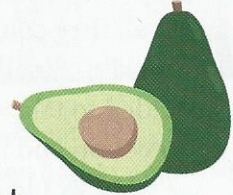


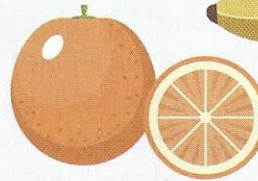
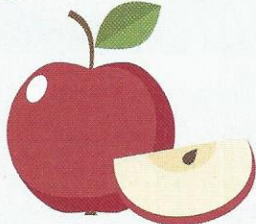
SABBATH ACTIVITIES

WORD FIND!

Find the name of the foods pictured below.
These foods are good for your heart.



| | | | | | | | | | | | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | | C | R | Z | T | | | | E | B | E | M | | | | | | | | | | |
| | | | E | M | Y | X | V | M | | X | B | I | N | K | B | | | | | | | | |
| | U | W | B | F | U | M | O | N | | M | I | B | G | S | O | Y | L | | | | | | |
| | K | L | D | Z | H | A | C | Y | W | R | V | L | N | F | R | B | A | F | X | Y | | | |
| N | I | J | L | B | O | W | J | J | G | N | M | R | I | N | U | I | P | D | B | Z | M | | |
| Q | G | V | N | S | S | T | R | A | W | B | E | R | R | Y | B | J | J | Z | Y | W | R | I | |
| Q | R | H | V | D | R | S | B | A | W | W | R | N | I | Y | I | P | F | O | I | B | F | P | H |
| E | V | F | C | N | N | A | Z | P | A | A | Y | L | N | C | X | N | A | G | V | L | J | L | O |
| T | L | B | D | O | G | D | E | K | S | V | A | L | R | B | Z | N | H | D | S | E | W | N | A |
| J | P | P | N | M | S | G | J | P | W | A | O | E | W | X | A | B | U | H | R | Q | E | G | U |
| M | W | X | P | L | N | L | Z | D | T | X | C | C | J | N | A | T | M | H | I | E | X | K | Y |
| | R | P | Y | A | P | N | O | W | K | V | Y | S | A | Y | G | K | T | G | U | Y | O | Q | |
| A | O | R | L | P | M | O | S | D | G | X | B | C | D | E | Z | B | H | H | O | A | O | | |
| | O | W | R | C | K | F | U | F | J | V | X | G | D | O | Z | K | U | E | D | I | | | |
| | | C | U | S | D | M | Q | G | N | N | D | Q | P | N | G | V | I | T | A | N | | | |
| | | | S | J | F | N | J | M | T | D | O | W | N | T | S | B | P | Q | | | | | |
| | | | O | G | P | I | N | E | A | P | P | L | E | S | T | D | | | | | | | |
| | | | | F | Y | B | R | G | I | O | A | W | N | M | V | | | | | | | | |
| | | | | | N | C | F | Q | K | Z | T | P | I | X | | | | | | | | | |
| | | | | | | C | Y | H | U | M | Z | K | Y | | | | | | | | | | |
| | | | | | | | I | Z | M | L | P | X | | | | | | | | | | | |
| | | | | | | | | D | U | F | X | | | | | | | | | | | | |



Answer:

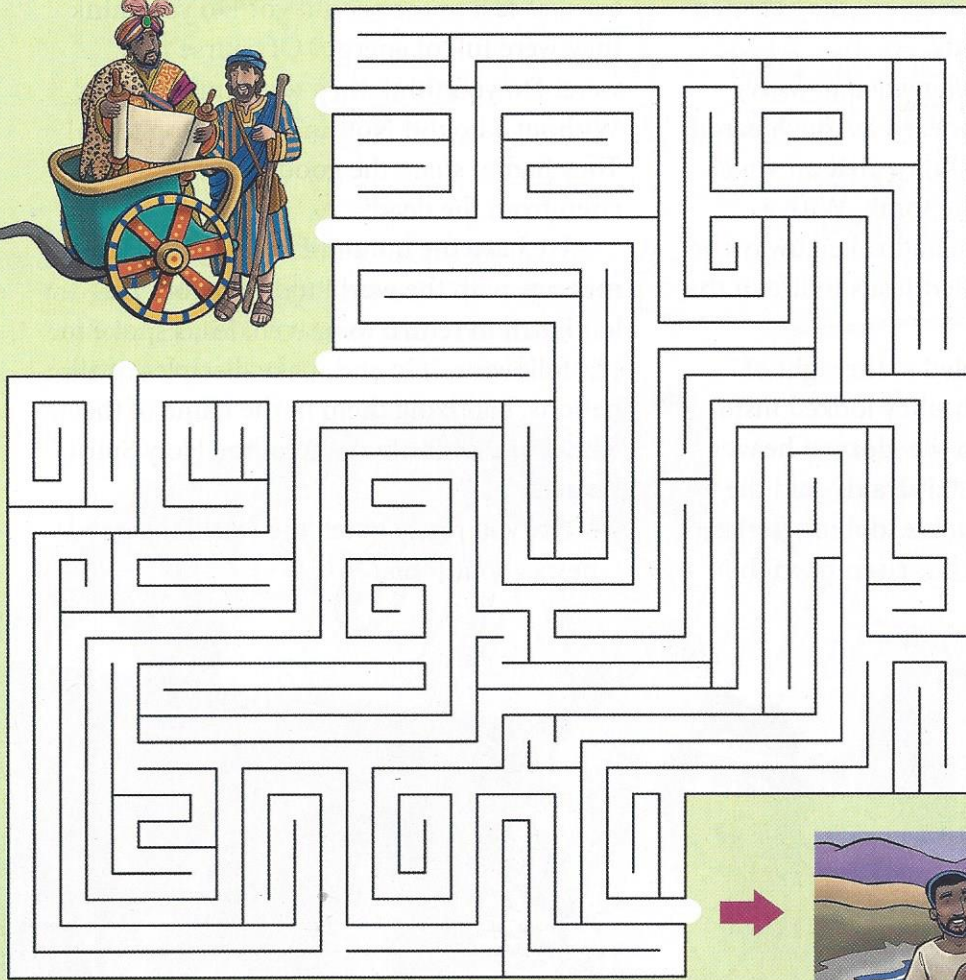


A Chance for Service:

You can feed the hungry wild birds in your yard by making a bird feeder out of an empty plastic bottle. Ask a parent for help, and cut holes in the side of the bottle. Then push a wooden spoon through the holes. Now fill with bird seed and watch for visitors! Jesus taught that God even cares about little birds.



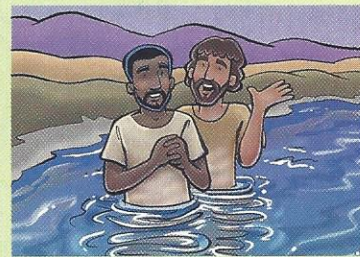
SABBATH ACTIVITIES



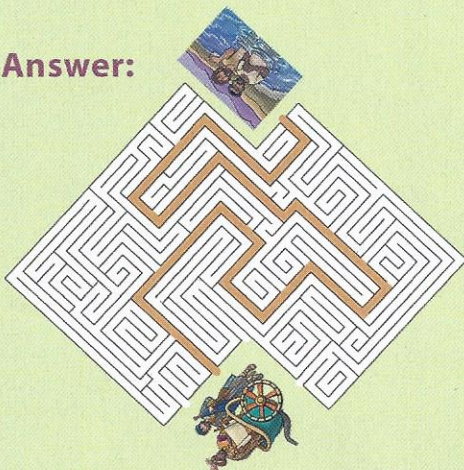
**Solve
the
Maze!**

Directions:

Help the apostle Philip find a place for the Ethiopian eunuch to be baptized.



Answer:

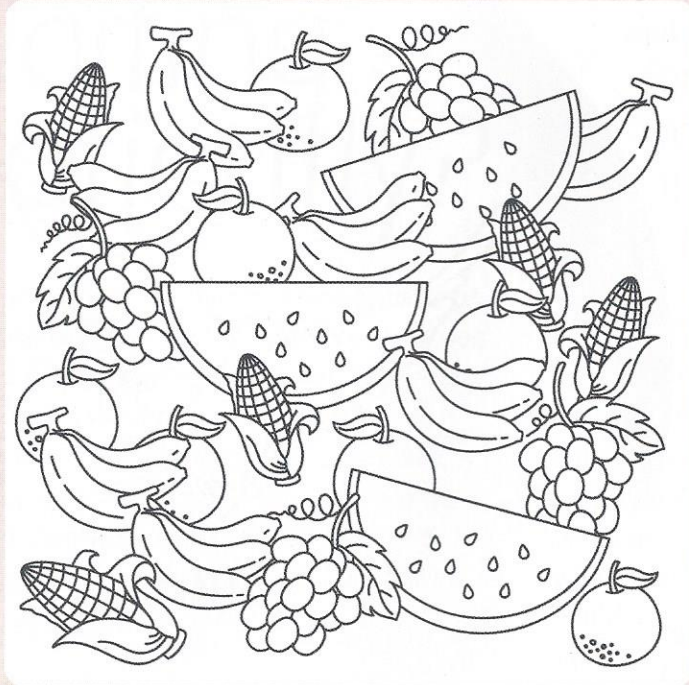


A Chance for Service:

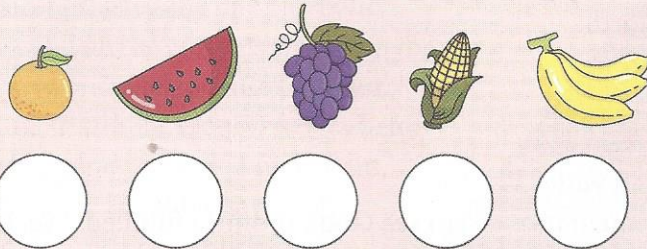
Do you see any children at your school that don't seem to have many friends? These are often the students who really need acts of kindness. Talk to your parent or guardian and ask if you can take an extra treat in your lunch on Monday and surprise a student with a treat. You will be following the example of Jesus who was kind to everyone.

SABBATH ACTIVITIES

Find the Number of Fruits & Vegetables



Fresh fruits and vegetables are colorful and full of vitamins. God has provided a wonderful assortment of foods that help us stay healthy and strong. Put the number of each food in the circle.



Answers:



A Chance for Service:

If one of your parents or guardian is a Christian, make a mini documentary video about why they became a Christian. Most smartphones have video, so find one you can use. If they agree, tell them you need a two to three minute answer.

Here are the steps to take: Set up a comfortable place for the interview. Next, introduce yourself to the camera and say "Today I am asking [state their name] why [he or she] became a Christian." After they finish, say "Please share with us why you became a Christian." After they finish, say "Thank you for sharing this with us." Now watch the video to see how it turned out. If you and your parent like it, upload to a social-media site like Facebook. This is a modern way to share the gospel and make your first film.



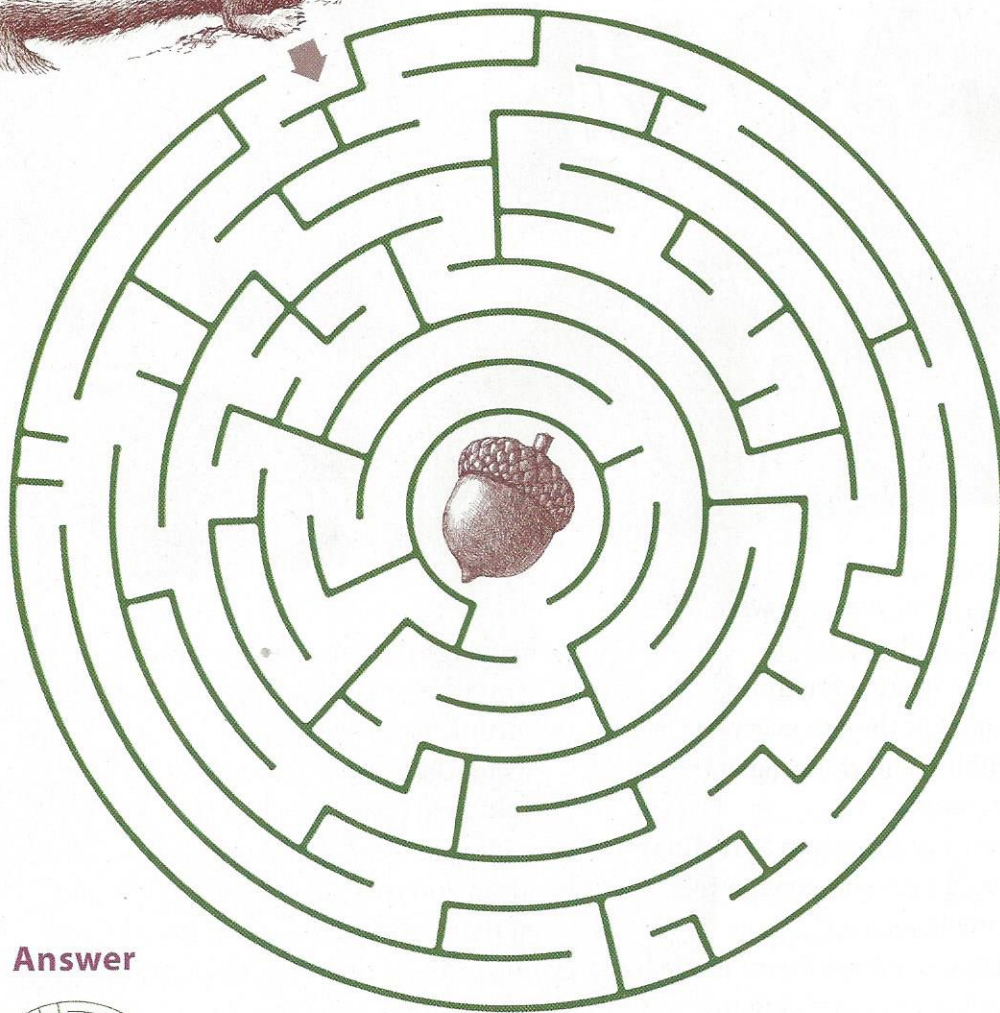
SABBATH ACTIVITIES



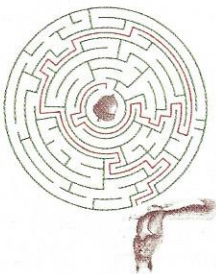
Solve the Maze!

Directions:

The red squirrel loves acorns. Help it find its way to the big one in the middle of this maze.



Answer



A Chance for Service:

The Bible tells us that our bodies are temples of the Holy Spirit, so we need to take good care of them. Make a list of foods that are good for you and some that might be bad. Then share that list with your parent or guardian, and encourage your family to make wise and healthy choices. Good health is a blessing to everyone.

