrote them.
  4. Tell or act out the following stories:
    - a. Conversion of Paul
    - b. Zaccheus
    - c. Raising of Lazarus
  5. Locate, read and discuss the following Bible verses about Jesus' love for you. Memorise and repeat two of them.
    - a. John 3:16
    - b. Psalms 91:11
    - c. John 14:3
    - d. Psalms 23:1
  6. Prepare and act out a Bible story or parable of your choice.
- OR
- With a group create a Bible story in some sand.

## HELPS

NOTE: The Bible I Award is a requirement of the Busy Bee class work. It may be taught in the Adventurer Club or, by arrangement and cooperation, in the church school or Sabbath School class.

- 1-2. If possible, see that each child has his or her own Bible. Teach that nothing is ever placed on a Bible and that the Bible is to be kept clean. Show how to be careful and how to handle the Bible reverently.
3. Help the Adventurers locate Genesis and Revelation in their Bibles. Encourage them to locate each while a child tells about the author. Play Bible games, use felts, etc. Make this a happy learning experience.
4. Help the children pantomime or dramatise the stories. Encourage them to make the story "come alive." Keep a box of props, including items such as bath robes, scarves and a cane to help the children illustrate the Bible characters.
5. Practice finding the texts in the Bible. Read them together and explain each text so the children can understand its meaning.
6. Illustrate or act out Bible stories such as Daniel in the Lion's Den, Creation, Garden of Eden, etc., or other Bible story of the Adventurer's choice.

The material here is taken from page 175 of the printed manual.

# HEALTH SPECIALIST



1. Learn and repeat 1 Corinthians 6:19, 20.
2. Cut out pictures and make a poster to show three healthy meals you could eat.
3. Explain why your body needs exercise.
4. For one week, record the hours you sleep. Tell why you need rest.
5. Explain why you need fresh air and sunlight.
6. Explain why water is important for your body. Tell the number of glasses of water you should drink each day.
7. Describe and practice good dental hygiene.
8. Name three things that might destroy your health.

## HELPS

NOTE: This award is a requirement for the Busy Bee Class.

1. Talk together as a group or family about the principles of the text.
2. Have a tasting party of healthy foods. Blindfold the Adventurers and have them guess what food they smell, then taste the food. OR have the Adventurers cut pictures of food from old magazines, arrange them on a poster or paper plate and discuss what makes a healthy meal.
3. Your body needs exercise to keep muscles strong, strengthen your heart, improve your lung capacity, make you look and feel better. Do several exercises for fun and health. "Tortoise and Hare" is a running-in-place exercise. First you "run" 20 steps slowly as a tortoise, then 20 steps faster as the hare would run. Repeat three times. Have a wheelbarrow race in which one child holds the ankles of the first child. They both walk forward, one on hands, the other on feet. Then they change places.
4. When you sleep your whole body relaxes, including your muscles, heart and breathing. Your body uses this time to recover and repair itself.
5. Without fresh air we cannot live. Breathe deeply and enjoy it. Sunlight contains vitamin D, which helps to form strong bones. Sunlight is a disinfectant. Exercise in the sunlight by doing the "Russian Hop." Get into a squat position with your arms folded across your chest. Hop up and forward with your feet. Hop around in a circle. At the end of each hop, you are back in the starting position.
6. We lose water when we breathe, sweat or urinate, and it must be replaced. Your body is about two thirds or 65 percent water. Drink eight glasses of water daily to remain healthy. Many foods have water; lettuce is nine-tenths water.
7. A dentist has educational materials that explain dental hygiene to children.
8. Contact your family doctor, local health department or public library for a video or film that will make this a real learning experience. Many things could destroy your health -- lack of sleep, poor eating habits, little or no exercise, drinking alcohol, drug abuse, etc.

The material here is taken from page 198 of the printed manual.

# SAFETY SPECIALIST



1. With your parents, discuss your home fire safety plan. Select two of the following areas and give four safety rules for each area.
    - a. Home safety c. Weather safety
    - b. Outdoor safety (city or country) d. People safety
  2. Practice a fire drill for at least one of the following places:
    - a. Home
    - b. School
    - c. Church
  3. As appropriate for your area practice the safety drills
- OR
- Discuss what you would do in the following emergencies:
- a. Cyclone d. Fire
  - b. Earthquake e. Lightning and thunder
  - c. Flood
4. Be a safety detective. Check the people and places that you are learning about and list any hazards.
  5. Make a mural or safety poster showing dangerous situations and what you can do about them.
  6. With your club, play the Safety Game. (Give each other safety situations to answer with "Yes", "No", or "I'll ask an adult").

## HELPS

NOTE: This award is a requirement for the Busy Bee Class.

1. Encourage parents to help the Adventurers make a fire safety plan. People safety refers to refusing rides with strangers, etc.
2. Draw a floor plan for your school, club, or church, and show where and how to get out of the area in case of emergency. Practice these drills.
3. Police or fire departments or your public library will have information for your particular area. Discuss the kind of disasters that may appear so you can inform and prepare the children without frightening them.
4. Make up a "Safety Detective" button or ribbon that the Adventurers may wear the while they are recording potential problems at home, school or church. They should look for hazards such as a broken latch on a cabinet that has cleaning fluids or medicine in it, frayed wires or broken electrical plugs, a rake lying face up, boards on the path, a broken water tap, unlabelled containers holding paint thinner or petrol, broken glass, etc.
5. Ask permission to display the posters in a public place.
6. Give the children safety situations in which they must answer, "Yes", "No", or "I'll ask an adult". Start the game with a situation you have experienced, such as broken glass on the floor. Ask, "Would you pick up the glass?" "Would you tell an adult?" Encourage the children to share realistic situations and to think carefully before acting.

The material here is taken from page 207 of the printed manual.

# FRIEND OF ANIMALS



1. Take care of an animal or bird for four weeks.
  - a. Feed it and be certain it has fresh water.
  - b. Keep its cage or resting place clean.

OR

Put out food scraps or seed for animals or birds in your neighbourhood. Keep careful watch for four weeks.

- a. List and identify creatures that feed there.
  - b. Draw or colour pictures of them.
2. Visit one of the following and give a report of what you do and see.
  - a. a zoo
  - b. a natural history museum
  - c. an aviary
  - d. a kennel
  - e. a farmyard
  - f. a pet shop
3. Play an animal game.

## HELPS

NOTE: This award is a requirement for the Busy Bee Class.

1. Help the Adventurers learn responsibility and proper care for a pet. (You may purchase a group pet and have the Adventurers take turns caring for it.) A feeding station may be as simple as a window sill or a particular place on the ground. To attract birds and animals use a variety of seeds, nuts, and grains.
2. Include family members. Talk about what you saw and learned.
3. Choose from different animal games, such as Animal Lotto, Animal Dominoes, and bird and animal games available at Adventist Book Centres or other Christian bookstores.

The material here is taken from page 190 of the printed manual.