

Helping Hand, Advanced

This class was designed for the over-achieving fourth-grade Adventurer who needs additional activities.

1. Have completed the Helping Hand class requirements.
2.
 - a. Earn the Home Helper Award.
 - b. Plan a meeting with the family to discuss a topic important to the child.
3.
 - a. By respecting your body, you should be aware of the food you eat by reading the first three ingredients of your favorite:
 - Cereals
 - Drinks
 - Snacks
 - Desserts
 - b. Keep a Food Diary of the food you eat in one week.
 - c. Sign a Health Pledge card.
4.
 - a. Work with a staff member in planning one of the following:
 - Adventurer activity or outing
 - Club party
 - Club opening exercise
 - Assist in teaching an award to either Busy Bees or Sunbeams
 - b. Participate in a church worship service by doing one of the following:
 - Scripture reading
 - Prayer
 - Ushering/offering
 - Children's story
5.
 - a. Use a compass to follow directions and reach a goal.
 - b. Demonstrate how to stay safe in adverse weather conditions such as:
 - Frostbite
 - Sun stroke
 - Black ice
 - Heat stroke
 - White-out (blizzard)
 - Hypothermia
6.
 - a. Help set up, serve, and/or clean up from a fellowship meal or prepare sandwiches for a homeless shelter.
 - b. Prepare a care package for someone in need.
7.
 - a. Use food coloring to color a carnation to give to a special person
OR
Start a vegetable plant.
 - b. Find a creepy crawling creature of your choice
OR
Draw and color pictures of the snakes in your area.
 - c. Show and tell one of the above or an option of your choice.



The Helping Hand Pin looks just like the regular Helping Hand with the addition of a gold star.