

# HYGIENE



1. Find, read and discuss Psalm 119:11, Proverbs 25:11, and Psalm 19:14.
2. Learn about personal cleanliness.
3. Tell three important times when we should wash our 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.

## HELPS

*NOTE:* This award is one of the requirements for the Helping Hand Class.

1. Discuss importance of using kind and "clean" words as Jesus would have us do. Locate the texts, read them together, and discuss what each means.
2. Make it interesting while you learn -- remember that many may not be taught the basics of cleanliness at home. Play games, sing songs or make posters to instill the basic principles. You may choose to see a video, read a book or have a health specialist come talk with the Adventurers.
3. Teach the importance of clean hands before eating, after going to the rest room, and before handling food. If possible, have the Adventurers use a microscope to look at their hands. Have them wash with soap as they would normally wash, place their hands under a microscope again, wash carefully again and look at the difference.
4. Brush your teeth, for two minutes, at least twice each day. Eat a balanced diet, cut back on sugary and starchy foods, don't chew on hard substances such as ice or popcorn kernels. Have a dentist or dental hygienist demonstrate proper brushing. (Sometimes they will give each child a toothbrush or other tooth care items).
5. A clean body is healthier. Share with the children some problems that might occur if they do not keep clean (lice, colds, infections, etc.) Play beauty shop and show how to wash hair properly, then dry and comb it. You may wish to have a beauty operator discuss and demonstrate good health habits for hair and hands.
6. The outside of our bodies need water to keep us clean and the inside of our bodies need water to keep us healthy. We need to drink at least eight glasses of water each day. Discuss how God made the Adventurer's body and planned it the way it is.
7. It is important to keep our clothing clean so we will look and feel healthy. After playing or working and becoming dirty it is important to bathe and put on clean clothing.
8. Have the Adventurers work with their parents or another adult to do things to keep their house clean and neat.
9. Have the children work with their parents or another adult to do the laundry.

# BUILD AND FLY



1. Explain the safety rules for kite flying.
2. Make and fly two different kinds of kites.
3. Make three different paper aeroplanes and fly them.

OR

Make a simple glider and fly it.

4. Observe or find pictures of four different animals that fly and tell how they fly.
5. Draw a picture of your favourite flying animal.
6. Find and read one or more texts in the Bible that tell of an angel flying.

## HELPS

1. Never fly kites near electric power lines, buildings, trees or around a crowd of people. Use strong string. Read all the instructions on a purchased kite.
2. Make a simple, standard kite. Include family help when making and flying the kites.
3. Teach the children to make their own paper aeroplanes. Colour or otherwise decorate them and have fun flying them together. Have a contest to see which one flies the farthest, stays in the air the longest, etc. If you choose to make a glider, you may wish to use a simple balsa wood kit or use materials you can find locally. Have each child put his or her name or initials on the glider. Fly the gliders and record the longest flight.
4. Visit the zoo or watch a Video about birds, or flying bats, insects, squirrels, fish, etc.
5. Discuss each picture and let the child tell why the particular creature is a favourite.
6. Revelation 14:6-12 is one example. The Adventurers may think of other stories such as the ladder of angels in Jacob's dream. We do not know exactly how the angels fly, but we are told that the children will fly from place to place with the angels. (See *Early Writings*, p. 19.) What a wonderful promise!

The material here is taken from page 177 of the printed manual.

# 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 clean up after a meal
  - c. Doing extra chores without being told
6. Tell about something special you have done for a friend.

## HELPS

*NOTE:* This award is one of the requirements for the Helping Hand Class.

1. Discuss ways Adventurers can be caring friends. For example, be kind to an older person, your playmates, or siblings. Take a cool glass of water or a bouquet of flowers to someone who is ill. Share a book or game. Make a list as the children describe ways to be a caring friend at home, church and school. Learn and discuss 1 Peter 5:7.
2. Have the Adventurers write down the birthday (month and day) so they can send or take a card or flowers to surprise their new friend on his or her birthday. The questions are designed to encourage the children to visit with their new friends.
3. Encourage the Adventurers to take something to a shut-in and to visit them using the questions in requirement two as a basis for their conversation. Suggestions: a basket with flowers, a picture the child has drawn and coloured, a craft item the child created.
4. Discuss with the children their feelings toward God and how they can express His love to others.
5. Encourage the children to do "sweet surprises" or find ways where they can be helpers at home without being asked to do a certain task.
6. Encourage the Adventurers to share their experiences with the group.

# 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 your 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.
2. Participate in one of the following community activities to help clean the environment.
  - a. Take part in "Earth Day" events.
  - b. With your group help clear the trash from a roadside or stream.
  - c. Help collect paper, cans or other materials for recycling.

## HELPS

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1. Discover your responsibility to help care for God's world.
2. Draw pictures of and list endangered animals in your part of the world. Your local library will have current information.
3. Use library sources for more information. Some ways to protect birds are: do not harm with sticks, rocks, or guns; never bother or destroy nests or eggs.
4. Use library sources for more information. Learn about endangered trees and what causes them to die. When you adopt a tree, help the Adventurers plan ways to care for it.
5. Use library sources for more information. Discuss local causes of air pollution as well as those that affect worldwide temperature changes.
6. A visit to your local water works might be interesting. You might also invite someone from a local health organisation to talk to the group.
7. Encourage the Adventurers by participating with them. Be sure they understand *why* these are important activities.

The material here is taken from page 185 of the printed manual.