

2



Leader's Guide

with 22 Themed Meeting Plans

Sunbeam Leader's Guide

with 22 Themed Meeting Plans

The Sunbeam Leader's guide was developed with oversight by the Adventurer Committee of the North American Division.

Debra Brill (North American Division Vice President for Ministries – Adventurer Committee Chairperson)
James Black (North American Division Youth Ministries Director – Adventurer Committee Secretary)
Lisa Gary (North American Division Adventurer Ministries Coordinator – Adventurer Committee Recording Secretary)
Brad Gary (North American Division Adventurer Ministries Coordinator)
Brad Forbes (AdventSource)
Hubert Cisneros (Mid-America Union)
Terry Dodge (Lake Union)
Joyce Fortner (Southwestern Union)
Craig Harris (Lake Union)
Eddie Heinrich (Pacific Union)
Jasmine Hoyt (Atlantic Union)
Joel Johnson (Columbia Union)
Elizabeth Lake (North Pacific Union)
Ernestine Lockett (Southern Union)

Charmaine Matthews (Lake Union)
Mercy Martinez (Pacific Union)
Alphonzo McCarthy (North Pacific Union)
Alice Merrill (Pacific Union)
Sandra Mit-Chelle (Columbia Union)
Helvis Moody (Southwestern Union)
Velma Morgan (Seventh-day Adventist Church in Canada)
Gael Murray (North American Division)
Leanna Powers (Columbia Union)
Ken Rogers (Southern Union)
Cindy Schlager (Atlantic Union)
Steve Silva (Guam Micronesia)
Brenda Stokes (Southern Union)
Carla Wakefield (Mid-America Union)
Ron Whitehead (Lake Union)
Richard Williams (Seventh-day Adventist Church in Canada)
Bob Wong (Pacific Union)

Writer: Jennifer A. Gooch

Editors: Elizabeth Jeanniton, Cassie Martsching, Aphelandra Messer, and Daniel Murauskas

Designers: Liv Jacobson and Aphelandra Messer

Project manager: Christal Gregerson

Available from:

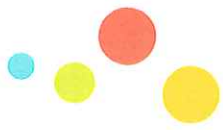
AdventSource
5120 Prescott Avenue
Lincoln, NE 68506
402.486.8800
adventsource.org

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

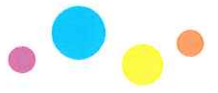
Permission to make photocopies or to reproduce by any other mechanical or electronic means in whole or in part and designed page, illustration or activity in the book is granted only to the original purchaser and is intended only for non-commercial use within the purchaser's church, school or Adventurer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

ISBN# 978-1-62909-209-6

Printed in the U.S.A.



What You'll Find Inside



INTRODUCTION..... iii

SECTION 1

The Sunbeam Level.....1

SECTION 2

Characteristics of Sunbeams.....9

SECTION 3

Sunbeams with Disabilities.....15

SECTION 4

Sunbeam Meetings.....19

Scope and Sequence.....22

Meeting 1 God's Plan to Save Me.....29

Meeting 2 God's Message to Me.....33

Meeting 3 Friend of Nature.....37

Meeting 4 I Am Special.....41

Meeting 5 God's Power in My Life.....45

Meeting 6 Ladybugs.....49

Meeting 7 I Can Make Wise Choices.....53

Meeting 8 Fitness Fun.....57

Meeting 9 Collecting.....61

Meeting 10 I Have a Family.....65

Meeting 11 Family Members Care for Each Other....69

Meeting 12 Whales.....73

Meeting 13 Road Safety.....77

Meeting 14 Courtesy.....81

Meeting 15 I'm a Good Neighbor.....85

Meeting 16 Cooking Fun.....89

Meeting 17 Country Fun.....93

Meeting 18 Handicrafts.....97

Meeting 19 Trees.....101

Meeting 20 Camping.....105

Meeting 21 Christmas.....109

Meeting 22 Bike Rodeo.....113

RESOURCES

God's Plan Coloring Sheets.....118

Photocopy Masters.....122

Award Requirements.....124

Adventurer Song Sheet Music.....137

Record Chart.....138

Contacts.....139



Introduction



Jesus said, “Let the little children come to me, and do not hinder them, for the kingdom of heaven belongs to such as these.”

This passage from Matthew 19:14 (NIV) is often illustrated with a group of angelic children sitting attentively at Jesus’ feet. Perhaps this was the first picture that popped into your mind when you agreed to lead out with Sunbeams. However, now that you’ve had time to think about it, the picture may have quickly changed to a group of active second graders running around the room screaming at the top of their lungs while you yell, “Please be quiet!” Hopefully the reality will be somewhere in between these two pictures!

This guide was developed to assist parents and Sunbeam level leaders who want to work with children as they develop physically and spiritually. The Sunbeam curriculum can be used as part of the Adventurer Club in your church or by a group of parents who want to use a curriculum to assist them in teaching their children skills and values.

All Sunbeam activities should be fun and kid-centered. Remember that children of this age look to adults to set the pace of the meetings and model how they should respond to situations. So . . . take a deep breath, say a prayer, and keep your sense of humor. Your adventures with Sunbeams are about to begin!

Section

1

The Sunbeam Level

This section contains an overview of the Sunbeam level. You'll get a quick look at how Sunbeams fit into Adventurer Club Ministries, the goals, Pledge, Law, song, and more!



Sunbeams are part of the Adventurer Club which is for children from pre-kindergarten to fourth grade. Adventurers can be found worldwide with a membership of more than 2 million boys and girls.



ADVENTURER LEVELS



Pre-kindergarten



Kindergarten



First Grade



Second Grade



Third Grade



Fourth Grade

ADVENTURER CLUB LOGO

The logo is a visual reminder of what the Adventurer Club is all about. The Adventurer Club is a ministry for families that is supported by a strong biblical foundation. All club activities are focused on connecting children and their parents/caregivers to Jesus.

Focused on Jesus

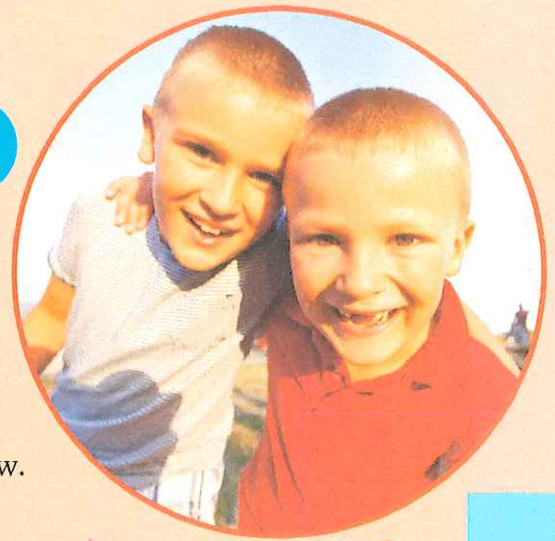
Family-centered

Bible-based



Sunbeam Goals

- 1 Demonstrate God's love for children.
- 2 Promote the values expressed in the Adventurer Pledge and Law.
- 3 Create an environment where all children can contribute.
- 4 Encourage children to have fun.



Sunbeam Logo



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

ADVENTURER SONG

We are Adventurers
At home, at school, at play
We are Adventurers
We're learning every day
To be honest, kind, and true
To be like Jesus through and through
We are Adventurers!





The Sunbeam Curriculum

One of your responsibilities as Adventurer parents and staff is to encourage the physical, mental, and spiritual development of each child. The Adventurer curriculum levels were created to assist you with this responsibility. The Sunbeam requirements are organized into five areas: Basic, My God, My Self, My Family, and My World. Additionally, there are lots of fun and educational awards the children can earn.

Most children will complete the program requirements, except for the Sunbeam Reading award*, as part of the Sunbeam lessons (pp. 29-116). The completion of each requirement will be noted in the lesson so you can put a star or sticker by the child's name on the Sunbeam chart and/or card. At the end of the Adventurer year, each child completing all the requirements will receive the Sunbeam pin during the Investiture Service.

It is very important for Adventurer staff to understand that not all Sunbeams will be at the same developmental level or have the same physical abilities, so you'll need to be flexible in how the children complete these requirements. It is up to you to interpret how the children fulfill these requirements. For example, not all children will be able to memorize or read Bible verses. Instead, you can explain the verse to the child and then have the child draw a picture illustrating the verse. A child might not be able to grip a paintbrush but, instead, could dip a large sponge into paint and decorate a sheet of paper. Again, flexibility and creativity are the keys to ensuring the success of each Sunbeam.



*The Sunbeam Reading Award is usually done outside of meeting time with a parent or guardian. (requirements on p. 7)

Find lots of activity ideas & resources at [Pinterest.com/AdventSource](https://www.pinterest.com/AdventSource)





Sunbeam Investiture Requirements

BASIC

- I. Recite and accept the Adventurer Law.
- II. Complete the Sunbeam Reading award.



See p. 7 for Sunbeam Reading award requirements.

MY GOD

I. God's Plan to Save Me

A. Create a story chart or lapbook showing Jesus':

- Birth
- Life
- Death
- Resurrection

OR the Bible stories you are studying in school or Sabbath School. (See pp. 118-121 for coloring sheets.)

B. Use your story chart or lapbook to show someone the joy of being saved by Jesus.

II. God's Message to Me

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

B. Name the two major parts of the Bible and the four gospels.

C. Complete the Friend of Jesus award.

III. God's Power in My Life

A. Spend regular quiet time with Jesus to talk with Him and learn about Him.

B. Ask three people why they study the Bible.





MY SELF

I. I Am Special

Make a tracing of yourself. Decorate it with pictures and words which tell good things about yourself.

II. I Can Make Wise Choices

Participate in an activity about choices.

III. I Can Care for My Body

Complete the Fitness Fun award.



MY FAMILY

I. I Have a Family

Create a family collage, scrapbook, crest, or coat of arms.

II. Family Members Care for Each Other

Show how Jesus can help you deal with disagreements. Use:

- Puppets
- Role playing
- Your choice

III. My Family Helps Me Care for Myself

Complete the Road Safety award.



MY WORLD

I. The World of Friends

Complete the Courtesy award.



II. The World of Other People

A. Explore your neighborhood. List things that are good and things you could help make better.

B. From your list, choose ways and spend time making your neighborhood better.

III. The World of Nature

Complete the Friend of Nature award.





Adventurer Awards

Sunbeam patches are called awards. There are lots of awards and each one is designed to encourage your Sunbeams to explore, learn, and play. Once a Sunbeam has completed all the required activities for an individual award he or she can receive that patch.

Many awards are completed as part of the Sunbeam curriculum but your club will probably set aside time just for awards.

It is important to note that the awards have levels that correspond with the Adventurer levels. When you are selecting an award to complete make sure that you choose age-appropriate awards.

When working on awards it is up to the leader to adapt the requirements to the club and children's needs. For example, an award may require the child to play an action game using a community helper's skills. As parent or leader you might choose to watch a video or visit a community helper.

It is also up to you to decide when a child has met the intent of the award. Remember that not all children will be capable of completing all award requirements as written. It is more important that the children try new things and have fun than compete with each other to receive the most awards or become frustrated by requirements that are beyond their abilities. Flexibility on your part will make the experience more enjoyable and positive for both children and parents!

Children of this age need immediate rewards so you will want to consider giving Sunbeams their patch for completing awards right away to put on their sash. You can also put a star or sticker by each child's name on the record chart when the requirements for an award are completed (see p. 138 or print a PDF from the Resource USB Flash Drive).



SUNBEAM READING AWARD

Awarded to Adventurers who read or listen while someone else reads:

1. Two chapters from the book of Mark from a simple modern translation of the Bible
2. A Bible story or 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

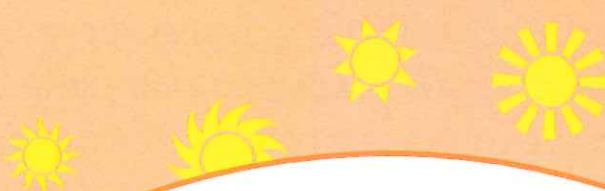



Visit adventsource.org for age-appropriate books for the Reading award.



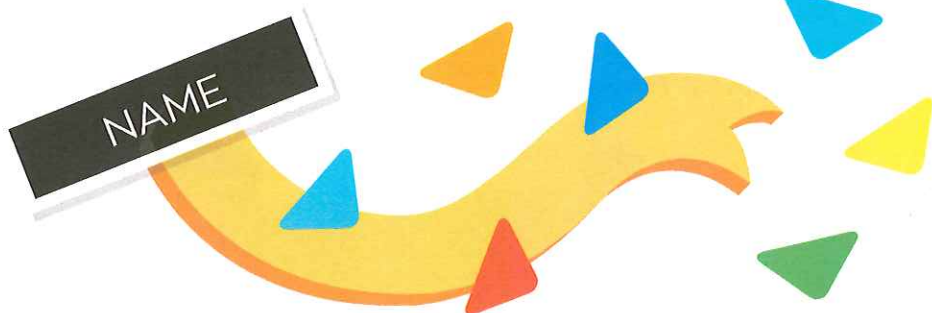


WHERE DO I FIND THE AWARD REQUIREMENTS?

The Resource USB Flash Drive available from adventsource.org includes requirements for all Adventurer awards as of publication date. New patches are being created every year so check Adventurer-Club.org for all the new patch requirements and helps.



Leaders should think ahead about how they are going to recognize their Sunbeams during the Investiture program at the end of the year. One idea is to cut a length of ribbon for each Sunbeam and attach the child's name to the top. Throughout the year, add pictures of all the awards that the child received. Give each child their ribbon when they receive their Sunbeam pin during Investiture.

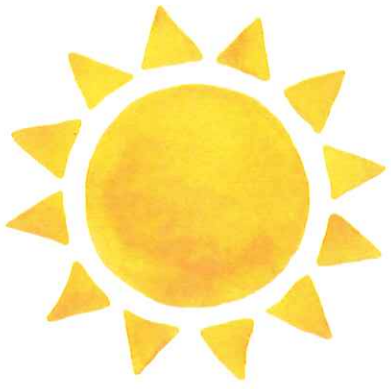


Section 2

Characteristics of Sunbeams

This section gives you and your staff a quick overview of what to expect and what not to expect from Sunbeams.





What You Need to Know About Sunbeams

In the book *Child Guidance* (Review and Herald, 1954), Ellen White encourages parents to understand the developmental needs of their children. This section helps you with just that—understanding the physical, cognitive, and social characteristics of Sunbeams. Remember that children develop at their own pace, so some children in your club may not have reached these markers, and others will have passed them. Also, abilities that children don't have at the beginning of the Adventurer year, they may develop later in the year. Sunbeams are quickly growing and learning. Make sure you focus on the specific needs of each child and not the stages.





Physical Characteristics

- Vary in size and abilities, which may affect their self-concept.
- Gross motor skills (large muscles) are strong.
- Long arms and legs make kids appear gawky.
- Have good balance.
- May not want to rest when tired.



Cognitive Characteristics

- Are less impulsive than first graders.
- Make decisions based on what others think.
- Like to use their improved reading skills.
- Want more responsibility.
- Need closure and want to complete activities.
- Want work to be perfect.
- Are egocentric but beginning to see others' point of view.
- Stress fairness.
- Experience guilt and shame.





Social Characteristics

- Like to talk and may exaggerate.
- Are independent but rely on adults.
- Like structure.
- Dislike being singled out even for praise.
- Have strong emotional reactions.
- Can wait their turn.
- Erase a lot to try to get things perfect.
- Need frequent encouragement and positive feedback.
- Need help reducing self-criticism so they can focus on learning and doing rather than the end product.
- Need adults to be patient if the Sunbeam feels moody or frustrated.
- Like open-ended questions where all answers are accepted so they can be heard and use their verbal skills.
- Need opportunities for decision-making.
- Need discussions about right, wrong, and fairness.
- Enjoy activities with big movements like running, jumping, and swimming.





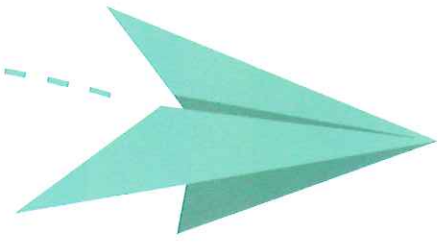
Do's and Don'ts of Discipline

One of the best ways to prevent disciplinary problems is to keep Adventurers busy and on task. The following strategies will help you manage your Adventurers. And remember, you're there to help the children and their families learn to love Jesus; therefore, it is important that you model love, patience and a cheerful attitude. You want Adventurer Club to be a fun experience for everyone, so try to keep your sense of humor and compassion even when an Adventurer's behavior is a problem.

DO

- Have a few short, simple rules and post them. Sample rules: Be kind to others. Use good manners. Listen quietly to others. Follow directions. Be positive.
- Use signals to let the children know when you want their attention. Signals can be just about anything, such as quickly turning a light on and off, turning a flashlight on and off, holding up a hand, or using a clicker.
- Use silence. Stop what you are doing and stay quiet until their focus is back on you.
- Make eye contact. Often getting a child to look at you is a good way to get her to stop what she is doing and focus on you.
- Use names. If you say an Adventurer's name followed by a question or instructions, you can usually get him back on track.
- Stand near an Adventurer to get her back on task.
- Ask adults to interact with the children. If adults are happily participating in the activities, the Adventurers are more likely to model the adults' behavior. Additionally, having adults involved can prevent misbehavior from escalating.





DON'T

- Embarrass or shame a child in front of others or privately
- Overreact
- Lose your temper—no screaming, using threats or nagging
- Hit or spank
- Insult a child by saying “you’re stupid,” “you’re useless,” “you’re a klutz”
- Use sarcasm
- Compare children
- Label children
- Demand respect—respect is earned
- Expect children to behave as adults



Section

3

Sunbeams with Disabilities

Learn how every Sunbeam can fully participate in your club by understanding each child and knowing how to plan inclusive activities.





Sunbeam Meetings

Sunbeam program includes 22 meetings. The meetings are core of your program—this is where things really happen! Each meeting includes the following:

- Theme
- Resources
- Crafts, games, projects, and songs
- List of materials

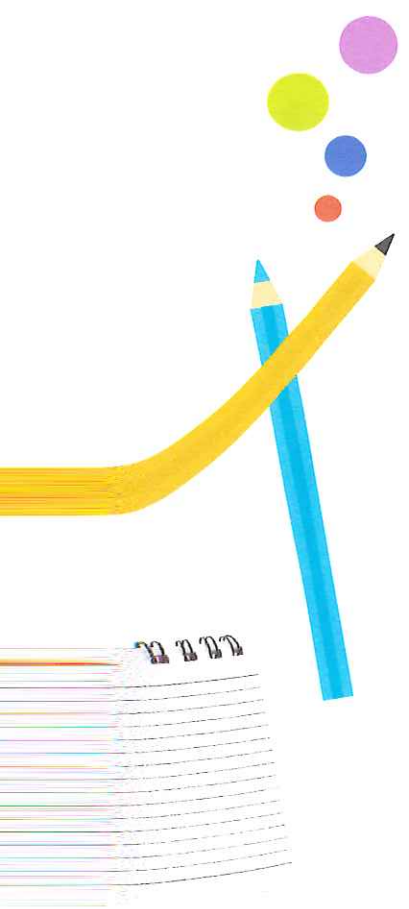
Only 12 meetings are required for Investiture. See pp. 22–27.

Activity Tips

Sunbeam meetings should be designed to meet your church’s mission, your goals, and, most importantly, the children’s needs. With this in mind, the activities in this section are designed to be flexible. Don’t feel as if you must replicate each of them, although you can. Instead, adapt the meeting themes and activities to best suit your club by changing the order of the meetings; combining, deleting, and adding activities; or by using them as inspiration for creating your own activities.

While all of the activities in this section are designed to maximize fun, they also lead the children to Jesus and enable them to learn about their world, their families, and themselves. You can intentionally assist the children in recognizing these connections to Jesus and their world by specifically stating the purpose of the meeting, connecting the activities to the meeting theme and asking the children questions that encourage them to summarize the themes in their own words.

Each meeting fulfills a program requirement or the requirements for an award. At times, the activities may vary from the actual program or award requirements. However, all suggested activities honor the intent of the requirements. It’s up to you as the leader to decide how and if requirements are met.

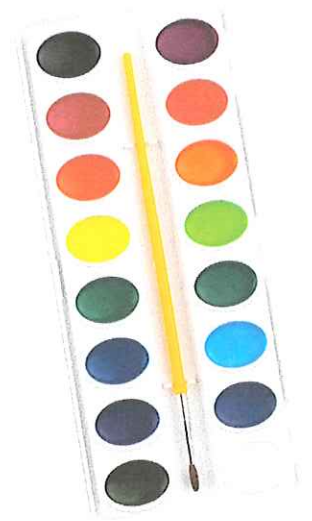


••••• ABC

Whatever themes and activities you select, consider using the same organizational structure for each meeting since children this age benefit from consistency. Make sure the children know what to do while waiting for instruction, rules for behavior during activities, and clean-up procedures. This structure helps the children know what to expect and how to act throughout the meeting.


Also, be aware that the pace of activities will differ from club to club and meeting to meeting. Sometimes the children will quickly complete everything you planned. It's good to have a back-up game or activity for when this happens. Other times, the children may really enjoy an activity and not want to stop. It's okay to omit activities that you've planned and continue with something that everyone is enjoying. And if something isn't going smoothly, you can stop the activity and redirect the children to something new.

Finally, flexibility and enthusiasm are the keys to conducting successful Sunbeam meetings!



Sunbeam Scope and Sequence



	REQUIRED FOR INVESTITURE	REQUIRED FOR INVESTITURE	REQUIRED FOR INVESTITURE	REQUIRED FOR INVESTITURE
Themes	MEETING 1 My God God's Plan to Save Me	MEETING 2 My God God's Message to Me	MEETING 3 My World Friend of Nature	MEETING 4 My Self I Am Special
Activities	God Loves Me Games Jesus Played Foods Jesus Ate: Bread & Honey	Memory Verse Puzzles Memory Verse Egg Scramble Books of the Bible Bean Bag Toss	Twig Frame 24-hour Terrarium Nature Found Objects Box	Sing-along Life-size Drawing Photo Ops
Requirements Completed 	My God I: God's Plan to Save Me	My God III: God's Message to Me	My World III: The World of Nature Complete the Friend of Nature award.	My Self I: I Am Special
Awards*			Friend of Nature 	

*Check the requirements for each patch and add additional activities as needed.

REQUIRED FOR
INVESTITURE

MEETING 5
My God

God's Power
in My Life

Themes

Activities

Talking to God
Prayer Poster
Prayer Balloons

**Requirements
Completed**



**My God III: God's
Power in My Life**

Awards*

REQUIRED FOR
INVESTITURE

MEETING 6
My World

Ladybugs

Ladybug Life Cycle
Ladybug Snacks
Ladybug Tic-tac-toe

Ladybugs



REQUIRED FOR
INVESTITURE

MEETING 7
My Self

I Can Make
Wise Choices

Reading Circle
Good Choice,
Bad Choice Game
I Can Make Good
Choices Watercolor

**My Self II:
I Can Make
Wise Choices**

REQUIRED FOR
INVESTITURE

MEETING 8
My Self

Fitness Fun

Healthy Me
Let's Move
Let's Jump: Jump
Rope and Chinese
Jump Rope

**My Self III:
I Can Care
for My Body**
Complete the
Fitness Fun award.

Fitness Fun



*Check the requirements for each patch and add additional activities as needed.

REQUIRED FOR
INVESTITURE

REQUIRED FOR
INVESTITURE

	MEETING 9 My World	MEETING 10 My Family	MEETING 11 My Family	MEETING 12 My World
Themes	Collecting	I Have a Family	Family Members Care for Each Other	Whales
Activities	Collection Mania Collection Collage Coin Jar	Story Time with Family Memory Multi- media Poster Scrapbook	Crazy Chicken Run Bible Story: Jesus Fights Temptation Hot Potato	Baby Beluga Fun Facts About Whales Whale Craft
Requirements Completed 		My Family I: I Have a Family	My Family II: Family Members Care for Each Other	
Awards*	Collector 			Whale 

*Check the requirements for each patch and add additional activities as needed.

REQUIRED FOR
INVESTITURE

REQUIRED FOR
INVESTITURE

REQUIRED FOR
INVESTITURE

MEETING 13
My Family

MEETING 14
My World

MEETING 15
My World

MEETING 16
My Self

Themes

Road Safety

Courtesy

I'm a Good Neighbor

Cooking Fun

Activities

Law Enforcement
Officer Visit

Respect

Good Neighbor
Story Time

An Apple a Day
Apron

Stop, Look,
and Listen

Phone Dress-up

Lend a Helping
Hand Craft

Eating a Rainbow

Red Light,
Green Light

Mother, May I?

Good Neighbor
Activity

Homemade
Applesauce

**Requirements
Completed**



**My Family III: My
Family Helps Me
Care for Myself**
Complete the Road
Safety award.

**My World I: The
World of Friends**
Complete the
Courtesy award.

**My World II:
The World of
Other People**

Awards*

Road Safety

Courtesy

Acts of Kindness

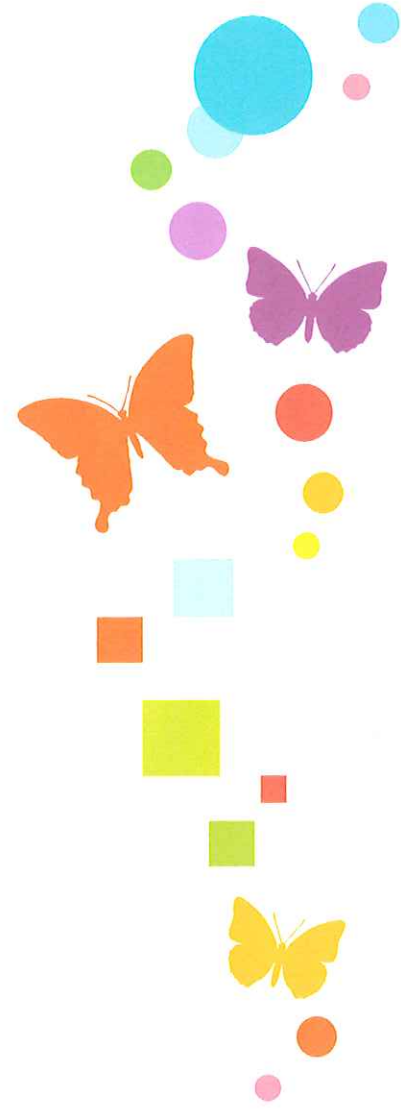
Cooking Fun



*Check the requirements for each patch and add additional activities as needed.

	MEETING 17 My World	MEETING 18 My Self	MEETING 19 My World	MEETING 20 My World
Themes	Country Fun	Handicrafts	Trees	Camping
Activities	Sansa Kroma (Sansa the Hawk) Ghanaian Paper Weaving Antoakryire	Crayon Scratch Board String Printing Block Printing	Leaf Printing Tree Parts Wind Chime Grow a Tree	Fire Building Craft Campfire Cooking Campfire Sing-along
Requirements Completed				
Awards*	Country Fun 	Handicraft 	Trees 	Camper 

*Check the requirements for each patch and add additional activities as needed.



MEETING 21
My World

MEETING 22
My World

Themes

Christmas

Bike Rodeo

Activities

Glow-in-the-dark
Star

Bike Rodeo Activities

Gifts with
Homemade
Wrapping Paper

Follow the Star
Obstacle Course

**Requirements
Completed**



Awards*



*Check the requirements for each patch and add additional activities as needed.



Whoohoo! Time to start the fun!





Meeting 1

God's Plan to Save Me



Here are three fun ways to teach Sunbeams about Jesus' love. Adapt them to meet the needs of your Sunbeams or create your own activities.





The following activities fulfill the requirements for My God I: God's Plan to Save Me. See the Sunbeam Activity Book for accompanying worksheet(s).

ACTIVITY

1

God Loves Me

15

MINUTES

WHAT YOU DO

Ahead of time: Ask the children to bring pictures of themselves to this meeting that they can cut and make a craft with. Another option is to take and print out pictures of the children at the meeting.

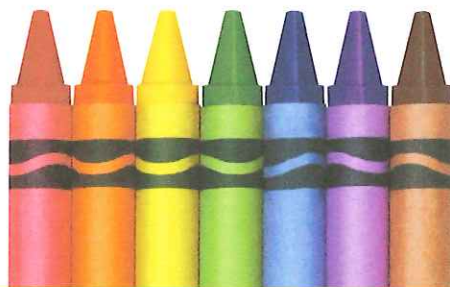
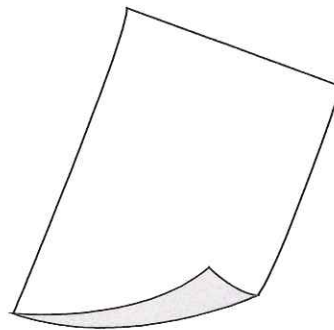
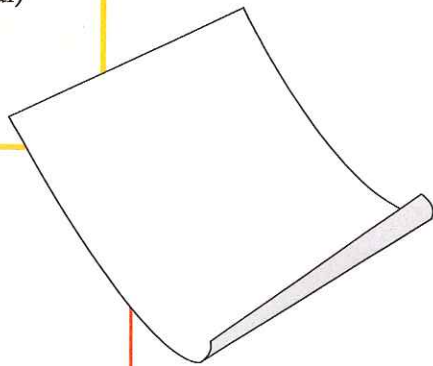
Begin by telling the story of Jesus blessing the children in Matthew 10:13-16. Emphasize His personal love for each of them. Then have the Sunbeams color the picture of Jesus, cut it out, and glue it to the center of a large sheet of construction paper. Next have them cut out pictures of themselves to glue around the picture of Jesus.

MATERIALS NEEDED

- God Loves Me Coloring Sheet (see Pinterest)
- Construction paper, 14 × 17 in (35.5 × 43 cm)
- Printer and photo paper
- Crayons or markers
- Safety scissors
- Craft glue
- Camera (optional)
- Printer (optional)
- Photo paper (optional)



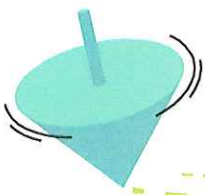
Find the **God Loves Me Coloring Sheet** at [Pinterest.com/AdventSource](https://www.pinterest.com/AdventSource)



Alternate Investiture Activity

Create a story chart or lapbook using the Sunbeam Activity Book or coloring sheets on pp. 118-121. Have the Sunbeams use their story chart or lapbook to show someone the joy of being saved by Jesus.





Games Jesus Played

15

MINUTES

WHAT YOU DO

Talk to the Sunbeams about John 3:16 and explain that God loved each of them so much that He sent His son Jesus to save them. Then tell them that when Jesus was their age He liked to play with His friends. Archaeologists (explain this word to the Sunbeams) have found that children during Jesus' time might have played games similar to hopscotch, hoops, jacks, checkers, and tops. Let the Sunbeams rotate through play stations for all of the toys. Have enough games so all of the children are always playing; you don't want to have children standing around while others play.

2

ACTIVITY

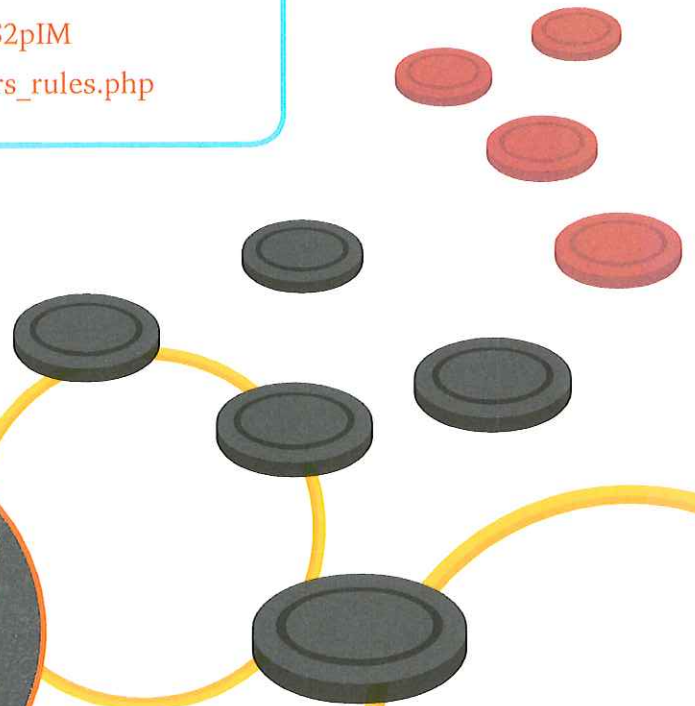
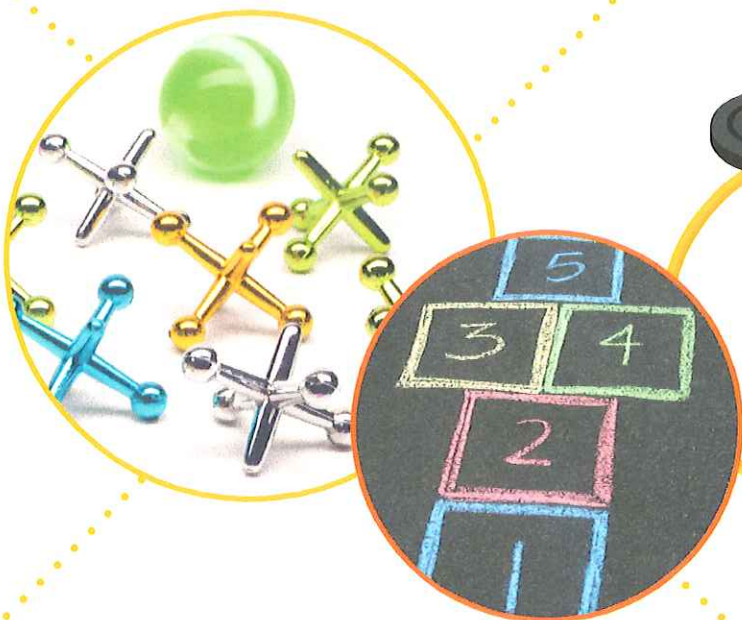
MATERIALS NEEDED

- Hula hoops
- Jacks
- Checkers
- Chalk
- Tops

Need ideas for how to play with these toys? Check out the following sites:

TIP

- Hopscotch: wikihow.com/Play-Hopscotch
- Hula hoops: learnplayimagine.com/2013/06/gross-motor-activity-hula-hoop-games.html
- Jacks: youtube.com/watch?v=OwmCInS2pIM
- Checkers: ducksters.com/games/checkers_rules.php





ACTIVITY

3

Foods Jesus Ate: Bread & Honey

15
MINUTES

MATERIALS NEEDED

- Pictures of Middle Eastern kids with food (search the Internet)
- Olives
- Grapes
- Figs
- Dates
- Pomegranates
- Homemade bread
- Honey
- All-purpose flour
- Salt
- Rapid-rise yeast
- Tepid water
- Heavy-duty Ziploc freezer bags

WHAT YOU DO

Ahead of time: Make printouts of the “At Home” instructions (see below). Also, be aware of any food allergies, sensitivities, or restrictions the children have. If children have gluten allergies, you will need to substitute a gluten-free flour option. Search the Internet for gluten-free bread recipes.

Begin by showing the Sunbeams pictures of Middle Eastern children eating a variety of foods. Explain to the Sunbeams that these children live where Jesus lived. Talk about the types of food that grew in Jesus’ time and let the children sample some of these foods, including homemade bread and honey. Next, have them make bread dough using the following recipe. Note: You will not have time to allow the bread to rise and bake. Send a note home with the parents/guardians about how to finish making the bread.

Bread in a Bag Recipe (Makes one loaf that feeds 3–4 people)

1½ cups (354 grams) all-purpose flour

1 tsp (5 grams) salt, heaping

1 tsp (5 grams) rapid-rise yeast, heaping

2/3 cup (50 grams) tepid water

Baking time: 25–30
minutes

Recipe from
somethingedible.com

Instructions: Measure flour, yeast, and salt into a one-gallon Ziploc bag. Seal the bag and shake to mix ingredients. Open the bag, add the water, and then close the bag to gently knead the whole mixture into dough. Tape the “At Home” instructions (see below) to the outside of the bag to send home with the children.

At Home: Open the bag and let it sit at room temperature for about two hours. When it’s time to bake, cut open the bag and sprinkle the dough with as much flour as necessary to keep the dough from sticking. Shape the dough into a ball. Place the ball on a parchment-lined sheet pan and preheat the oven to 450°F (232°C). When the oven’s hot, dust the dough with a bit more flour, slash the top a couple of times with a serrated knife, and bake for 25–30 minutes. Let the loaf cool at least 15 minutes before slicing with a serrated knife.

If you’re not able to bake the same day: After the initial two-hour proof, close the bag except for the last inch and put it in the fridge. The dough should easily keep for another three to five days. When it’s time to bake, shape and place the ball of dough on the parchment, then let it rest at room temperature for an hour before putting it in the oven.



Requirement: My God I, A and B



Meeting

2

God's Message to Me



Here are three fun ways that you can teach Sunbeams about Jesus' love for them. Adapt them to meet the needs of your Sunbeams or create your own activities.





The following activities fulfill the requirements for My God II: God's Message to Me. See the Sunbeam Activity Book for accompanying worksheet(s).

ACTIVITY

1

Memory Verse Puzzles

15
MINUTES

MATERIALS NEEDED

- Cardboard or heavy paper
- Printouts of two or more of the following Bible verses:
 - Matthew 22:37-39
 - I John 1:9
 - Isaiah 1:18
 - Romans 6:23
- Glue
- Scissors
- Ziploc bags

WHAT YOU DO

Ahead of time: For the Bible verse printouts, you can use a large font and simplify the verses for your Sunbeams' easy reading. After printing them out, glue each verse onto cardboard. Cut each verse into puzzle pieces, then place individual puzzles in Ziploc bags.

Begin by reading one of the stories from *Forever Stories: Jesus Takes Us Home* by Carolyn Byers (Review and Herald, 1989) available at AdventistBookCenter.com. Spend a few minutes letting the children talk about the story. Then tell the children that the Bible is full of stories of Jesus' love for them. Next, name the four gospels and ask the children to repeat after you.

Give each child two memory verse puzzles to piece together. (Some children might struggle with this; give them a sheet of paper with the verse written out to use as a guide.) After a child has finished a puzzle, have him or her discuss what the verse means with an adult. Let the children take the puzzles home and encourage them to put the puzzles together several times to help them memorize the verses.



Memory Verse Egg Scramble

15
MINUTES

WHAT YOU DO

Ahead of time: Cut up the Bible verses so that each word is on a separate piece of paper. Place the slips of paper into plastic eggs, one word per egg.

Begin by writing the Bible verses on a dry erase board or a large sheet of paper. Discuss what the verse means with the children. Give each child a set of plastic eggs that contain all the words to two Bible verses. Have the children open the eggs and put the words in the correct order. Next, have the children glue the words in order onto a piece of construction paper that they can decorate. Have the children memorize their two verses and explain them to a parent/guardian.

2 ACTIVITY

MATERIALS NEEDED

- Plastic Easter eggs
- Printout of the following Bible verses (or a verse of your choice):
 - I John 1:9
 - Isaiah 1:18
 - Romans 6:23
- Construction paper, 9 × 12 in (23 × 30.5 cm)
- Crayons, markers, glitter glue, stickers, buttons, etc.



ACTIVITY

3

Books of the Bible Bean Bag Toss

10
MINUTES

MATERIALS NEEDED

- Bean bags with the names of the books of the Bible safety-pinned to them
- 6 containers (boxes or buckets)
- Paper and markers

WHAT YOU DO

Ahead of time: Label two containers “Old Testament” and two “New Testament.” Put half of the bean bags into each of the last two unlabeled containers.

Begin by explaining that the Bible is divided into the Old Testament and the New Testament. Then place the children in two lines. Each child at the front of the line takes a bean bag from the unlabeled container and, with the help of an adult (if needed), reads aloud the Bible book attached to the bean bag. With the help of the team, the child decides if the bean bag’s book is from the Old Testament or the New Testament. Then he or she tosses the bean bag into the correct container. That child then goes to the back of the line. Keep going until all of the bean bags have been tossed into the correct containers. Repeat the game as many times as you have time for.



Requirement: My God II, A and B



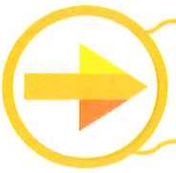
Meeting 3

Friend of Nature



Here are three fun ways that you can help Sunbeams explore nature. Adapt them to meet the needs of your Sunbeams or create your own activities.





The following activities partially fulfill the requirement for My World III: The World of Nature, which is to complete the Friend of Nature award. See the Sunbeam Activity Book for accompanying worksheet(s).

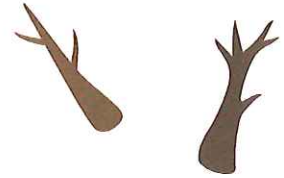
ACTIVITY

1

Twig Frame

15

MINUTES



MATERIALS NEEDED

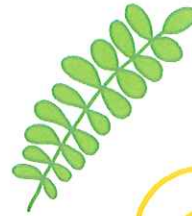
- Twigs
- Cardboard
- Craft glue
- Twine or string
- Safety scissors
- Photo of each Sunbeam, 4 × 6 in (10 × 15 cm)

WHAT YOU DO

Ahead of time: For each photo frame cut a piece of cardboard slightly larger than the photo. You'll want approximately a 0.5 in (1 cm) border for the photo. Gather twigs.

Begin with a brief talk about trees and how they help the planet (cleaning and cooling the air, providing homes for animals and birds). Then have the Sunbeams select twigs for their frame. They will want three or four twigs for each side of the frame. Now have them glue their photo in the center of the cardboard. Next they will need to break the twigs so they are a little longer than the cardboard. Have the children make a bundle of sticks by wrapping and knotting the string around each end of their twig bundles. Some children may need an adult's help to tie the twig bundles. Last, put glue on the cardboard and attach the twig bundles. Dry flat.





24-hour Terrarium

15

MINUTES

WHAT YOU DO

Ahead of time: Wash and dry the glass containers. Paint the gravel, pebbles, or marbles with glow-in-the-dark polish or paint. Cut the nylon or cheese cloth so it will fit across the bottom of the glass container. (The nylon/cheese cloth will act as a barrier to prevent the soil from clogging the plants' drainage system.)

Explain an ecosystem (a part of nature that can create its own water, food, and air) to the Sunbeams and tell them they are going to make an ecosystem in a terrarium.

Steps for making the terrarium:

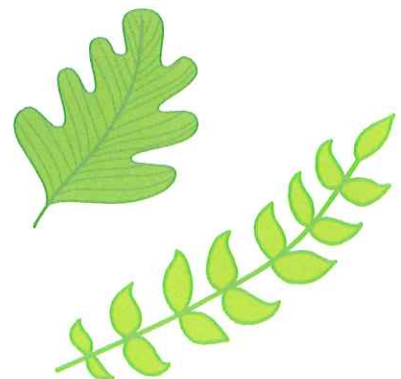
1. Place a handful of gravel, pebbles, or marbles in their glass jar.
2. Put the nylon/cheese cloth onto the gravel, pebbles, or marbles.
3. Add potting soil to fill the glass container about one quarter full (generally 1-2 cups or 128-256 grams).
4. Plant the plants about 2 in (5 cm) apart.
5. Place painted stones in the glass container.
6. Attach glow-in-the-dark stickers along the top inside edge of the glass container.
7. Add just enough water to the container to make the soil damp.
8. Use a rubber band to attach plastic wrap to the opening of the container.
9. Take terrarium home and place in a sunny spot.

2

ACTIVITY

MATERIALS NEEDED

- Clear glass containers (large enough for kids to put their hand in)
- Light colored stones
- Glow-in-the-dark fingernail polish or paint
- Gravel, pebbles, or marbles
- Nylon stockings or cheese cloth, big enough to cover the bottom of the glass container
- Potting soil
- Glow-in-the-dark stickers
- Small plants (ferns work well)
- Water
- Clear plastic wrap
- Large rubber bands



ACTIVITY

3

Nature Found Objects Box

15
MINUTES

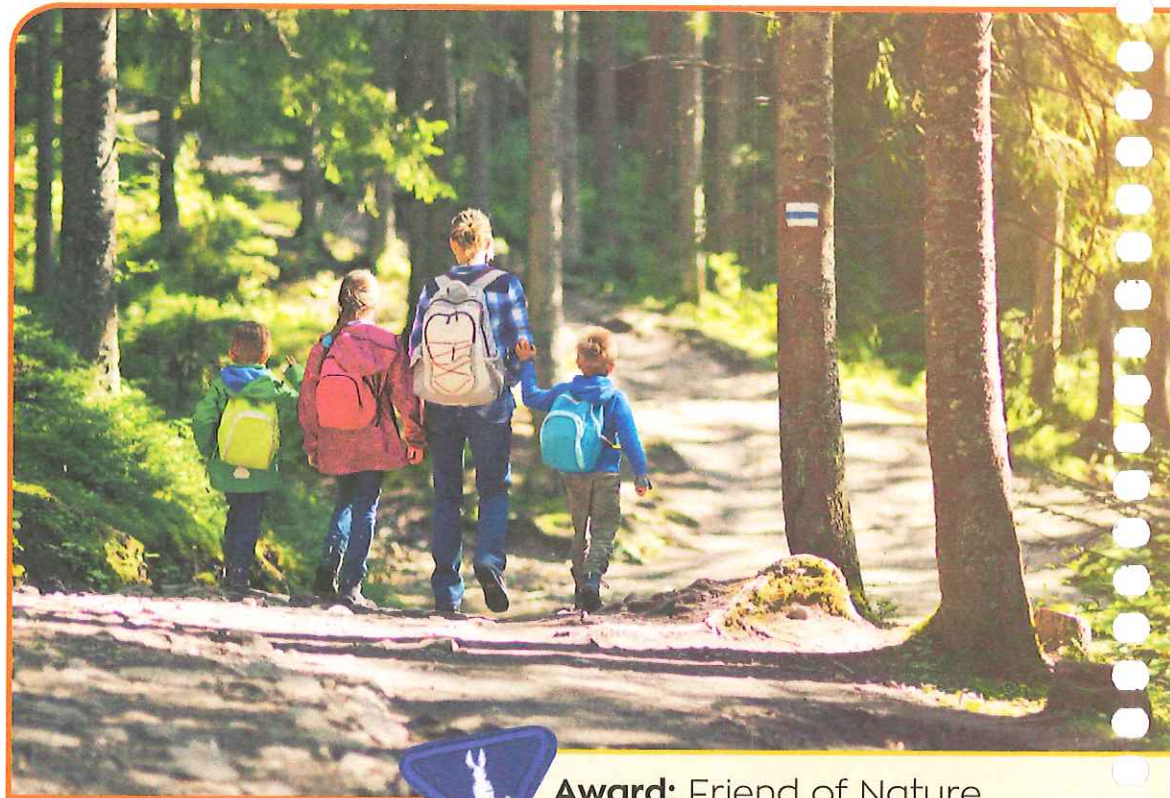
MATERIALS NEEDED

- Found nature objects such as pine cones, small rocks, shells, seed pods, feathers, leaves, flowers, bark, moss
- Boxes: shoe boxes, cake boxes, or any box with a lid works well (if you use a box with print on it, wrap the box in plain white paper)
- Craft glue

WHAT YOU DO

Ahead of time: Before the club meeting, if possible, have the parents/guardians take the children for a nature walk to find the objects to use for this craft. If this is not possible, you should bring in the nature objects.

Tell the children that they are going to make a box where they can keep things they find in nature. Show the children a box that you made. Have the children cover the box with the found nature objects. For objects that don't work well on the outside of the box, let them place them inside of the box.



Award: Friend of Nature

To complete this award, check the requirements on p. 131 and add activities as needed.



Requirement: My World III



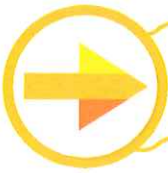
Meeting 4

I Am Special



Here are three fun ways to teach Sunbeams that they are special to Jesus. Adapt them to meet the needs of your Sunbeams or create your own activities.





The following activities fulfill the requirement for My Self I: I Am Special. See the Sunbeam Activity Book for accompanying worksheet(s).

ACTIVITY

1

Sing-along

15

MINUTES

WHAT YOU DO

These songs are most likely new to your Sunbeams and their parents or guardians, so you'll want to have the words printed out for them. Children often learn best when they can hear the whole song from beginning to end, so start by singing the song to the Sunbeams a couple of times. Then let them join in when they are ready. Feel free to gesture or use hand motions while you sing. Children who may not sing will often do the motions along with you.

MATERIALS NEEDED

- The following songs or songs of your choice:
 - "No One Like Me" by Pam Minor (songsforteaching.com)
 - "I'm Terrific!!!" by Kathleen Wiley (songsforteaching.com)
 - "Being Me" on *Down by the Creek Bank* by Dottie Rambo and David Huntsinger (Brentwood Benson, 2003); to hear children singing this song, search for "Being Me (Creek Bank).wmv" on YouTube.com



Life-size Drawing

WHAT YOU DO

15
MINUTES

Begin by reading Psalm 139:14 (NRSV): “I praise you, for I am fearfully and wonderfully made.” Explain to the Sunbeams what this means. Then ask the children to each name something that is special about them. (Sample answers: they can whistle, are kind, can tell jokes, etc.). Remind them that they are each special to Jesus. Next, have each of the children lay on a large sheet of paper. Have an adult trace the outline of the child with a marker. Now let the children fill in the details—hair, eyes, mouth, nose, clothes. You can have them use crayons or chalk. If you have time, give them buttons, scraps of fabric, etc. to add detail to their drawing. Have the children decorate their drawings with additional pictures and words which show good things about themselves.

2

ACTIVITY

MATERIALS NEEDED

- Roll of butcher paper or newsprint
- Crayons or colored chalk
- Markers
- Buttons, scraps of fabric, yarn, string, etc.

TIP

If the children use chalk, take their pictures to a well-ventilated area and lightly spray them with aerosol hairspray or drawing fixative to keep the chalk from smearing.





ACTIVITY

3

Photo Ops

15

MINUTES

WHAT YOU DO

Begin by reading Psalm 139:14 (NRSV): “I praise you, for I am fearfully and wonderfully made.” Ask the children what wonderful things they can do. Next pair the children up and have them take pictures of each other doing fun things or making silly faces. Play upbeat music in the background to get the kids moving.

The second part of this activity takes place at home. Give the parents and guardians a list of websites where they can find a photo editing program. Then their children can play around with the photos by changing the colors, creating collages, and many other fun things! You might want to try out one of the suggested sites before the club meeting and share your edited photos with the parents and guardians.

If some families don't have computers at home, encourage parents to arrange a playdate at the home of another Sunbeam who has a computer so the children can finish this activity.

MATERIALS NEEDED

- Cameras
- Props such as hula hoops, hats, beach balls, bats, feather boas, adult-size clothing
- Typed list of photo editing resources, such as:
 - BigHugeLabs.com
 - Magix-funpix-maker.en.softonic.com
 - Kodak.com/ek/Fun-For-Kids.htm
 - Befunky.com



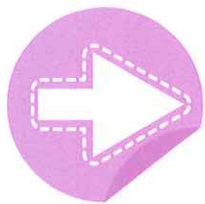
Requirement: My Self I





Meeting 5

God's Power in My Life



Here are three fun ways to teach Sunbeams to talk to God. Adapt them to meet the needs of your Sunbeams or create your own activities.





The following activities fulfill the requirements for My God III: God's Power in My Life. See the Sunbeam Activity Book for accompanying worksheet(s).

ACTIVITY

1

Talking to God

15

MINUTES

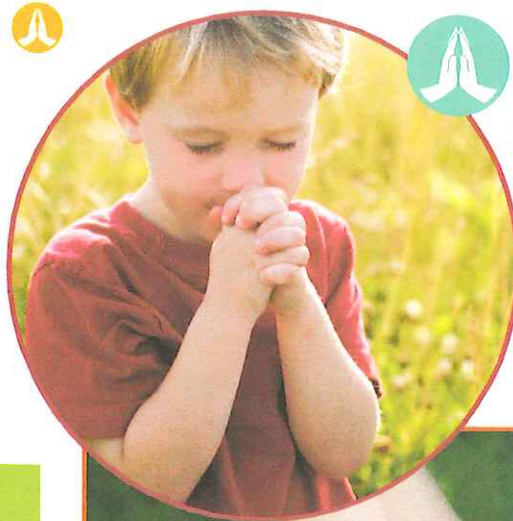
WHAT YOU DO

MATERIALS NEEDED

- One of the following books or a book of your choice on prayer:
 - *What Happens When I Talk To God?: The Power of Prayer for Boys and Girls* by Stormie Omartian (Harvest House, 2007)
 - *Oraciones de la Biblia para la Hora de Acostarse* by Jane Landreth (Barbour, 2010)

Before you begin reading to the Sunbeams, make sure the children are seated comfortably. Having them all sit in a circle around you on the floor is a good idea. Make sure they can all see the book. As you read, point to the pictures, be expressive, ask questions, and answer the children's questions.

Read *What Happens When I Talk to God?* or a book of your choice about prayer. After you've read the book to the children, ask them to each say a simple one- or two-sentence prayer. Demonstrate a sample prayer they can repeat, and remember that it is okay for a child to choose not to pray. Don't pressure them. After prayer, have each child ask parents or leaders why they pray and study the Bible.





Prayer Poster

15

MINUTES

WHAT YOU DO

Ahead of time: Make a large 4 × 4 grid on poster board. The children will write in the squares of the grid so they should be large, such as 5 × 5 in (13 × 13 cm). Leave room at the top of the poster board for the children to write Job 22:27.

Begin by reading Job 22:27 (NRSV): “You will pray to him, and he will hear you.” Ask the children what they think this means. Now explain that to help them learn how to talk to God, they will make a prayer poster. Show them a completed poster that you made.

The children will write the following statements in the first row (one in each box): Thank you, God, for; God, please bless; God, I’m sorry for; God, please make _____ better. The children will leave the sentences incomplete. Repeat the phrases in each of the rows, but mix their order. In each box have the children place the following:

Draw a sad face next to “God, I’m sorry for.”

Place a happy face sticker next to “Thank you, God, for.”

Place a sun sticker or draw a sun next to “God, please bless.”

Attach a small bandage next to “God, please make _____ better.”

After the children have filled in all of the squares, have them write Job 22:27 across the top or bottom of their poster. Then have the children pick one square and complete the sentence (for example, “God, please bless my family”). Have each of the children say their prayer aloud.

Send the poster home with the Sunbeams and encourage them to complete a square and say a prayer every day.

2

ACTIVITY

MATERIALS NEEDED

- Poster board, 28 × 22 in (71 × 56 cm)
- Colored pencils
- Smiley face stickers
- Sun stickers
- Small bandages



ACTIVITY

3

Prayer Balloons

15
MINUTES

MATERIALS NEEDED

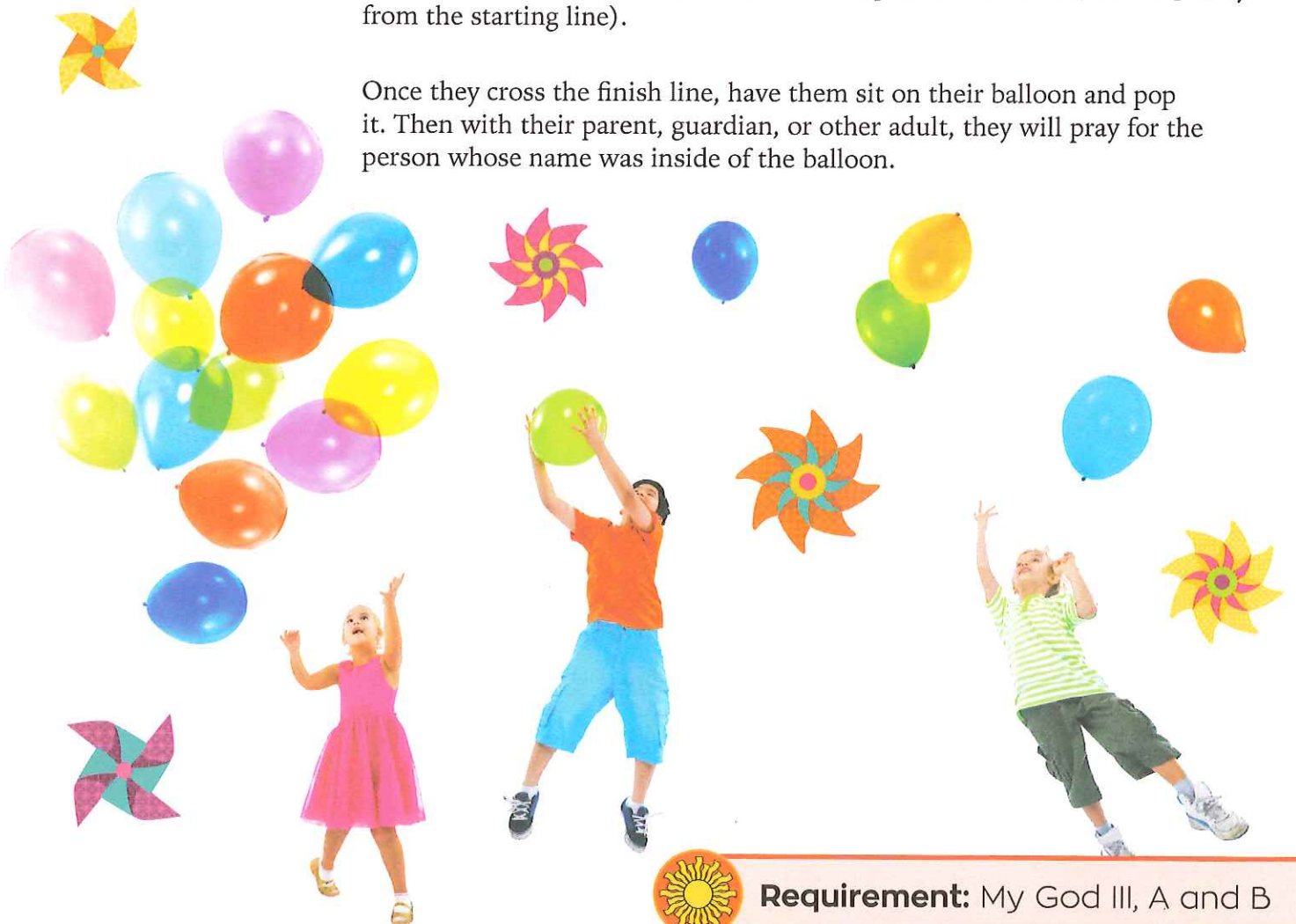
- Balloons
- Paper, 2 × 4 in (5 × 10 cm)
- Pencils
- Tape

WHAT YOU DO

Have each Sunbeam write the name of a person for whom they would like the group to pray. Then fold the piece of paper in half lengthwise and place it inside of a balloon. Next have an adult blow up the balloon and tie it. The adult should keep the balloon until the next step. On the count of three, the adults toss all of the balloons into the air. The children see how long they can keep all of the balloons in the air.

After five minutes, have each child select a balloon. Have them place the balloon on a line you have marked on the floor with tape. Then without touching the balloon, have the children blow on it to move it from the starting line to the finishing line (another taped line 15-20 ft [4.5-6 m] away from the starting line).

Once they cross the finish line, have them sit on their balloon and pop it. Then with their parent, guardian, or other adult, they will pray for the person whose name was inside of the balloon.



Requirement: My God III, A and B



Meeting 6

Ladybugs



Here are three fun ways that you can explore the life of ladybugs with your Sunbeams. Adapt them to meet the needs of your Sunbeams or create your own activities.





The following activities partially complete the requirements for the Ladybugs award.

ACTIVITY

1

Ladybug Life Cycle Coloring Sheet

10
MINUTES

MATERIALS NEEDED

- Ladybug Life Cycle Coloring Sheet (see p. 123 or Pinterest)
- Show a video of the ladybug's life cycle (search "ladybug life cycle" on [YouTube.com](https://www.youtube.com)) or read a book about the ladybug life cycle such as *A Ladybug's Life* by John Himmelman (Children's Press, 1998) or *Como crece una mariquita* by Katie Marsico (Scholastic, 2008)
- Markers or colored pencils

WHAT YOU DO

Begin with a video or book of the life cycle of the ladybug. Then have the Sunbeams color the coloring sheet of the ladybug's life cycle.



Find the **Ladybug Life Cycle Coloring Sheet** at [Pinterest.com/AdventSource](https://www.pinterest.com/AdventSource)





Ladybug Snacks

WHAT YOU DO

15
MINUTES

2 ACTIVITY

Make sure that none of the Sunbeams are allergic to any of the following ingredients. If they are, find alternative ingredients.

Begin by talking to the children about what ladybugs eat. Some help gardeners by eating pests like aphids or mealy bugs. Others are vegetarians and eat fungus or mildew and others eat leaves.

Next have the children make one or more of these snacks. Show them a completed sample of each snack they are going to make.

Apple ladybugs: Place two quarters of an apple side by side, peel side up. This is the body of the ladybug. Next, push three pretzel sticks into the side of each apple slice for the legs. Then use a toothpick to attach a grape for the head. Last, put a little peanut butter on a raisin and place the raisin peanut butter side down onto the apple. Cover the apple with six to eight raisin spots.

Strawberry ladybugs: Start with a strawberry for the body of the ladybug. Then use a toothpick to attach a blueberry for the head. The blueberry should be attached to the end of the strawberry where the stem was. Last, poke the mini chocolate chips (the pointed side down) into the strawberry to make the ladybugs spots.

Ladybug eggs: Have the children select a leaf or flower. Then have them place a spoonful of ladybug eggs (sticky rice) onto the leaf or flower.

Eat!

MATERIALS NEEDED

- For apple ladybugs: apples cut into fourths (two pieces for the body), pretzel sticks (6 legs), raisins (spots), peanut butter (to attach the spots), grapes (the head), toothpicks (to attach the head)
- For strawberry ladybugs: stemmed strawberries (body), mini chocolate chips (spots), blueberries (head), toothpicks (to attach the head)
- For ladybug eggs: edible leaves or flowers (lettuce, cabbage, bok choy, pansies, nasturtiums, daylilies), sticky rice cooked with turmeric to turn the rice yellow (ladybug eggs)
- Small spoons





ACTIVITY

3

Ladybug Tic-tac-toe

20
MINUTES

WHAT YOU DO

Show the Sunbeams a completed projected. Begin by having the children glue the yarn onto the felt to make a tic tac toe grid. Set aside.

Now have the children paint five rock ladybugs. To do this have them paint the entire rock black. Then once the paint is dry (with the help of a hair dryer if needed), paint red wings onto the rocks and then put black dots onto the wings.

Next have the children paint five rock ladybug larva. To do this have them paint the entire rock black. Then once the paint is dry (with the help of a hair dryer if needed), paint an orange stripe on the sides of each rock.

MATERIALS NEEDED

- Felt, 9 × 12 in (23 × 30.5 cm)
- Yarn, 9 in (23 cm) lengths
- Craft glue
- Smooth, clean rocks, approximately 2-3 in (5-8 cm) long
- Red acrylic paint
- Orange acrylic paint
- Black acrylic paint
- Paintbrushes, 1 in (2.5 cm) and fine tipped
- Hair dryer
- Containers

TIPS

- Need to know how to play tic tac toe? Go to boardgames.about.com/od/paperpencil/a/tic_tac_toe.htm.
- To speed up this activity, you may want to have the Sunbeam's parent or guardian help paint the rocks.



Award: Ladybugs

To complete this award, check the requirements on p. 133 and add activities as needed.



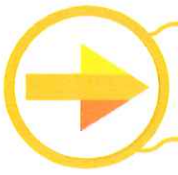
Meeting 7

I Can Make
Wise Choices



Here are three fun ways to help your Sunbeams learn to make wise choices. Adapt them to meet the needs of your Sunbeams or create your own activities.





The following activities fulfill the requirement for My Self II: I Can Make Wise Choices. See the Sunbeam Activity Book for accompanying worksheet(s).

ACTIVITY

1

Reading Circle

15

MINUTES

MATERIALS NEEDED

- *Jamaica's Find* by Juanita Havill (Houghton Mifflin Harcourt, 1987), also available in Spanish, or a book of your choice

WHAT YOU DO

Have the children sit on the floor in a semi-circle around you. Make sure they can all see the book. Begin by asking them what a choice is. Then ask them for examples of good choices and bad choices.

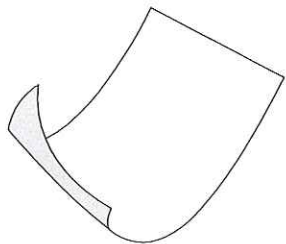
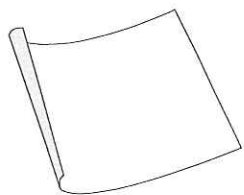
Next tell them you are going to read a story about a little girl named Jamaica who made some good choices and bad choices. Ask them to put their thumb up when Jamaica makes a good choice and their thumb down when she makes a bad choice. Read the story.

When the story is over, have the children all say a simple sentence prayer together: "Jesus, please help me to make good choices."

TIP

As you read the story, pause when Jamaica makes a choice and ask the children if she made a good or bad choice.





Good Choice, Bad Choice Game

15
MINUTES

2

ACTIVITY

WHAT YOU DO

Place two rows of thumbs up and thumbs down printouts on the floor. Each row should consist of a thumbs up and a thumbs down for each Sunbeam. Have the children form a line in between the two rows of printouts. Explain that you are going to read a statement to them. If it is a good choice, they should run to a thumbs up. If it is a bad choice, they are to run to a thumbs down.

MATERIALS NEEDED

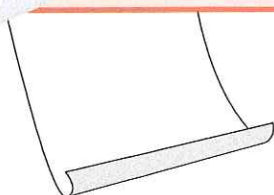
- Thumbs Up and Thumbs Down printouts (see Pinterest)

Sample good and bad choices:

- Take a classmate's pencil without asking.
- Tell your teacher she left her cell phone on the playground.
- Climb a tree your dad told you not to climb.
- Listen to music that has bad words.
- Brush your teeth without being asked.
- Play with matches with your friends.
- Tell your family that you love them.
- Call your friend stupid.
- Feed your dog without being asked.
- Sneak and eat the cookies your brother baked for his sleepover.
- Laugh at a classmate when she doesn't know the answer to the teacher's question.



Find the **Thumbs Up, Thumbs Down Printouts** at [Pinterest.com/AdventSource](https://www.pinterest.com/AdventSource)



ACTIVITY

3

I Can Make Good Choices Watercolor

15
MINUTES

MATERIALS NEEDED

- Butcher paper, 24 × 24 in (61 × 61 cm)
- Crayons
- Watercolors
- Paintbrushes, 2 in (5 cm) wide

WHAT YOU DO

Show the Sunbeams a completed project. Start by having them write “I Can Make Good Choices” in crayon in the middle of the paper. Next have them trace one hand and one foot (their own or a friend’s) on the paper and color it in with crayon. Have them draw a mouth, eye, and ear with crayon. Then have them paint the entire sheet of paper using one or more colors. They should paint over the crayon drawings.

Conclude by teaching them the following sentence prayer: “Dear Jesus, I will do my best to use my hands, my feet, my mouth, my eyes, and my ears to make good choices.”

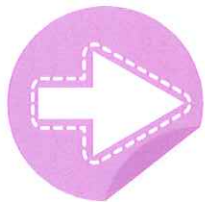


Requirement: My Self II



Meeting 8

Fitness Fun



Here are three fun ways that you can get your Sunbeams moving and excited about fitness! Adapt them to meet the needs of your Sunbeams or create your own activities.





The following activities partially fulfill the requirement for My Self III: I Can Care for My Body, which is to complete the Fitness Fun award. See the Sunbeam Activity Book for accompanying worksheet(s).

ACTIVITY

1

Healthy Me

10

MINUTES

WHAT YOU DO

Begin by reading a book that explains the importance of being active. Then have the children write on the fitness charts the things they will do the following week to stay healthy.

MATERIALS NEEDED

- A book about kids and fitness, such as *The Busy Body Book: A Kid's Guide to Fitness* by Lizzy Rockwell (Crown, 2004)
- Health Me Fitness Chart (see p. 124 or Pinterest), one per child
- Pencils

Have Sunbeams with disabilities? Check out the National Center on Health, Physical Activity, and Disability website at nchpad.org for ideas on assisting all kids to be healthy.



Find the **Healthy Me Fitness Chart** at [Pinterest.com/AdventSource](https://www.pinterest.com/AdventSource)





Let's Move

WHAT YOU DO

20
MINUTES

You can use a video or create your own stretching and aerobic routines with your Sunbeams. Remember to keep the activities age appropriate and fun! Fun is the key to helping the children want to be active. Make adjustments for kids who need them.

TIP

Use towels or fitness mats when kids are lying on the floor for any of the exercises.

2

ACTIVITY

MATERIALS NEEDED

- Fitness videos, such as “Joybob the Polar Bear: A Cosmic Kids Yoga Adventure!” and “Kids Workout with Paul Eugene” at [YouTube.com](https://www.youtube.com) (you can also create your own exercise routines)
- Towels or fitness mats



ACTIVITY

3

Let's Jump: Jump Rope and Chinese Jump Rope

15
MINUTES

MATERIALS NEEDED

- Jump ropes
- Book of jump rope rhymes, such as *Anna Banana: 101 Jump Rope Rhymes* by Joanna Cole (HarperCollins, 1989)
- Chinese jump ropes (to watch videos of Chinese jump rope, go to worldkidspress.com/chinese-jump-rope)

WHAT YOU DO

Divide the children into groups of three. Assign an adult to each group to supervise and help the children learn the games. For jump rope rhyme games, print out the rhymes for each adult so they can help the children. For the Chinese jump rope games, print out the footwork pattern for each game and give it to the adults. Model each game before the children try it.



Award: Fitness Fun

To complete this award, check the requirements on p. 130 and add activities as needed.



Requirement: My Self III



Here are three fun ways that you can get Sunbeams excited about starting their own collections. Adapt them to meet the needs of your Sunbeams or create your own activities.





The following activities partially complete the requirements for the Collector award.

ACTIVITY

1

Collection Mania

20
MINUTES

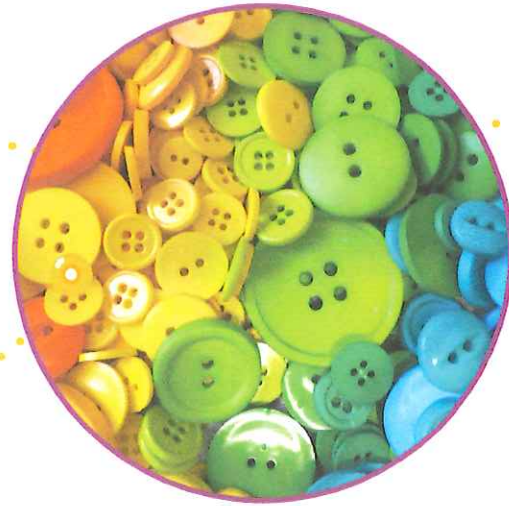
MATERIALS NEEDED

- None

WHAT YOU DO

Ahead of time: Invite a collector to bring in his or her collection to show the Sunbeams. Give the collector some ideas of what you would like to discuss and for how long he or she is to talk.

Encourage the collector to tell the children how he or she got interested in this item. Discuss how he or she adds to the collection and how he or she organizes the collection. The collector could also talk about meeting and/or trading with other collectors.



Collection Collage

WHAT YOU DO

Begin by asking the Sunbeams if they or anyone they know collects something. Then talk about all of the different things they could collect. Now show them a collage you made of all of the things you would like to collect. Then have them cut out pictures of objects they would like to collect and glue the pictures onto construction paper. It's okay for the pictures to overlap. If there is time, let the children share with an adult what pictures they selected and why.

10
MINUTES

2

ACTIVITY

MATERIALS NEEDED

- Magazines about hobbies (sports, nature, music, travel, etc.)
- Safety scissors
- Craft glue
- Construction paper, 12 × 18 in (30.5 × 46 cm)



ACTIVITY

3

Coin Jar

15

MINUTES

WHAT YOU DO

MATERIALS NEEDED

- The smallest denomination of coins available in your country (pennies or nickels)
- Cans or juice or vegetable tins
- Strong, clear glue that will bond metal to a painted surface like Crafter's Pick: the Ultimate Glue or Aleene's Original Tacky Glue
- Spray paint

Ahead of time: Spray paint the outside of the cans the color of your choice. Determine how many coins each child will need to entirely cover the can with pennies/nickels.

Let the Sunbeams pick out the coins they want to use for this project. Then have the children arrange the coins in order of the year they were minted. Some kids may need adult help. Now find out who has the oldest coin and the newest. Find out if anyone has a coin from the year they were born. Now tell them they are going to make a holder for coins or other objects they might collect in the future. Beginning at the bottom of the can, have them glue the coins onto the can. Have the Sunbeams continue gluing the coins to the can until it is covered.



Award: Collector

To complete this award, check the requirements on p. 126 and add activities as needed.



Meeting 10

I Have a Family



Here are three fun ways that you can connect with family. Adapt them to meet the needs of your Sunbeams or create your own activities.





The following activities fulfill the requirement for My Family I: I Have a Family. See the Sunbeam Activity Book for accompanying worksheet(s).

ACTIVITY

1

Story Time with Family

15
MINUTES

MATERIALS NEEDED

- Ask parents/guardians to bring in family photos (if they don't have any they can just talk)

WHAT YOU DO

Share Psalm 77:5 (NIV): "I consider the days of old, and remember the years of long ago" with the children. Have each adult pair off with his or her Sunbeam and talk about the photos and share childhood memories.

TIP

Let the parents/guardians know that the Sunbeams will be very interested in learning about their childhood foods, trips, pets, school, and games.



Memory Multi-media Poster

15 MINUTES

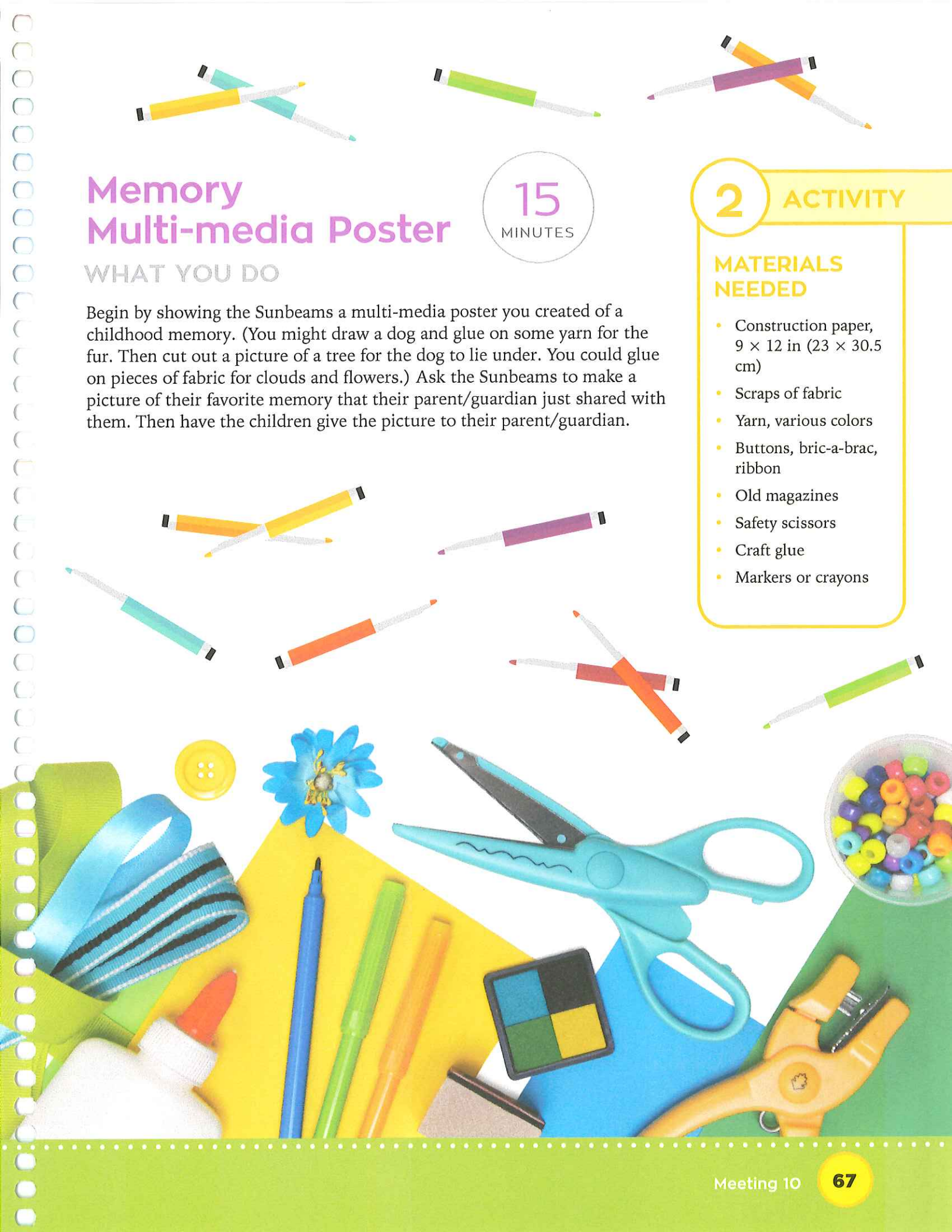
WHAT YOU DO

Begin by showing the Sunbeams a multi-media poster you created of a childhood memory. (You might draw a dog and glue on some yarn for the fur. Then cut out a picture of a tree for the dog to lie under. You could glue on pieces of fabric for clouds and flowers.) Ask the Sunbeams to make a picture of their favorite memory that their parent/guardian just shared with them. Then have the children give the picture to their parent/guardian.

2 ACTIVITY

MATERIALS NEEDED

- Construction paper, 9 × 12 in (23 × 30.5 cm)
- Scraps of fabric
- Yarn, various colors
- Buttons, bric-a-brac, ribbon
- Old magazines
- Safety scissors
- Craft glue
- Markers or crayons



ACTIVITY

3

Scrapbook

15
MINUTES

WHAT YOU DO

Ahead of time: Make blank scrapbooks for the children to decorate and take home to fill up with their own photos and stories of their family. For each book, you need 12 sheets of construction paper with three holes punched along the left side of the paper. Use yarn to bind the paper together.

Begin by showing the Sunbeams a scrapbook you've made. Then have the children draw a picture of themselves on the front cover and write "My Memories." They can decorate the inside pages however they want. Remind them to leave some blank spaces for writing memories or gluing pictures.

MATERIALS NEEDED

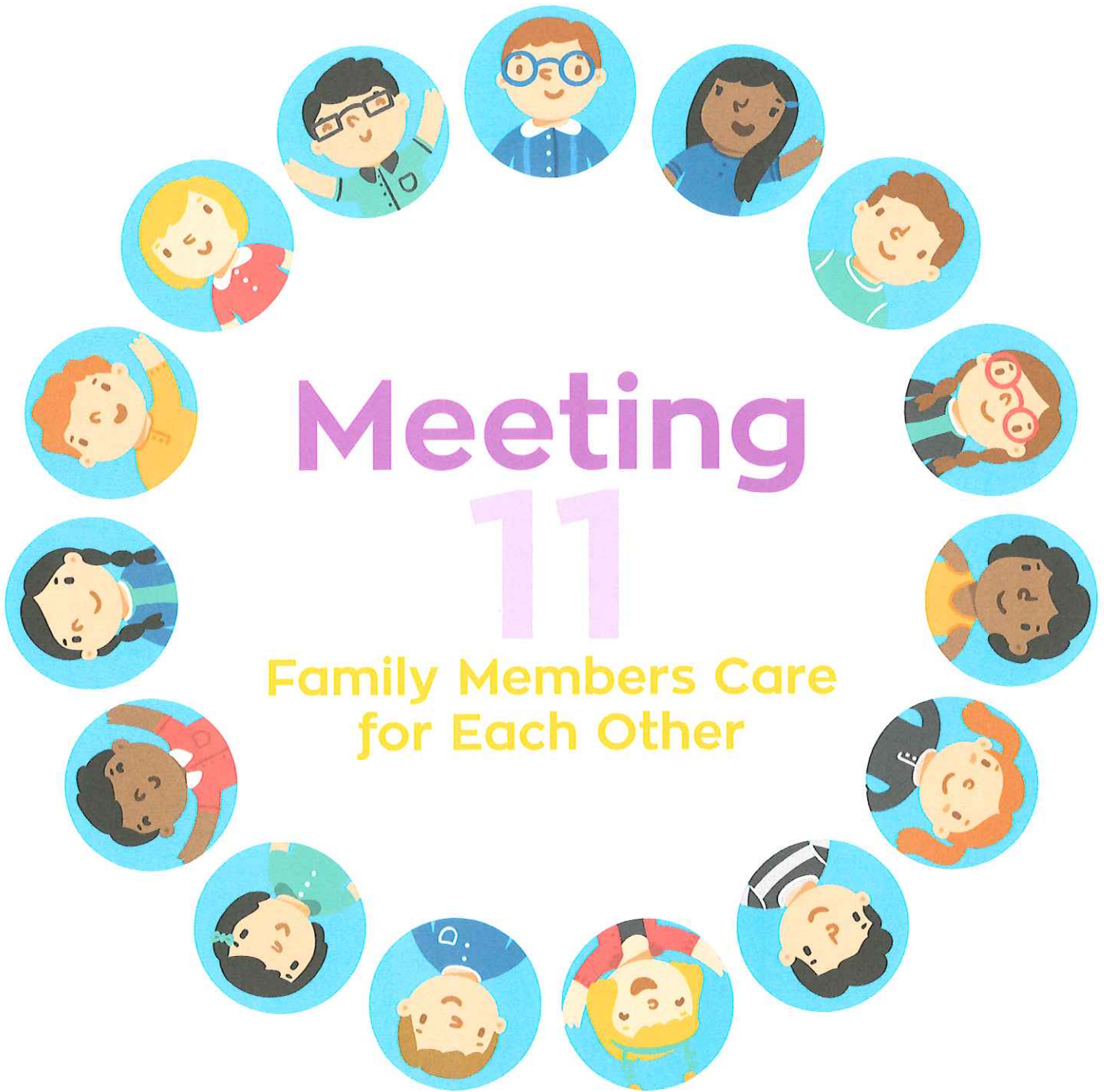
- Construction paper, 9 × 12 in (23 × 30.5 cm)
- Scraps of fabric
- Yarn, various colors
- Buttons, bric-a-brac, ribbon, stickers
- Safety scissors
- Craft glue, glitter glue
- Markers or crayons
- Hole punch

TIP

If you Google "scrapbooking with kids images" you will find a lot of great ideas to inspire the Sunbeams. There are also books at your public library on scrapbooking with kids.

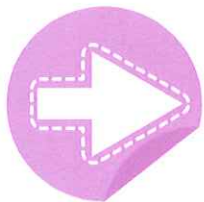


Requirement: My Family I



Meeting 11

Family Members Care for Each Other



Here are three fun ways that you can show Sunbeams how Jesus can help them to be loving and kind to family and friends. Adapt them to meet the needs of your Sunbeams or create your own activities.





The following activities fulfill the requirement for My Family II: Family Members Care for Each Other. See the Sunbeam Activity Book for accompanying worksheet(s).

ACTIVITY

1

Crazy Chicken Run

20
MINUTES

MATERIALS NEEDED

- Wide masking tape
- Red marker
- Black marker
- Dry erase board or large sheet of paper

WHAT YOU DO

Ahead of time: Write the following Bible verses on masking tape: “I can do all things through him that strengthens me” (Philippians 4:14, NRSV) and “God’s love has been poured into our hearts through the Holy Spirit” (Romans 5:5, NIV). Write one verse in red and the other verse in black. Now tear the tape so there are one or two words (or more if you have a small group) on each piece of tape.

Begin by asking the children how Jesus can help them be kind and not fight with friends and family. Write Philippians 4:14 and Romans 5:5 on a large sheet of paper or dry erase board so all of the children can see them. Discuss how these verses tell the children that Jesus is always with them and can help them be loving and kind to others.

Stick one piece of tape on all of the children but two. The two without tape will be the farmers. Explain that the chickens have gotten out of their coop. Each farmer needs to find his or her own chickens. The words written in red belong to one farmer, the words in black to the other farmer.

Have the “chickens” scatter and the farmers tag them. Once they are tagged, have them go to a designated coop. If the farmer has trouble catching the chickens, allow him or her to have help from parents/guardians. Once all of the chickens are rounded up, have the children line up in the correct order of the verse and have them say the words attached to them. Play more than once if time permits. Have different children be the farmers each time you play the game.



Bible Story: Jesus Fights Temptation

10
MINUTES

2 ACTIVITY

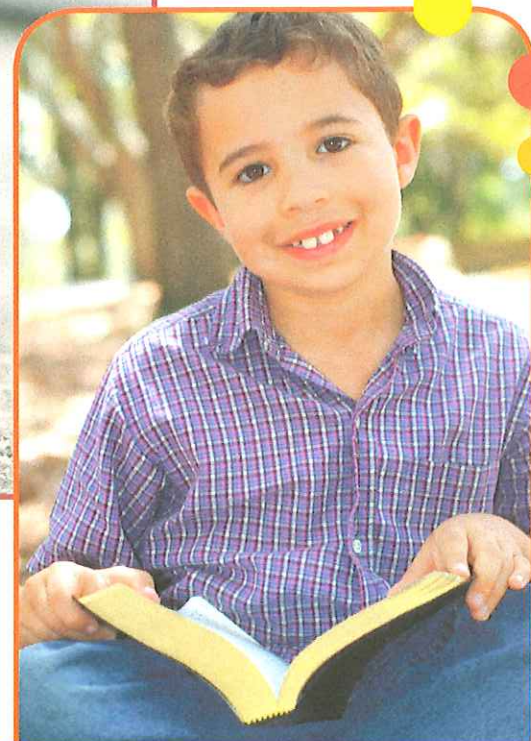
WHAT YOU DO

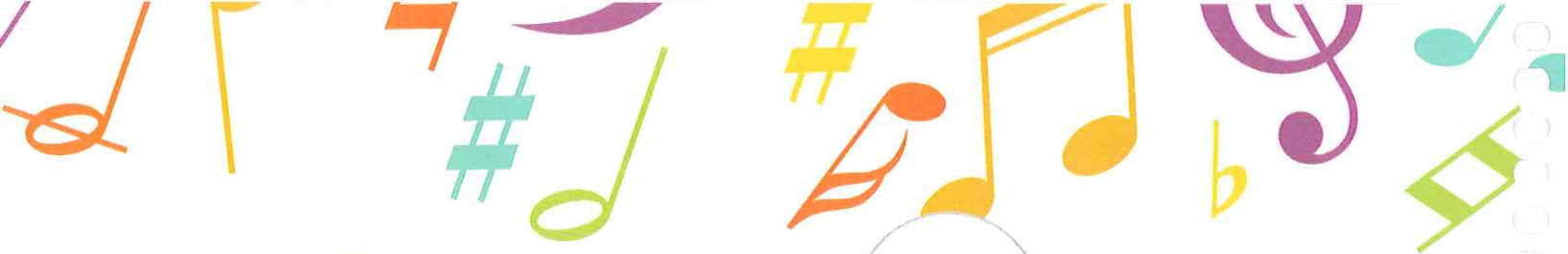
Ask the Sunbeams if they are ever tempted to disagree with a sibling or say something mean to a friend. Tell them that Jesus had temptations, too. Show a short video or read the story of Jesus being tempted in the desert.

After the story/video have the children write down things they will do when they are tempted to be unkind or disagree with family and friends. Have the children share what they wrote with their parent/guardian. Next, have the children and parents/guardians role play how they will handle disagreements.

MATERIALS NEEDED

- Video or children's Bible story book about Jesus' temptation in the desert (for a video about Jesus being tempted, search "27 Jesus tempted by Satan" on [YouTube.com](https://www.youtube.com))
- Paper
- Pencils





ACTIVITY

3

Hot Potato

15

MINUTES

WHAT YOU DO

MATERIALS NEEDED

- Potato
- Music (live or recorded)

Have the children sit in a circle. Then have them pass the potato from person to person while the music is playing. When the music stops, the person holding the potato will say one way Jesus can help them be kind and loving to family and friends. (Some children may have trouble thinking of an idea quickly. You may want to have an adult help them come up with ideas before the game starts.) It's okay for a child to pass or to call on an adult to give an answer. You can also encourage the parents/guardians to join in and play the game.



Requirement: My Family II

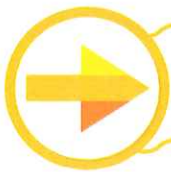


Meeting 12 Whales



Here are three fun ways that you can help Sunbeams earn the Whale award. Adapt them to meet the needs of your Sunbeams or create your own activities.





The following activities partially complete the requirements for the Whale award.

ACTIVITY

1

Baby Beluga

10

MINUTES

WHAT YOU DO

Begin by telling the Sunbeams that whales love to sing. Show a video of whales singing. Then teach the children “Baby Beluga.”

MATERIALS NEEDED

- Video of whales singing; check out kids.nationalgeographic.com/kids/animals/creaturefeature/blue-whales or search “whales singing” or “whale song” on YouTube.com
- Music and lyrics to “Baby Beluga” by Raffi Cavoukian; find the lyrics at metrolyrics.com/baby-beluga-lyrics-raffi.html or listen to it on YouTube.com



Fun Facts About Whales

20
MINUTES

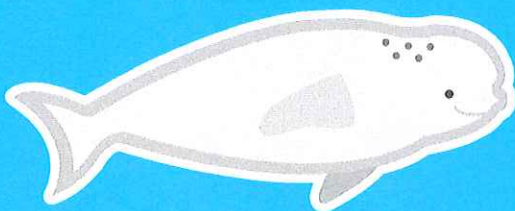
WHAT YOU DO

Share fun facts about whales with the Sunbeams. As you share a fact, write it briefly on a board or large sheet of paper so the children can see it. When you are done sharing the information with the children, have them make a poster of their favorite facts about whales. On the poster they can write fun whale facts with markers or glitter glue, attach pictures of whales, draw whales and other ocean animals, and attach ocean stickers.

2 ACTIVITY

MATERIALS NEEDED

- Go to whale-world.com/facts-about-whales-for-kids/ for whale facts or check out a book from your local library
- Poster board
- Pictures of whales (from old magazines or the Internet)
- Glitter glue
- Markers
- Ocean stickers (shells, waves, starfish, fish, etc.)
- Dry erase board or large sheet of paper
- Marker



ACTIVITY

3

Whale Craft

15

MINUTES

WHAT YOU DO

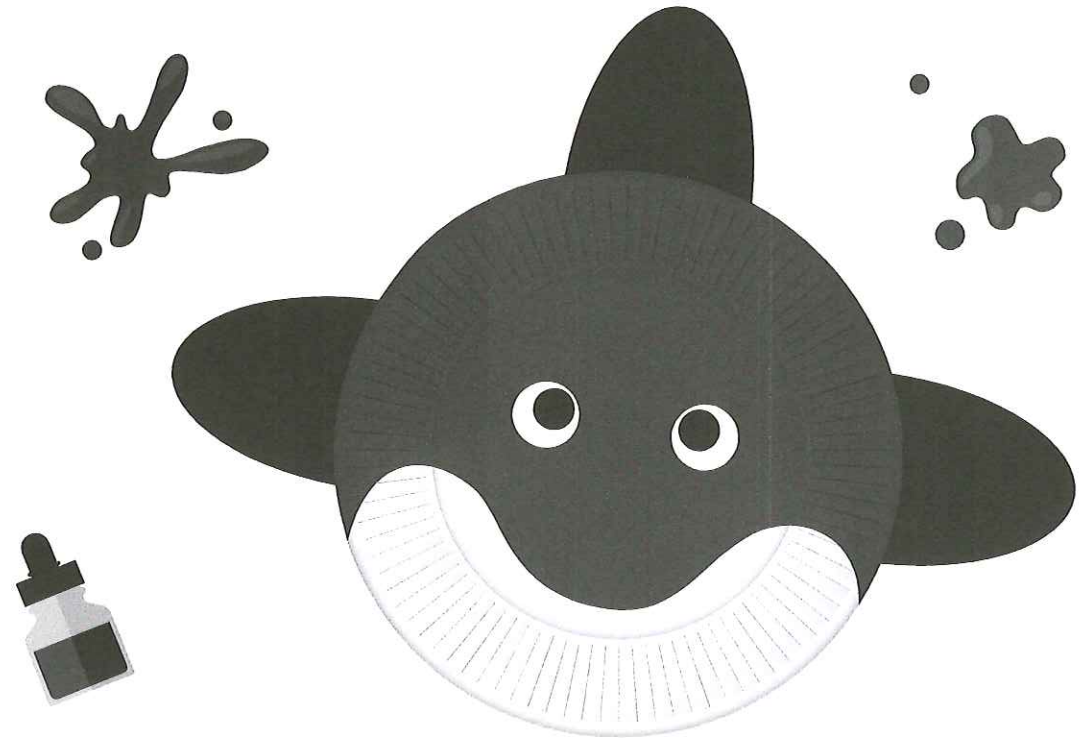
MATERIALS NEEDED

- White paper plates
- Black construction paper
- Black tempera paint
- Paintbrushes
- Googly eyes
- Craft glue

Ahead of time: Draw a curved line on the lower part of the back of a paper plate. Below the line the children will leave the plate white. Above the line the children will paint the plate black.

Draw three ovals onto black construction paper for each child. These ovals will form the tail.

Show the Sunbeams a completed whale. First, cut out the three ovals from black construction paper. Second, glue the tail onto the paper plate (one on each side of the plate and one on top). Third, paint the paper plate, above the line, black. Last, glue on the eyes after the paint has dried.



Award: Whale

To complete this award, check the requirements on p. 136 and add activities as needed.



Meeting 13

Road Safety



Here are three fun ways that you can teach Sunbeams about road safety. Adapt them to meet the needs of your Sunbeams or create your own activities.





The following activities fulfill the requirement for My Family III: My Family Helps Me Care for Myself, which is to complete the Road Safety award. See the Sunbeam Activity Book for accompanying worksheet(s).

ACTIVITY

1

Law Enforcement Officer Visit

20
MINUTES

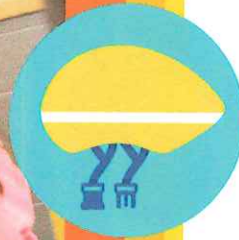
MATERIALS NEEDED

- Law enforcement officer

WHAT YOU DO

Make arrangements for a law enforcement officer to talk to the Sunbeams about the importance of wearing a seat belt and pedestrian and cyclist road safety.

You can combine Activities 1 and 2 and have the law enforcement officer go outside and walk the neighborhood with the children and adults.



Stop, Look, and Listen

WHAT YOU DO

15
MINUTES

For this activity, you will pair a child with an adult and go out and practice road safety in the neighborhood around the church. You can also create streets and sidewalks in the church parking lot where the children can practice road safety.

Have adults share road safety tips with the child as they go. For example, as the adult and child come to a street corner, they would discuss looking both ways and stopping, looking, and listening.

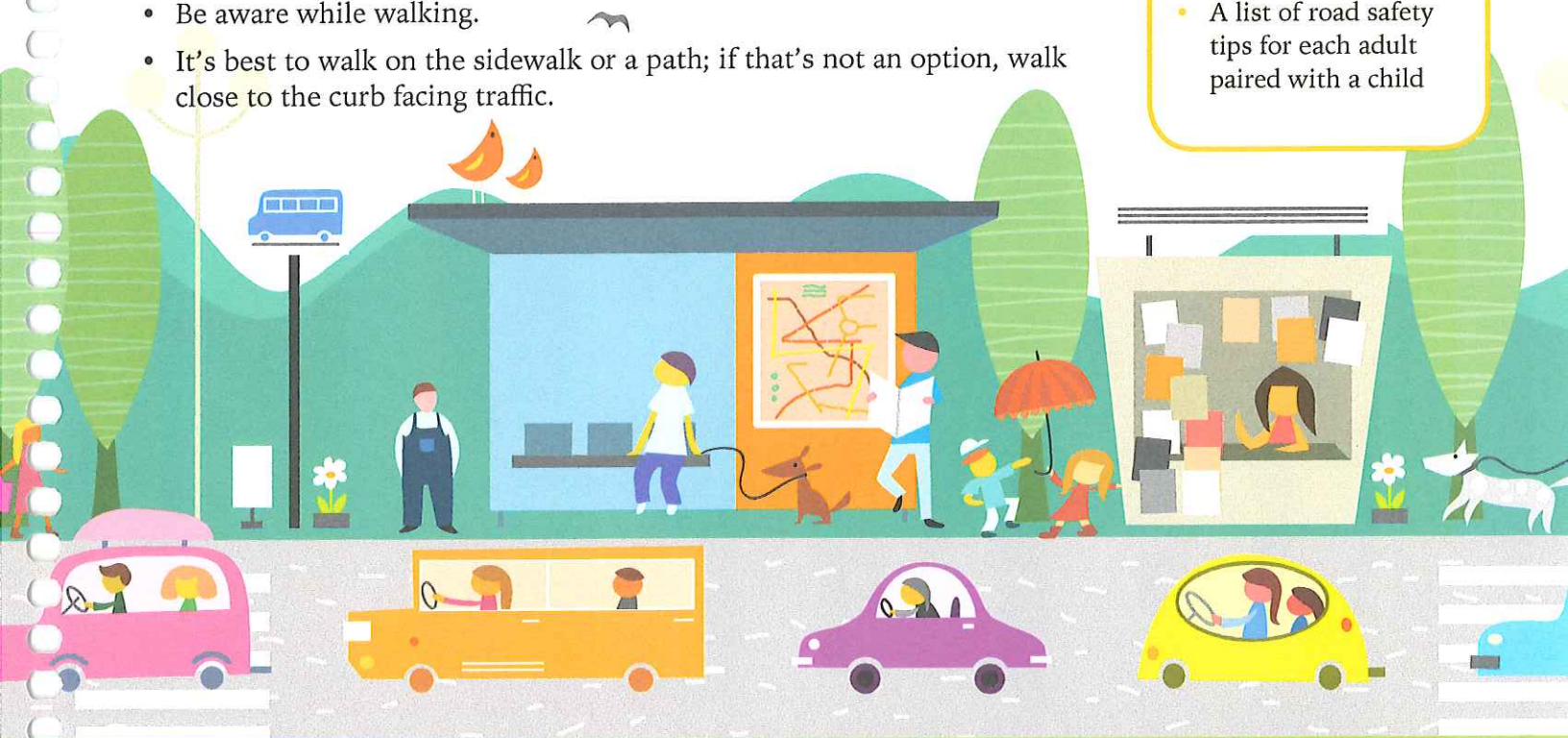
Suggested road safety tips:

- Stop, look, and listen before crossing the street.
- Look, left, right, left (or right, left, right, depending on where you live) before crossing streets.
- Make eye contact with the driver of a car you cross in front of.
- Don't cross the street between parked cars.
- Cross the street at corners, following traffic signals and using crosswalks where available.
- Be aware while walking.
- It's best to walk on the sidewalk or a path; if that's not an option, walk close to the curb facing traffic.

2 ACTIVITY

MATERIALS NEEDED

- Road signs if you are creating a walking area in the parking lot for Activity 2 (Find printable U.S. traffic signs at doodlesandjots.com; type "All signs point to fun" in the search box. For Canadian road signs, go to wikipedia.org/wiki/Road_signs_in_Canada. In Bermuda check out the Bermuda Road Safety Council on Facebook.)
- A list of road safety tips for each adult paired with a child





10
MINUTES

ACTIVITY

3

Red Light, Green Light

WHAT YOU DO

MATERIALS NEEDED

- An open space to play

An adult is the stop light. Have the children stand about 20 feet away from the adult. (To help the children spread out, have them stand with their arms straight out from their sides so they each have plenty of room.)

The stop light (adult) stands with his/her back to the children. When the stop light says “green light,” the children move toward the stop light. (For each round of the game, designate a way for the children to move, such as hop on one foot, run backwards, crab crawls, or skip.) When the stop light says “stop,” he/she turns quickly toward the children. Any child caught moving goes back to the starting line. Play until several children make it to the stop light. Then play again using a different way for the children to move toward the stop light.



Award: Road Safety

To complete this award, check the requirements on p. 134 and add activities as needed.



Requirement: My Family III



Here are three fun ways that you can teach Sunbeams about manners. Adapt them to meet the needs of your Sunbeams or create your own activities.





The following activities fulfill the requirement for My World I: The World of Friends, which is to complete the Courtesy award.

ACTIVITY

1

Respect

5

MINUTES

WHAT YOU DO

Read Matthew 7:12 (NIV): “So in everything, do to others what you would have them do to you.” Ask them what this means. Explain this is sometimes called the Golden Rule and explain why.

Now play “It’s Called Respect.” Give the children the words to the song and have them sing along with the video or audio recording. You’ll want to do this a couple of times.

MATERIALS NEEDED

- Video of children singing “It’s Called Respect” by the Fearless Lions (search for it on [YouTube.com](https://www.youtube.com) or iTunes)
- The lyrics to “It’s Called Respect” (available online)

Looking for alternative activities on manners? Check out Carrie Finn’s *Way to Be! Manners* series (Picture Window, 2007), which includes *Manners in the Library*, *Manners in Public*, *Manners on the Playground*, *Manners at the Table*, and *Manners at School*.





Phone Dress-up

15
MINUTES

WHAT YOU DO

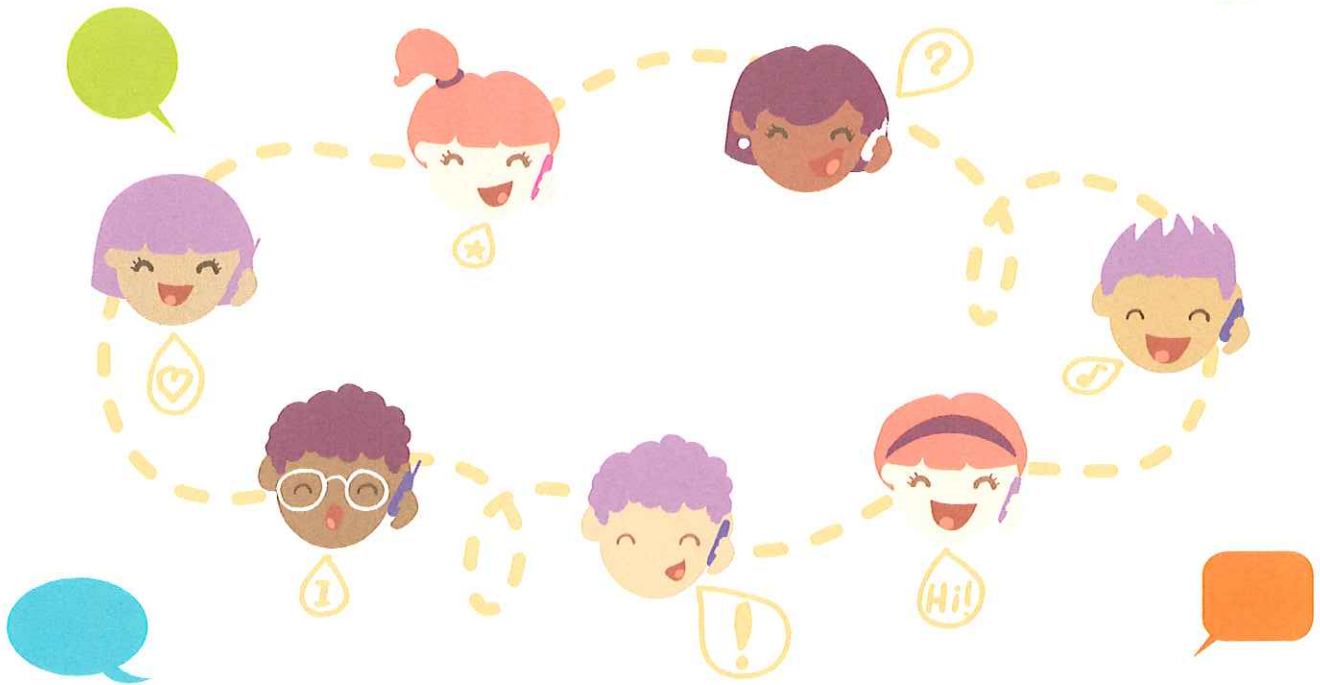
Talk to the children about good phone manners. Write phone and texting manners key points on a dry erase board so the children can see them. Suggested phone and texting manners: turn off the cell phone in church, restaurants, libraries, and museums; when using a cell phone in public, lower your voice and keep calls short; when taking a phone message, repeat the name, number, and message back to the caller; don't text when talking to someone.

Now let the children put on "adult" dress-up clothes. Next, divide the children into groups of four. Make sure to have at least one adult in each group. The children are going to role play being adults making and receiving phone calls and texts. In the group, have two children model the wrong way to use the phone (based on the phone manners previously discussed). Then have two children role play the correct way to use the phone. Have the children role play several phone situations. Phone and texting suggestions for role playing: answering the phone in church, texting in church, talking on the phone in the grocery store line, taking a phone message, talking on the phone at a museum, texting during Adventurer Club.

2 ACTIVITY

MATERIALS NEEDED

- Dress-up clothes
- Cell phones
- Dry erase board or large sheet of paper
- Marker



ACTIVITY

3

Mother, May I?

15

MINUTES

WHAT YOU DO

Designate one adult as “Mother,” “Popi,” “Tia,” or whatever adult name you want to use. Have the Sunbeams line up facing Mother and stand about 20 feet (6 m) away from Mother. Mother selects one of the children and says something like, “Zaida, you may take three giant steps.” Then the child says, “Mother may I?” Mother then says, “Yes, you may.” Then Mother continues this with all the children. The game continues until someone reaches Mother. The trick is that the children must remember to say, “Mother may I?” before they move. If they move without saying this, they have to return to the starting line. Mother can call out baby steps, giant steps, scissor steps, hops, spinning steps, or any other steps you can think of.

MATERIALS NEEDED

- Open space to play the game

TIP

Calling out the children’s names quickly speeds up the game and increases the fun and the likelihood that a child may forget to say “Mother may I?”



Award: Courtesy

To complete this award, check the requirements on p. 129 and add activities as needed.



Requirement: My World I



Meeting 15

I'm a Good
Neighbor



Here are three fun ways that you can teach Sunbeams to be a good neighbor. Adapt them to meet the needs of your Sunbeams or create your own activities.





The following activities fulfill the requirements for My World II: The World of Other People, which includes completing the Acts of Kindness award. See the Sunbeam Activity Book for accompanying worksheet(s).

ACTIVITY

1

Good Neighbor Story Time

15

MINUTES

MATERIALS NEEDED

- A story or two about being a good neighbor such as *Good Neighbor Nicholas* or *Good Citizen Sarah* by Virginia Kroll (Albert Whitman, 2006 and 2007)

WHAT YOU DO

Begin by having the Sunbeams say together Luke 10:27 (ERV): “Love your neighbor the same as you love yourself.” Ask them for ideas about what this means and who their neighbor is. Accept all answers, but do help them to understand that Jesus says everyone is our neighbor, not just people who live next to us.

Read a story or two about being a good neighbor.





Lend a Helping Hand Craft

10
MINUTES

WHAT YOU DO

Ask the children for ways they can be a good neighbor. Write their answers on a dry erase board or large sheet of paper. Give each child a sheet of paper and have an adult trace both of the child's hands onto the paper. Now have the children fill the paper around their hands with a list of ways they can be a good neighbor. Have them write in a variety of colors. Also, have them write Luke 10:27 (ERV): "Love your neighbor the same as you love yourself." (If you haven't already talked about what this verse means, make sure to do so.)

Once the children have filled their paper with ideas of ways to be a good neighbor, have them color their drawn hands.

2 ACTIVITY

MATERIALS NEEDED

- White paper, 9 × 12 in (23 × 30.5 cm)
- Pens or colored pencils in a variety of colors (don't use markers for this activity)
- Dry erase board or large sheet of paper
- Marker



ACTIVITY

3

Good Neighbor Activity

20
MINUTES

MATERIALS NEEDED

- Varies depending on activity

WHAT YOU DO

Begin by asking the children how the church or school (or whatever location where you hold your Adventurer Club meetings) can be a good neighbor. Now have the children do a quick community service project at your location, such as picking up trash, washing windows, cleaning inside, or planting some flowers.



Award: Acts of Kindness

To complete this award, check the requirements on p. 124 and add activities as needed.

Requirement: My World II, A and B



Meeting 16

Cooking Fun



Here are three fun ways that you can have fun teaching Sunbeams to cook. Adapt them to meet the needs of your Sunbeams or create your own activities.





The following activities partially complete the requirements for the Cooking Fun award.

ACTIVITY

1

An Apple a Day Apron

15
MINUTES

WHAT YOU DO

Ahead of time: To make the apron, turn two corners of the tea towel under and sew or tack down. Then with a punch tool, punch two holes at the top of the apron and two holes where the child's waist will be.

Ask the kids if they know the saying, "An apple a day keeps the doctor away." Spend a few minutes talking about the importance of healthy eating. Next, with the help of an adult, have each child tie a piece of rope to each of the holes on the apron. (The top two pieces of rope tie behind the child's neck and the other two tie around his or her waist.) Across the top front, have each of the Sunbeams write their name with a fabric pen. Next, give each child half of an apple. Then have them dip the cut side of the apple into the fabric paint and firmly press the apple onto the apron. Repeat two or three times.

MATERIALS NEEDED

- Tea towels
- Cotton rope or jute
- Grommet hole punch tool and grommets (or you can use scissors to snip holes in the tea towels)
- Fabric pens
- Apples, cut in half
- Fabric paint
- Shallow containers





Eating a Rainbow

15
MINUTES

WHAT YOU DO

Ahead of time: Cover the tables or work space with butcher paper. It's helpful to tape it to the table so it doesn't slide around. Wash, dry, and chop all of the vegetables.

Read a story about eating fruits and vegetables. Then tell the children they are going to make a rainbow of food. Have everyone, children and adults, wash their hands. Then have the adult draw a large rainbow on the butcher paper and write the colors that will be used. Start with purple in the center, then green, then yellow, then orange, and last red. Let the children select what veggies they want to use to fill in the rainbow.

Once the children have completed their rainbows, take pictures of each rainbow. You can post these on the church bulletin board or on your club's website. Now give the children salsa and ranch dip and let them eat their rainbows. This should be a fun time, so don't force anyone to eat a vegetable if they don't want it. Give each child a plastic baggie to take home any leftover vegetables from his or her rainbow.

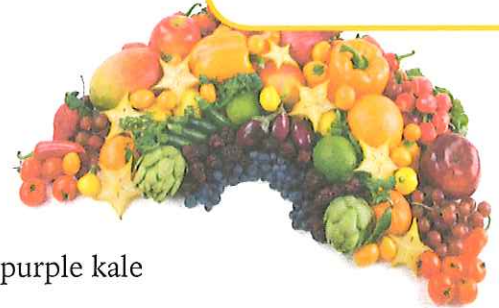
Suggested rainbow vegetables:

- Red: tomato, radish, red bell pepper
- Orange: carrot, orange bell pepper
- Yellow: corn, yellow squash, wax beans, yellow bell pepper
- Green: broccoli, soybean, cucumber, bell pepper
- Purple: purple cabbage, purple bell pepper, purple leaf lettuce, purple kale

2 ACTIVITY

MATERIALS NEEDED

- Book about eating fruits and vegetables, such as *Why Do I Need to Eat Fruits & Veggies?* by Johanna Pomeroy-Crockett (Educational Activities, 2013)
- Vegetables in a rainbow of colors that can be eaten raw
- Plastic baggies
- Butcher paper
- Salsa and ranch dip
- Camera



ACTIVITY

3

Homemade Applesauce

15
MINUTES

MATERIALS NEEDED

- Recipe for individual servings of applesauce:
 - Two small apples
 - Two tablespoons lemon juice
 - Two teaspoons sugar (optional)
 - $\frac{1}{8}$ teaspoon cinnamon (optional)
- Vegetable peelers
- Knife (for adult use)
- Blenders/food processors
- Measuring spoons
- Serving bowls
- Spoons

WHAT YOU DO

Each child will need to work with an adult on this project. Make sure they begin with clean hands. Have each child peel two apples with a peeler. Then have the adult cube the apple and place it into a blender or food processor. (If you don't have enough blenders/food processors for each child to have his or her own, two to three children can place their ingredients into the same one.) Next, have the child measure and add the lemon juice to the apples. Have the children place the lid on the blender/food processor and blend the apples until they are smooth. With the help of an adult, the child next pours the applesauce into a bowl and measures and stirs in the remaining ingredients. Finally, let them eat their applesauce!



Award: Cooking Fun

To complete this award, check the requirements on p. 127 and add activities as needed.



Meeting 17 Country Fun

Here are three fun ways that you can teach Sunbeams about Ghana. Use this meeting plan, adapt it to meet the needs of your Sunbeams, or select another country in which your Sunbeams are interested.





The following activities partially complete the requirements for the Country Fun award.

ACTIVITY

1

Sansa Kroma (Sansa the Hawk)

15
MINUTES



MATERIALS NEEDED

- Lyrics to “Sansa Kroma” (Sansa the Hawk); available online (search “Sansa Kroma” on [YouTube.com](https://www.youtube.com) or at [sheetmusicplus.com](https://www.sheetmusicplus.com))
- Map or globe
- Hard plastic cups, one per child

Want to learn about a different country? Go to [Mamalisa.com](https://www.mamalisa.com) for children’s songs and games from around the world or search the library for books like *The Kids Multicultural Art Book: Art and Craft Experiences from Around the World* by Alexandra M. Terzian (Williamson, 1993).

WHAT YOU DO

“Sansa Kroma” is a Ghanaian children’s song and game, so begin by showing the children Ghana on a map or globe. Also, show them some pictures of children from Ghana playing Sansa Kroma (go to [YouTube.com](https://www.youtube.com) and type “Sansa Kroma passing game” in the search box).

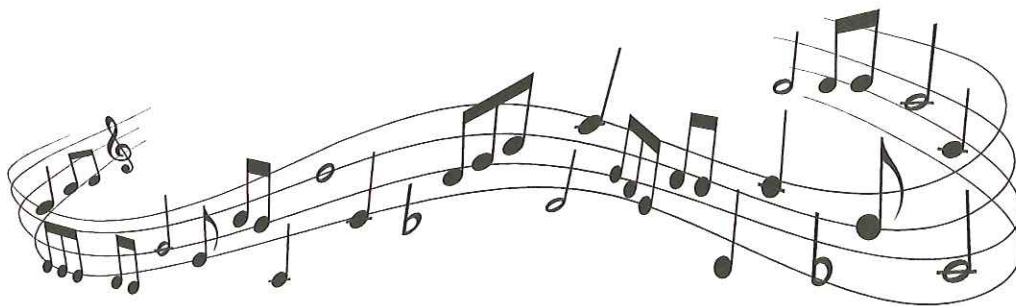
Words to Sansa Kroma

Ghanaian: Sansa kroma ne na wuo che che akokoba (sah-sah kroh-mah nee nay woo aw-chay chay koh-koh mah) (repeat several times)

English: Sansa the hawk, his mother died, capture, capture, chicks.

Listen to “Sansa Kroma” at the Listeninglab at listeninglab.stantons.com/title/sansa-kroma/453945/

First, have the children sit on the floor in a circle and teach them the words to “Sansa Kroma.” This song may be easier for the Sunbeams to learn as a call and response, with the leader singing the song and the children joining in on the words “Sansa kroma ne.” After the children have sung the song three to five times, add the passing game. Give each child a plastic cup. As they sing, they will tap the cup twice in unison and then slide the cup along the floor to the person next to them. Tap, tap, and pass. Tap, tap, and pass. Start slow and then speed it up as the children become more comfortable. This was originally a stone passing game. You can place a small stone under one of the cups and see where it ends up at the end of the song.





Ghanaian Paper Weaving

15
MINUTES

WHAT YOU DO

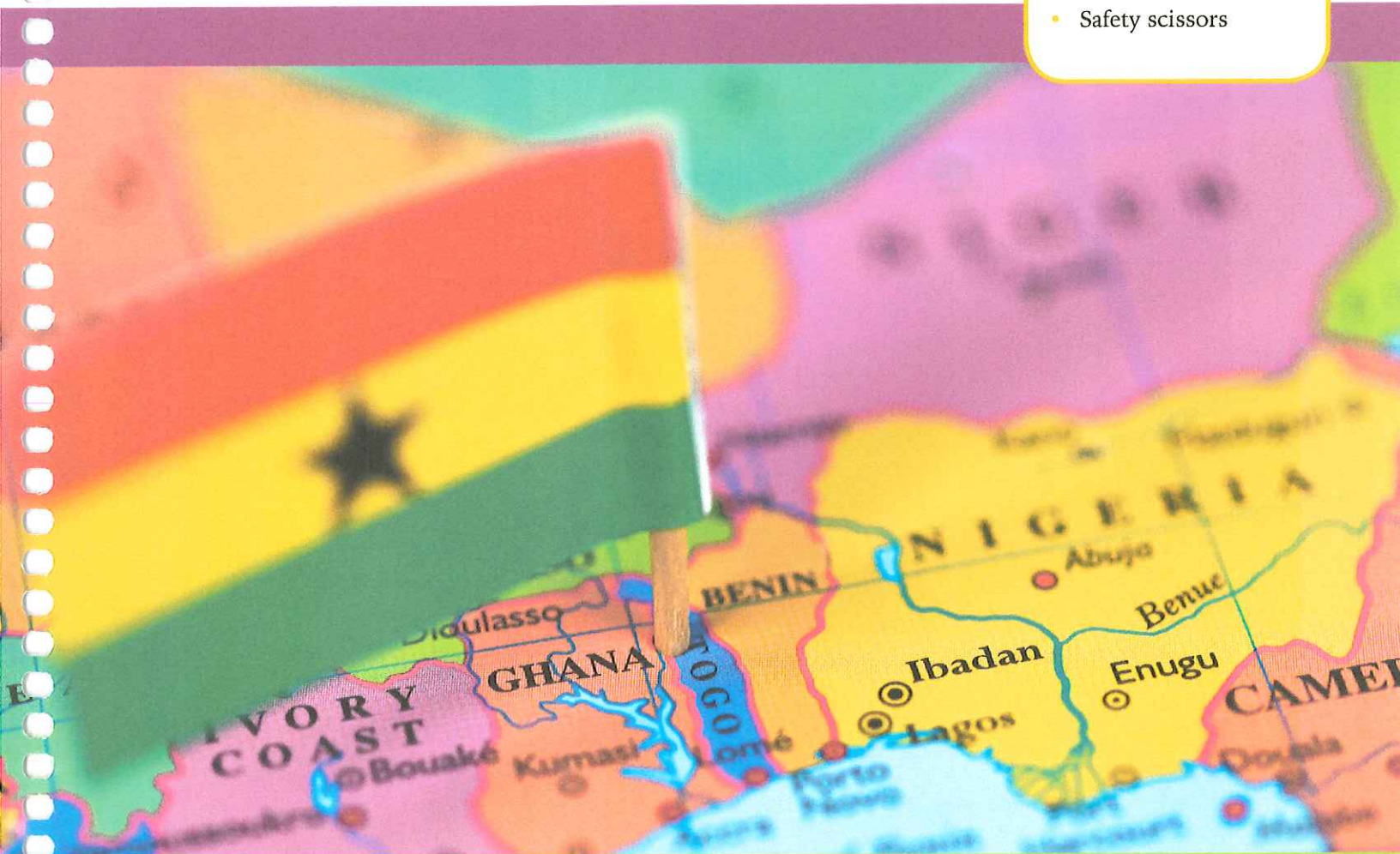
Fold the large sheet of construction paper in half (short side to short side). Cut slits 1 in (2.5 cm) apart from each other. Start the cuts at the fold and cut to about 2 in (5 cm) from the top edge of the paper. (Most kids will need adult assistance with this. You may want to have the adult draw lines where the kids are to cut.) Then unfold the construction paper.

Begin weaving the strips of paper into the large sheet of construction paper. Row one is over, under, over, under until the child gets to the end of the strip of paper. Row two is under, over, under, over until you get to the end of the strip of paper. Repeat until complete.

2 ACTIVITY

MATERIALS NEEDED

- Black construction paper, 12 × 18 in (30.5 × 46 cm)
- Strips of red, yellow, and green construction paper, 12 × 1 in (30.5 × 2.5 cm)
- Picture of Ghana's flag (search the Internet or library)
- Safety scissors



ACTIVITY

3

MATERIALS NEEDED

- Piece of cloth, a cloth napkin, or a handkerchief

Antoakyire

15
MINUTES

WHAT YOU DO

Antoakyire is a Ghanaian word that means “it was not put behind you.” It is similar to the game Duck, Duck, Goose. Begin by having the children sit on the floor in a circle. Teach the children and adults the following chant:

Adults:

anto akyire o, anto akyire o
(on-twa) (achi-ray) (ō),
(on-twa) (achi-ray) (ō)

Children respond:

yie, yie, yie **(yay) (yay) (yay)**

Adults:

anto akyire o, anto akyire o
(on-twa) (achi-ray) (ō),
(on-twa) (achi-ray) (ō)

Children respond:

yie yie yie **(yay) (yay) (yay)**

Adults:

obiba bewu o **(o-bee-bah)**
(bay-woo) (ō)

Children respond:

yie yie yie **(yay) (yay) (yay)**

Adults:

kapoi poi **(kah-poy) (poy)**

All:

yie yie yie **(yay) (yay) (yay)**

Select a child to carry the cloth and run around the circle while the seated children say the above chant. At some point the selected child will drop the cloth behind someone (tell the children not to look behind them until they think the cloth has been dropped). The seated child whom the cloth was dropped behind picks it up and runs after first child. If the child who dropped the cloth makes it back to the space where the other child was sitting without being tagged, then he or she sits down and the other child carries the cloth for the next round.

Award: Country Fun

To complete this award, check the requirements on p. 128 and add activities as needed.



Meeting 18

Handicrafts



Here are three fun handicraft activities to do with your Sunbeams. Adapt them to meet the needs of your Sunbeams or create your own activities.





The following activities partially complete the requirements for the Handicraft award.

ACTIVITY

1

Crayon Scratch Board

15
MINUTES

MATERIALS NEEDED

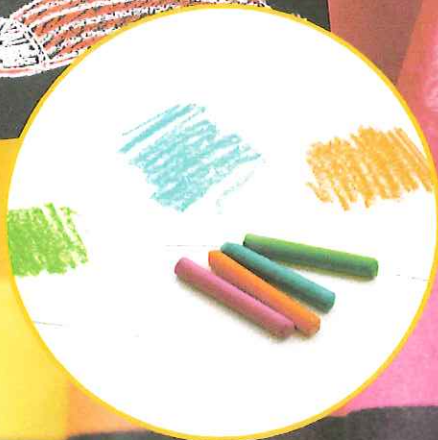
- White card stock or poster board (use the slick side), 8.5 × 11 in (22 × 28 cm)
- Crayons (all colors plus extra black crayons)
- Pencils

WHAT YOU DO

Hand out card stock and crayons, then instruct the children to completely color their card stock so no white paper shows through. Have them use all the colors but black, and tell them to make stripes, scribbles, or shapes rather than a picture (you may want to make a sample to show them). Next have them use a black crayon to completely cover their design. Now have them use sharp or mechanical pencils to scratch a picture out from the black crayon.

TIP

Have extra paper in case some children finish quickly and want to make another picture.



String Painting

15
MINUTES

WHAT YOU DO

Show the children a completed painting that you have done. Then model how they are to make their paintings. Give each child or group of three or four children containers of paint: blue, red, yellow, orange, purple, green, black, or any other colors of your choice. Give each child a piece of string for each color of paint that you have given them, a sheet of construction paper, and some newspaper. The newspaper is for the children to lay their string on when not dipping it in paint. Show the children how to hold the string by the end when dipping it in the paint. (Remind them not to purposely stick their fingers in the paint. Sunbeams will inevitably get paint on their hands, but that is part of the fun!) Hold the string above the paper then lower it onto the paper. The child should still be holding the end of the string. Repeat until the page is filled with string designs.

2

ACTIVITY

MATERIALS NEEDED

- Construction paper, 9 × 12 in (23 × 30.5 cm)
- Tempera paint
- Cups
- Cotton string, 10 in (25 cm)
- Paper towels
- Newspaper



ACTIVITY

3

Block Printing

15
MINUTES

WHAT YOU DO

Ahead of time: Turn the cardboard squares into printing blocks. On some cardboard squares glue four pieces of sponge to form a square. Leave space between the sponges so they don't touch each other. On other cardboard squares, randomly glue the pasta. On the remaining cardboard squares, glue on a design with the string (a radiating circle works well).

Show the Sunbeams a completed printed paper. Then show them how to dip the printing blocks into paint and press them onto their paper. If there is too much paint on the print block, dab it on newspaper. Have the children completely fill their paper with prints. Some children will do this quickly, so provide extra paper so they can make more than one print.

MATERIALS NEEDED

- Construction paper, 9 × 12 in (23 × 30.5 cm)
- Corrugated cardboard squares, 3 × 3 in (8 × 8 cm)
- Craft glue
- Sponges cut into 0.5 in (1 cm) squares
- Cotton or jute, 0.5 in (1 cm) in diameter
- Penne pasta
- Tempera paint
- Shallow dishes such as aluminum pie pans
- Newspaper
- Paper towels

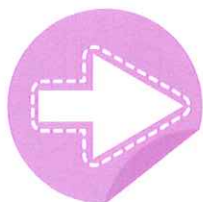


Award: Handicraft

To complete this award, check the requirements on p. 132 and add activities as needed.



Meeting 19 Trees



Here are three fun ways that you can teach Sunbeams about trees. Adapt them to meet the needs of your Sunbeams or create your own activities.





The following activities partially fulfill the requirements for the Trees award.

ACTIVITY

1

Leaf Printing

15

MINUTES

WHAT YOU DO

Ahead of time: Collect the leaves yourself or have the Sunbeams do this with their parents or guardians. If you have the children collect and bring the leaves, you'll want to have extra in case they forget to bring them or they don't bring enough. Make a leaf print to show the Sunbeams before they start their project.

Show the children leaves from three or four different trees. Explain that leaves turn sunlight into food for trees and that leaves also make oxygen for Sunbeams to breathe. Show the Sunbeams a completed leaf print that you have done. To make the leaf print, paint the underside (the side with the most prominent veins) of the leaf. Then place the leaf painted side down onto the construction paper. Press or rub the leaf before lifting it off of the paper. Discard leaf. Pick a new leaf and repeat the process until the paper is filled with leaf prints. Encourage the children to use more than one color of paint and let them know it's okay for the prints to overlap.

MATERIALS NEEDED

- Leaves, a variety of sizes and species
- Construction paper
- Tempera paint
- Paintbrushes, 0.5 and 1 in (1 and 2.5 cm) wide
- Wide, shallow containers
- Newspaper to cover work surface



Tree Parts Wind Chime

WHAT YOU DO

Ahead of time: Collect tree seeds, bark, pine cones, leaves, etc. Make a sample tree parts wind chime. Tie a 6 in (15 cm) piece of jute to the middle of each branch. This will be used to hang the wind chime.

Share fun facts about tree parts (bring in samples). Remember to discuss trees native to your area. Show the children a sample tree wind chime you made. Then give each child a branch with the jute attached in the middle to hang the wind chime, plus four or five long 3 ft (0.9 m) pieces of jute. Then let them select tree parts that you have brought to the meeting. (You can also have the children contribute to the tree parts used for this project.) Begin by tying one piece of jute about 1 in (2.5 cm) from the end of the branch. Then tie on a tree part by wrapping the jute around the tree part and knotting the jute. Attach four or five tree parts to the piece of jute. After the tree parts are attached to the jute, cut off all but approximately 1 in (2.5 cm) of jute. Repeat the process until the wind chime has four or five pieces of jute with tree parts hanging from the limb. The jute should be spaced evenly.

Suggested resources for fun facts about trees:

- Kids' websites such as savatree.com/kids-tree-facts.html
- Books such as *Trees, Leaves and Bark* by Diane Burns (Cooper Square, 1995) or *I Wonder Why Trees Have Leaves* by Andrew Charman (Kingfisher, 2006), available in Spanish as *Por Que Los Arboles Tienen Hojas?*

TIP

For this project, Sunbeams will need help from an adult to tie the tree parts to the jute, so make sure each child has an adult on hand to assist.

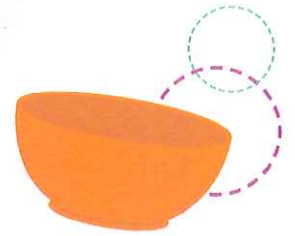
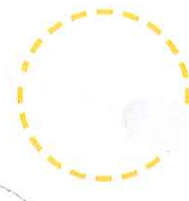
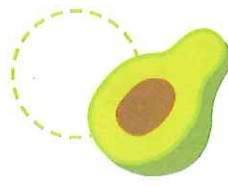
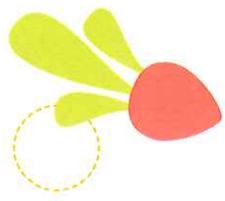
15
MINUTES

2 ACTIVITY

MATERIALS NEEDED

- Fun facts about parts of trees
- Small, sturdy branch, about 1 ft (0.3 m), one per child
- Parts of trees (pieces of bark, seeds, pine cones, leaves)
- Jute cut into lengths of 3 ft (0.9 m), four or five pieces per project
- Jute cut into 6 in (15 cm) pieces, one per project
- Hole punch





ACTIVITY

3

Grow a Tree

15
MINUTES

WHAT YOU DO

Ahead of time: Ripen avocados in a brown bag if they are not ripe at the time of purchase.

Begin by reading Job 14:7 (ISV): “There is hope for the tree, if it’s cut down, that it will sprout again, and that its shoots won’t stop growing.” Ask the children to explain what sprouts and shoots are. Then give each child an avocado. Discuss how the avocado is the fruit of the tree and in the middle is a large seed that can sprout and grow into a tree.

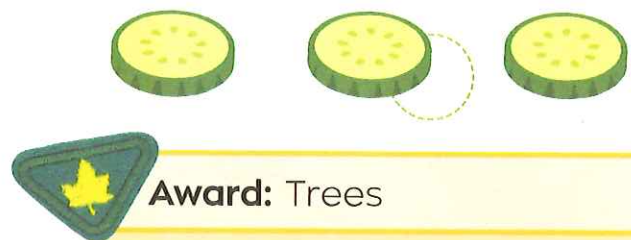
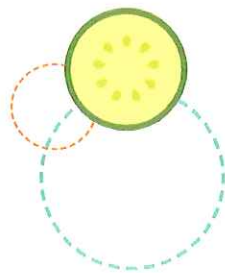
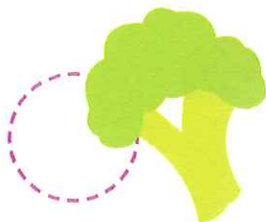
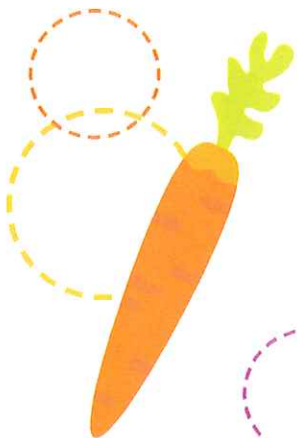
Give each child an avocado and have an adult cut the avocado in half. Have the children use the spoon to remove the avocado seed and then rinse and dry it. Have each child write Job 14:7 on a label and attach the label to a clear plastic cup. Next, the children will poke toothpicks into three different sides of the avocado seed. (This lets the seed rest on the top of the plastic cup.) Tell the children that when they get home they should place the seed in the cup and fill the cup with water until the water is touching the bottom of the seed. They can watch the roots grow and later plant the seed in a pot of dirt.

Now have the children make guacamole from their avocado. They can use the spoon to scoop out the avocado flesh from the skin. Then using a spoon, they can mash the avocado. Have them add a pinch of salt and garlic powder and stir. Provide cut up vegetables or chips for the children to dip into their guacamole.

MATERIALS NEEDED

- Avocados, one per child
- Small bowls, one per child
- Spoons, one per child
- Salt
- Garlic powder
- Vegetables or chips
- Clear plastic cups, one per child
- Labels, one per child
- Markers, one per child
- Toothpicks, three per child
- Paper towels
- Knives

Beware of any food allergies before starting this activity and make changes where needed.



Award: Trees

To complete this award, check the requirements on p. 135 and add activities as needed.



Meeting 20 Camping

Here are three fun ways that you can teach Sunbeams about camping. Adapt them to meet the needs of your Sunbeams or create your own activities.





The following activities partially complete the requirements for the Camper award.

ACTIVITY

1

Fire Building Craft

20
MINUTES

MATERIALS NEEDED

- Cardboard craft tubes
- Orange, red, and yellow tissue paper cut into 6 × 6 in (15 × 15 cm) squares
- Craft glue
- Stones, medium sized
- Sticks
- Kindling
- Bucket
- Shovel
- Dry erase board or large sheet of paper
- Marker

WHAT YOU DO

Ahead of time: Cut each cardboard craft tube lengthwise to make a rectangle. Then cut each tube in half again so you have two rectangles. Fold each rectangle lengthwise into thirds and glue outer fold down. You can put a couple of paper clips on each paper “log” to hold it together until the glue is dry. You’ll need four “logs” per child. Build a sample log cabin fire pit. See wikibooks.org/wiki/Adventist_Youth_Honors_Answer_Book/Recreation/Fire_Building_%26_Camp_Cookery for information.

Begin by reading Psalm 34:7 (NET): “The Lord’s angel camps around the Lord’s loyal followers and delivers them.” Ask the children what they think this means. Then tell them they will be doing some fun camping activities during the meeting, beginning with learning about fire safety and building a fire.

Have the children gather around your sample fire pit. Begin by sharing three simple campfire safety rules. Write the rules on a dry erase board:

- **Rule 1:** Don’t light a fire unless an adult says you can.
- **Rule 2:** Stay 3 ft (0.9 m) away from the campfire. (Model how far 3 ft [0.9 m] is.)
- **Rule 3:** Have a bucket of water, sand, or dirt and a shovel nearby to put out the fire. Then show them how to build a log cabin out of sticks to start a fire (don’t actually start the fire).

Now have each of the children build their own log cabin fire using the cardboard “logs.” Give each child four “logs” to glue together. Then have them lay one sheet of red tissue paper flat on the table and put a dot of glue in the middle. Lay the orange tissue paper on top of the red tissue paper. Place a dot of glue in the middle of the orange tissue paper and lay the yellow tissue on top of the orange tissue paper. Fold the glued tissue paper in half to form a triangle. Then fold once more to create a small triangle. Place glue onto the middle edges of the “logs” and press the tissue flames onto them. Leave the crafts to dry while the kids complete other activities.



Campfire Cooking

WHAT YOU DO

Begin by asking the Sunbeams if they have favorite foods to eat when camping. Then explain that even though you don't have a real campfire, they are going to make some banana boats, which are a popular campfire food. (If they were making this with a real fire, they would wrap the banana boats in aluminum foil and place them just near enough to the fire to melt the chocolate and marshmallows.)

Banana Boats

Pull one section of the banana peel back but don't take it all the way off the banana. With a plastic knife, slice down the middle of the banana. Don't cut all the way through the banana. Just make a shallow cut. Then poke the mini marshmallows and chocolate chips into the cut, alternating marshmallows and chocolate chips. Pull the banana peel back over the marshmallows and chocolate chips, place on a microwave-safe plate, and microwave for 15-20 seconds. To eat, pull the piece of banana peel back and eat with a spoon.

Before beginning this activity, find out if any of the children have food allergies. Make changes if needed.

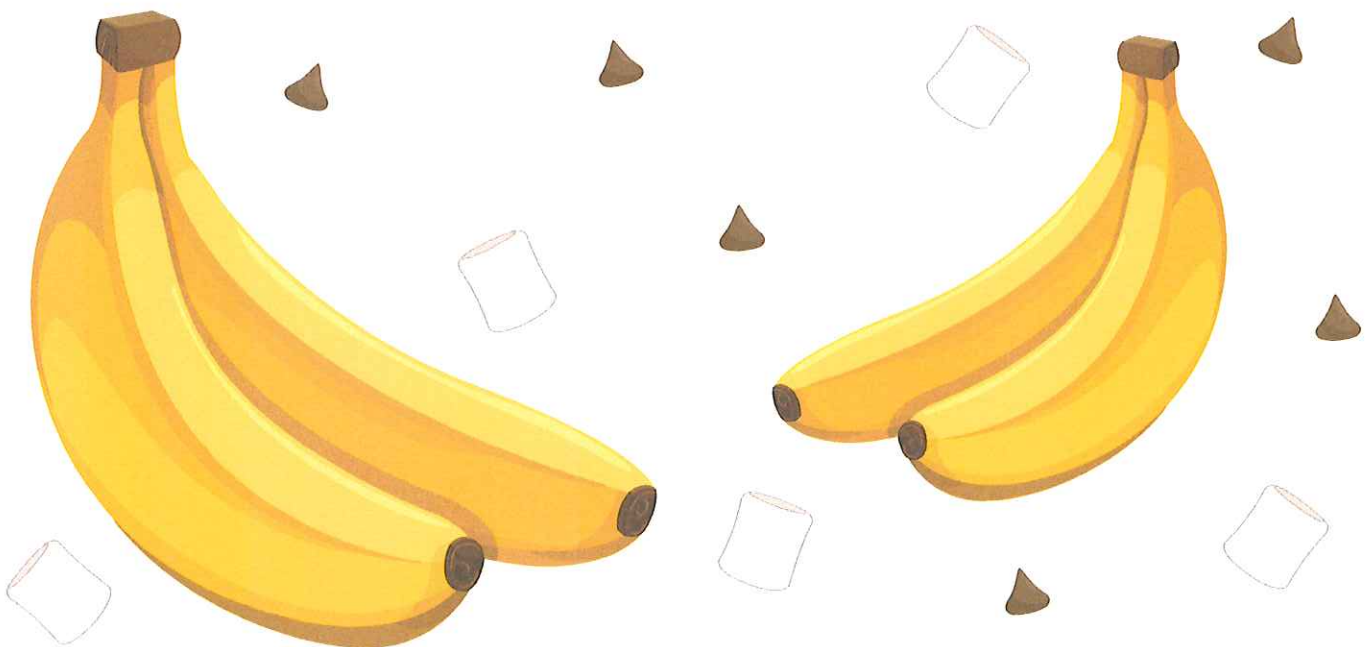
10
MINUTES

2

ACTIVITY

MATERIALS NEEDED

- Banana boats:
 - Bananas, one per child
 - Mini marshmallows, 10-15 per child
 - Chocolate chips, 10-15 per child
 - Plastic knives, one per child
 - Spoons, one per child
 - Microwave-safe plates



ACTIVITY

3

Campfire Sing-along

15
MINUTES

WHAT YOU DO

Have the Sunbeams sit on the floor in a circle. Then have a sing-along with the songs you selected.

MATERIALS NEEDED

- Campfire songs— check scoutsongs.com and songdrops.com
- For Spanish songs, search for “Spanish kids’ music” on Amazon.com
- Guitar or instrument of your choice to accompany the singing



Award: Camper

To complete this award, check the requirements on p. 125 and add activities as needed.

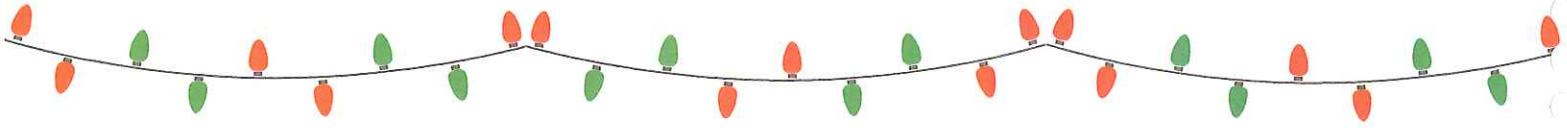


Meeting 21 Christmas



Here are three fun ways you can celebrate Christmas with your Sunbeams. Adapt these ideas to meet the needs of your Sunbeams or use your own activities.





ACTIVITY

1

Glow-in-the-dark Star

10

MINUTES

MATERIALS NEEDED

- Star-shaped cookie cutter or stencil
- Black tempera paint
- Glow-in-the-dark yellow paint
- Paintbrushes
- Paper plates
- Construction paper
- Newspaper
- Scissors
- Pencil

WHAT YOU DO

Ahead of time: Use a star-shaped cookie cutter or stencil to draw star templates, one per child. Cut them out. Use newspaper to cover the work area.

Begin by reading Matthew 2:1-2 (NET): “After Jesus was born in Bethlehem in Judea, in the time of King Herod, wise men from the East came to Jerusalem saying, ‘Where is the one who is born king of the Jews? For we saw his star when it rose and came to worship him.’”

Now have the children paint their own Christmas star. Have each child trace the star template anywhere on their paper. Then have them paint the background black and paint the star with the glow-in-the-dark paint. Make sure they know the paint glows in the dark, so they can check it out when they get home.



Gifts with Homemade Wrapping Paper

20
MINUTES

2 ACTIVITY

WHAT YOU DO

Ahead of time: Find a local non-profit organization that is collecting new gloves, mittens, hats, and scarves to distribute to people who need them. Make a list of what's needed and share it with the Sunbeams and their parents ahead of time. It's a good idea for you as a leader to purchase several extra items for Sunbeams who forgot or are unable to make a donation.

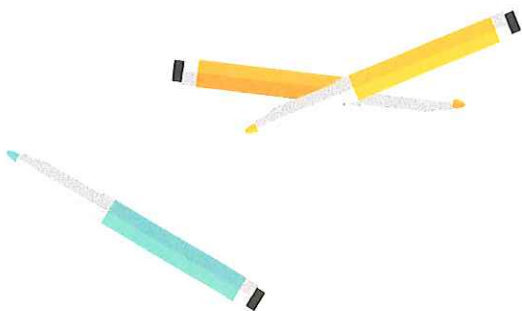
Not all organizations are able to accept wrapped gifts. Please check with your selected organization ahead of time. If wrapped gifts are not accepted, the kids could make a Christmas card to accompany each gift. As an alternative, the Sunbeams could donate items for several Operation Christmas Child boxes (visit samaritanspurse.org for more information) and each make a card to go with their gift.

MATERIALS NEEDED

- Items donated by Sunbeams
- Newsprint
- Star-shaped cookie cutters or star stencils
- Markers or colored pencils
- Tape
- Scissors

Begin by reading the story of the wise men from the Bible and talk about the gifts they brought to Jesus. Talk about why it is important to give gifts or to help those who are in need. Explain that the gifts they brought will be donated to girls and boys who need them. Tell the children that first they will make their own wrapping paper and then wrap the gifts.

Have the children trace the cookie cutters onto the newsprint. Then they can color the inside of the stars or leave some of the stars uncolored. Encourage them to fill up the paper with stars. Once they have decorated the paper, have them use it to wrap the gifts that will be donated.



ACTIVITY

3

Follow the Star Obstacle Course

15
MINUTES

MATERIALS NEEDED

- Stars, cutouts or stickers
- Objects to create an obstacle course (boxes, cones, chairs, hula hoops, jump ropes)
- Christmas treats, one per child

WHAT YOU DO

Ahead of time: Set up the obstacle course. Place stars throughout the course to guide the children to the end of the course.

Explain or model the obstacle course to the Sunbeams. Tell them to follow the star to the end of the course.



You're almost done!





Meeting 22 Bike Rodeo

Here are instructions for a fun meeting where Sunbeams will learn about bike safety and have a chance to demonstrate their bike skills. Adapt these activities to meet the needs of your Sunbeams or use your own activities.



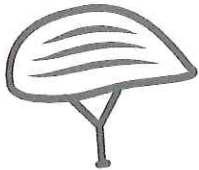


Make sure all Sunbeams have a way to participate even if they do not ride a bike. They can ride anything on wheels. Also, they can be assigned tasks at stations.

STATION

1

Bike Safety



One of the most important parts of bike safety is a properly fitted helmet. At this station each Sunbeam will wear his or her helmet and have it checked by an adult for proper fit. Make sure the helmet is sitting level on the head and comes down to just above the eyebrows. The straps should be adjusted so they form a “V” shape under and slightly in front of the child’s ears. Once the straps are adjusted, ask the Sunbeam to open his or her mouth in a big yawn. They should feel their helmet pulling down on their head.

STATION

2

Bike Mechanics

MATERIALS NEEDED

- Wrenches
- Tire pumps



At this station, Sunbeams should be taught how to do the following:

Brakes: Make sure they are working properly and the pads do not need to be replaced.

Tires: Make sure they are properly inflated.

Spokes: Make sure the spokes are not bent.

Reflectors: Make sure they are not broken or missing.

Seat: Make sure it is properly adjusted.

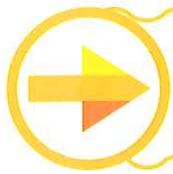
Chain: Make sure it is oiled and working properly. Check the crank and gears at the same time.

Pedals: Make sure they are secure.

Quick Release: Make sure the wheels are securely fastened to the bicycle frame.

If you need help with the bike mechanic station, contact a local bike shop or cycling club and ask if they know of anyone looking for an opportunity to volunteer. You can also check out a book such as *Kids' Easy Bike Care: Tune-Ups, Tools & Quick Fixes* by Steve Cole (Williamson, 2003).





Once the children have completed all of the stations give them a bike-themed gift such as a water bottle, cycling gloves, or a repair kit.

Bicycle Registration

Contact your local law enforcement agency to assist your club with bicycle registration. Each Sunbeam can register his or her bicycle and will receive a sticker to place on their bicycle. In the event the bicycle is lost or stolen, local law enforcement will be able to help trace and locate the bicycle.

Hand Signals

Sunbeams will need to learn hand signals in order to let other people on the road know where they are going. These hand signals are universal so you can reassure your Sunbeams that drivers and pedestrians will understand what the signals mean.

- **Right Turn:** Right arm fully extended to the right or left arm extended with elbow bent up at a 90-degree angle.
- **Left Turn:** Left arm fully extended to the left.
- **Stop:** Arm extended out with elbow bent down at a 90-degree angle.

Obstacle Course

You can set up numerous activities for a course; you are only limited by the amount of space available.

Slalom/Zig Zag: Set up a line of cones and have your Sunbeams bicycle through them in a zig zag pattern.

Figure 8: Have your Sunbeams ride in a figure 8 pattern.

Balance: Use chalk to set a distance of 50-100 ft (15-30 m) and see how slowly your Sunbeams can ride to the finish line.

Turns: Use the cones to set up sweeping turns and sharp turns.

Stop on a Dime: Set up a starting line and a finish line about 25 ft (7.5 m) away. See if your Sunbeams can stop with their tire directly on the finish line.

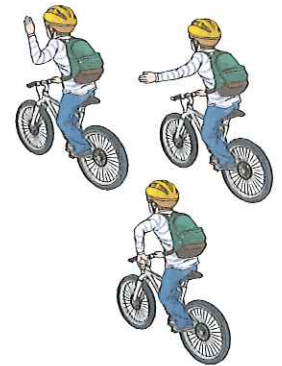
3

STATION



4

STATION



5

STATION

MATERIALS NEEDED

- Sidewalk chalk
- Cones or empty 2 liter bottles





Resources

- helmetsrus.net/school/info_pages.php?pages_id=8
- health.utah.gov/vipp/pdf/BicycleSafety/Bicycle%20Skills%20Rodeo%20Packet.pdf
- bicycling.about.com/od/organizedbikeevents/a/bikerodeo_event.htm
- [facebook.com/events/324378194360020/?ref=22](https://www.facebook.com/events/324378194360020/?ref=22)
- bicyclecoalition.org/files/Bike_Rodeo_Toolkit.pdf

TIP

The League of Michigan Bicyclists site at lmb.org has a great tool kit filled with information about running a bicycle rodeo. Click on “Bicycle Rodeos—How to Run an Event” in the Education Toolkit box.



Section

5

Resources

This section includes award requirements and photocopy masters for some of the Sunbeam activities. Check [Pinterest.com/AdventSource](https://www.pinterest.com/AdventSource/) to find more resources.





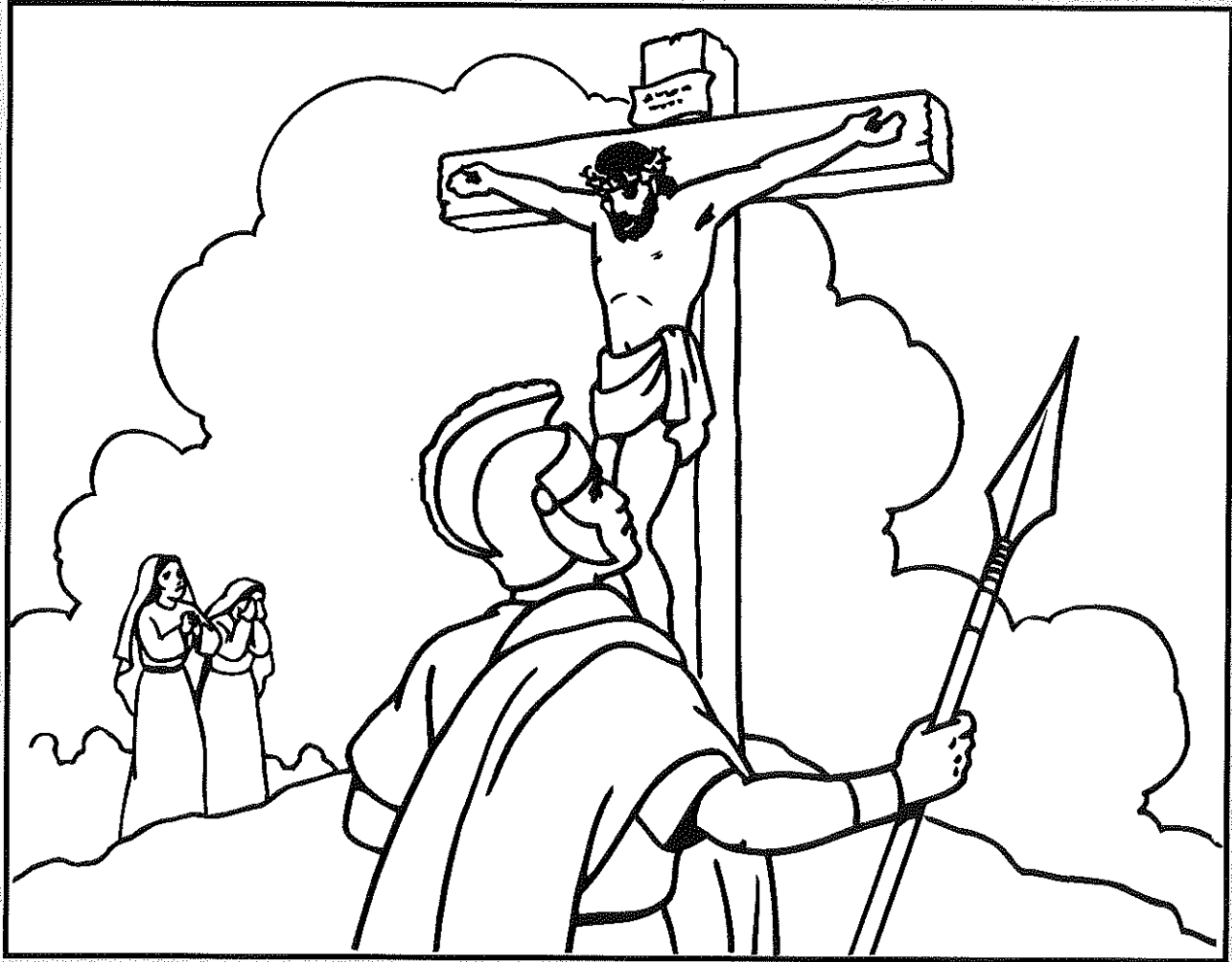
Jesus' Birth

Jesus, God's Son, came to earth
as a baby to help people.



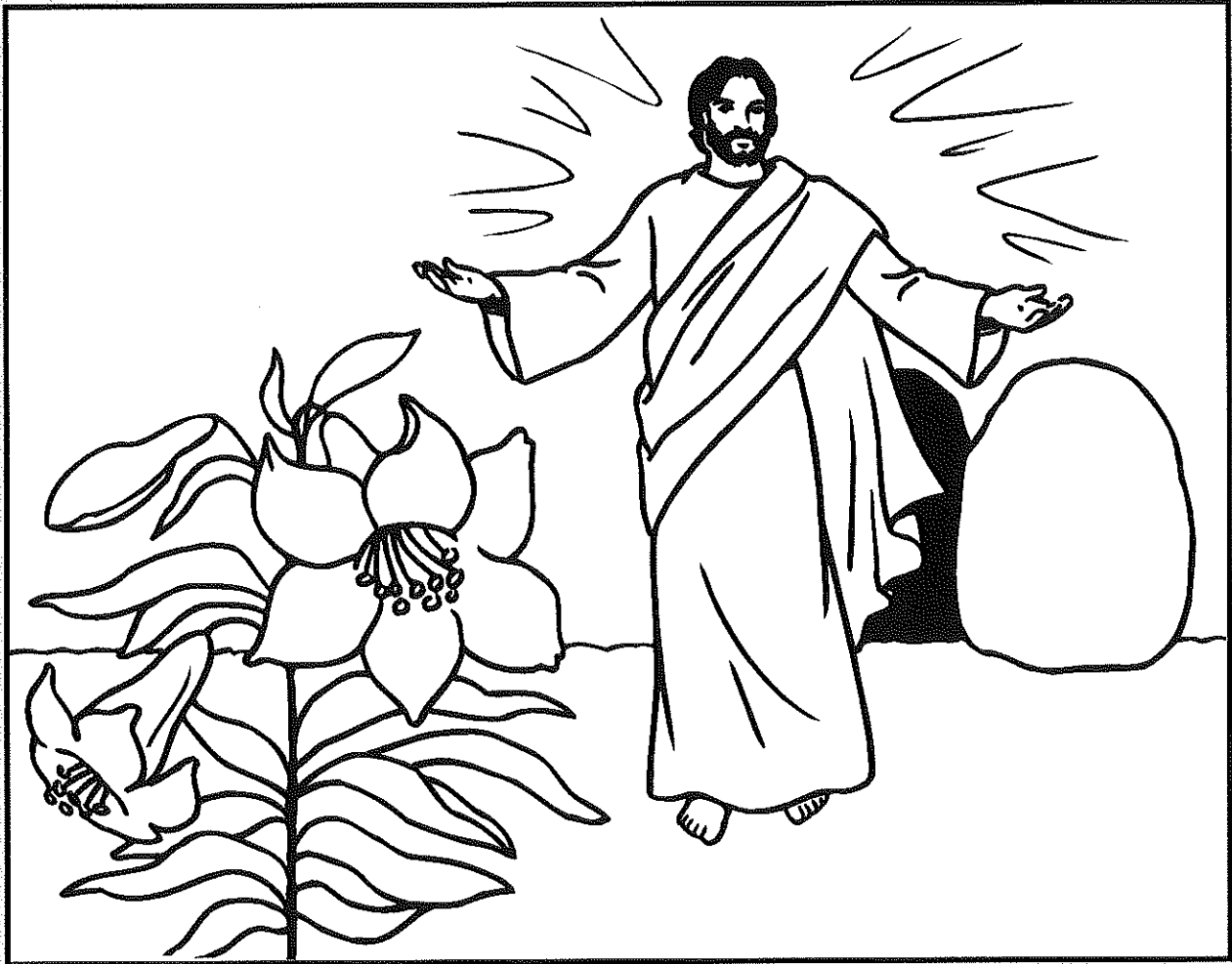
Jesus' Life

Jesus showed people how much He loves them. He showed how happy we can be if we obey Him.



Jesus' Death

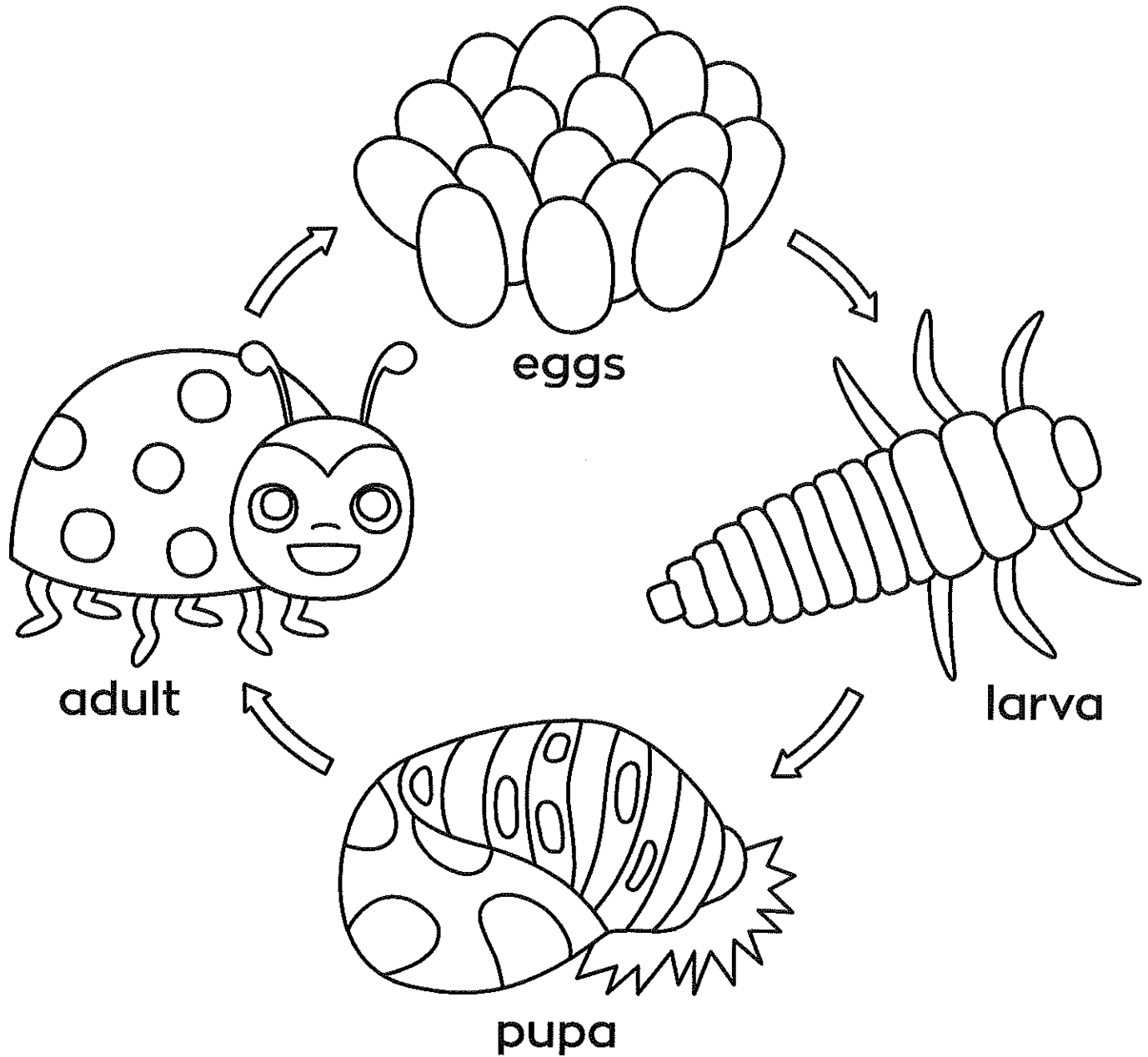
Jesus let evil men kill Him on a cross because He wanted to take away our sins.



Jesus' Resurrection

Jesus came back to life after three days.
He is in heaven, now, watching over us.

Ladybug Life Cycle



Healthy Me Fitness Chart

Things I Can Do to Be Healthy

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1							
2							
3							
4							
5							
6							
7							
8							
9							
10							

Acts of Kindness



1. Read Romans 12:10 and Proverbs 12:25 and discuss what each verse means.
2. Give examples of kindness and love.
3. What does the Bible tell us about each of these two words? Use a Bible story to illustrate someone who showed love and kindness.
4. Read or listen to three stories of kindness.
5. Act out in a skit or charade different acts of kindness.
6. Plan and carry out an act of kindness as a class or club.

Helps

2. This is a great time to brainstorm as a group, maybe while doing a craft or as part of preparing the skit/charade. Idea starters: Parents are kind to and love their children; friends are kind to each other when playing together, at lunch, and when working together; God loved us so much that He sent His Son from heaven to earth to live with people and to then die for us that we might live forever with Him in heaven.
3. Kindness is mentioned in a variety of places in the Bible, including:

1 Corinthians 13:4: This passage describes the qualities of true love. Among other things, it is kind and gentle, characteristics that should be evident in our relationships and words.

Ephesians 4:32: Followers of Christ are encouraged to imitate Christ's life and values in their own lives. One obvious way we can do that is to imitate the kindness and compassion that Christ showed to everyone He encountered.

Proverbs 16:24: There is a tremendous power in kind and gentle words. The simplest word of encouragement or support can brighten somebody's day. This is the sort of speech that should be on every Christian's lips.

In summary, someone who loves Jesus will always want to do the kind thing to their friends, family, and animals. Because we love Jesus, we will even be kind when others (our enemies) aren't kind to us. Jesus was kind, even when people were being cruel to Him. Because of His help, we too can be kind at ANY time.
4. *Our Little Friend* and other online/print story sources can assist you in fulfilling this requirement.
5. Ideas: Adam naming the animals (Genesis 2); Joseph being kind to his brothers even after they'd been cruel to him; Jesus and the children (Mark 10).
6. Your club is your best resource!

Resources

- Bible
- enchantedlearning.com
- helpothers.org/story.php
- makingfriends.com

Camper

1. Discuss with your family important rules for camping.
2. Go on a campout with your family and Adventurer group.
3. Help pitch a tent.
4. Help set up your stove or build a campfire.
5. Help prepare at least one meal while camping.
6. After your trip, help put camping supplies away.
7. Memorize Psalm 34:7.



Helps

1. Camp away from streams and bodies of water. Do not harm the environment. Do not cut or destroy trees, bushes, or plants. Never leave a fire without putting it out. Never camp or hike alone. Do not run while carrying a sharp object. Check with the local Forestry Service for guidelines for your area.
 2. Camp out at least one night, making this a special time to enjoy nature (trees, flowers, stars, birds, etc.).
 3. Clear the ground, lay out a ground cloth, and help properly set up your tent. Learn to take care of all camping items, including tent zippers, tabs, and stakes.
 4. Learn safety when handling stoves, fuel, matches, and fire. Learn how to clear the area around a campfire and when and where it is safe to have a campfire.
 5. Learn to safely heat water and boil, fry, or bake food.
 6. When you arrive home, help clean and store camping supplies. Put your dirty clothes where they belong.
-



Required

SUNBEAM

2



Fitness Fun

1. Read and discuss Jeremiah 29:11.
2. List at least four things that contribute to physical fitness.
3. Do three different stretches. Hold each for a minimum of 15 seconds.
 - a. Leg
 - b. Back
 - c. Arms and shoulders
4. Do four of the following:
 - a. Run, jog, or walk one-half mile
 - b. Skip
 - c. Jump rope for three minutes
 - d. Jumping jacks—do at least 15
 - e. Hop on one leg at least five times—see how many you can do
 - f. Sit-ups
 - g. Exercise of your choice
5. Participate in two of the following:
 - a. Obstacle course
 - b. Leap frog
 - c. Relay race
6. Participate in an organized game that requires physical exercise.

Helps

1. Apply verse to fitness.
 2. Fitness means proper nutrition, rest, water, exercise, strength, cardiovascular fitness, flexibility, and endurance.
 3. When stretching, use static stretches (hold stretch for 15 seconds without bouncing). Do stretches both before exercise to avoid injury and after when muscles are warmed up to help cool down to avoid strains.
 4. Encourage all children to do their best without competing with each other.
 5. Set up an obstacle course so children can run around, under, over, and through objects such as tires, cardboard boxes, pylons, ropes, and poles.
 6. Such as soccer; basketball; kickball; Let's Move Day (Adventists InStep for Life); or Duck, Duck, Goose. Visit AdventistsInStepForLife.org for more information.
-

Friend of Nature



1. Take a nature walk and discover items of interest.
 - a. Show or tell what you found.
 - b. Make these items into a collage or poster.
2. List the names of three different trees and do a bark rubbing of each.
3. Collect four different kinds of leaves and compare.
4. Go on a critter hunt. Explore (or observe with a magnifying glass) all the things you can see in a 10 sq ft area.

OR

Explore a yard or park and talk about what you see.
5. Visit one of the following:
 - a. Zoo
 - b. Park
 - c. Wildlife area
6. Explain how to become a friend of nature, such as how to protect trees, nests, etc.

Helps

1. The aim is to develop observation skills, explore, collect, and share nature in the out-of-doors.
 2. A naturalist may help you with identification. Place the paper on tree bark and lightly rub crayon over it. Talk about the different rubbings and how each tree is unique and special in its own way, just as people are unique and special.
 3. Collect at least four leaves from different trees. You may wish to teach the children to properly press, dry, and preserve them. Compare and study the leaves through a magnifying glass.
 4. Your critter hunt may be for any item of nature found on your walk or just live creatures, such as worms, caterpillars, ants, or beetles. Allow the children time to express what they saw.
 5. When you visit a zoo, park, or wildlife area, etc., search for the smaller, often unnoticed creatures, including small birds.
 6. Tell how most pollutants are caused by humans and our disregard for the creatures God has created. A child is not too young to help by taking proper care of trash and human waste. Teach your group to protect plants, trees, birds, and animals.
-

SUNBEAM

2

Handicraft



1. Pick six of the following to make:
 - a. A get-well card, and give it to someone
 - b. A dried or silk flower arrangement
 - c. A bread dough or clay figure
 - d. A shell picture
 - e. String art
 - f. A mobile
 - g. An item from papier-mâché
 - h. A picture using eggshells or seeds
 - i. Cover for a book, photo album, or binder
 - j. A collage using six different materials
 - k. A poster inviting people to an event
 - l. A craft project of your own choosing
2. Give at least two of the above items to:
 - a. A family member
 - b. An elderly person in your church or a nursing home
3. Have an art show.

Helps

1.
 - a. Use paper, lace, material, etc. to decorate a card. Include a get-well message and give to someone who is ill.
 - b. Collect dried or silk flowers to arrange.
 - c. Encourage each child to be creative. Bake and paint.
 - d. Design a picture using shells and glue.
 - e. Make a simple string-art pattern.
 - f. Design and make a mobile using at least three patterns.
 - g. Use papier-mâché to make a model of an animal or car.
 - h. Use eggshells or seeds glued to cardboard to make and paint a design of their choice.
 - i. Cover an autograph or photo album with material.
 - j. Make a collage using a variety of materials, e.g., felt, wool, cotton, straw, bark, dried flowers.
 - k. Make your poster easy to read and colorful.
 - l. You may choose to have the children make the same type of craft item or give them several choices.
2. Encourage neatness and originality of design.
3. Hold the show during a parents' night or meeting, or during a nursing home visit.

Ladybugs



1. Learn about the ladybug. What are the characteristics of the ladybug?
2. Describe the life cycle of the ladybug. Make a poster.
3. Are all ladybugs red?
4. Make two ladybug pet rocks. Give one away.

Helps

1. Ladybugs are a type of beetle. They have six short legs and two antennae. Their top flying speed is about 15 mph. They hibernate in winter. They let out a yellowish bad smelling liquid when they are mad. (See websites for more information.)
2. The female will lay 3-20 football shaped orange eggs in a circular cluster on the underside of leaves. Eggs are not visible to the naked eye. In 2-5 days the eggs turn into larva and consume up to 400 aphids in 21 days. They next turn into a pupa. After 2-5 days the adults come out and continue to eat. Adult ladybugs eat during the day and will each consume over 5,000 aphids.
3. There are over 450 species in North America. Some are black or vary from reddish-orange to pale yellow. The most common in the U.S. is the Convergent Lady Beetle, which is orange with black spots. The number of spots vary per species. There are five states in the U.S. that have the ladybug as the state insect.
4. God shared the ladybug with us; now we can share the ladybug with someone else.

Resources

Painting on Rocks for Kids by Lin Wellford (North Light, 2002)

Wesites

- nysaes.cornell.edu/ent/biocontrol/predators/ladybintro.html
Includes pictures.
- insects.ummz.lsa.umich.edu/MES/notes/entnotes6.html
This site discusses protection and shows wing patterns.
- enchantedlearning.com
Learn about the life cycle and find coloring pictures and the true story of ladybugs on the space shuttle.

Additional Activities

Release real ladybugs. Color pictures of the ladybug and/or their life cycle. Use pom poms to make ladybugs.



Required

SUNBEAM

2

Road Safety



1. Identify and explain 10 important road signs.
2. Tell when and where to cross the road safely.
3. Give road safety rules for:
 - a. Walking along the road by yourself
 - b. Riding your bicycle
 - c. Riding a horse
 - d. Walking with a group
4. Explain why you should wear a seatbelt when riding in a car.
5. Listen to a highway patrol officer or other safety officer talk about safety for children.
6. Play a safety game.

Helps

1. Some examples:
 - a. Stop
 - b. Railroad crossing
 - c. Wrong way
 - d. Walk
 - e. No left turn
 - f. Don't walk
 - g. No u-turn
 - h. One way
 - i. School crossing
 - j. Sharp turn
 - k. Speed limit
 - l. Yield
 2. Cross the road at an intersection or crosswalk. If there is a traffic light, cross only when it is green for your direction.
 3. Walk to the side of the road going against traffic. The rules may vary in your area. Check with the Department of Motor Vehicles for regulations for walking; riding a horse, bicycle, or skateboard; and walking in a group. Abide by traffic rules, watching carefully for traffic.
 4. Watch a video or listen to a police officer talk about seatbelt safety. We wear safety belts so we will experience fewer injuries in an accident. It is the law in many areas.
 5. Have a safety expert talk with the children at their age level, stressing what children can do to be safe.
 6. Make signs and play Simon Says, holding signs up. Having the children do what the sign says, either on foot or on a bicycle, is a fun way to learn road safety. You can also find other safety games to play instead.
-

Trees

1. Read several Bible verses about leaves. List the kinds of leaves you find.
2. Collect 10 leaves from different trees.
 - a. Press and dry
 - b. Identify
3. Paint one leaf with chocolate.
4. Tell how trees scatter their seeds and collect or draw five different seeds.
5. Make two different leaf rubbings.
OR
Make two pieces of stationery using a leaf design.
6. Discover the trees and leaves in your neighborhood. Learn something special about each one. Report your findings to the class.
7. Put your dried leaves in a scrapbook.



Helps

1. Read Genesis 3:7, Genesis 8:11, Ezekiel 47:12, and Revelation 22:2. Encourage the children to look up the texts (they may need help), and read and discuss them together. Children may put their lists in their leaf scrapbooks.
2. Encourage variety in shape, color, and size as you collect. Place leaves between a newspaper or paper towel with cardboard on top and bottom—place a weight on the top, dry flat, and wait until they are dry before placing in leaves scrapbook. Neatly identify them.
3. Melt semisweet chocolate. Using a small brush, paint a leaf (maple leaf or other leaf with deep veins works best), set on a tray covered with wax paper, and refrigerate. When chilled, help to gently remove the leaf and discover the leaf pattern in chocolate. Discuss God's love of nature. The chocolate may then be eaten.
4. At the right time of the year, help the child to see how the wind blows the seeds from a nearby tree.
5. Place a leaf under white paper and gently rub a color crayon over the paper—watching the leaf pattern appear on your paper. Experiment with different sizes and types of leaves.
Glue a pressed leaf on a corner of a sheet of paper. An envelope may have a matching leaf attached OR stamp the leaves with ink and transfer to paper and envelope.
6. Some plants need shade, others need full sunlight, some need much water, others may be drought resistant. Trees have different types of seeds, leaves or needles, etc.
7. Make a neat scrapbook and identify each leaf. Repeat names so they may learn the ones that are common to your area.

Whale



1. Pick one whale to study.
2. Is a whale a mammal or a fish?
3. What is the size of the whale when fully grown?
4. Draw a full-size whale in a parking lot with sidewalk chalk.
5. Learn five facts about your whale, such as those suggested below:
 - a. What it eats
 - b. Where it lives or migrates
 - c. How it interacts with other whales
 - d. How long it lives
 - e. How many babies it has and how they are born
 - f. What sound it makes
6. Sculpt your whale using damp sand or clay.
7. Read or listen to the story of Jonah and act out the story.

Helps

1. Search the library or Internet for information on the whales.
2. Whales, porpoises, and dolphins are the only mammals that live entirely independent of land. Like land mammals, they are warmblooded vertebrate animals that have hair and breathe air. The baby whale develops in the mother and after birth, the mother cares for it and feeds it milk.
3. When a blue whale is born its coat of blubber is 1 in (2.5 cm) thick. It gains 7 lbs (3.25 Kg) a day and the blubber is 1 ft (30.5 cm) thick and the whale weighs 30 tons (27,279 Kg) when fully grown. It is the largest living animal and may be as much as 90 ft (27 m) long and weigh 110 tons (100,000 Kg) or more. Its flippers can be 10 ft (3 m) long and it flukes 15 ft (4.5 m) from tip to tip. The heart is the size of a Volkswagen and a human could crawl through the aorta. The tongue is as heavy as an elephant.
4. Place a few marks (dot-to-dot concept) as guides for drawing the actual outline of a whale or draw just a straight line to show the length of the whale.
5. The blue whale is called the moustache whale because it uses the baleen inside its mouth to strain the water out and to keep plankton and small fish inside. The blue whale swims at 15 mph (30 Kph) and migrates throughout the year to find food. It eats up to two tons (1800 Kg) of food a day and may live to be 60 years old. Blue whales give birth once every two years. All whales are very social. They travel in schools and love to play with each other.

Resources

- omplace.com/omsites/discover/index.html
Whale migration routes
- enchantedlearning.com
Pictures to color, anatomy drawings, and information sheets—wonderful source for any subject
- acsonline.org/factpack
1-2 page overview of each whale

We are Adventurers!

Music and Words by Joann M. Herrington

Voice

Piano

F Bb F C7

We are Ad-ven-tur-ers; at home, at school, at play; We are Ad-ven-tur-

Pno.

F F7 Bb C7 F A7

ers, We're learn-ing ev'ry day to be hon-est, kind, and true, to be like Je-sus through and

Pno.

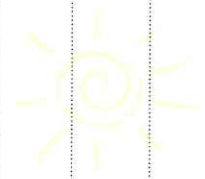
Dmin Gmin F C7 F

through - - - We are - - - Ad - ven - tur - ers!

Copyright 2006. North American Division Corporation of Seventh-day Adventists.



Name _____



Basic

- I. Recite and accept the Adventurer Law.
- II. Complete the Sunbeam Reading award.

My God

- I. A. Create a story chart or lapbook.
- B. Use your story chart or lapbook to show someone the joy of being saved by Jesus.
- II. A. Memorize and explain two Bible verses about being saved by Jesus.
- B. Name the two major parts of the Bible and the four gospels.
- C. Complete the Friend of Jesus award.
- III. A. Spend regular quiet time with Jesus.
- B. Ask three people why they study the Bible.

My Self

- I. Make a tracing of yourself.
- II. Participate in an activity about choices.
- III. Complete the Fitness Fun award.

My Family

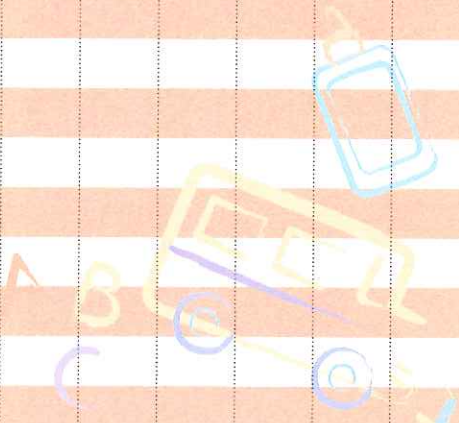
- I. Create a family collage, scrapbook, crest, or coat of arms.
- II. Show how Jesus can help you deal with disagreements.
- III. Complete the Road Safety award.

My World

- I. Complete the Courtesy award.
- II. A. Explore your neighborhood and list things that are good and things you could improve.
- B. From your list, choose ways and spend time making your neighborhood better.
- III. Complete the Friend of Nature award.

Other Awards Completed

- 1. _____
- 2. _____
- 3. _____
- 4. _____
- 5. _____
- 6. _____
- 7. _____
- 8. _____
- 9. _____



Contacts

YOUTH MINISTRIES DEPARTMENT NORTH AMERICAN DIVISION OF THE SEVENTH-DAY ADVENTIST CHURCH

Email: info@AdventistYouthMinistries.org

Web: AdventistYouthMinistries.org

Local conference contact information can be obtained
from your pastor or the Adventurer Club director.

Adventist Book Center

(resources for children's ministries)

800.765.6955

Web: AdventistBookCenter.com

AdventSource

(for additional Adventurer Club resources and uniform supplies)

5120 Prescott Avenue

Lincoln, NE 68506

Toll-free in Canada and United States: 800.328.0525

Phone: 402.486.8800

Fax: 402.486.8819

Web: AdventSource.org

WELCOME TO THE EXCITING WORLD OF SUNBEAMS!



The *Sunbeam Leader's Guide* is packed with resources to help you teach second graders Christian principles and life skills while engaging them in fun, creative play. In this step-by-step guide, you'll find helpful answers to the questions:

- Who are Sunbeams?
- Why do Sunbeams act the way they do?
- How should leaders prepare for success and safety?
- How can I include Sunbeams with disabilities?
- What is included in the Sunbeam program?

This leader's guide also includes complete instructions for 22 themed meetings that fulfill Sunbeam program and award requirements. Each meeting includes a list of materials and resources, along with crafts, games, songs, and educational activities that support the theme.



AdventSource

ISBN: 978-1-62909-209-6



9 781629 092096