

# Helping Hand Advanced

This class was designed for the over-achieving fourth-grade Adventurer who need additional activities, training them for leadership.

1. Earn the Helping Hand class.
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 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.