

COURTESY



1. Explain what courtesy means.
2. Explain the Golden Rule.
3. Learn and demonstrate good table manners.
4. Demonstrate how to answer the phone correctly. Demonstrate good telephone manners by
 - a. Making a telephone call to an adult, and
 - b. Making a telephone call to a friend of your choice.**OR**
 - a. Introduce an adult to a friend.
 - b. Introduce your teacher to a parent.
5. Share an experience about a time
 - 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. Apologise,
 - d. Greet a friend,
 - e. Share and take turns.

HELPS

NOTE: This award is a requirement for the Sunbeam Class.

1. To be courteous is to show consideration to others by using good manners and proper behaviour. Demonstrate examples of courteous behaviour.
2. The Golden Rule is a precept, or rule of life, set forth by Jesus Christ in the Sermon on the Mount and recorded in Matthew 7:12. In different versions it is stated as "do to others what you want done to you."
3. Encourage good manners by having a pretend meal, with table setting, showing the children proper table etiquette such as not talking with food in your mouth, using fork and spoon correctly, saying *please and thank you*, etc. You may wish to have a "banquet" for the Adventurers so they can put into practice what they have learned.
4. Teach the Adventurers to speak distinctly when they answer the telephone, to ask the caller whom they wish to speak with and to relay the message quickly. Be sure the child knows how to call for help in case of an emergency. If telephones are not available, teach the Adventurer how to make introductions properly.
5. Give the Adventurers a few minutes to tell their story. You may need to share an experience to get them started. Encourage the children to be kind to one another as well as to adults.

The material here is taken from page 183 of the printed manual.

FITNESS FUN



1. List at least four things that contribute to Physical Fitness.
2. Run or jog 800 metres.

OR

Run 50 meters in 10 seconds.

3. Make a high jump. (Record highest of four jumps.)
4. Jump or skip with a rope for three minutes.
5. Do three different stretches. Hold each for a minimum of 10 seconds.
 - a. Leg
 - b. Back
 - c. Arms/shoulders
6. Participate in an obstacle course.
7. Demonstrate your ability to do the following:
 - a. Ten sit-ups
 - b. Climb a pole, rope or tree
 - c. Hang from a bar with hands and knees
8. With your group participate in an organised game that requires physical fitness, for example, ball game, relay race, leapfrog, etc.

HELPS

NOTE: This award is one of the requirements for the Sunbeam Class.

1. Fitness includes proper nutrition, rest, water, exercise, strength, cardiovascular fitness, flexibility, endurance - keeping your body in the best possible condition.
2. Jog or run as a group, always with adult supervision.
3. Jump onto a mat or other soft material such as sand or sawdust. Be certain the "bar" the children jump over is set lightly on pegs and is not a solid piece that could cause injury.
4. Play several skipping rope games, allowing for practice, as many may never have used a skipping rope.
5. When stretching, use static stretches (hold stretch for 10 seconds without bouncing). To avoid injury, do stretches both before and after exercise.
6. Set up an obstacle course that the Adventurers can run around, under, over and through. Use objects such as tires, cardboard boxes, pylons, ropes and poles.
7. An adult must supervise these activities.
8. Play these games as a group or family if possible. Be sure an adult supervises.

The material here is taken from page 188 of the printed manual.

FRIEND OF JESUS



1. Tell a friend about Jesus and how good He is to you.
2. Invite a friend to a meeting at your church.
3. With your counsellor or other adult helper, prepare a devotional or a prayer to be given at Sabbath School, a club meeting or school or Sabbath worship at home.
4. Take part in an outreach or witnessing activity.
5. Attend a baptism and discuss what it means.
6. Explain what it means to be a Friend of Jesus and name five Friends of Jesus listed in your Bible.
7. Speak kindly to your family and friends. Discuss how being kind and courteous is also being a Friend of Jesus.
8. Be able to pray at mealtime and at bedtime.

HELPS

NOTE: This award is a requirement for the Sunbeam Class.

1&8. Help the Adventurers to learn to verbalise their love for Jesus and to share that love with others. Encourage them to pray simple prayers to express their love for Jesus.

2. Encourage the Adventurers to invite a non-SDA friend. Discuss how they can be a good example by sitting quietly in church, walking softly, whispering only, singing, kneeling for prayer, being kind, etc.

3. Help the Adventurers prepare a simple talk or prayer appropriate for their age group. Encourage their own ideas.

4. Talk with your pastor and get involved in outreach programs of your church.

5. Explain the reasons for baptism and tell the Adventurers that it was Jesus' example for us. See that each child has the opportunity to attend a baptismal service.

6. Children may list Jesus' disciples or other friends such as Mary, Martha, Lazarus, etc. To be a friend of Jesus means to accept His friendship and love and to share both with others.

7. Jesus knows our thoughts and actions. Because He loves us, we love Him and everything He has made, including our families and friends. Expressing kindness to others is showing our love for Jesus.

8. Teach the Adventurers the basic elements of prayer, including praise, thanksgiving, cleansing from sin, commitment, etc.

The material here is taken from page 191 of the printed manual.

ROAD SAFETY



1. Identify and explain ten important road signs.
2. Tell when and where to cross the road safely.
3. Give road safety rules for:
 - a. Walking along the road
 - b. Riding your bicycle on the road
 - c. Riding a horse
 - d. Walking with a group
4. Explain why you should wear a seat belt when riding in a car.
5. Listen to a traffic educator or other safety person talk about safety for children, if possible.
6. Play a safety game.

HELPS

1. Some examples:
 - a. Stop f. Don't Walk j. Sharp Turn
 - b. Give Way g. No U Turn k. Speed Limit
 - c. Wrong Way h. One Way l. Railroad Crossing
 - d. Walk i. School Crossing m. Pedestrian Crossing
 - e. No Left Turn
2. Cross the road only at an intersection or crossing. If there is a traffic light, cross only when it is green for your direction if it is safe to do so.
3. Walk to the side of the road facing the traffic. The rules may vary in your area. check with the department of motor transport authority, or police department for regulations for walking, riding a horse or bicycle, and walking in a group. Help the Adventurers understand the need to abide by traffic rules.
4. Watch a movie or listen to a police officer explain about seat belt safety. We wear seatbelts so we will experience less injury in an accident. It is the law in many parts of the world.
5. Have a safety expert talk with the children at their age level, stressing what children can do to be safe.
6. Make poster board signs and play "Simon Says," holding signs up. Have the children do what the sign says, either on foot or on a bicycle. Plan other games. Games are a good way to teach road safety.