



Helping Hand

Activity Book



This book belongs to _____

Note to Instructors and Parent(s)/Guardian(s)

This activity book is designed as an ancillary resource to the Helping Hand curriculum. It is important that Adventurers learn through all their senses, so singing, smelling, listening, and activities that require movement should be of primary importance in your program.

Activity booklets may be used in whole, or the pages may be removed and completed one at a time. Collecting the completed pages and binding them together (with a stapler, yarn, or in a binder) at the end of the year will provide a keepsake for the children to remind them of their year as a Helping Hand.

In the back of this booklet you will find teaching helps for each activity (look for the icon to the right) and a checklist of investiture requirements for the Helping Hand level.



Distributed by:

AdventSource
5120 Prescott Avenue
Lincoln, NE 68506
adventsource.org
402.486.8800

Copyright ©1994, 1996, 2015 North American Division Corporation of Seventh-day Adventists. 3rd printing.

Permission to make photocopies or to reproduce by any other mechanical or electronic means in whole or in part and designed page, illustration or activity in the book is granted only to the original purchaser and is intended for non-commercial use within a church, school, or club. None of the materials in this book may be reproduced for any commercial promotion, advertising, or sale of a product or service. Sharing of the material in this book with other churches, schools, or organizations is prohibited. All rights reserved.

Editor: Teresa Reeve

Cover designer: Aphelandra Messer

Page designer: Glen Milam for Wesley Thor Studios

Illustrator: Orchard Hill Communications

Project manager: Christal Gregerson

Printed in the U.S.A.

ISBN# 978-1-62909-204-1

Pledge and Law



I. Recite the Adventurer Pledge and Law.

_____ is a special person that the King of the
(my name)
Universe wants to have as a friend. Our Savior and King wants to walk
with me every day and show me how to be happy. He died for me so I
can leave my sins behind and live forever. Now He is showing me how to
be a great and joyful person like He is by taking good care of myself and
giving a helping hand to the people around me. He puts love in my heart
for all the people He has created. He helps me want to keep:

Adventurer Pledge

"Because Jesus loves me,
I will always do my best."

Adventurer Law

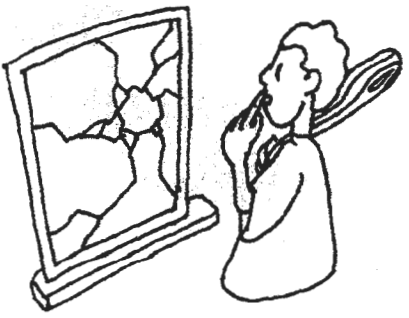
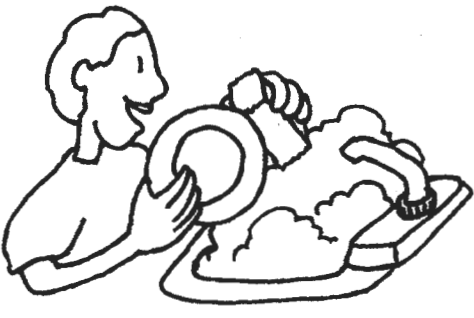



Jesus can help me to:

- Be obedient
- Be pure
- Be true
- Be kind
- Be respectful
- Be attentive
- Be helpful
- Be cheerful
- Be thoughtful
- Be reverent

II. Explain the Adventurer Law.

I explained the Adventurer Law to _____.

Color these Adventurer Law cards and add a sentence below each picture that explains how Jesus helps.

<p>Jesus can help me to ...</p> <hr/> <hr/> <hr/>	 <p>Be true</p> <hr/> <hr/> <hr/>
 <p>Be obedient</p> <hr/> <hr/> <hr/>	 <p>Be kind</p> <hr/> <hr/> <hr/>
 <p>Be pure</p> <hr/> <hr/> <hr/>	 <p>Be respectful</p> <hr/> <hr/> <hr/>



Be attentive



Be thoughtful



Be helpful



Be reverent



Be cheerful

Reading Award

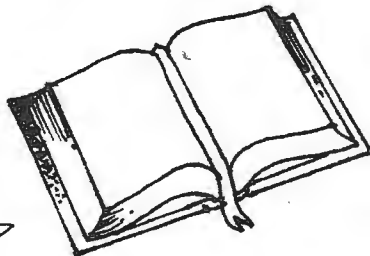


Complete the Helping Hand Reading award.



Read or listen to the book being read. Then write its name under the picture and color it. Color one star if the book was OK, four stars if it was super.

I Samuel 1-3



Book on family, friends, or feelings



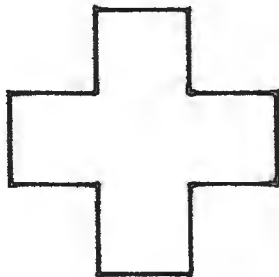
Bible story book or a book about Jesus



Book on history or missions



Book on health or safety



Book on nature





God's Plan to Save Me

A. Create a story chart or lapbook showing the order in which these stories took place:

- Noah—Water cleans the earth
- Abraham—God calls a people
- Moses—A promised land for God's people
- David—God works with His people
- Daniel—God's people disobey

OR

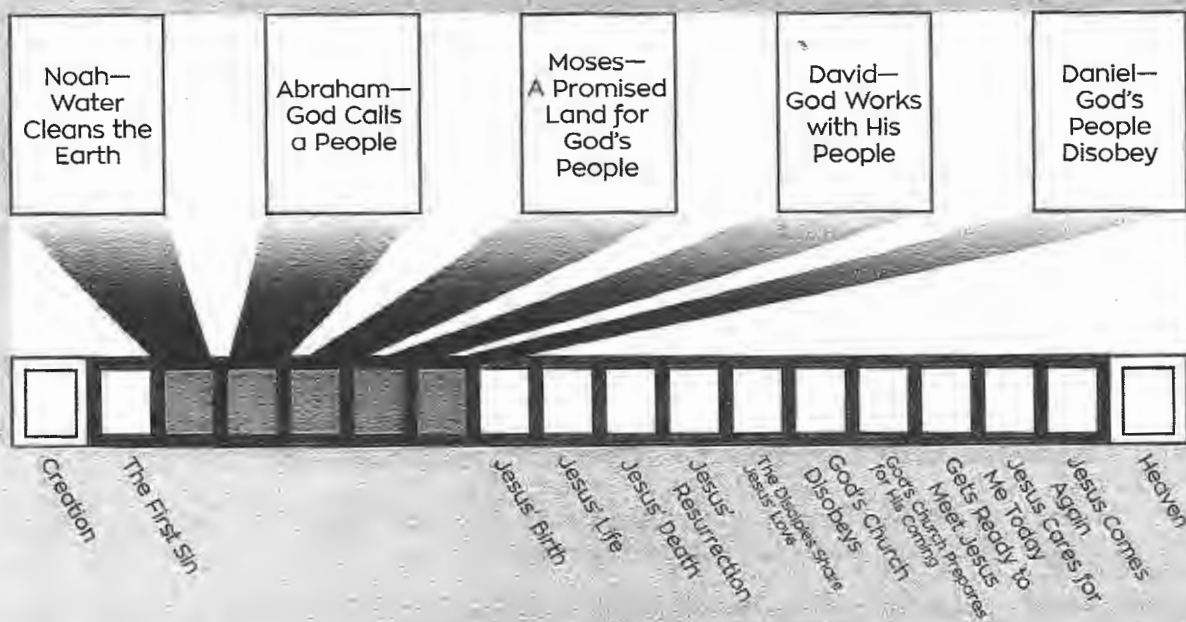
the Bible stories you are studying in school or Sabbath School.

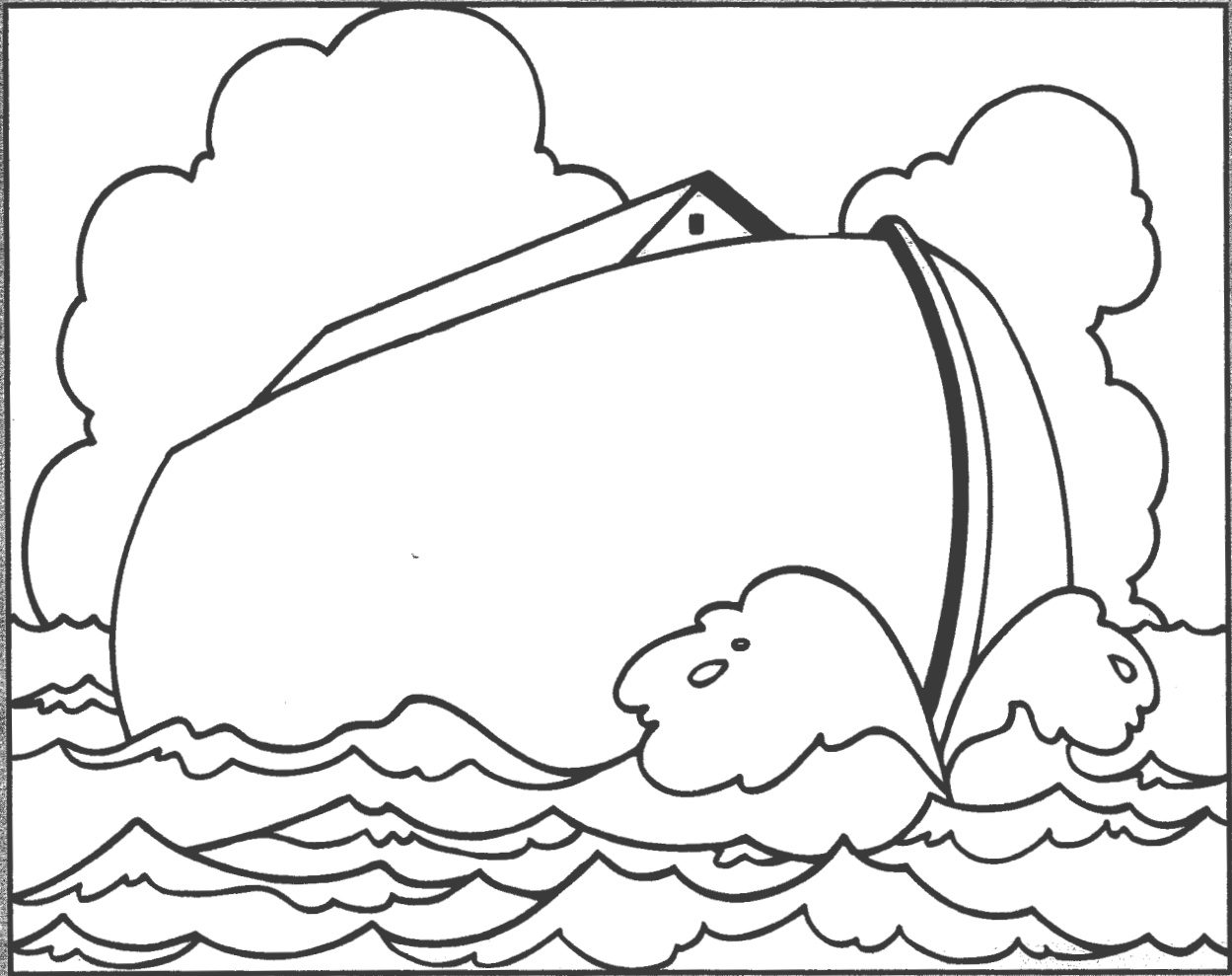
B. Use your story chart or lapbook to show someone how to live for God.

I showed _____ that I can live for God by _____.

STEP BY STEP

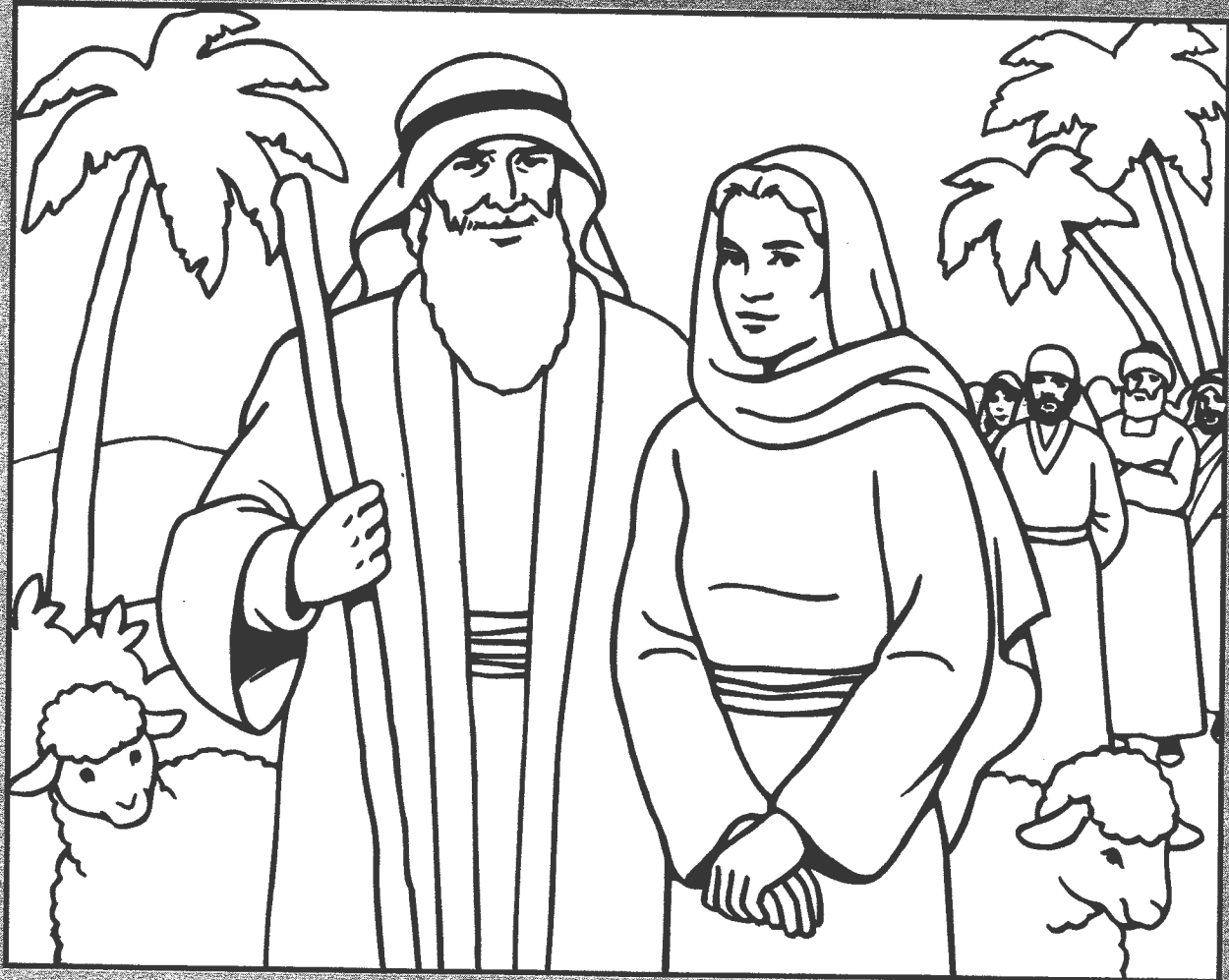
Helping Hand Bible Story Chart





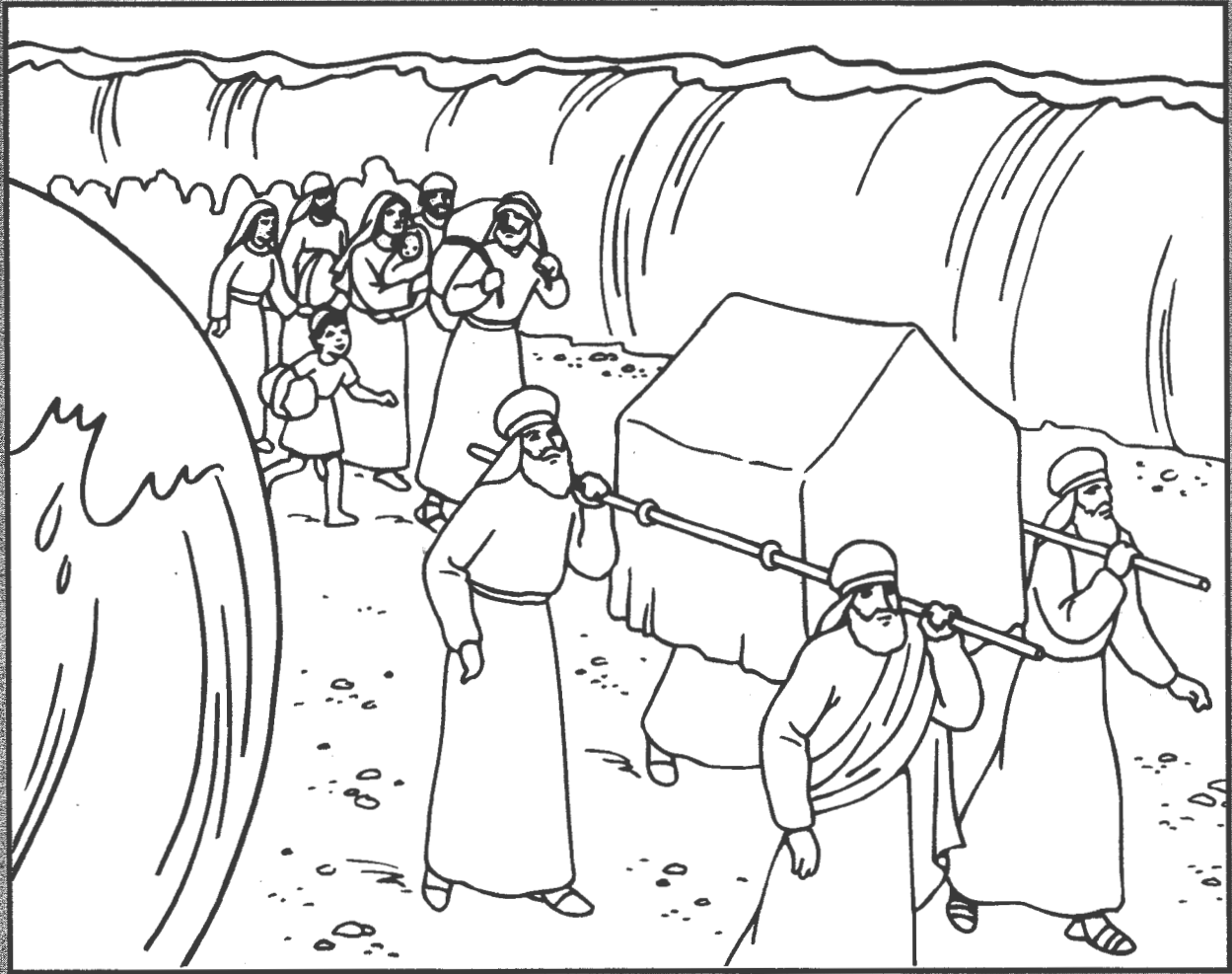
Noah—Water Cleans the Earth

People became so disobedient that they were destroying everything. God decided to wash away all the sin and evil and try again. He saved everyone who would listen by asking Noah to build a special ark for them.



Abraham—God Calls a People

God decided to choose a special group of people to teach the world about Him. He called Abraham and Sarah to a new country and made them the “father” and “mother” of His new nation.



Moses—A Promised Land for God's People

God rescued His people from slavery just as He had promised. He brought them to a beautiful "Promised Land." He told them how to live so they would be happy and healthy.



David—God Works with His People

God's people, Israel, did not always trust Him but He continued to help those who would listen. David, the "shepherd king," loved to tell of God's mercy and justice.



Daniel—God's People Disobey

Israel refused to obey God. He finally let them be taken captive, hoping they would realize their mistake. Some listened to God and returned to Israel, but they never became what God had planned.

God's Message to Me

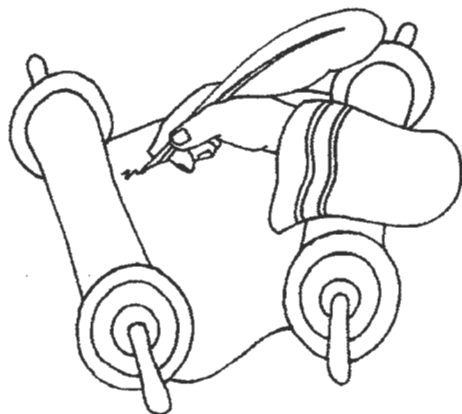
Bible II Award

1. Recite in order the books of the Old Testament.

Genesis	Esther	Jonah
Exodus	Job	Micah
Leviticus	Psalms	Nahum
Numbers	Proverbs	Habakkuk
Deuteronomy	Ecclesiastes	Zephaniah
Joshua	Song of Solomon	Haggai
Judges	Isaiah	Zechariah
Ruth	Jeremiah	Malachi
1 Samuel	Lamentations	
2 Samuel	Ezekiel	
1 Kings	Daniel	
2 Kings	Hosea	
1 Chronicles	Joel	
2 Chronicles	Amos	
Ezra	Obadiah	
Nehemiah		



- ☐ 2. Tell or act out the following Bible stories:
- a. Noah
 - b. Abraham
 - c. Moses
 - d. David
 - e. Daniel
- ☐ 3. Read or listen to a Bible story.
- ☐ 4. Memorize and explain three of the following verses about living for Jesus:
- a. Exodus 20:11-17
 - b. Philipians 4:13
 - c. Philipians 2:13
 - d. 1 John 2:1, 2
 - e. Jude 24
 - f. Your choice
- ☐ 5. Play two games that will help you remember the Bible stories.



God's Power in My Life



A. Spend regular quiet time with Jesus to talk with Him and learn about Him. Journal your thoughts by writing, drawing, or recording a video.

Here are some ideas. Check off where and when you spent time with Jesus, and what you did. Circle what you like best.

Days

- ☐ Sunday
- ☐ Monday
- ☐ Tuesday
- ☐ Wednesday
- ☐ Thursday
- ☐ Friday
- ☐ Saturday

Place

- ☐ on my bed
- ☐ in my room
- ☐ in my favorite chair
- ☐ outdoors in a special spot

Time

- ☐ when I get up in the morning
- ☐ after breakfast
- ☐ after supper
- ☐ at bedtime
- ☐ at _____ o'clock

WHAT TO DO

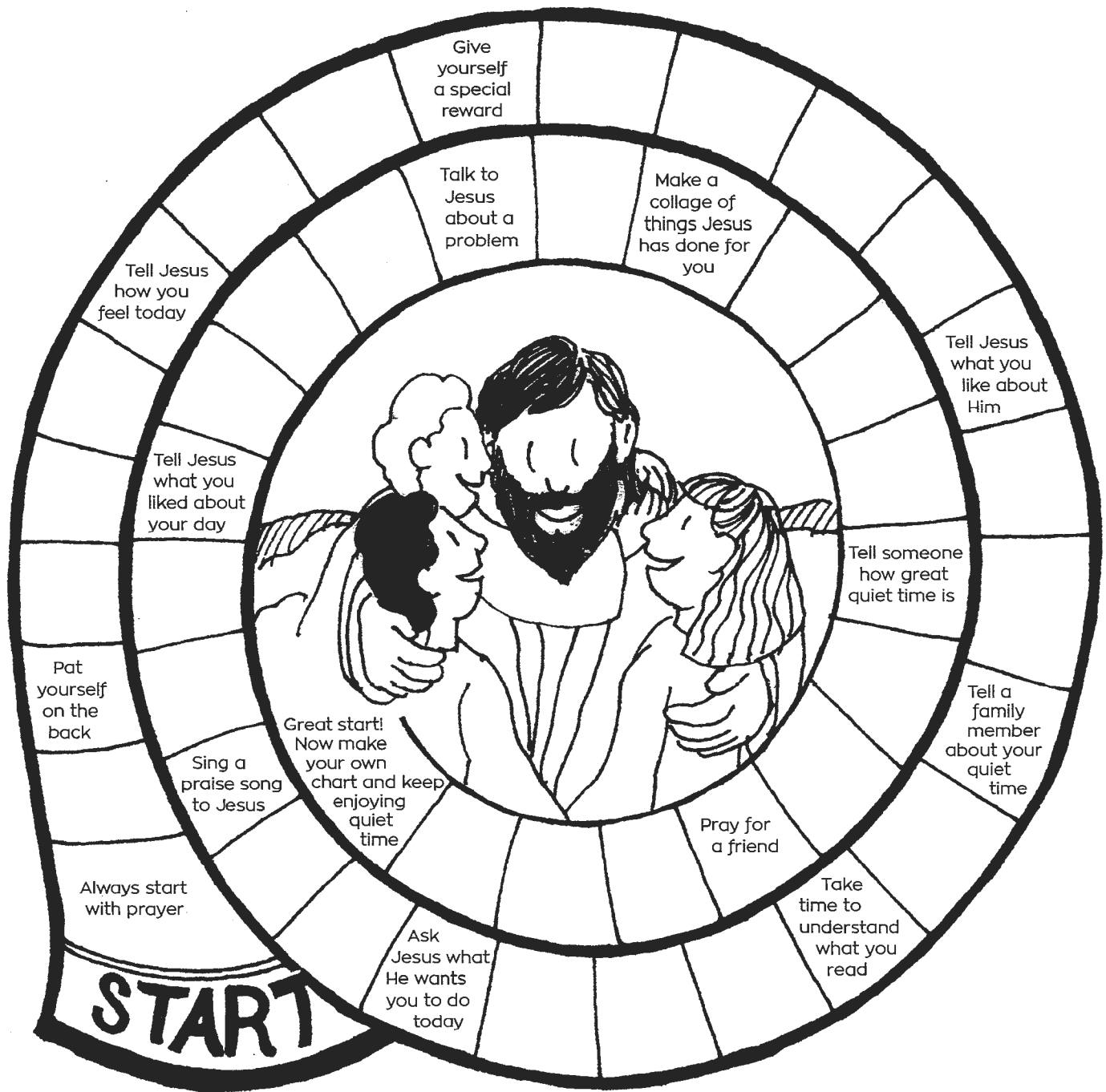
First

- ☐ read your Bible
- ☐ study your Sabbath School lesson
- ☐ read a book about God
- ☐ write a Bible verse on a card to keep with you all day

Second

- ☐ sing a song
- ☐ memorize a verse
- ☐ keep a journal or scrapbook
- ☐ make a prayer or thank you list
- ☐ draw a picture
- ☐ write a song, poem, or letter to God

Journal your thoughts by writing or drawing in a square each time you have quiet time.



B. With an adult, choose one thing in your life which Jesus has promised to help you improve. With His help, pray, plan, and work together to reach your goal.



1. Pray that God will help you make a good choice.
2. Name one thing in your life that you know God would like to help you improve. Tell exactly what change you want to make.

3. Use your concordance to find and read what the Bible has to say about this. Write a text that promises God will help you.

4. List steps that will help you make this change. _____

5. Memorize the promises you wrote.

- Every morning, ask God to give you a new heart and ask Him to help you want to do what is right.
- When you are tempted, repeat your promise, then choose to do or think about something else.

6. Be patient. Changing a habit is hard work. If you make a mistake:

- Ask God to forgive you
- Think about what you will do different next time
- Thank God for all the times He has helped you do it right

7. Meet with your adult leader at least once a week. Pray and talk about how it's going.

8. Work together for three weeks or more, until you are meeting your goal consistently. Have a celebration and thank God for His faithfulness.

_____ is consistently reaching his/her goal.

Helping Hand's signature _____

Adult's signature _____

I Am Special



A. List some special interests and abilities God has given you.

You might be good at things like:

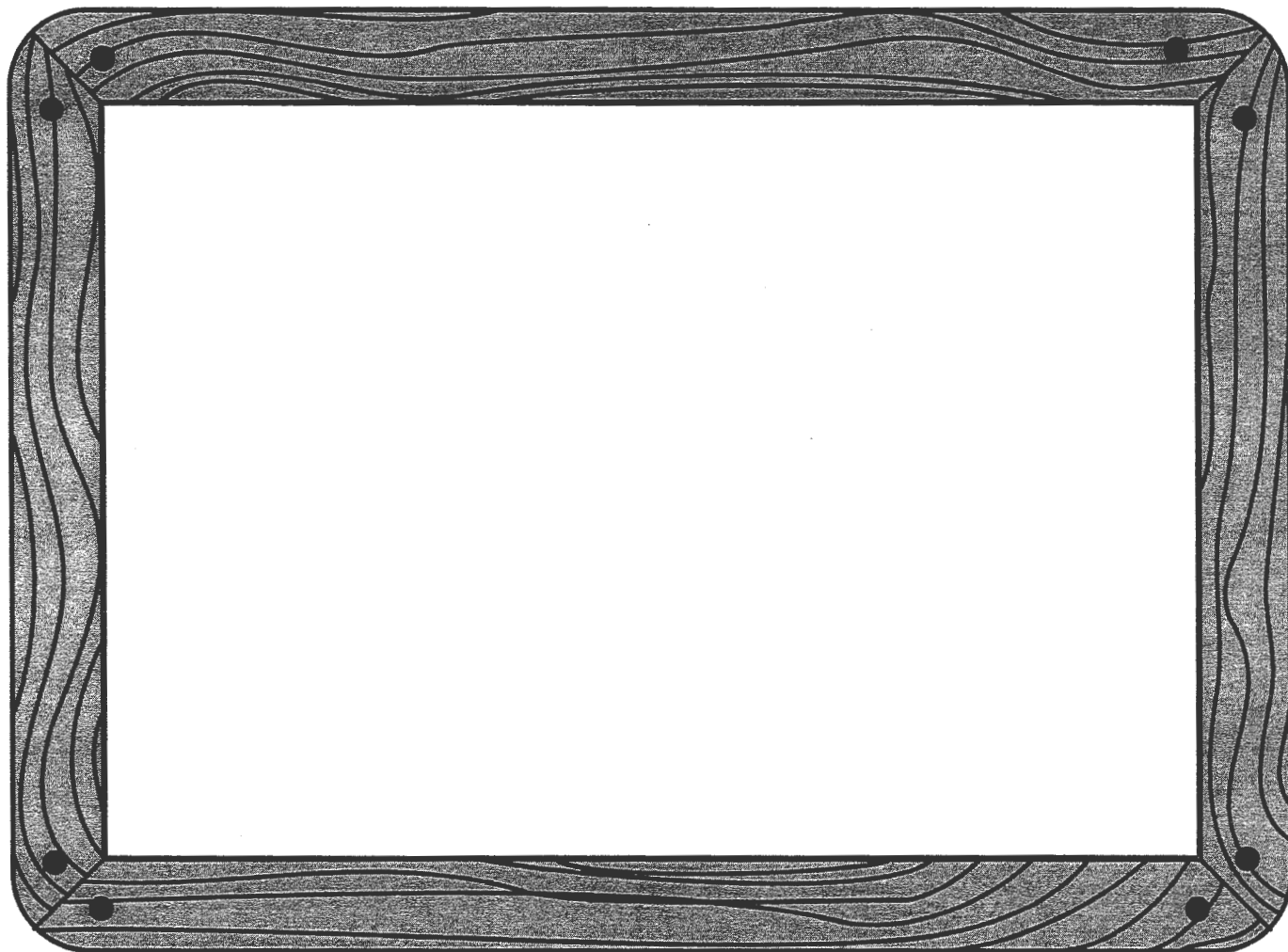
- math, reading, or a different subject in school
- soccer, fixing things, or something else that makes you use your hands or body
- painting, music, or another artistic activity
- helping people, making friends, or making people laugh

A large heart shape with a thick black outline. Inside the heart, there are five horizontal lines for writing.A large heart shape with a thick black outline. Inside the heart, there are five horizontal lines for writing.A large heart shape with a thick black outline. Inside the heart, there are five horizontal lines for writing.A large heart shape with a thick black outline. Inside the heart, there are five horizontal lines for writing.

B. Share your talents using one of the following:

- Talent show
- Show and tell

Draw a picture of what you did.



I Can Make Wise Choices

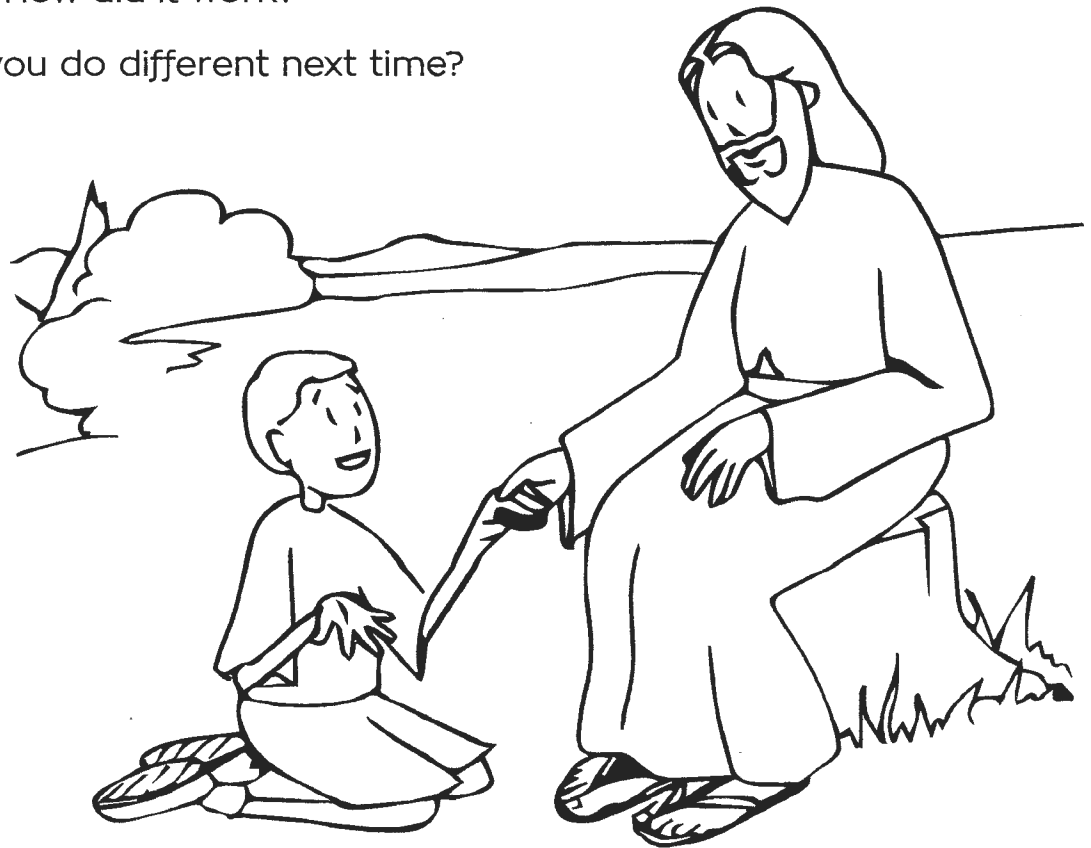
A. Learn the steps of good decision-making.

The Steps of Good Decision-Making

Talk over each of the following with Jesus:

1. What is the problem?
2. What are several possible solutions? And what might be the consequences of each solution for myself and for other people?
3. Choose the best solution and act on it.
4. Review. How did it work?

What will you do different next time?



B. Use the steps you learned to solve two real-life problems.

Problem 1	
	1. The problem
●	
	2. Possible solution
	Consequences
	Possible solution
	Consequences
●	Possible solution
	Consequences
	3. Best solution
	ACT ON IT
	4. Next time I'll
●	

Problem 2	
	1. The problem
●	
	2. Possible solution
	Consequences
	Possible solution
	Consequences
●	Possible solution
	Consequences
	3. Best solution
	ACT ON IT
	4. Next time I'll
●	

I Can Care for My Body



Hygiene Award



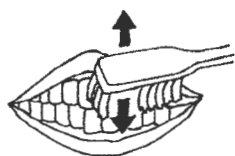
- ☐ 1. Find, read, and discuss Psalm 119:11, 51:10, and 19:14.

- ☐ 2. Learn about personal cleanliness.

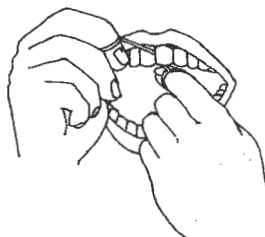
Personal cleanliness is important because _____

- ☐ 3. Discover three important times for washing your hands.

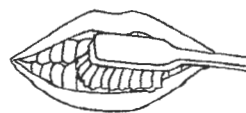
- ☐ 4. Practice proper brushing of teeth.



Up and
down



Use floss



All teeth for
two minutes

- ☐ 5. Discuss regular bathing and how to keep your hair clean.

I will bathe _____

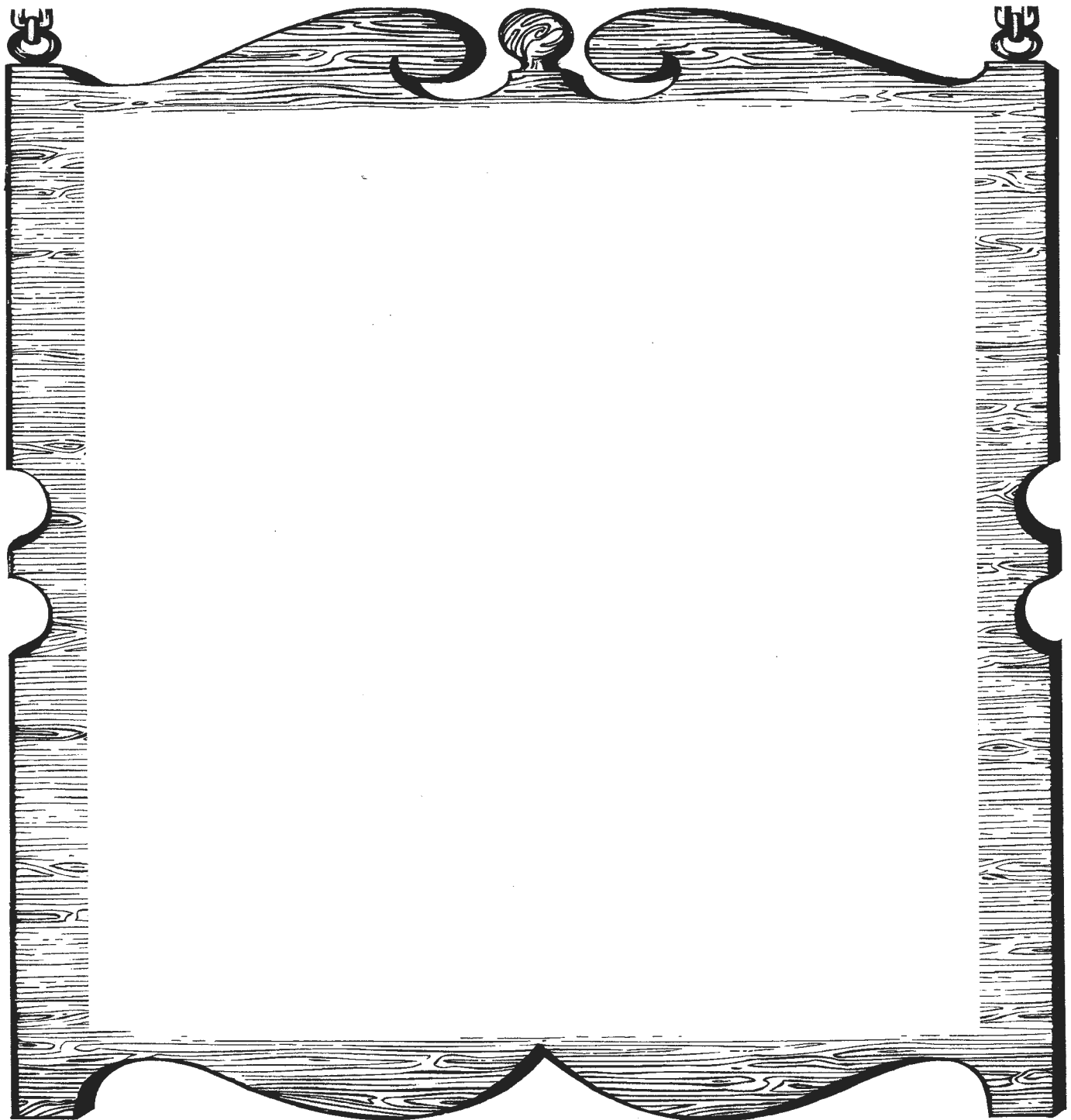
I will _____

- ☐ 6. How many glasses of water should you drink daily?

- ☐ 7. Is it important to keep your clothing clean?

I Have a Family

Make a lapbook or picture book about your family history.



Family Members Care for Each Other



Help plan a special family worship, family night, or family outing.

Use this action strip to show what you did.

1.

2.

3.

4.

5.

6.

7.

8.

9.

10.

11.

12.

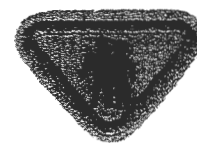
My Family Helps Me Care for Myself

Complete a level 3 or 4 award not previously earned.

- | | | |
|--|--|---|
| <input type="checkbox"/> Archery | <input type="checkbox"/> Geologist | <input type="checkbox"/> Postcards |
| <input type="checkbox"/> Astronomer | <input type="checkbox"/> God's Universe | <input type="checkbox"/> Prayer |
| <input type="checkbox"/> Basket Maker | <input type="checkbox"/> Gymnast | <input type="checkbox"/> Prayer Warrior |
| <input type="checkbox"/> Bead Craft | <input type="checkbox"/> Habitat | <input type="checkbox"/> Purity |
| <input type="checkbox"/> Bible II | <input type="checkbox"/> Hand Shadows | <input type="checkbox"/> Rainbow Promise |
| <input type="checkbox"/> Bible Royalty | <input type="checkbox"/> Homecraft | <input type="checkbox"/> Reporter |
| <input type="checkbox"/> Bread of Life | <input type="checkbox"/> Honey | <input type="checkbox"/> Saving Animals |
| <input type="checkbox"/> Build and Fly | <input type="checkbox"/> Honeybee | <input type="checkbox"/> Sewing Fun |
| <input type="checkbox"/> Building Blocks | <input type="checkbox"/> Horsemanship | <input type="checkbox"/> Sign Language |
| <input type="checkbox"/> Canoeing | <input type="checkbox"/> Hygiene | <input type="checkbox"/> Skater |
| <input type="checkbox"/> Caring Friend | <input type="checkbox"/> Knot Tying | <input type="checkbox"/> Skier |
| <input type="checkbox"/> Carpenter | <input type="checkbox"/> Listening | <input type="checkbox"/> Snowshoeing |
| <input type="checkbox"/> Cooperation | <input type="checkbox"/> Lizards | <input type="checkbox"/> Stamping Fun Art |
| <input type="checkbox"/> Country Fun | <input type="checkbox"/> Magnet Fun I | <input type="checkbox"/> Steps to Jesus |
| <input type="checkbox"/> Cyclist | <input type="checkbox"/> Magnet Fun II | <input type="checkbox"/> Swimmer II |
| <input type="checkbox"/> Disciples | <input type="checkbox"/> Media Critic | <input type="checkbox"/> Tabernacle |
| <input type="checkbox"/> Dogs | <input type="checkbox"/> My Church | <input type="checkbox"/> Technology |
| <input type="checkbox"/> Early Adventist Pioneer | <input type="checkbox"/> My Picture Book | <input type="checkbox"/> Temperance |
| <input type="checkbox"/> Environmentalist | <input type="checkbox"/> Olympics | <input type="checkbox"/> Tin Can Fun |
| <input type="checkbox"/> First Aid Helper | <input type="checkbox"/> Outdoor Explorer | <input type="checkbox"/> Troubadour |
| <input type="checkbox"/> Fruits of the Spirit | <input type="checkbox"/> Parables of Jesus | <input type="checkbox"/> Weather |
| | <input type="checkbox"/> Pearly Gate | <input type="checkbox"/> Wise Steward |

The World of Friends

Caring Friend Award



- ☐ 1. Explain how you can be a caring friend.

- ☐ 2. Find, read, and memorize I Peter 5:7.
- ☐ 3. Talk to a person and ask the following:
 - a. The day and month he/she was born
 - b. His/her favorite animal
 - c. Two of his/her favorite colors
 - d. Three favorite foods
 - e. Four things that are important to him/her
 - f. Have your new friend tell you about his/her last trip
- ☐ 4. Visit someone who is unable to leave the house and take something to him/her. Use the questions in #3 as a basis for your conversation.

I visited _____

☐ 5. Tell one of the persons in #3 or #4 above that Jesus loves you and that He loves him/her also.

☐ 6. Show how you can be a caring person at home by:

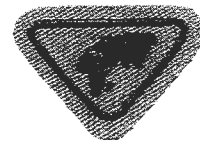
- a. Keeping your room clean
- b. Helping in the kitchen with preparation or cleanup
- c. Doing extra chores without being told

Tell what you did at home.

☐ 7. Plan and do something special for a friend.

The World of Other People

Country Fun Award



- ☐ 1. Pick a country you want to study.
- ☐ 2. On a world map find the location of the country and identify what continent it is on.
- ☐ 3. Find, draw, or trace a map and flag of your country.
- ☐ 4. Learn six facts about the country, such as those suggested below.
 - a. Draw or find a picture of the native dress
 - b. Learn a Sabbath or secular song
 - c. Listen to the national anthem
 - d. Learn to play a Sabbath or secular game
 - e. Name the main religion
 - f. Collect a stamp, postcard, or coin
 - g. Read or listen to a legend, myth, or story
- ☐ 5. Make a simple craft or food from the country.
- ☐ 6. Read in the Bible about how languages originated at the tower of Babel (Genesis 11:1-19).

The World of Nature

Environmentalist Award

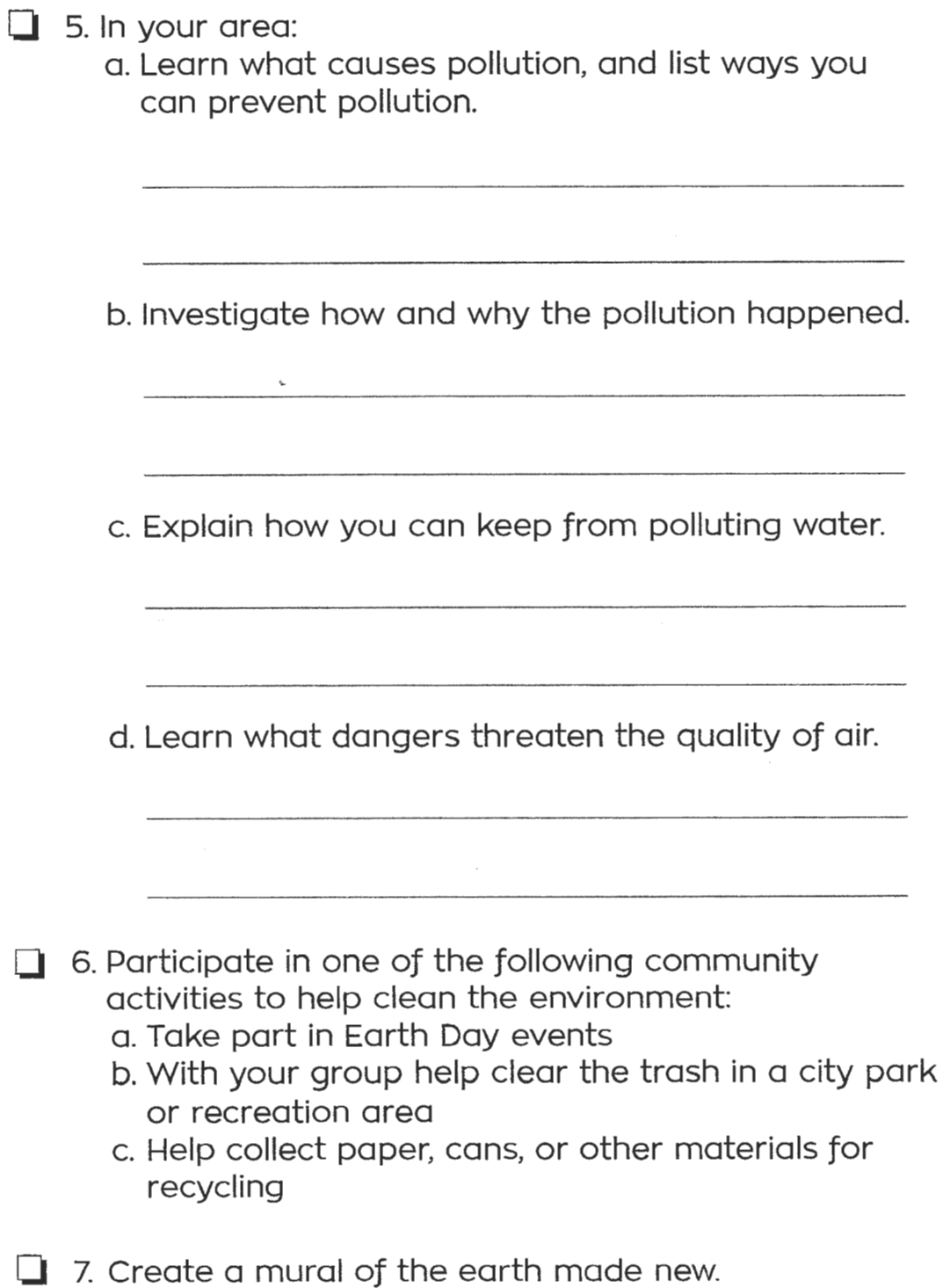


- ☐ 1. Read Genesis 1:26. Explain our role in protecting wildlife.

- ☐ 2. List three animals that are endangered and explain why.

- ☐ 3. List three birds that are endangered and explain how you can help protect birds.

- ☐ 4. Study endangered trees in your area. Plant or adopt a tree.

- 
- ☐ 5. In your area:
- a. Learn what causes pollution, and list ways you can prevent pollution.

 - b. Investigate how and why the pollution happened.

 - c. Explain how you can keep from polluting water.

 - d. Learn what dangers threaten the quality of air.

- ☐ 6. 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 in a city park or recreation area
 - c. Help collect paper, cans, or other materials for recycling
- ☐ 7. Create a mural of the earth made new.



Suggestions for Parents or Leaders

Basic Page 1

Each Helping Hand may choose one person such as a leader, family member, younger Adventurer, or friend to explain the Law to.

In explaining the Law, the Helping Hand may tell its meaning in his/her own words or give examples of when to use it or how to keep it.

Basic Page 4

The Helping Hand Reading award is given to children who read or listen while someone else reads:

1. 1 Samuel 1-3 from a simple, modern translation of the Bible
2. A Bible story book or a book about Jesus
3. A book on health or safety
4. A book on family, friends, or feelings
5. A book on history or missions
6. A book on nature

Provide children with several good books to choose from which will help them to understand and apply the things they are learning this year in the Helping Hand level.

Be sure that the books are:

1. True to life. The books must present an accurate picture of reality. It must not be overly simplistic, sentimental, or exciting.
2. Lasting value. A good book helps the child to understand God, human nature, or the things of creation without appearing to be preachy and contrived.
3. Morally positive. Evil and sin are recognized as such, and receive their just reward. The good

should be upheld as the model and goal for the children.

4. Enjoyable. The book should be one that the adult enjoys reading. (If the adult does not enjoy it, it is highly unlikely that the child will—or should.)
5. Developmentally appropriate. A good book will fit the child's level of reading ability, sophistication, and interest.

My God: God's Plan to Save Me Page 5

Background Information

Beginning with a recognition of the love and watchcare of God at the Busy Bee level, Adventurers have learned to recognize the presence of evil in the world and in their own lives. They are learning to escape from evil by receiving forgiveness and power through Jesus Christ.

The goal of the Helping Hand requirements is to provide children with a reminder of the beginning steps of salvation and to encourage them to continue in the Christian life even though it is often hard.

The following basic concepts are found in each of the stories and verses:

1. I want to obey God and escape from evil. I recognize the destructiveness of evil and am sorry for my part in it.
2. I can give my life to Jesus, and He will give me a new clean heart. When I give Him my life, He makes me a part of His redeemed family and helps me obey Him.
3. I do my best to live for Him, and He is always there to forgive and help me when I ask. I love Him because He has given me eternal life. I want Him to continue to forgive and help me.

4. I am becoming the person He wants me to be. I will be persistent in letting Jesus help me grow up to be just like my Father. He promises that I will if I trust and obey Him.

The Bible story chart and lapbook may be used in three different ways:

1. Place the pictures on a large wall story chart, adding each new picture as you tell the story. The children may refer to this chart as they work on their own chart(s) and as they learn about other stories from the Bible and history.
2. Provide the children with a practice activity by making available a blank chart and the pictures provided on pp. 6–10. The children may set the blank chart on the floor and place the pictures in order on the chart.
3. Children may also color the pictures and create their own story charts or lapbooks.

In the first presentation, use the Bible story chart to give an overview of the battle between good and evil and show how the Helping Hand stories fit into that battle.

1. Review the sections of history covered previously: creation and the fall; Jesus' life and death; the Christian church; and Jesus' second coming and heaven. The pictures and labels describing these events may be placed on the story chart in black and white.
2. Color the new Helping Hand pictures and add them to the story chart or lapbook as you briefly describe how they fit into God's plan of salvation. Briefly discuss the stories and pictures from these levels.

My God: God's Power in My Life Page 13

Your child needs your example and leadership as he/she tries to form good devotional habits.

You can help by:

- Having your own daily quiet time with Jesus daily
- Leading out in family worship daily
- Enthusiastically sharing some of the inspiration and insights you receive during your quiet time

- Helping your child choose a wise time and place for his/her quiet time
- Being a part of your child's quiet time until he/she is able and eager to continue on his own

Page 15

You or another adult can be a great encouragement to the Helping Hand as he/she learns how to work with God to become like Him.

- Carefully help him/her choose a goal that is worthwhile and reachable.
- Provide lots of encouragement for small improvements.
- Consider working on a similar project of your own so you can relate to the child's experience.

A parent, teacher, pastor, Sabbath School leader, Adventurer staff person, or adult Christian friend may serve as an adult helper.

My Self: I Am Special Page 16

Background Information

Our society often leads children to believe that they are not really talented unless they are good in school, sports, or the arts. This is misleading, because there are many areas in which the children may excel. Each is a gift from God and is given for a special purpose.

Children may have:

- Artistic/creative talents: Art, music, poetry
- Interpersonal talents: Speaking, sensitivity, humor, leadership, making friends
- Physical talents: Athletic or work ability (strength, coordination, speed, or agility); working with one's hands
- Intellectual talents: Remembering and understanding, writing, planning and organizing, decision-making

My Self: I Can Care for My Body

Page 20

Make this award fun by:

- Inviting a dentist or dental hygienist to speak to the Helping Hands
- Providing a toothbrush, toothpaste, and floss for each Adventurer
- Having a water-drinking contest

My Family: Families Care for Each Other

Page 23

Help the children list a variety of activities and choose what they would like to do:

- Worships may include a skit or favorite Bible game, songs, and prayer
- Family night activities may include such things as a special dinner or a living room picnic
- Family outings may be to the zoo, park, or special friend's home

Helping Hand Checklist

BASIC

- ☐ I. Recite the Adventurer Pledge and Law.
- ☐ II. Explain the Law.
- ☐ III. Earn the Helping Hand Reading award.

MY GOD

- ☐ I. **God's Plan to Save Me**
 - ☐ A. Create a story chart or lapbook showing the order in which these stories took place:
 - Noah—Water cleans the earth
 - Abraham—God calls a people
 - Moses—A promised land for God's people
 - David—God works with His people
 - Daniel—God's people disobey
 OR the Bible stories you are studying in school or Sabbath School.
 - ☐ B. Use your story chart or lapbook to show someone how to live for God.
- ☐ II. **God's Message to Me**
Complete the Bible II award.
- ☐ III. **God's Power in My Life**
 - ☐ A. Spend regular quiet time with Jesus to talk with Him and learn about Him. Journal your time by writing, drawing, or recording a video.
 - ☐ B. With an adult choose one thing in your life which Jesus has promised to help you improve. With His help, pray, plan, and work together to reach your goal.

MY SELF

- ☐ I. **I Am Special**
 - ☐ A. List some special abilities God has given you.
 - ☐ B. Share your talent using one of the following:
 - Talent show
 - Show and Tell
- ☐ II. **I Can Make Wise Choices**
 - ☐ A. Learn the steps of good decision-making.
 - ☐ B. Use them to solve two real-life problems.
- ☐ III. **I Can Care for My Body**
Complete the Hygiene award.

MY FAMILY

- ☐ I. **I Have a Family**
Make a scrapbook or picture book about your family history.
- ☐ II. **Family Members Care for Each Other**
Help plan a special family worship, family night, or family outing.
- ☐ III. **My Family Helps Me Care for Myself**
Complete a level 3 or 4 award not previously earned.

MY WORLD

- ☐ I. **The World of Friends**
Complete the Caring Friend award.
- ☐ II. **The World of Other People**
Complete the Country Fun award.
- ☐ III. **The World of Nature**
Complete the Environmentalist award.



AdventSource

ISBN: 978-1-62909-204-1



9 781629 092041