

A black silhouette illustration of two hikers. One hiker is on the left, leaning over a horizontal rope. The second hiker is on the right, hanging from the rope and reaching up with one hand. Both hikers have large, multi-colored backpacks. The rope is a thick, grey vertical line.

**Advanced
Helping
Hands
Activity Book**

For Adventurers

Age Nine Years

I Am A Helping Hand

(Advanced)

My name is



I am _____ years old

My address is

My phone number
is _____

I am in grade



My Food Diary

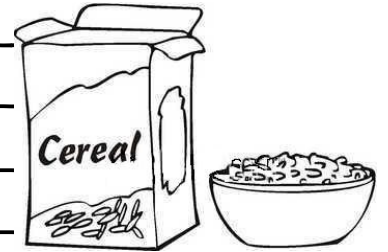
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday

Write in the columns what you ate for breakfast, lunch and dinner for each day. In the last row write what snacks you ate for the day

Be Aware...

What's in the foods we eat?

My favourite cereal: _____
contains - _____



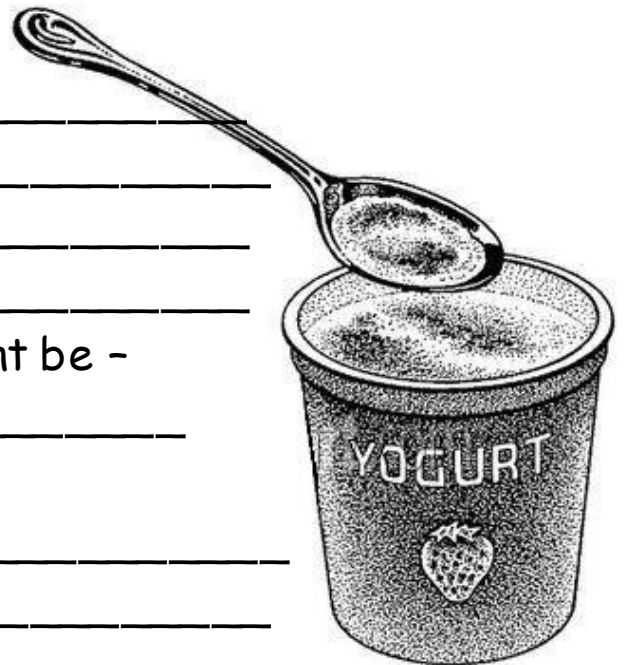
A better/another good choice might be -

My favourite drink: _____
contains - _____



A better/another good choice might be -

My favourite snack: _____
contains - _____



A better/another good choice might be -

My favourite dessert: _____
contains - _____

A better/another good choice might be -

I Can Help too...



Home Helper Award:
Date completed: _____



A family meeting to discuss _____
Date completed: _____



Participated in a church/club worship service by

Date completed: _____



Helped to set up/serve/clean up from a club meal:
Date completed: _____



Prepared a care package containing
_____ for _____
Date completed: _____



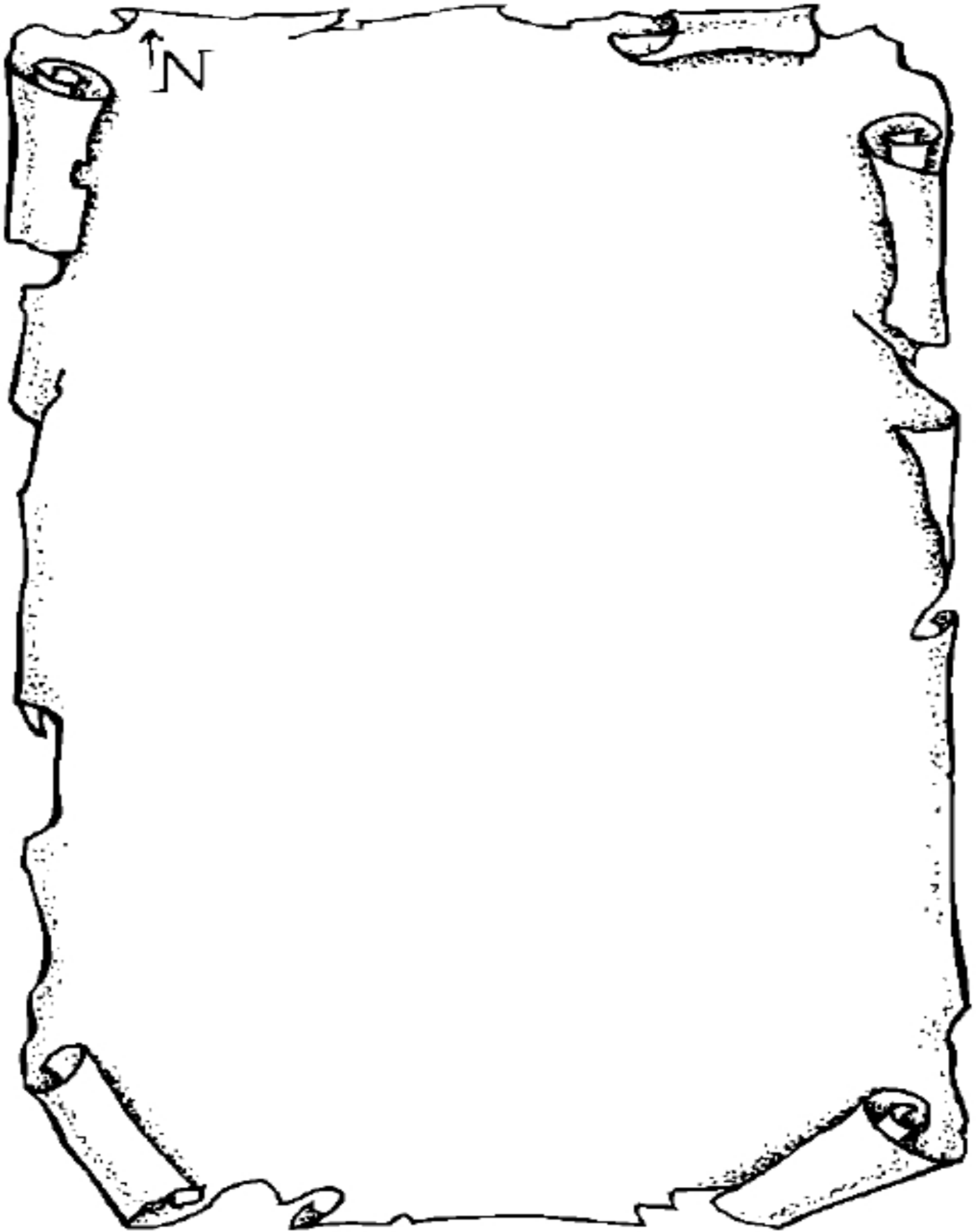
I Helped to Plan ...

I planned a _____



Draw a picture or paste in a photo of the club activity that you helped to organize.

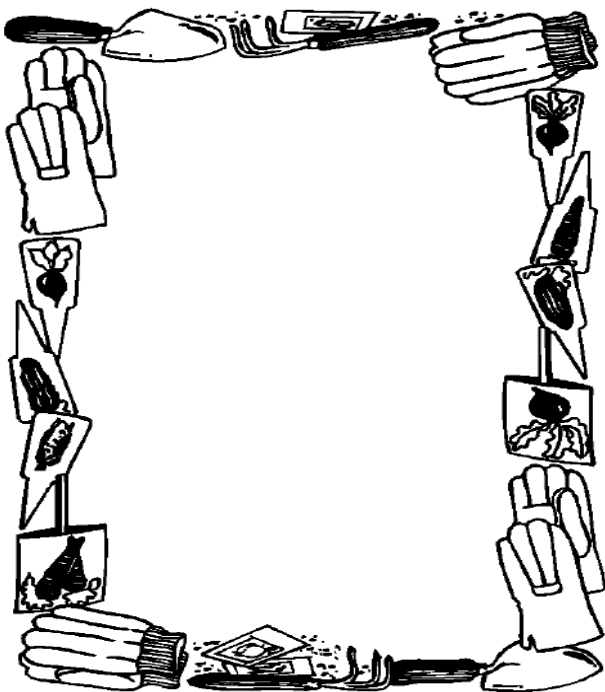
Map and Compass



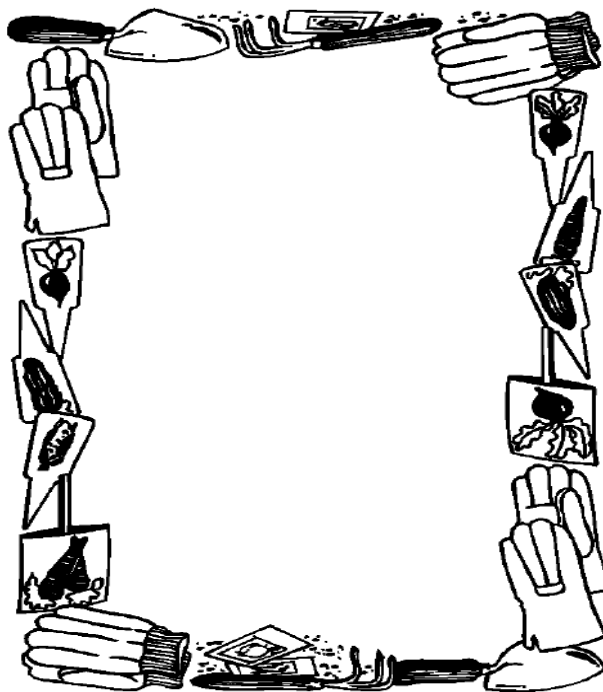
Draw a picture or paste in a photo of you following compass directions to reach a goal

My Vege Plant

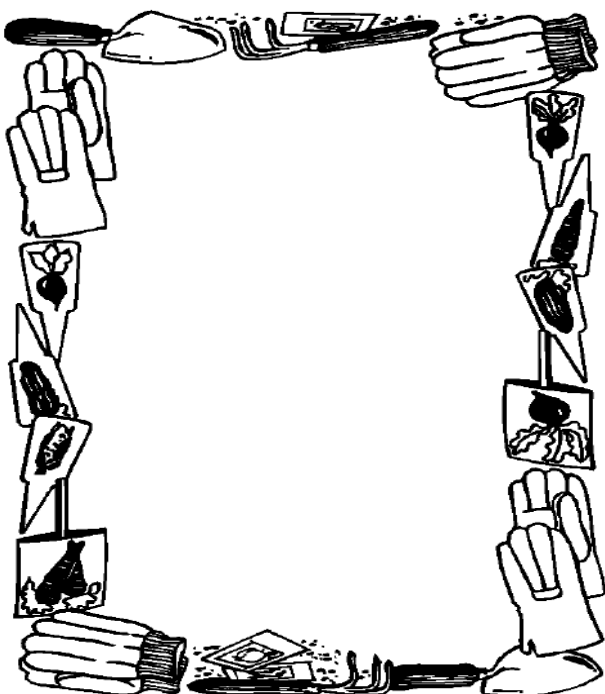
On ___/___/___ I planted a _____
seed/seedling.



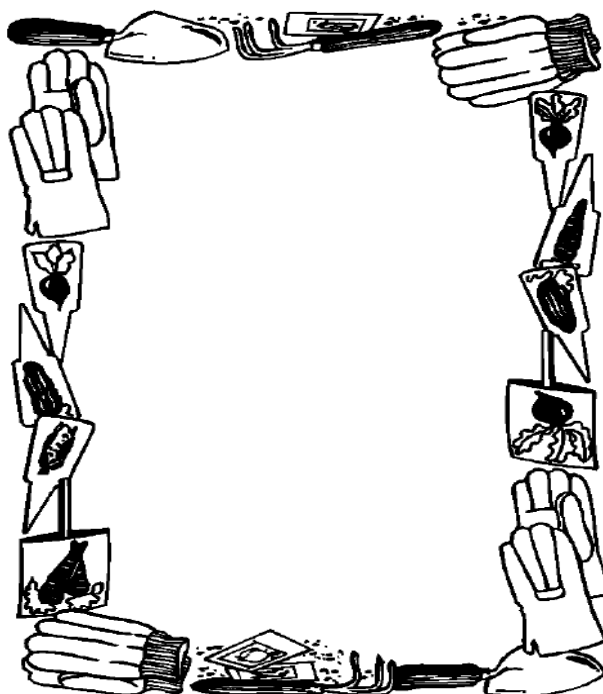
Date: _____



Date: _____



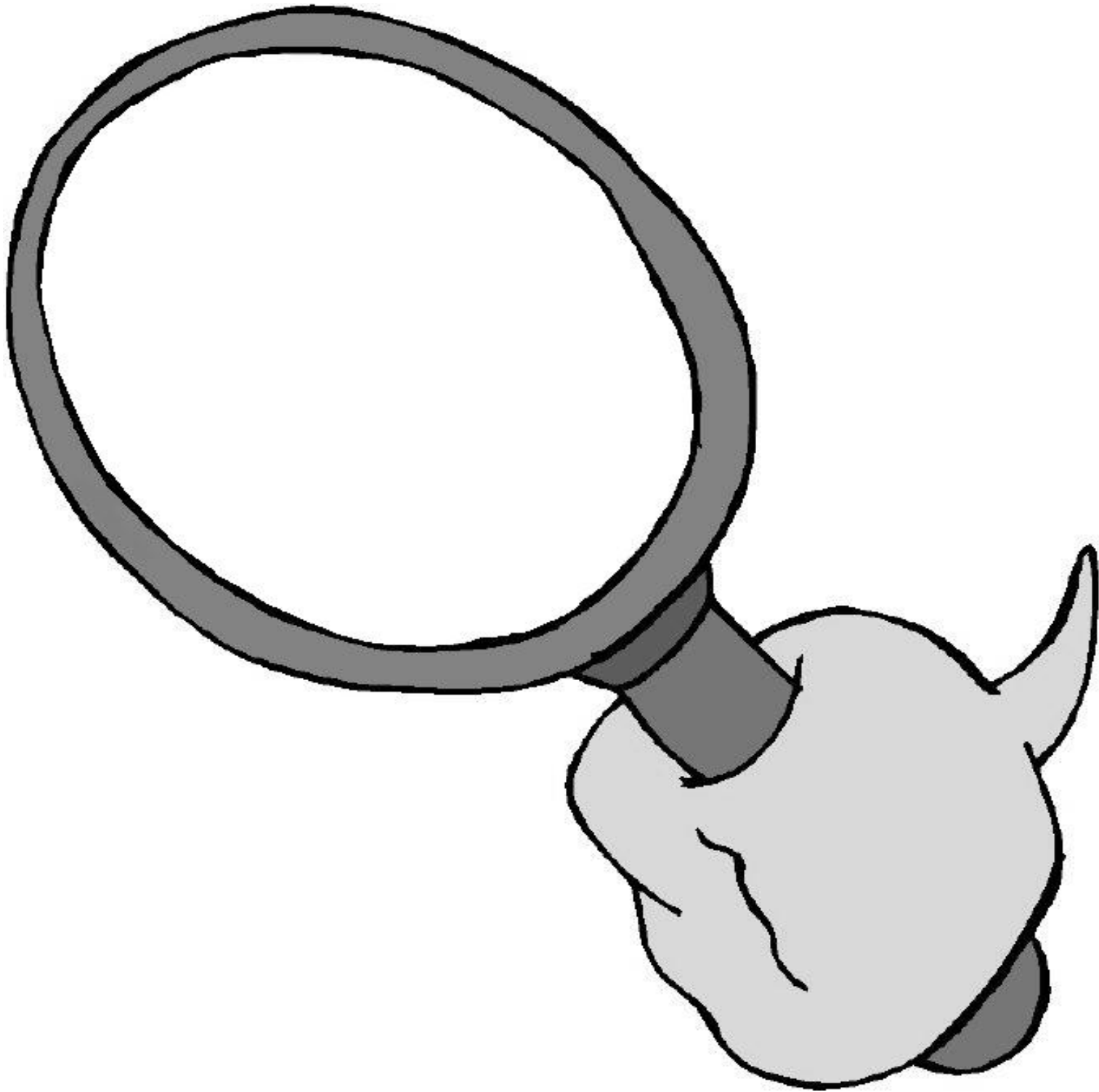
Date: _____



Date: _____

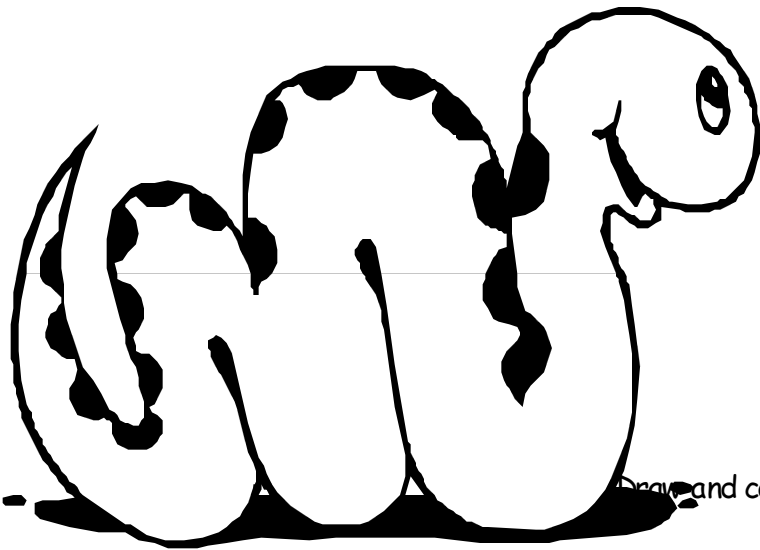
Draw a series of pictures or paste in photos of your vege plant as it grows

Creepy Crawlies



Draw a creepy crawlie of your choice in the magnifying glass

Snakes



Draw and colour some of the snakes in your area



re Adventurer