



ADVANCED HELPING HAND

ACTIVITY BOOK

FOR ADVENTURERS AGED 9 YEARS



CLASS WORKBOOK



I am an **ADVANCED**
HELPING HAND

My name is:

I am ____ years old.



BASIC REQUIREMENTS

ADVENTURER PLEDGE

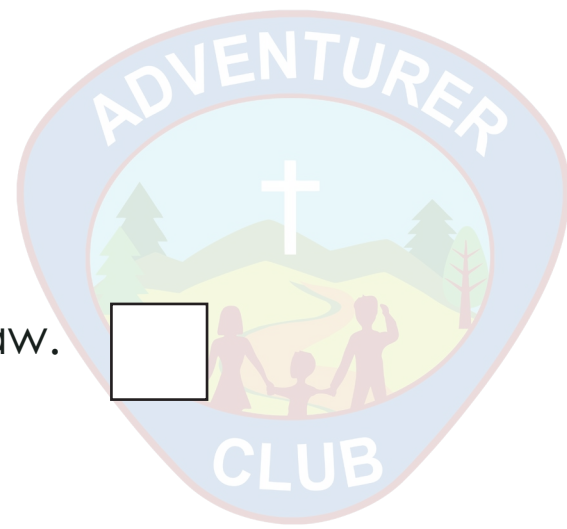


Repeat from memory the Adventurer Pledge.

☐

ADVENTURER LAW

Repeat from memory the Adventurer Law.





MY GOD

i. PLAN A CLUB ACTIVITY



A) What club activity did you plan? _____

B) Who helped you? _____

C) Describe how the activity went. _____

D) Take a photo or draw a picture of your club activity.

A large, empty rectangular box with a thick brown border, intended for a student to draw a picture or paste a photo of their club activity.

ii. HELP SETUP, SERVE AND CLEAN A CLUB MEAL



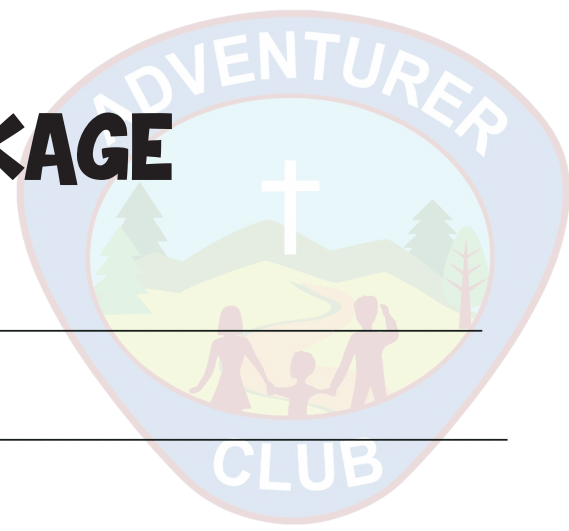
A) What meal did you help with? _____

B) What did you do? _____

C) Interview someone to find out how you went. _____

D) Take a photo or draw a picture of what you did.

iii. PREPARE A CARE PACKAGE



A) Who is your care package for? _____

B) Why did you choose this person or group? _____

C) Describe the contents of your care package. _____

D) Take a photo or draw a picture of your care package.



MY SELF

i. ONE WEEK FOOD DIARY



Write in the boxes what you ate for breakfast, lunch and dinner for each day.

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

ii. UNDERSTAND FOUR DIFFERENT FOODS

Lets find out what's in the food we eat.

My favourite cereal _____

Contains: _____

A better or another good choice might be:

My favourite cereal _____

Contains: _____

A better or another good choice might be:

My favourite cereal _____

Contains: _____

A better or another good choice might be:

My favourite cereal _____

Contains: _____

A better or another good choice might be:





MY FAMILY

i. HOLD A FAMILY MEETING



A) Date: _____

B) My topic was: _____

C) Who attended? _____

D) Explain what happened in your meeting. _____

E) Take a photo or draw a picture of your family meeting.

ii. HOME HELPER AWARD



A) Assist with two of the following:

- Laundry
- Preparing and serving a meal
- Washing car
- Grocery shopping

B) Set the table and help do the dishes four times in one week.

C) Make your bed and help to clean your room for three weeks.

D) Demonstrate your ability to do four of the following:

- Vacuum the carpet
- Dust furniture
- Sweep or mop
- Tell the time
- Sew on a button
- Pick up your own things and put them away

E) Be responsible for emptying the waste baskets and trash container for one week. Separate all recyclable materials.

F) Discuss the following and learn to do each one:

- Dust window sills
- Remove spider webs
- Wash windows
- Clean woodwork
- Vacuum or sweep the floor

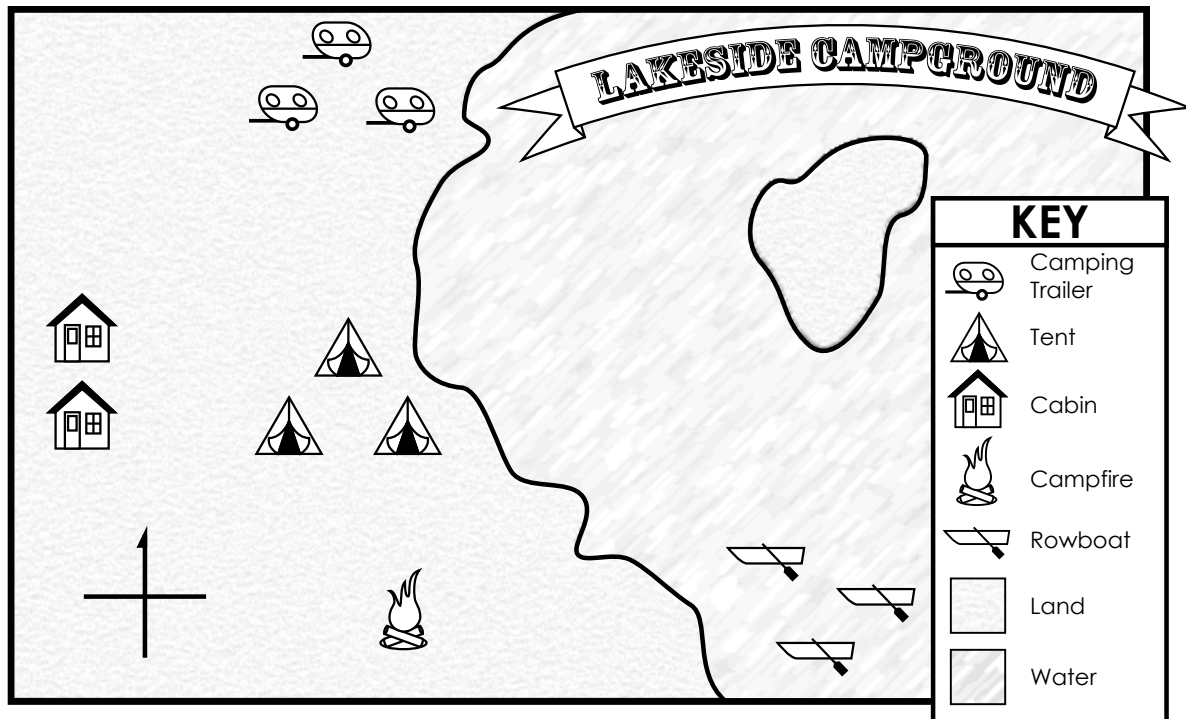


MY WORLD

i. UNDERSTAND & DEMONSTRATE BASIC MAP & COMPASS SKILLS



Reading a Map



1. Label **N**, **S**, **E**, and **W** on the compass rose.
2. Color the land **green** and the water **blue**.

Write **north**, **south**, **east**, or **west** to complete each sentence.

3. The rowboats are _____ of the campfire.
4. The camping trailers are _____ of the tents.
5. The cabins are _____ of the tents.
6. The campfire is _____ of the camping trailers.
7. The island is _____ of the cabins.

ii. PLANT A VEGETABLE



A) The vegetable I planted is a _____ from a seed/seedling.

B) Draw a series of pictures or paste in photos of your vege plant as it grows.

Date: __/__/__

Date: __/__/__

Date: __/__/__

Date: __/__/__

iii. DISCOVER AND IDENTIFY NATURE



A) Discover and identify a native animal in your local area.

A native animal in my local area is: _____

Where does it live?

What does it look like?

What does it eat?

Draw a picture of this native animal.

Draw and colour some of the other native animals in your area.

iii. DISCOVER AND IDENTIFY NATURE



B) Discover and identify a bird in your local area.

A native bird in my local area is: _____

Where does it live?

What does it look like?

What does it eat?

Draw a picture of this bird.

Draw and colour some of the other birds in your area.

iii. DISCOVER AND IDENTIFY NATURE



B) Discover and identify a snake in your local area.

A snake in my local area is: _____

Where does it live?

What does it look like?

What does it eat?

Draw a picture of this snake.

Draw and colour some of the other snakes in your area.

iii. DISCOVER AND IDENTIFY NATURE



B) Discover and identify a crawling insect in your local area.

A crawling insect in my local area is: _____

Where does it live?

What does it look like?

What does it eat?

What job does it play
in nature?

Draw a crawling insect of your choice.



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