ADVANCED HELPING HAND CLASS

RESOURCE

Greater Sydney Conference Adventurer Leadership Training
Who was this Class designed for?

- The Helping Hand who is a high achiever and needs extra challenges
- The Adventurer who has completed Helping Hands the previous year and is not old enough to join a Pathfinder Club.
- Pathfinder Clubs are designed, run and insured for children who are at least 10 years old by or before March 30 each year.
- By adding to the basic requirements with Awards, a child may remain in Adventurers until they reach the minimum required age
- The seven requirements can be blended in with other Club activities or Awards, as they are designed to add planning and/or teaching skills
- E.g. Requirement III and IV a. with Busy Bees completing the Safety Specialist or Little Lambs completing the Healthy Food Star or Healthy Me Star
- Requirement IV a. and IV b. can be used in conjunction with Busy Bees earning the Safety Specialist Award or Adventurers completing the Outdoor Explorer Award or the Weather Award [Available from the SPD website. See resource page, award badges available from the Greater Sydney Conference] or other related topic
# ADVANCED HELPING HAND CLASS RECORD CARD

Name ___________________________ Minimum Age 9 [Grade 4]

Address __________________________________________________________

## BASIC REQUIREMENTS

<table>
<thead>
<tr>
<th>I.</th>
<th>Have completed the Helping Hand class requirements</th>
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<tbody>
<tr>
<td>II.</td>
<td>a. Earn the Home Helper Award</td>
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<tr>
<td></td>
<td>b. Plan a meeting with family to discuss an important topic for you</td>
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<tr>
<td>III.</td>
<td>a. By respecting your body, you should be aware of the food you eat by reading the first three ingredients of your favourite:</td>
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<tr>
<td></td>
<td>- Cereals</td>
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<tr>
<td></td>
<td>- Drinks</td>
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<td></td>
<td>- Snacks</td>
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<td></td>
<td>- Desserts</td>
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<td></td>
<td>b. Keep a Food Diary of the food you eat in one week</td>
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<tr>
<td></td>
<td>c. Sign a Health Pledge Card for one of the following:</td>
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<tr>
<td></td>
<td>- No Smoking/drugs</td>
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<tr>
<td></td>
<td>- Healthy lifestyle</td>
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<tr>
<td></td>
<td>- Other healthy living topic</td>
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<tr>
<td>IV.</td>
<td>a. Work with a Club staff member in planning one of the following:</td>
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<tr>
<td></td>
<td>- Adventurer activity or outing</td>
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<td></td>
<td>- Club party</td>
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<td>- Club opening exercise</td>
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<td></td>
<td>- Assist in teaching an award to either Pre-Adventurers, Busy Bees or Sunbeams</td>
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<td>b. Participate in a church worship service by doing one of the following:</td>
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<td></td>
<td>- Scripture reading</td>
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<td></td>
<td>- Prayer</td>
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<td></td>
<td>- Ushering/Offering</td>
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<td></td>
<td>- Children's Story</td>
</tr>
</tbody>
</table>

| V.  | a. Use a compass to follow directions and reach a goal |
|     | b. Demonstrate how to stay safe in adverse weather conditions such as: |
|     |   - Sun stroke                                   |
|     |   - Heat stroke                                  |
|     |   - Hypothermia                                  |
|     |   - Black ice                                    |
|     |   - Frostbite                                    |
|     |   - White-out [blizzard]                         |

| VI. | a. Help set up, serve, and/or clean up from a fellowship meal or prepare food for a homeless shelter |
|     | b. Prepare a care package for someone in need   |

| VII. | a. Use food colouring to colour a carnation to give to a special person |
|      | OR Start a vegetable plant                      |
|      | b. Find a creepy crawling creature of your choice |
|      | OR Draw and colour pictures of the snakes in your area |
|      | OR Design a reptile or insect teaching poster   |
|      | c. Show and tell one of the above or an option of your choice |

Advanced Helping Hand Class - Margaret Williams Version 1 - 7/2/15
ADVANCED HELPING HAND CLASS

Name ........................................
I am in the Advanced Helping Hand Class

My name is ..................................................

My birthdate is .................................
Home Helper Award

1. Assist with three of the following chores:
   a. Laundry
   b. Preparing a meal
   c. Washing the car
   d. Grocery shopping
2. Set the table and do the dishes four times in one week.
3. Make your bed and clean your room for a month.
4. Demonstrate your ability to do two of the following:
   a. Vacuum the carpet or beat a rug
   b. Dust furniture
   c. Sweep or mop the floor
5. Be responsible for emptying the wastebaskets or trash [rubbish] bins for one week. Separate all recyclable materials.
6. Discuss why they are needed and learn or improve your skills in:
   a. Dusting window sills and/or cleaning woodwork
   b. Removing spider webs
   c. Washing windows
   d. Separating all recyclable materials and putting in appropriate bins/container
7. Read and/or act out the story of one of these children who helped:
   a. Samuel
   b. Namaan’s servant girl
   c. Jesus

Helps*
1. Work is always more fun when shared. Have a family working bee, or set time limit for completion to a set standard e.g. use white gloves to test for dust on surfaces or hunt for ‘dust bunnies’ left after sweeping
2. Teach the children to properly set a table if they don’t know how: fork to left of plate, knife and spoon to right, cup or glass on right above knife, napkin folded and set on plate on left of fork. Teach children to do dishes safely and to do their tasks willingly and with a smile. Set a table for a special occasion, choosing napkins and table decorations
3. Have a stated reward for bed making and keeping their rooms clean. Set a goal such as a visitor coming, a special meal or outing after the month is up or have a photo/video diary project to record and celebrate results
4. Household chores can be fun and are encouraged as ways a child can do his/her part around the home.
   Being able to dust, sweep and vacuum safely are part of learning life skills. Look for the recycling symbol [above]
5. Teach the children to empty waste bins and place contents in larger trash container. Talk about how trash that isn’t cared for properly makes a messy world. Take a trip to the local Waste Management Facility [garbage/rubbish tip] show recycling in action if it is done there. [Can be part of the Environmental Award]
6. If your family does church cleaning or other cleaning activity. The cleaning skills requirements can be completed there as well
7. The story may be told with puppets, role play or storytelling, it can be used as part of worship or other Club activity

*The original award was designed for Busy Bees. Teachers Helps have been upgraded for this resource to reflect the older age and skill level of an Advanced Helping Hand
Home Helper Award Record

My three chores/jobs were

1. _____________________________________________________________

2. _____________________________________________________________

3. _____________________________________________________________

[Colour in the squares as you complete each time]

I washed the dishes this many times in a week!

I made the bed and cleaned my room for 4 weeks!

I emptied the bins this many times in a week!

Why do we need to clean?

________________________________________________________________
________________________________________________________________
________________________________________________________________

My Story was: _____________________________________________________
TRASH
TO TREASURE

A creative activity transforms ordinary trash into something beautiful.

**Bible Basis:**
2 Chronicles 29:1–19;
John 4:21, 24

**Memory Verse:**
Let us be thankful, and so worship God acceptably with reverence and awe.
Hebrews 12:28

**BIBLE BACKGROUND**

King Hezekiah was a man of action. He took the throne at age 25 and ruled for 29 years. His heart was broken by the state in which his father left the temple. This deserted and desecrated place was the one Solomon built in splendor.

Hezekiah was a godly king who followed in the footsteps of King David rather than his evil father, King Ahaz. It took only one month after he became king for him to reopen and repair the temple doors that his father had closed and neglected.

He called on the priests and Levites to cleanse themselves and then work on the temple repairs. After their rededication, they removed all traces of idol worship from the temple and its surroundings, cleaned, and made repairs. It took the priests and Levites 16 days to cleanse the temple, restoring it to its rightful glory and undoing the damage Ahaz caused. Hezekiah wanted the temple to be a place where all could come and worship God freely again.

Today, God calls us His temple. First Corinthians 3:16–17 says, “Don’t you know that you yourselves are God’s temple and that God’s Spirit lives in you? If anyone destroys God’s temple, God will destroy him; for God’s temple is sacred, and you are that temple.” As you read this passage today with your class, remind them that God desires them to be cleansed and set apart for His use in the same way that Hezekiah had the temple cleansed and readied for God’s use.
TEACHER TIPS

- Be sure the trash items you use for this activity are thoroughly clean so you don’t end up with a sticky mess.
- Give students a variety of trash to work with, but limit their time to three minutes.

SUPPLIES NEEDED

- Small trash bags or plastic grocery sacks
- Clean trash items to fill one bag for each student (egg cartons, empty yogurt containers, empty soda cans or plastic bottles, balled up newspaper, etc.)
- Tape, string, and fine-gauge wire
**Meeting Planner**

<table>
<thead>
<tr>
<th>Date:</th>
<th></th>
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<tbody>
<tr>
<td>People I would like at my meeting are:</td>
<td></td>
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<tr>
<td>I would like to talk about:</td>
<td></td>
</tr>
</tbody>
</table>
What is in the food we eat?

List the first three ingredients on the label

My favourite cereal contains:
1. ________________________________________________
2. ________________________________________________
3. ________________________________________________

A better/another good choice might be:
__________________________________________________

My favourite drink contains:
4. ________________________________________________
5. ________________________________________________
6. ________________________________________________

A better/another good choice might be:
__________________________________________________

My favourite snack contains:
7. ________________________________________________
8. ________________________________________________
9. ________________________________________________

A better/another good choice might be:
__________________________________________________

My favourite dessert contains:
1. ________________________________________________
2. ________________________________________________
3. ________________________________________________

A better/another good choice might be:
__________________________________________________
# My Food Diary

*Write in the columns what you ate*

<table>
<thead>
<tr>
<th></th>
<th>Breakfast</th>
<th>Lunch</th>
<th>Tea/Dinner</th>
<th>Snacks</th>
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<tbody>
<tr>
<td>Sunday</td>
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<tr>
<td>Saturday</td>
<td>[Sabbath]</td>
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</table>
My Health Pledge Card

1 Corinthians 6:19-20 New International Version (NIV)

19 Do you not know that your bodies are temples of the Holy Spirit, who is in you, whom you have received from God? You are not your own; 20 you were bought at a price. Therefore honour God with your bodies.

My Health Pledge

My name is .................................................................

I want to keep my body healthy

I am going to........................................................................
......................................................................................
......................................................................................
......................................................................................

Signed ................................................................................

Date .................................................................
Activity Planner

Date:

My activity is:

I need the following things/people:

How did it go?
Carry Joseph home
This is a trust game used to reinforce the trust Joseph had in God. The children lie on the floor as shown with their arms in the air. Choose a child to be ‘Joseph’. ‘Joseph’ must remain very stiff. A leader helps ‘Joseph’ lie backwards on the first group of hands. ‘Joseph’ is then passed along to the end of the line where he is gently lowered. This can be repeated with as many different children as desired.

Tips:
This game is appropriate for Primary children. For child protection purposes, leaders should not take part in this activity.

Defending Jerusalem
Gear
- A ball

Divide the children into two teams – attackers and defenders. The defenders are defending the city of Jerusalem. Attackers have a ball. Defenders choose a captain. Defenders form a circle, holding hands. The ‘captain’ stands in the centre of the circle. The object is for the attackers to get the ball on the floor inside the circle. They may kick it between the legs of the defenders or throw it over their heads. The defenders’ ‘captain’ can throw the ball anywhere outside the circle. Once the ball has bounced twice inside the circle, ‘Jerusalem’ is considered to have fallen and the two teams change sides.

God commanded
This game is similar to the traditional game ‘Simon says’ and revises the things God made when he created the world. Familiarise the children with the following actions: ‘water’ (hands at chest height with palms out making up and down wave motions), ‘trees’ (swaying hands above head), ‘stars’ (hands up high, fingers twinkling), ‘animals’ (form a ‘trunk’ with arms either side of face like an elephant), and ‘sea creatures’ (waving arms like an octopus). Call out ‘God commanded [insert action]’. The children must respond immediately with the appropriate action. If the category isn’t preceded by the words ‘God commanded’, the children must continue the previous action.
Safety

The place I went using my compass was:

I can stay safe by:
My Service Activity

Date:

What I did:
Nature

A picture of my flower/vegetable plant

My second nature activity was:
Scavenger Hunt

Things we can see:
an insect (dead or alive)
a round stone
a leaf with two colours in it
a flower
something blue

Things we can hear:
Write down an example of the following sounds:
a soft noise
a loud noise
a faraway noise
a nature sound

Things we can touch:
something crumbly
something rough
something wet
something smooth
something hairy

Things we can smell:
Write down OR collect samples of these:
two nice smells
two yucky smells

Things we can taste:
If you've got this far, well done!
Return to your clubroom and reward yourself with a drink.
Class Resources

Adventurer Websites

South Pacific Division Adventurers http://adventurers.adventistconnect.org/
North American Division http://www.adventurer-club.com/
General Conference Adventurers http://gcyouthministries.org/Ministries/Adventurers/tabid/81/Default.aspx

Books

Fantastic Games for children’s ministry CEP [Christian Education Publication] 2004
Bible Fun Stuff for ages 9-11 X-perience It. Simulation games and role plays David Cook 2009
100 Creative Activities for Sabbath –Karen Holford- Pacific Press 2006
The A-Z of Ministry for Children- Owen Shelley & Michael Perini –Scripture Union 2005
100 Creative Ways to Learn Memory Verses –Karen Holford- Pacific Press 2010
Games for all Ages – 100 Fun Activities – Group Publishing 2002
The Big Book of Bible Crafts – Gospel Light
More Bible Crafts on a Shoestring Budget- craft foam and felt- Rainbow Publishers 2012