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| IPSWICH | KINGS LYNN | PETERBOROUGH CENTRAL | PETERBOROUGH PORTUGESE | SOUTHEND



## SEC AREA 8 ADVENTURERS



### SUNBEAM E-CAMP PACK



During this camp you will receive the following awards! :





## Parables of Jesus award

1. Read and discuss Matthew 13:44.

"The kingdom of heaven is like treasure hidden in a field. When a man found it, he hid it again, and then in his joy went and sold all he had and bought that field.

2. What is a parable? Why and how did Jesus use parables?

A parable is a word picture that uses words to illustrate a truth or a lesson

3. Name and learn the meaning of a parable Jesus told from each of the 4 gospels.

Mathew.....

Mark.....

Luke.....

John.....

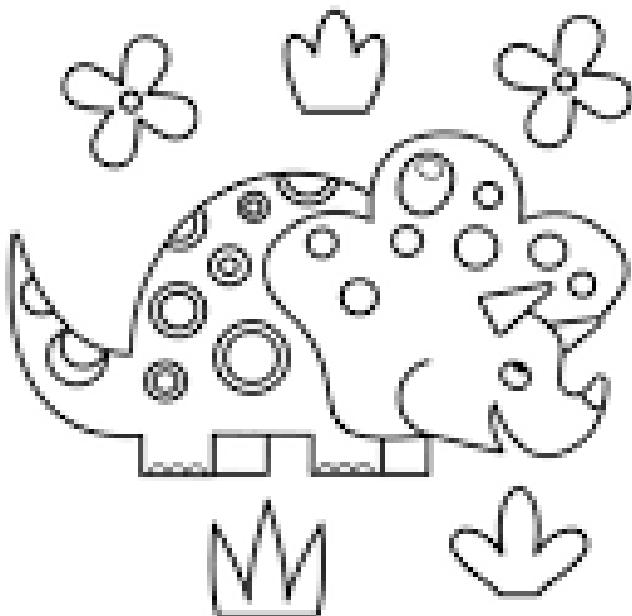
5. Participate in a physical game or outdoor activity depicting one of the parables of Jesus.

The name of the game/activity I did was

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6. Make "Get Well" or "Thinking of You" cards for outreach. Read Luke 10:25-37. - Colour and cut out the card below

Hello



Thinking  
of You





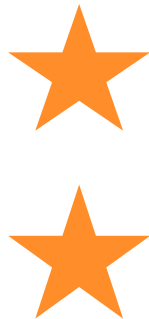
## Acts of Kindness award

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

Be devoted to one another in love. Honour one another above yourselves

Anxiety weighs down the heart but a kind word cheers it up

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.

In the Bible

.....  
Showed love and kindness

4. Read or listen to three (3) stories of kindness.

The names of the stories I read/listened to are

.....

.....

.....

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.

The act of kindness I plan to do is

.....

at

.....



## Universe award

1. Read Bible verses about God creating the universe and heaven.

In the beginning God created the

.....

and the

.....

- *Genesis 1:1*

2. Discuss what Heaven will be like and draw a picture depicting your view of Heaven.

3. Find Bible verses about the universe, stars, moon, planets, and/or sun.

While the morning ..... Sang  
together and all the angels shouted for joy

- Job 38:7

4. Make a craft of our solar system and name the 8 planets.



Mercury



Venus



Earth



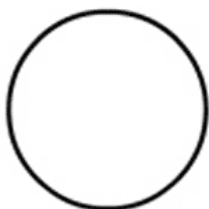
Mars



Jupiter



Saturn



Uranus



Neptune



Pluto

5.What is the universe?

The universe is much bigger than the sky  
The universe is

.....

6.What is the Milky Way?

The Milky Way is our

.....

7.Play a space game.

The name of the space game I played was

.....





## Cooperation awards

1. Read and discuss Acts 4:32-37 and Exodus 35:20-29; 36:2-7.
2. What is cooperation?

Cooperation is the willingness to work

.....

3. Why is cooperation important in your family, school, and church?

Cooperation is important because

.....

.....

.....

4. Role play a Bible story about cooperation.

The role play I did was

.....

5. Sing a cooperation song.

The name of the song I sang was

.....

6. Play a cooperative game.

The name of the game I played was

.....

7. Make a cooperative craft with your group.



## Seasons award

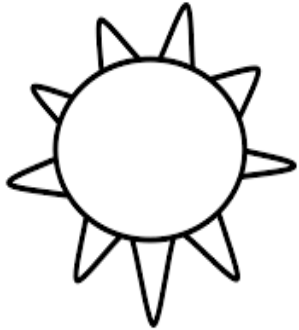
### 1. Read and discuss Ecclesiastes 3:1-8.

There is a time for everything,  
and a season for every activity under the heavens:

- <sup>2</sup> a time to be born and a time to die,  
a time to plant and a time to uproot,
- <sup>3</sup> a time to kill and a time to heal,  
a time to tear down and a time to build,
- <sup>4</sup> a time to weep and a time to laugh,  
a time to mourn and a time to dance,
- <sup>5</sup> a time to scatter stones and a time to gather them,  
a time to embrace and a time to refrain from embracing,
- <sup>6</sup> a time to search and a time to give up,  
a time to keep and a time to throw away,
- <sup>7</sup> a time to tear and a time to mend,  
a time to be silent and a time to speak,
- <sup>8</sup> a time to love and a time to hate,  
a time for war and a time for peace.

### 2. Illustrate Ecclesiastes 3:11.

3. Identify the time of year for the seasons in your area.  
- Draw lines to match the pictures to the words



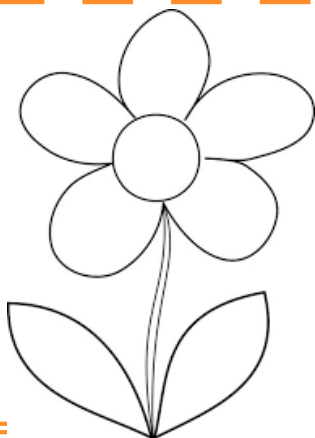
DECEMBER - FEBRUARY



JUNE - AUGUST



SEPTEMBER - NOVEMBER



MARCH - MAY

4. How do you prepare for each season: clothing, gardening, harvesting, activities, school, etc.

I prepare for winter by wearing a .....

I prepare for spring

5. Play a game related to the seasons.

The name of the game I played was

.....



## Whale award

1. Pick one whale to study.

I picked the

.....

Whale

2. Is a whale a mammal or a fish?

A whale is a

.....

3. What is the size of the whale when full grown?

When fully grown a Whale is

.....

4. Draw full size whale in a parking lot with sidewalk chalk?

Stick a picture below of your drawing!

5. Learn five facts about your whale, such as suggested below?

a. What it eats

The Whale I chose eats

.....

b. Where it lives or migrates

The Whale I chose lives in the

.....



c. How long it lives

The Whale I chose lives for

.....

years

e. How many babies it has and how are they born.

The Whale I chose normally has

.....

babies

6. In damp sand or clay sculpt your whale.

7. Read or listen to the story of Jonah and act out the story

I read/listened to the story of Jonah.

I acted out the story to

.....



## Handicraft award

1. Pick six of the following to make:
  - Please tick the items you have created
  - 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. A string sculpture
  - f. A mobile
  - g. An item from papier-mache
  - h. A picture using egg shells or seeds
  - i. Covers for an autograph or photo album
  - j. A collage using six different materials
  - k. A poster inviting people to an event
  - l. An article of your own choosing

2. Give at least two of the above items to:
  - a. A family member

The family member I gave it to was

.....

- b. An elderly person in your church or a nursing home

The elderly person I gave it to was

.....

3. Have an art show.

|| In this space please display pictures of your art show ||  
|| that you completed at home or at club meeting ||

## Baking Award



### 1. What is the definition for baking?

Baking is \_\_\_\_\_ food by \_\_\_\_\_ it in an

\_\_\_\_\_ at the proper \_\_\_\_\_

oven      cooking      temperature      heating

### 2. Describe ways to be safe in the kitchen while baking.






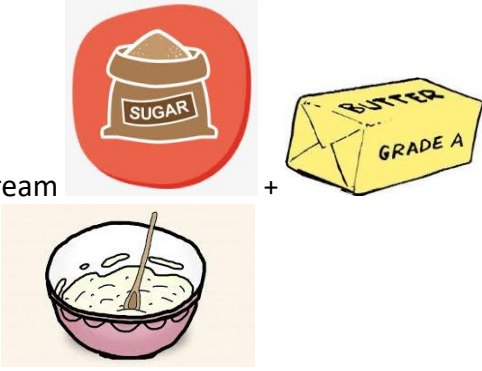

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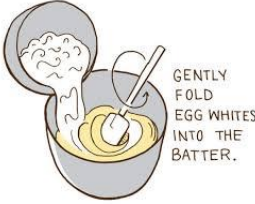


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3. Define the following baking terms: batter, beat, coating pan, cream, dough, fold, preheat and stir.

 <p>Batter</p>	<p>A thick mixture of flour or meal and a liquid such as water or milk that is prepared for baking into bread, cake, or the like</p>
 <p>Beat</p>	<p>Mixture of ingredients used in baking</p>
 <p>Coating Pan</p>	<p>To mix your butter and sugar(s) together until well blended, leaving you with a fluffy light yellow mix</p>
 <p>Cream</p>	<p>To mix ingredients using fast circular motions. For example to beat an egg or cake batter.</p>
 <p>Dough</p>	<p>To spread the bottom and/or sides of a pan with butter to prevent sticking</p>

 <p>Fold</p>	<p>To switch on the oven and allow it to reach a certain temperature before baking.</p>
<p>Preheat</p> 	<p>To carefully combine two mixtures into one smooth mixture.</p>
<p>Stir</p> 	<p>To mix round and round with a spoon</p>

4. Name at least 8 utensils that are used in many baking projects.

_____	_____
_____	_____
_____	_____
_____	_____

5. Read four stories in the Bible where baking was mentioned.

- Genesis 18:1-13 The Three Visitors
- Genesis 19:3 Sodom and Gomorrah destroyed
- 1 Kings 17:7-24 Elijah and the Widow at Zarephath

**Other stories to read:**

- Leviticus 26:26, Exodus 8:3, Leviticus 7:9, Leviticus 11:35, 1 Kings 19:6, Isaiah 44:14-19, Exodus 12:39, 1 Samuel 28:24, Genesis 18:6

6. Who does Jesus say He is in John 6:35? Discuss how this is important to you.

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7. Bake two items of your choosing.

Recipe suggestions:

Bread in a bag <https://busytoddler.com/2018/03/make-bread-bag-kids/>

Cheese puffs <https://childhood101.com/cooking-with-kids-cheese-puffs/>



Vanilla cupcakes

Serves: 12

Preparation time: 45 minutes

Ingredients

175g butter, cut into large pieces

175g self-rising flour

175g caster sugar

½ tsp baking powder

3 large eggs

½ tsp vanilla extract

For the icing:

175g butter, cut into large pieces

½ tsp vanilla extract

2-3 tbsp milk

350g icing sugar, sifted

Pink edible food colouring

Edible pink hearts or sprinkles for decoration

Method

1. Preheat the oven to 180C/gas mark 4. Line a 12-hole muffin tin with paper cupcake or muffin cases.

2. Put all the cake ingredients into a large bowl and beat with an electric hand whisk or a wooden spoon until smooth and evenly mixed. Divide the mixture evenly between the paper cases.

3. Bake for 20-25 minutes, or until the cakes are well risen and firm on top. Transfer to a wire rack to cool.

4. Make the icing: put the butter, vanilla extract, two tablespoons of the milk, and half the icing sugar in a large bowl and beat until smooth. Beat in the remaining icing sugar, and pour in the rest of the milk if needed to make the icing the right consistency.

5. Put half of the icing into another bowl and colour it pale pink with the edible colouring. Carefully spoon this down one side of a piping bag fitted with a star-shaped nozzle, then spoon the non-coloured icing down the other side of the bag. Twist the end of the bag to seal the icing in.

6. Pipe swirls of the icing on top of each cupcake. Scatter with the edible pink hearts, or other sprinkles, to decorate.





## Courtesy Award

Explain what "courtesy" means.

Courtesy means

.....

2. Recite and explain the Golden Rule.

Always do unto ..... as you would have

them do to ..... if you were in their

.....

3. Be able to demonstrate good table manners.

a. Properly set the table

- Draw below how to set the table

b. Correctly ask for and pass food

When I would like someone to pass me food I say:

Can you pass me the .....

c. Properly excuse yourself from the table

I excuse myself from the table by saying

.....

4. Make a telephone call using good telephone manners:

a. To an adult

The adult I called was

.....

b. To a friend of your choice

The friend I called was

.....

OR introduce:

- d. An adult to a friend
- e. Your teacher to a parent
- 5. Share an experience:
  - a. When an adult was courteous to you
  - b. When you were courteous to another person

I decided to:

.....

- 6. Show acts of courtesy as you:
  - a. Ask for a drink
  - b. Say thank you
  - c. Apologize
  - d. Greet a friend
  - e. Share and take turns