



Sunbeam

Activity Book



This book belongs to _____

Sunbeam

Activity Book



General Conference Youth Ministries Department

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Sunbeam Checklist

Name: _____ Date Started: _____ Date Completed: _____

Basic Requirements

1. Repeat from memory and accept the Adventurer Law.
2. Complete the Reading II award
3. Complete the Seasons award

My God *[choose at least one section]*

1. God's Plan to Save Me
 - a. Create a story chart showing Jesus' life: Birth, baptism, miracles, parables, death, resurrection and return to heaven.
 - b. Find a method to creatively tell about one of the stories above to show someone the joy of being saved by Jesus.
2. God's Message to Me
 - a. Complete the Bible II award
3. God's Power in My Life
 - a. Spend regular quiet time with Jesus to talk with Him and learn about Him. Keep a record.
 - b. Ask three people their favourite "Jesus story" (story from the gospels) and why.
 - c. Complete the Parables of Jesus award

My Self *[choose at least one section]*

1. I Am Special
 - a. Make a tracing of yourself. Decorate it with pictures and words which tell good things about you.
 - b. Share your drawing with your group.
2. I Can Make Wise Choices
 - a. Participate in an activity or game about choices.
3. I Can Care for My Body
 - a. Complete the Fitness Fun award

My Family *[choose at least one section]*

1. I Have a Family
 - a. Ask each member of your family to tell some of their favourite memories.
2. Families Care for Each Other
 - a. Show how Jesus can help you deal with disagreements. Use: Puppets, Role Playing, Etc.
 - b. Complete the Acts of Kindness award
3. My Family Helps Me Care for Myself
 - a. Complete the Road Safety award

My World *[choose at least one section]*

1. The World of Friends
 - a. Complete the Courtesy award.
2. 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.
3. The World of Nature
 - a. Complete the Friend of Nature award

Instructor Checklist

Basic Requirements

1. _____
2. _____
3. _____

My God

1. _____
 - a. _____
 - b. _____
2. _____
 - a. _____
3. _____
 - a. _____
 - b. _____
 - c. _____

My Self

1. _____
 - a. _____
 - b. _____
2. _____
 - a. _____
3. _____
 - a. _____

My Family

1. _____
 - a. _____
2. _____
 - a. _____
 - b. _____
3. _____
 - a. _____

My World

1. _____
 - a. _____
2. _____
 - a. _____
 - b. _____
3. _____
 - a. _____

1

- Repeat from memory and accept the Adventurer Law.

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

2

Complete the Reading II 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.





Reading Log

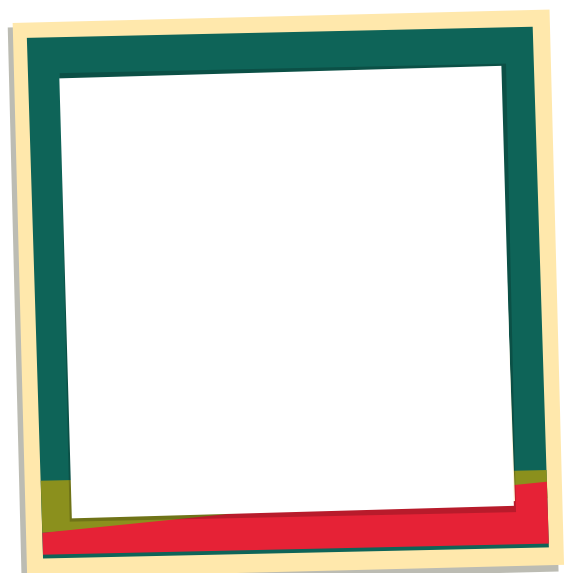
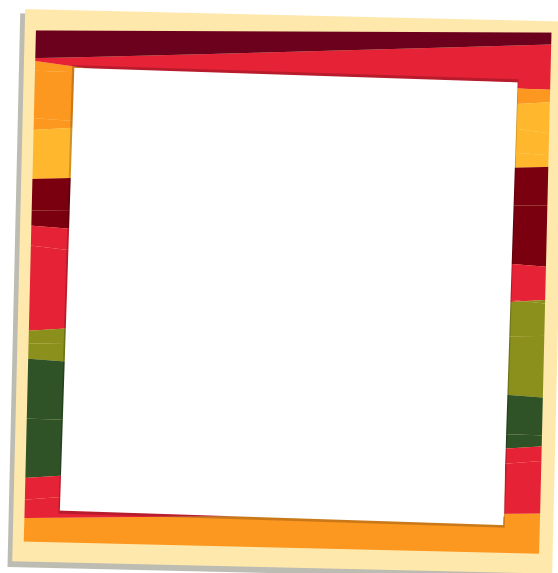
Name: _____ Month: _____

Name of Book	Author	Date Completed	Comments

3

Complete the Seasons award

- 1. Read and discuss Ecclesiastes 3:1-8.
- 2. Illustrate Ecclesiastes 3:11.



- 3. Identify the time of year for the seasons in your area.
- 4. How do you prepare for each season: clothing, gardening, harvesting, activities, school, etc.
- 5. Play a game related to the seasons.



1

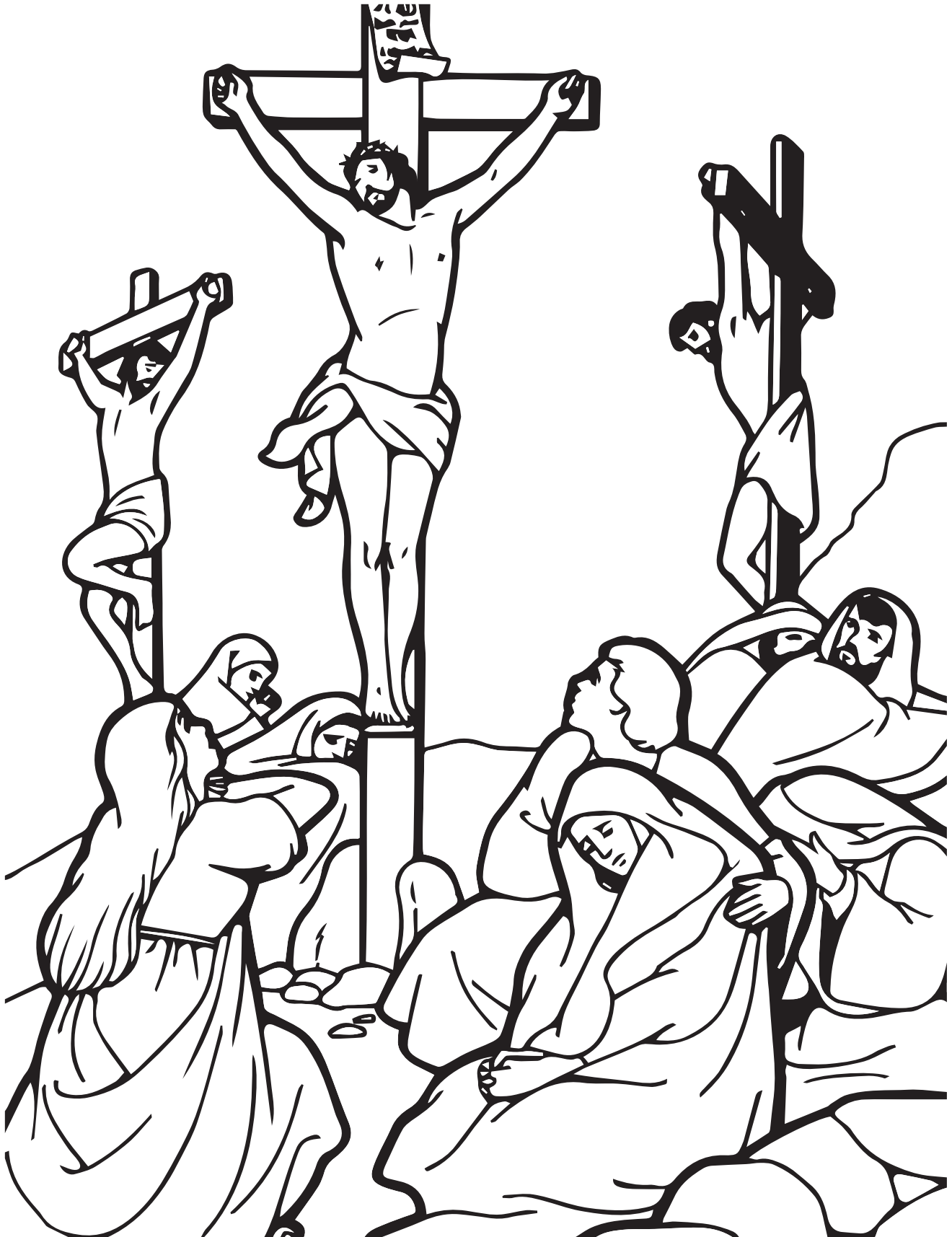
○ Create a story book showing Jesus' life: Birth, baptism, miracles, parables, death, resurrection and return to heaven





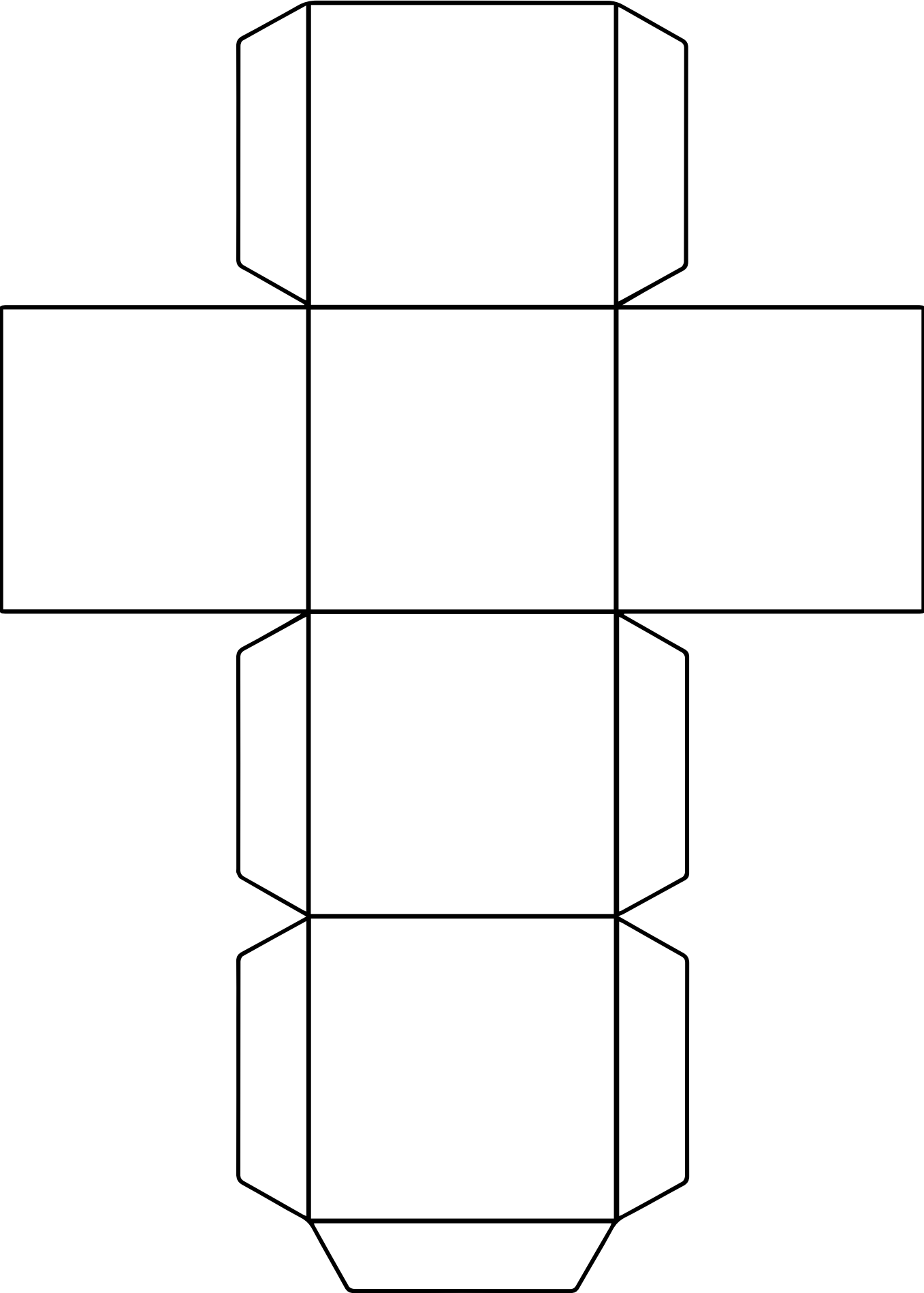








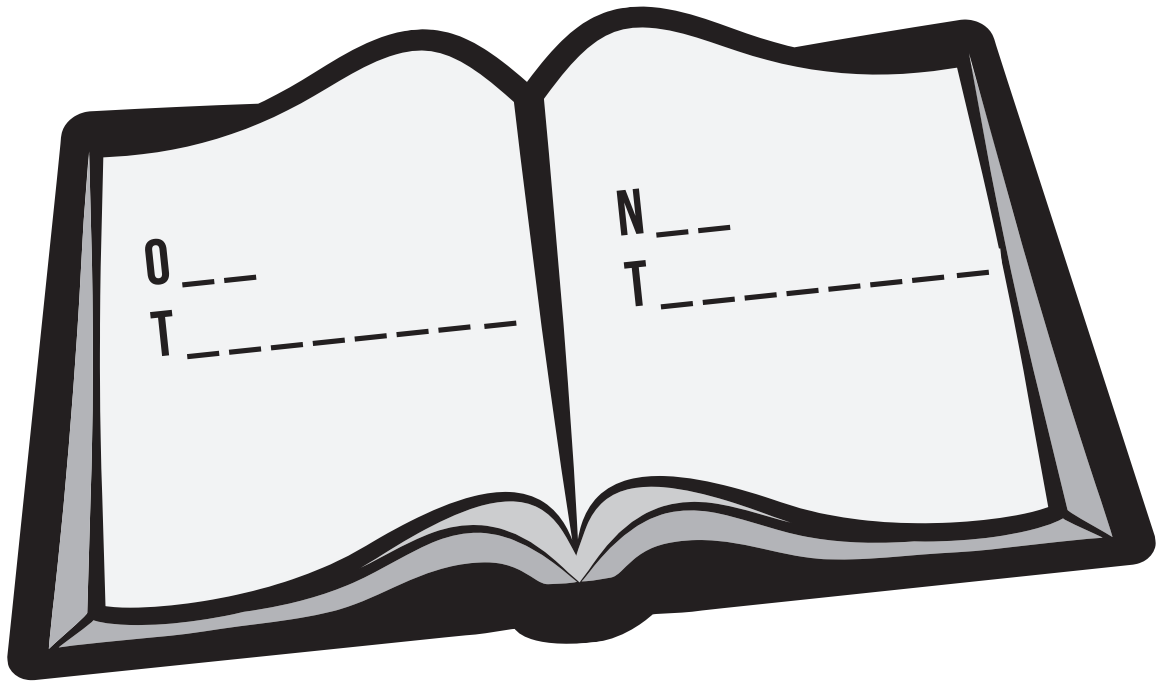




2

Complete the Bible II award

- 1. Own or have use of a Bible.
- 2. Name the two major parts of the Bible and name the four gospels. Show where the gospels are located in the Bible.



THE GOSPELS

M _ _ _ _ _	M _ _ _ _
L _ _ _	J _ _ _

- ☐ 3. Read or listen to three or more of the stories about Jesus found in the gospels. Suggestions include:
 - ☐ a. Jesus is born - Luke 2:1-20 & Matthew 2:1-12
 - ☐ b. Jesus is baptised - Matthew 3:13-17
 - ☐ c. Jesus tells stories (such as Lost sheep, coin, and son in Luke 15 or
 - ☐ d. Jesus heals people
 - ☐ e. Jesus dies and is resurrected
- ☐ 4. Explain two Bible verses about being saved by Jesus such as:
 - ☐ a. Matthew 22:37-39
 - ☐ b. 1 John 1:9
 - ☐ c. Isaiah 1:18
 - ☐ d. Romans 6:23
 - ☐ e. John 3:16
- ☐ 5. Tell a story about Jesus to a family member or friend. Tell them why Jesus is special to you..



3

○ Spend regular quiet time with Jesus to talk with Him and learn about Him. Keep a record.

FAMILY *worship* TIME RECORD

	Week 1	Week 2	Week 3	Week 4
Sun				
Mon				
Tue				
Wed				
Thu				
Fri				
Sat				

b.

○ Ask three people their favourite “Jesus story” (story from the gospels) and why.

1. _____

2. _____

3. _____



C.

Complete the Parables of Jesus award

- 1. Read and discuss Matthew 13:44.

Matthew 13:44

“Again, the kingdom of heaven is like treasure hidden in a field, which a man found and hid; and for joy over it he goes and sells all that he has and buys that field.”

- 2. What is a parable? Why and how did Jesus use parables?
- 3. Name and learn the meaning of a parable Jesus told from each of the 4 gospels.



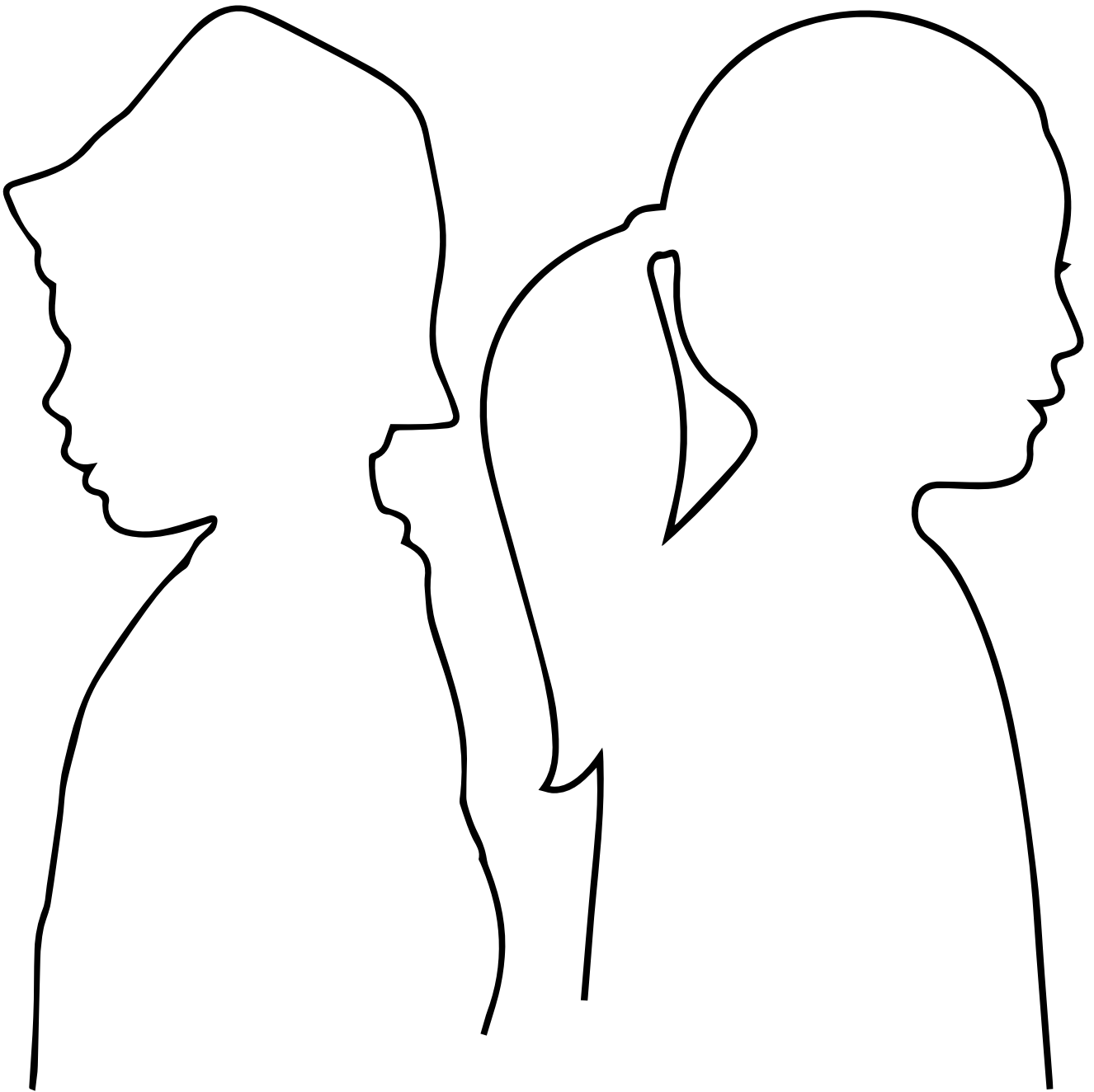
- 4. Make a craft or diorama depicting a parable.
- 5. Participate in a physical game or outdoor activity depicting one of the parables of Jesus.
- 6. Make "Get Well" or "Thinking of You" cards or story book illustrating the story.

Luke 10:25-37.



1

- Make a tracing of yourself. Decorate it with pictures and words which tell good things about you. Share your drawing with your group. Compliment each others' drawings. Tell each other something that makes them special.



2

○ Participate in an activity about choices.



3

Complete the Fitness Fun award

- ☐ 1. List at least four things that contribute to physical fitness.

- ☐ 2. Run or jog 800 meters (approximately one-half mile), OR Run fifty meters.

- ☐ 3. Make a long jump. (Record highest of four jumps.) _____ m/ft.

- ☐ 4. Jump or skip rope for three minutes.

- ☐ 5. Do three different stretches. Hold each for a minimum of ten seconds.

- ☐ a. Leg
☐ b. Back
☐ c. Arms/shoulders

- ☐ 6. Participate in an obstacle course.

- ☐ 7. Demonstrate your ability to do at least one of the following:

- ☐ a. Ten sit-ups
☐ b. Climb a pole, rope, or tree
☐ c. Hang from a bar with hands and knees

- ☐ 8. With your group, participate in an organised game that requires physical fitness, for example, ball game, relay race, leapfrog, etc.

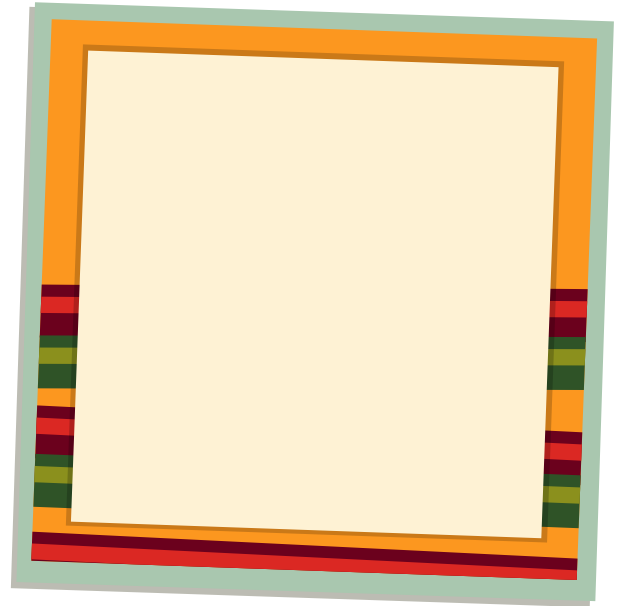


1

- Ask each member of your family to tell some of their favourite memories.

Letter for Parents

Family Picture



2

- Show how Jesus can help you deal with disagreements. Use: Puppets, Role Playing, Etc.



b.

Complete the Acts of Kindness award

- 1. Read Romans 12:10 and Proverbs 12:25. Discuss what each verse means.

Romans 12:10

“Be kindly affectionate to one another with brotherly love, in honour giving preference to one another...”

Proverbs 12:25

“Anxiety in the heart of man causes depression, but a good word makes it glad.”

- 2. Give examples of kindness and love. What does the Bible tell us about each of these two words.
- 3. Use a Bible story to illustrate someone who showed love and kindness (see colouring illustration next page).
- 4. Read or listen to three modern stories of kindness.”.
- 5. Act out in a skit or charade different acts of kindness.
- 6. Plan and do an act of kindness as a class or club.





3

Complete the Road Safety award

1. Identify and explain ten important road signs.

















- ☐ 2. Tell when and where to cross the road safely.
- ☐ 3. Give road safety rules for:
 - ☐ a. Walking safely along the road
 - ☐ b. Riding your bicycle on the road
 - ☐ c. Riding a horse
 - ☐ d. Walking with a group
- ☐ 4. Explain why you should wear a seatbelt when riding in a car.



- ☐ 5. Listen to a highway patrol officer or other safety person talk about safety for children.
- ☐ 6. Play a safety game.

1

Complete the Courtesy award

- ☐ 1. Explain what courtesy means.
- ☐ 2. Explain the Golden Rule.

— DO —
TO OTHERS AS
YOU WOULD
HAVE THEM DO
— TO YOU —

...

Matthew 7:12

- ☐ 3. Learn and demonstrate good table manners.



- ☐ 4. Demonstrate how to answer the phone correctly. Demonstrate good telephone manners by:
- ☐ a. Making a telephone call to an adult
 - ☐ b. Making a telephone call to a friend of your choice
- OR
- ☐ c. Introduce an adult to a friend.
 - ☐ d. Introduce your teacher to a parent.
- ☐ 5. Share an experience about a time:
- ☐ a. When an adult was courteous to you
 - ☐ b. When you were courteous to another person
- ☐ 6. Show acts of courtesy as you
- ☐ a. Ask for a drink
 - ☐ b. Say thank you
 - ☐ c. Apologise
 - ☐ d. Greet a friend
 - ☐ e. Share and take turns

2

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

Good Things	Things I can help make better
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

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

3

Complete the Friend of Nature award

- ☐ 1. Explain:
 - ☐ a. How to become a friend of nature
 - ☐ b. How to pick a flower and when it is allowed
 - ☐ c. How to protect trees, nests, etc
- ☐ 2. List the names of three different trees and on a separate paper do a bark rubbing of each.

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- ☐ 3. Collect four different kinds of leaves and compare them.



- ☐ 4. Do one of the following outdoors:
 - ☐ a. Explore (or observe with a magnifying glass) all the things you can see in a ten square- foot area/1 sq. meter.
 - ☐ b. Explore a yard or park and talk about what you see.



- ☐ 5. Do one of the following:
 - ☐ a. Take a nature walk and collect items of interest.
 - ☐ i. Show or tell about the items you found.
 - ☐ ii. Make them into a collage or poster.
 - ☐ b. Visit one of the following and tell what you saw:
 - ☐ i. Zoo
 - ☐ ii. Park
 - ☐ iii. Wildlife area
- ☐ 6. Grow one plant or one bulb and make drawings of it at three different stages of it's growth.

