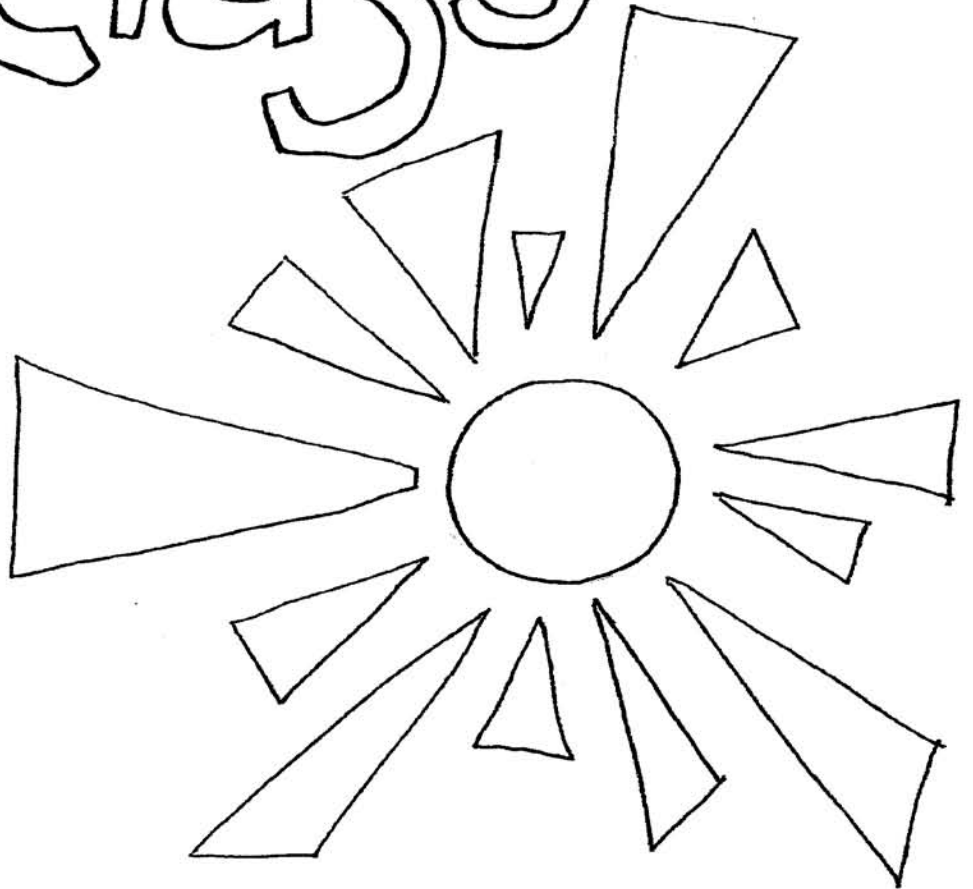
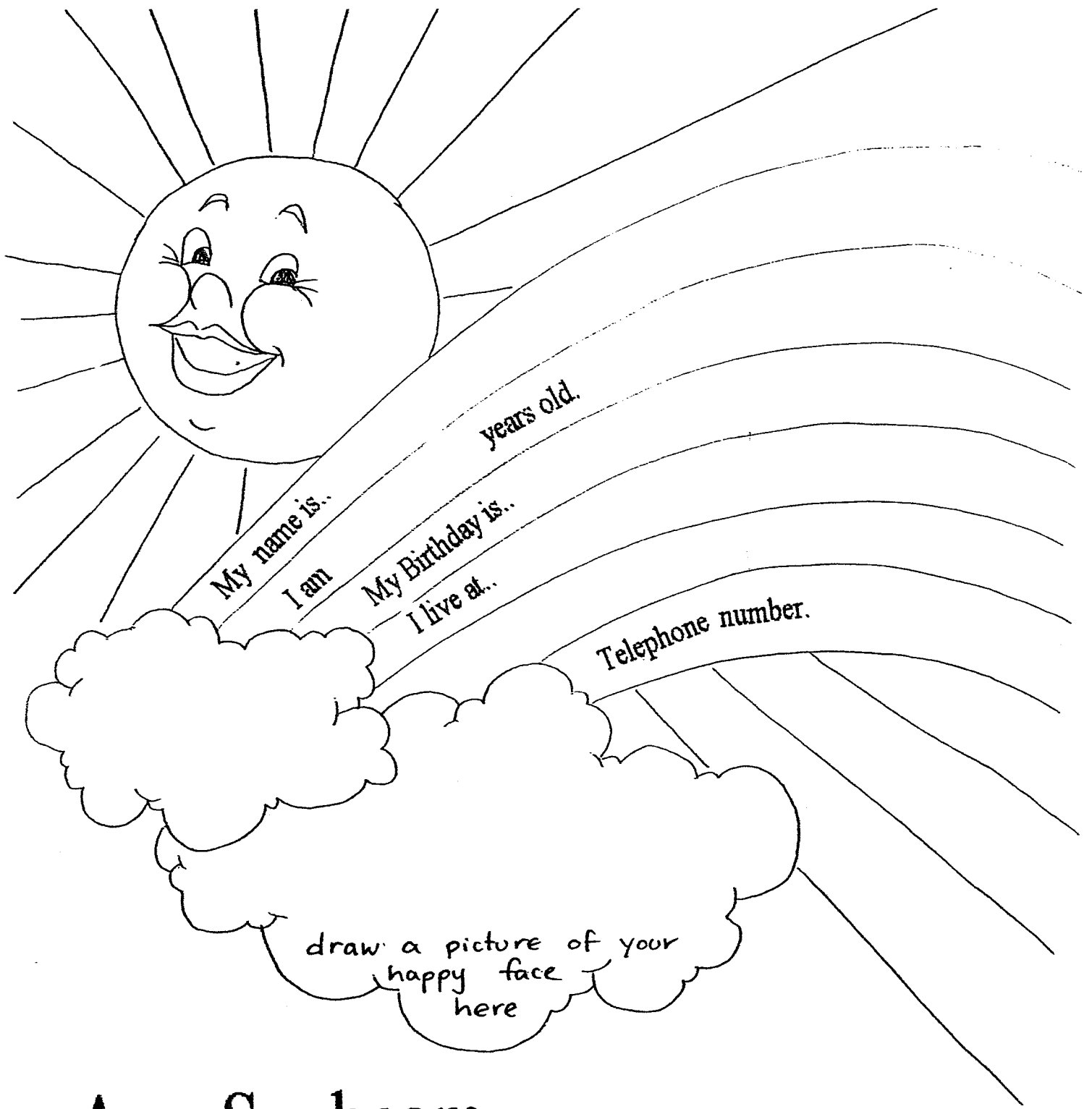


**ACTIVITY
BOOK**

Sunbeam
class



This book belongs to:



As a Sunbeam

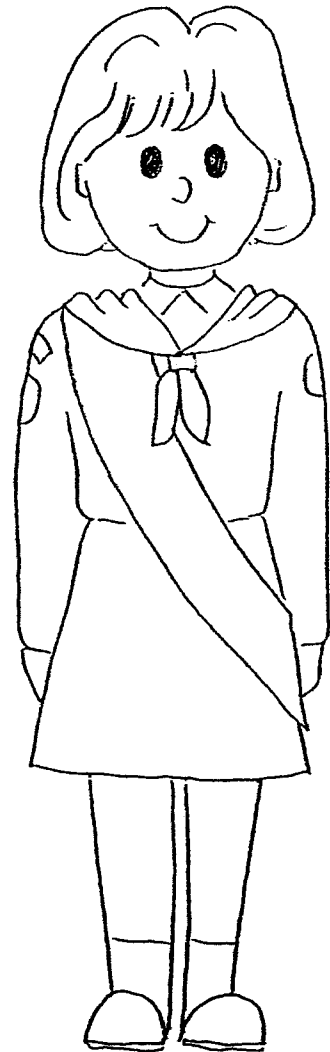
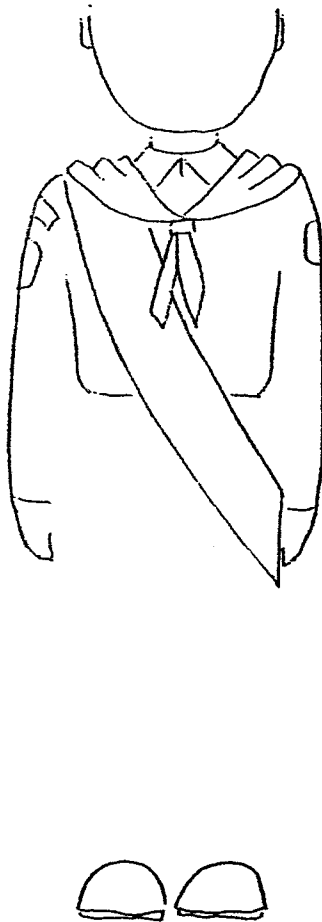
I am going to shine for Jesus



A real Adventurer:

- ◆ loves adventure
- ◆ attends meetings and activities faithfully
- ◆ is proud of the club
- ◆ keeps the Adventurer Pledge and Law

Put yourself in the picture



The Adventurer Club will help you:

- ◆ give your life to Jesus
- ◆ have fun being a Christian
- ◆ be able to live for Jesus
- ◆ have a happy family

In the Adventurer Club, you'll:

- ◆ earn awards
- ◆ play games
- ◆ make friends
- ◆ explore
- ◆ know God better
- ◆ help people
- ◆ go on outings

**It's great to be part of
an Adventurer Club ...**



THE ADVENTURER LAW

BE OBEDIENT

BE PURE

BE TRUE

BE KIND

BE RESPECTFUL

BE ATTENTIVE

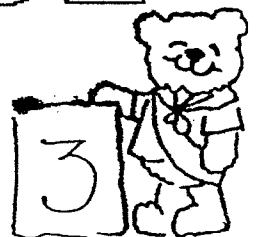
BE HELPFUL

BE CHEERFUL

BE THOUGHTFUL

BE REVERENT

*learn the law
as you colour it in*





Sunbeam Reading Certificate

This certifies that

has completed the Sunbeam class reading requirements of the Adventurer Ministries Department of the General Conference of Seventh-day Adventists.

Issuer's Name

Title

Date Issued

Conference



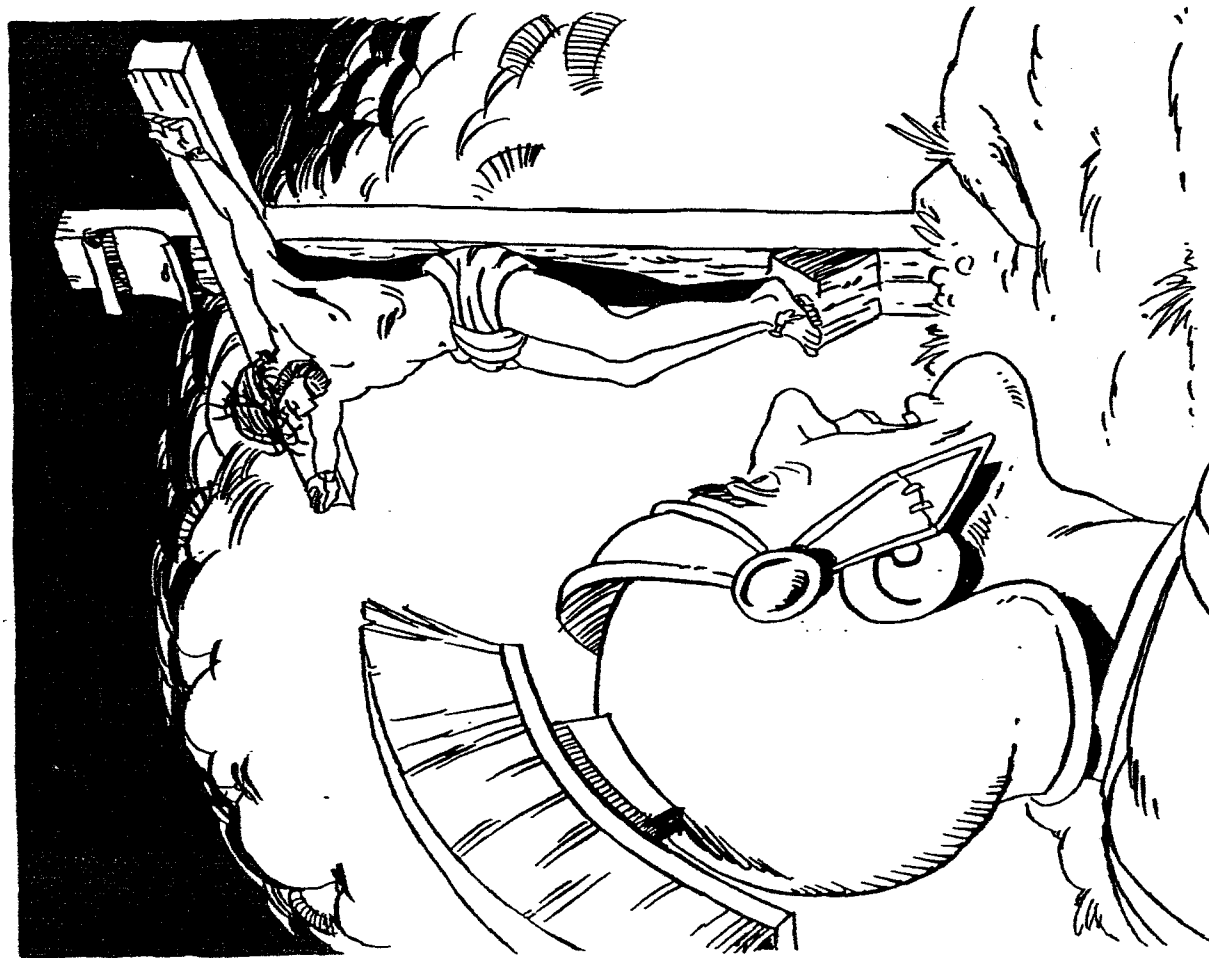


There among the sheep, the cows, and donkeys, the baby Jesus was born.



Jesus took the little girl's cold hand in His, "Little girl, arise!" He said.





At three o'clock in the afternoon, hanging on a wooden cross, Jesus died.



Turning around, she cried "Master!" Mary Magdalene was full of joy!

A. Memorize and explain two Bible verses about being saved by Jesus.

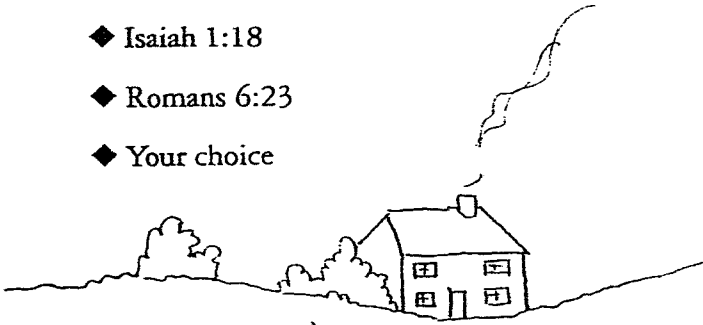
◆ Matthew 22:37-39

◆ 1 John 1:9

◆ Isaiah 1:18

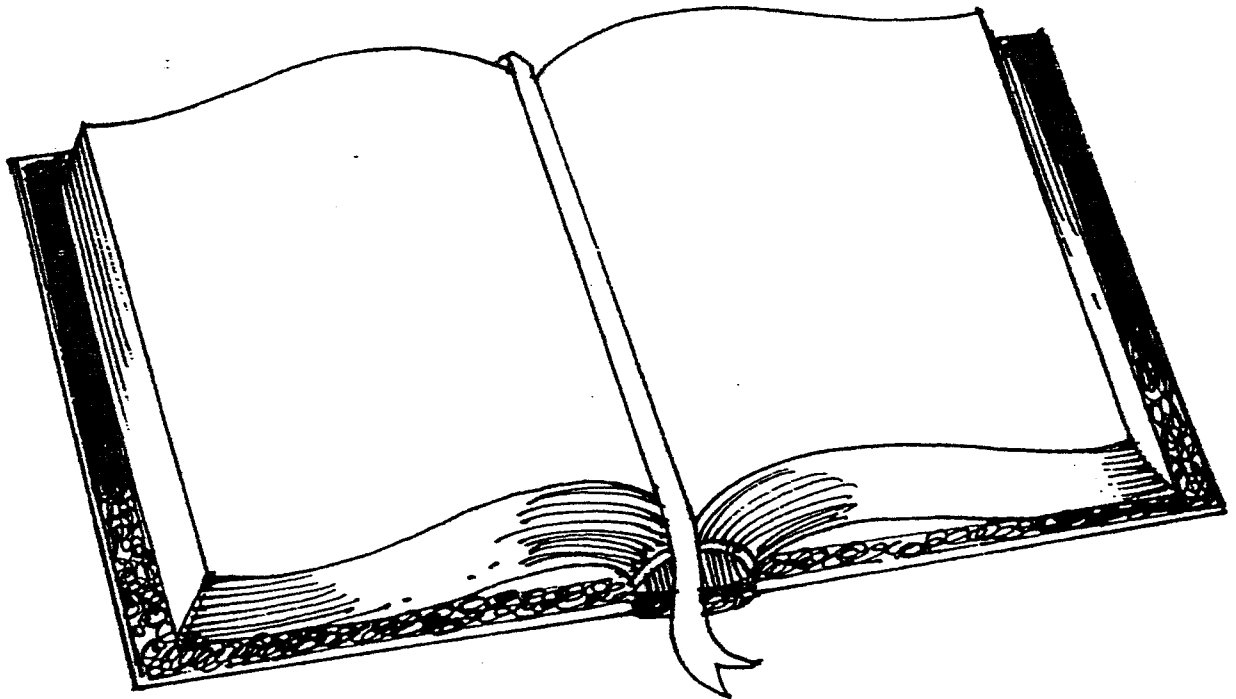
◆ Romans 6:23

◆ Your choice



↖ Put yourself in the picture

B. Name the two major parts of the Bible



and the four gospels:

M _____

M _____

L _____

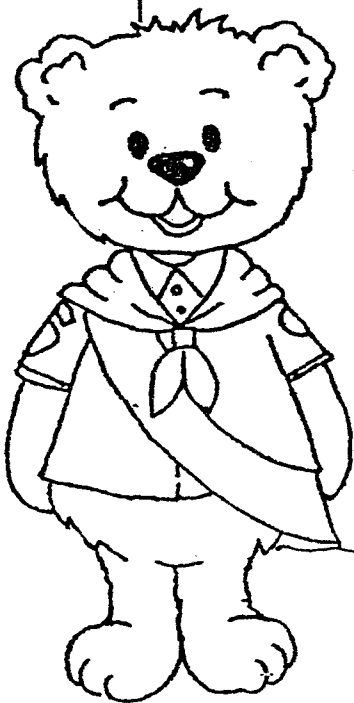
J _____





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 counselor or other adult helper, prepare a devotional or a prayer to be given at Sabbath School, club meeting or school.
4. Take part in a missionary (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 mealtimes and at bedtime.



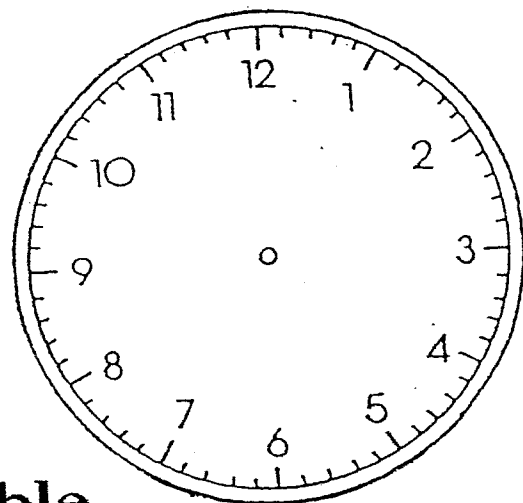
Now you can add this badge to your sash.

ADVENTURE
BEAR says...

Well done!



I will spend a regular quiet time with Jesus.
The best time is...



I will read a verse in my Bible.
My favourite verse is...

I can talk to Jesus
in my prayers.

use your fingers to help you
remember what to pray for.

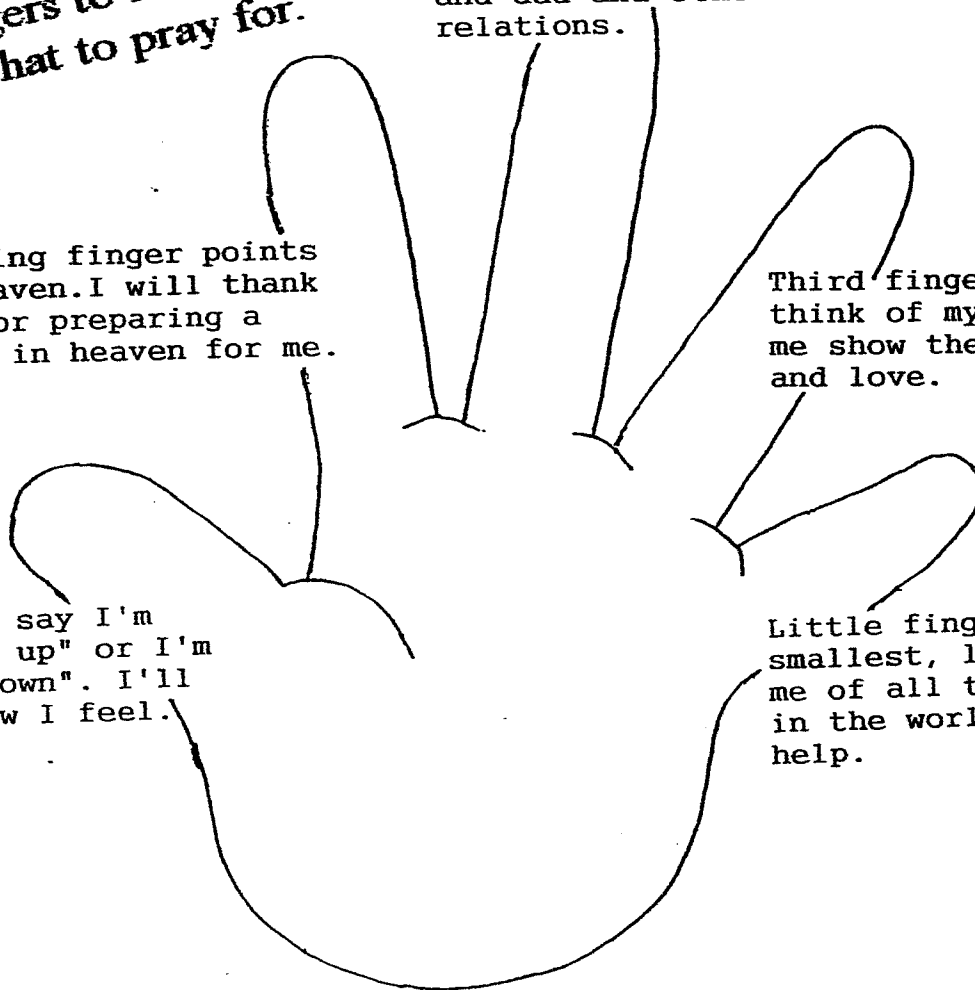
Middle finger is
surrounded by others,
just like me. I will
thank Jesus for my mum
and dad and other
relations.

Pointing finger points
to heaven. I will thank
God for preparing a
place in heaven for me.

Third finger helps me
think of my friends, let
me show them kindness
and love.

The thumb can say I'm
happy "Thumbs up" or I'm
sad "Thumbs down". I'll
tell Jesus how I feel.

Little finger is the
smallest, let it remind
me of all the children
in the world who need
help.



Ask three people why they study the Bible.

WHO SHALL I ASK ?

Mum

Brother

Pastor

Sabbath School Teacher

Sister

Elder

Dad

I will ask... 1.....

2.....

3.....

Put their answers in the collums.

| 1. | 2. | 3. |
|----|----|----|
| | | |

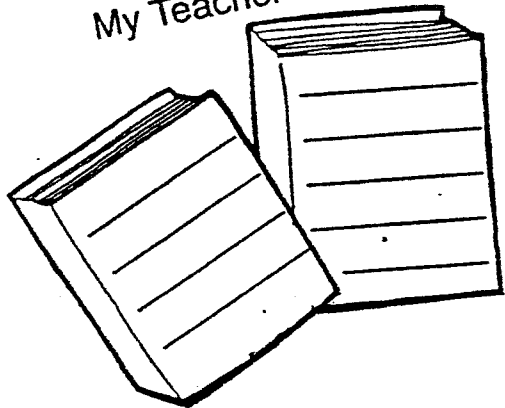
Are any reasons the same

THIS IS ME

Height _____

Weight _____

My Teacher teaches me:



Eye Colour _____

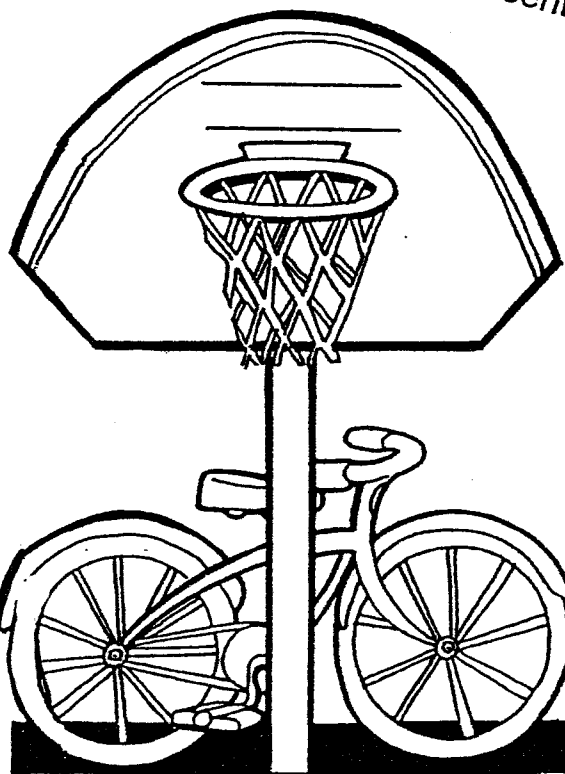
Hair Colour _____

I sleep in a _____ (bed)

and I go to bed by _____ (time).

Present Age _____

Dad says, "You need your rest."

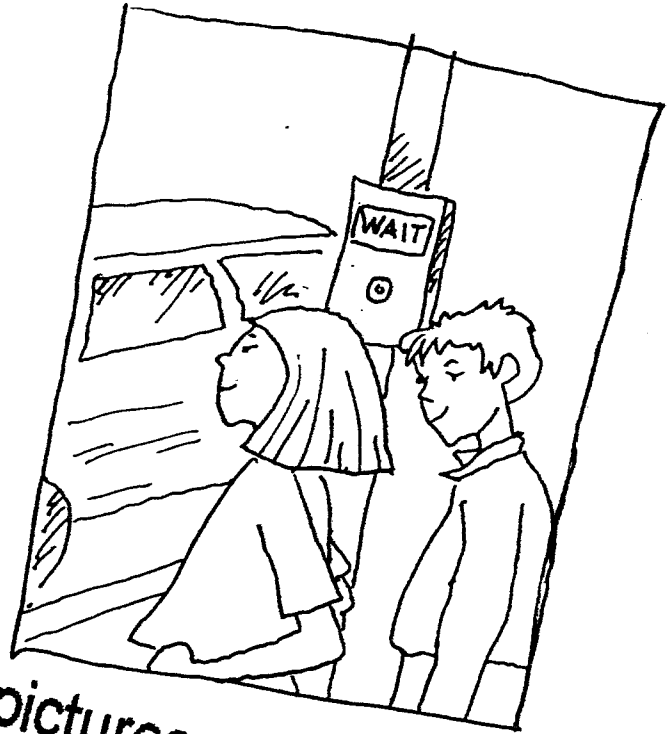
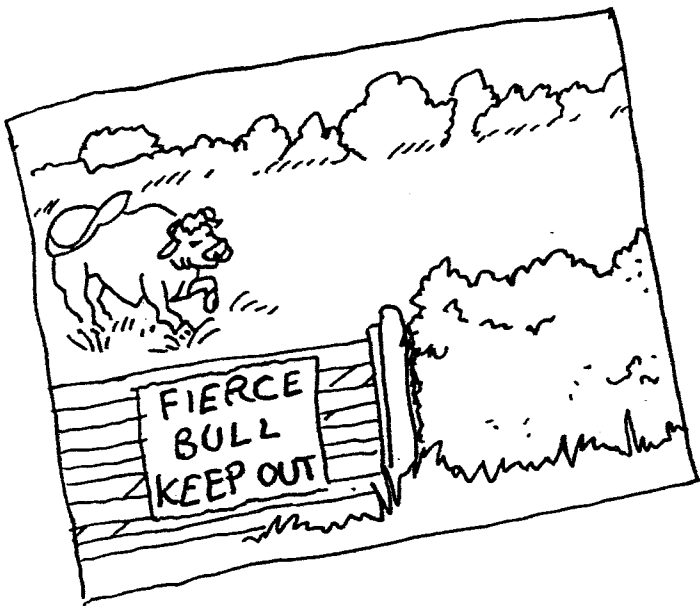


My parents buy clothes for me.
My favourites are my...

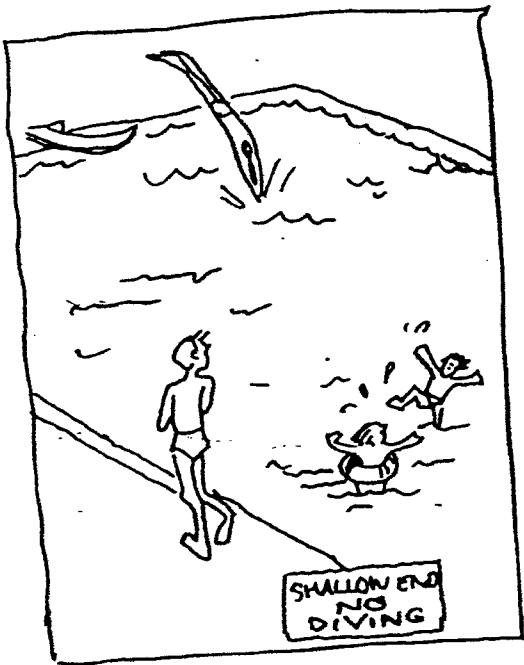


Favourite Sports _____





Look at these pictures.
What would happen if we chose
not to read the warnings ?





FITNESS FUN

1. List at least four things that contribute to physical fitness
2. Run or jog 800 meters [approximately one-half mile].
OR
Run 50 meters in 10 seconds.
3. Make a high jump. [record highest of four jumps.]
4. Jump or skip 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 you group participate in an organised game that requires physical fitness, for example, ball game, relay race, leapfrog



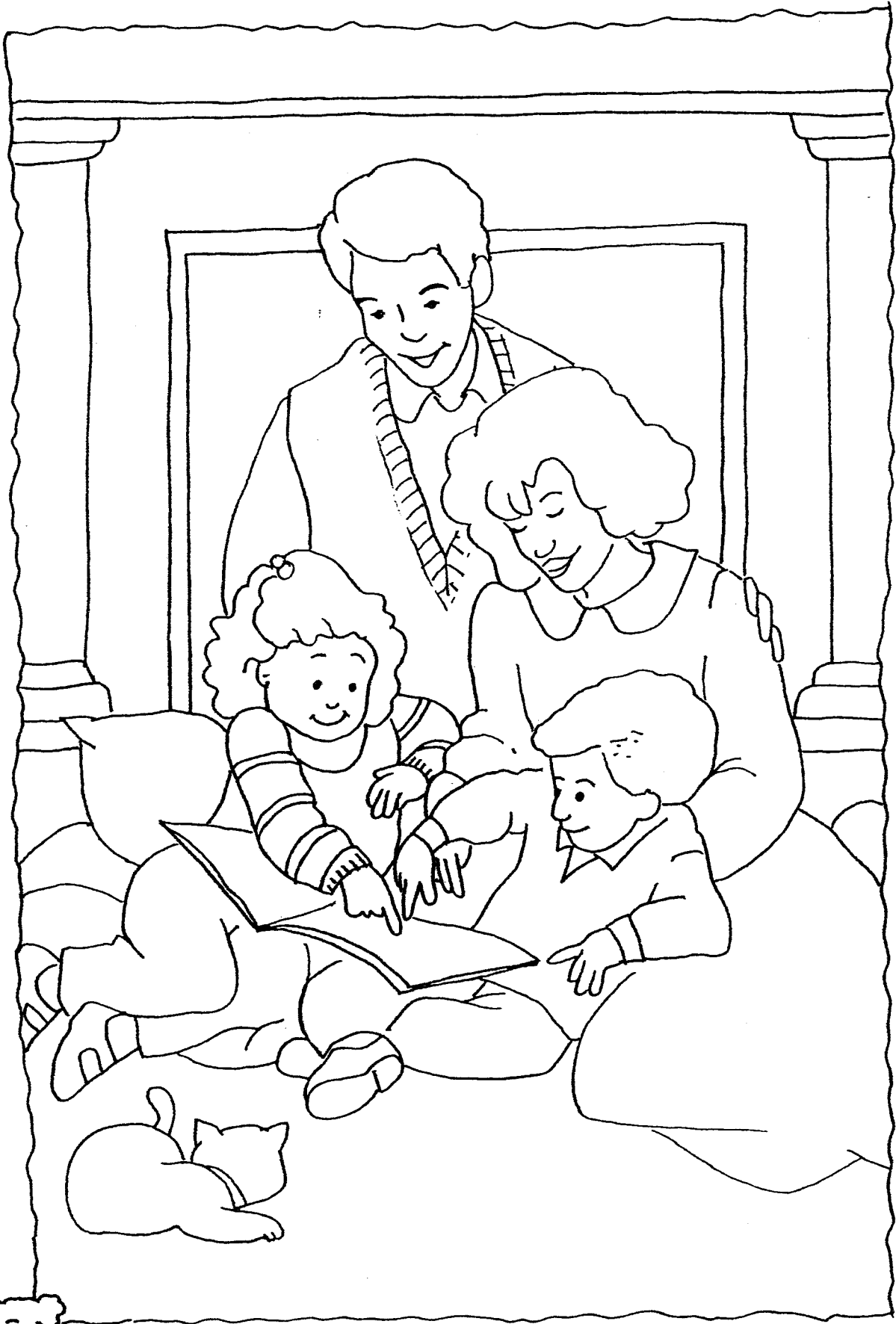
Now you can add this badge to your sash.

ADVENTURE
BEAR says...

Well done!



Here is a picture of a happy family
to colour in.



When I feel unhappy with someone I will..

1. Think about why I am feeling this way.
2. Then I will talk to the person and listen to their feelings.
3. I will think of a way to solve the problem
4. If I need help, I will ask an adult.

Colossians 3 v 13.
(try the NIV Bible)

Ideas!

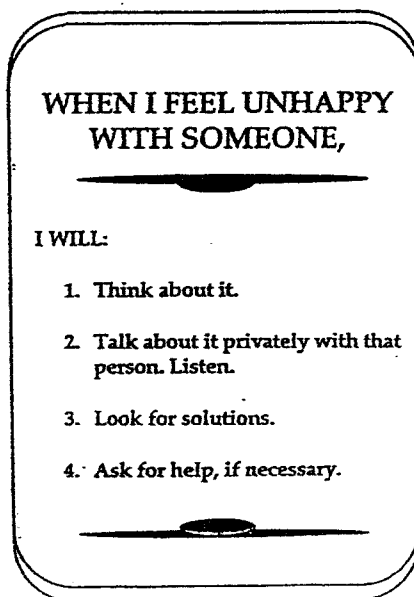
Make these into a card, - cut out the picture and the reminder and glue to a piece of plastic (ice cream lid)
Cover with clear contact.

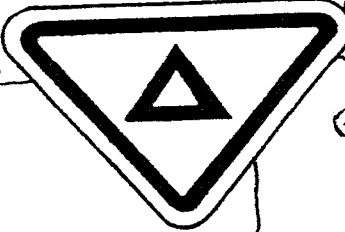
or

Make it into a key fob by punching a hole in one corner.

or

Make it into a book mark by glueing the picture and the reminder one above the other onto a piece of card





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 safely 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 highway patrol officer or other safety person talk about safety for children.
6. Play a safety game.



Now you can add this badge to your sash.

ADVENTURE

BEAR

says...

Well done!





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.

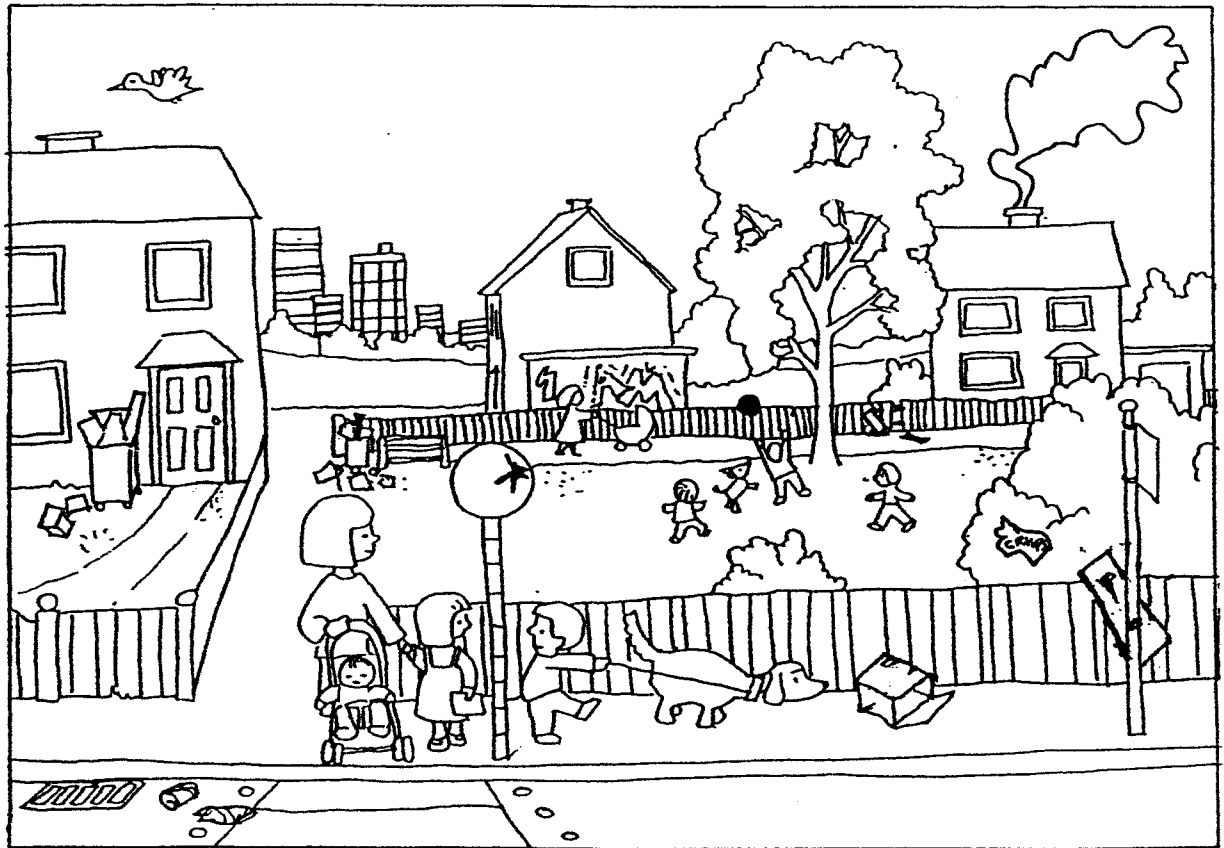
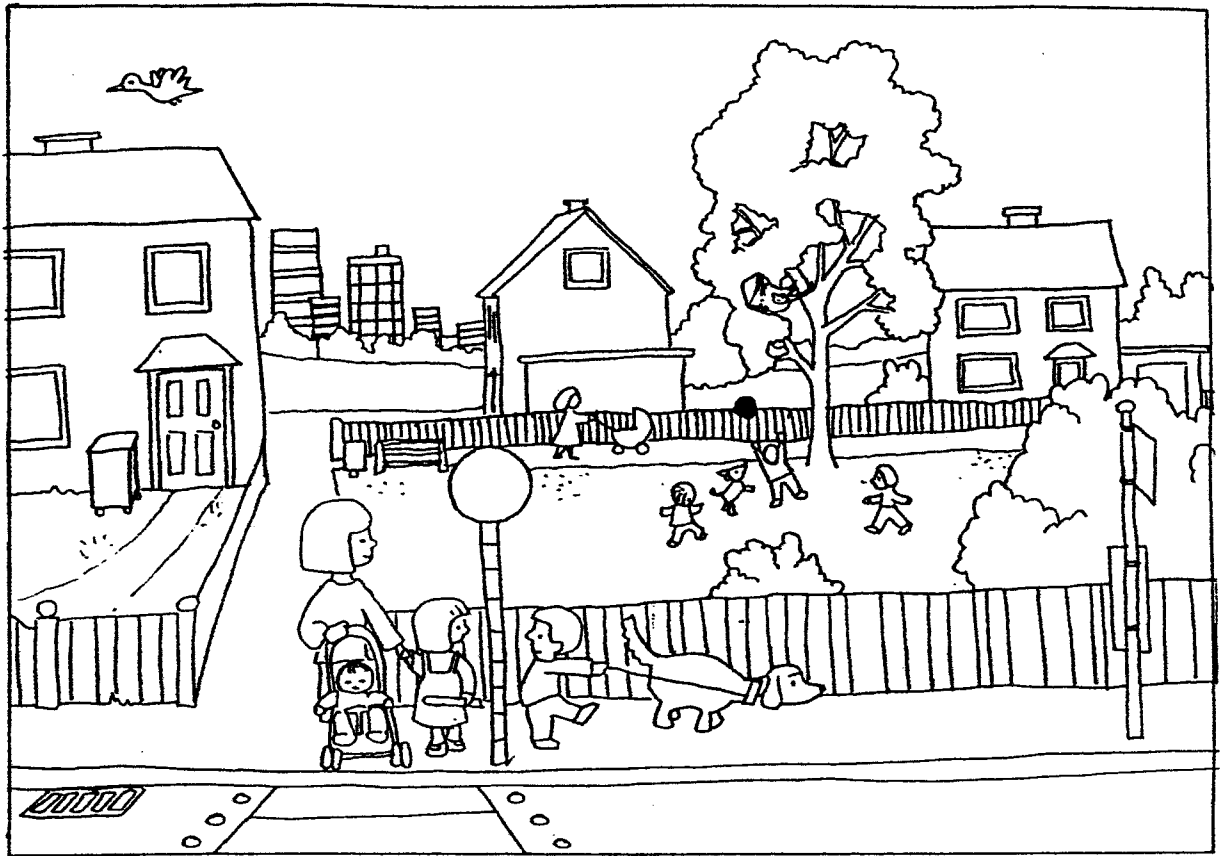
Now you can add this badge to your sash.

ADVENTURE

BEAR says...

Well done!





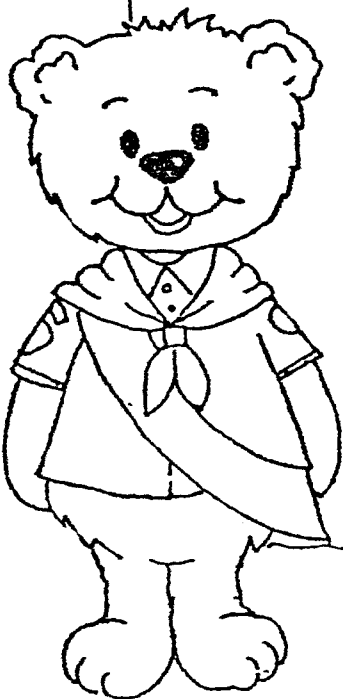
It's tidy up time
 Help clean up the neighbourhood

- 1) Spot 12 differences
- 2) Discuss the things you could help change
- 3) Which area is nicer to live in? WHY?



FRIEND OF NATURE

1. Explain:
 - a. How to become a friend of nature
 - b. How to pick a flower and when it is allowed
 - c. How to protect trees, nests, etc
2. List the names of three different trees and do a bark rubbing of each
3. Collect four different kinds of leaves and compare them.
4. Explore [or observe with a magnifying glass] all the things you can see in a ten-square foot area.
OR
Explore a yard or park and talk about what you see.
5. Take a nature walk and collect items of interest.
 - a. Show or tell about the items of interest.
 - b. Make them into a collage or poster.OR
Visit one of the following and tell what you saw
 - a. Zoo
 - b. Park
 - c. Wildlife area
6. Grow one plant or one bulb and make drawings of it at three different stages of its growth.



Now you can add this badge to your sash.

ADVENTURE

BEAR says... Well done!



Name _____

Date Started _____

Date Completed _____

| BASIC REQUIREMENTS | INSTRUCTOR CHECK-OFF LIST |
|--|--|
| <p>I. Responsibility Repeat from memory and accept the Adventurer Law.</p> <p>II. Reinforcement Earn the Sunbeam Reading Certificate.</p> <p>MY GOD</p> <p>I. His Plan To Save Me</p> <p>A. Create a story chart showing Jesus':</p> <ul style="list-style-type: none"> ◆ Birth ◆ Life ◆ Death ◆ Resurrection <p>Or the Bible stories you are studying in your classroom or Sabbath School</p> <p>B. Make a mural or tell about one of the stories above to show someone the joy of being saved by Jesus.</p> <p>II. His Message To Me</p> <p>A. Memorize and explain two Bible verses about being saved by Jesus.</p> <ul style="list-style-type: none"> ◆ Matthew 22:37-39 ◆ 1 John 1:9 ◆ Isaiah 1:18 ◆ Romans 6:23 | <p>BASIC REQUIREMENTS</p> <p>I. _____</p> <p>II. _____</p> <p>MY GOD</p> <p>I. A. _____</p> <p>B. _____</p> <p>II. A. _____</p> <p>B. _____</p> <p>III. A. _____</p> <p>B. _____</p> <p>MY SELF</p> <p>I. _____</p> <p>II. _____</p> <p>III. _____</p> <p>MY FAMILY</p> <p>I. _____</p> <p>II. _____</p> <p>III. _____</p> <p>MY WORLD</p> <p>I. _____</p> <p>II. A. _____</p> <p>B. _____</p> <p>III. _____</p> |
| <p>B. Name the two major parts of the Bible and the four gospels. Earn the Friend of Jesus Adventurer Award.</p> <p>III. His Power In My Life</p> <p>A. Spend a regular quiet time with Jesus to talk with Him and learn about Him.</p> <p>B. Ask three people why they study the Bible.</p> <p>MY SELF</p> <p>I. I Am Special Make a tracing of yourself. Decorate it with pictures and words which tell good things about you.</p> <p>II. I Can Make Wise Choices Play the What If? game.</p> <p>III. I Can Care For My Body Earn the Fitness Fun Adventurer Award.</p> <p>MY FAMILY</p> <p>I. I Have A Family Ask each member of your family to tell some of their favorite memories.</p> | <p>II. Families Care For Each Other Show how Jesus can help you deal with disagreements. Use:</p> <ul style="list-style-type: none"> ◆ Puppets ◆ Role playing ◆ Other _____ <p>III. My Family Helps Me Care For Myself Earn the Road Safety Adventurer Award.</p> <p>MY WORLD</p> <p>I. The World Of Friends Complete the Courtesy Adventurer Award.</p> <p>II. The World Of Other People</p> <p>A. Explore your neighborhood. List things that are good and things you could help make better.</p> <p>B. From your list, choose ways and spend time making your neighborhood better.</p> <p>III. The World Of Nature Earn the Friend of Nature Adventurer Award.</p> |



