

2020  
Adventurer & Pathfinder  
E-Camporee

# Activity Resource Pack

**WE ALL BELONG TO JESUS**

SEC ADVENTURER CAMPOREE 2020  
E-CAMPOREE

6-9 August

South England Conference  
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SOUTH ENGLAND CONFERENCE OF SEVENTH-DAY ADVENTIST CHURCH

**PATHFINDER CAMPOREE**

6-9 AUGUST 2020  
E-CAMPOREE

**Home... WHERE I BELONG!**

For information contact SEC Pathfinder Department on 01923 232728 or pathfinders@secadventist.org.uk

## ADVENTURER ACTIVITIES RESOURCES

- **Art & Craft Activity - 10 Commandments Tablets of Stone**
- **Cooking Activities**
- **Science Craft Activities**
- **Fitness At Home Award Activity**

## PATHFINDER ACTIVITIES RESOURCES

- **Sight Honour**
- **Smell Honour**
- **Taste Honour**
- **Touch Honour**
- **Hearing Honour**

## Art & Craft Activity - 10 Commandments Tablets of Stone



### Resources Needed:

1. Cereal box cut into two pieces, each at size 22cm x 35cm.
2. Two Aluminium foil pieces, each at approx. 50cm x 45cm.
3. White A4 paper, with 10 commandments printed (The template is below on page 4), cut into 2 sections of 7cm x 10cm.
4. PVA glue
5. Sticky tape
6. Split Peas or Lentils approx. a handful, to go around the borders



- 1. Put God first**
- 2. Do not worship idols**
- 3. Respect God's name**
- 4. Keep the Sabbath day holy**



- 5. Respect your parents**
- 6. Do not hurt others**
- 7. Love the person you marry**
- 8. Do not take other peoples' things**
- 9. Always tell the truth**
- 10. Be happy with what you have**

Adventurer template: The 10 Commandments

7. You must not have  
any other gods but  
Me

8. You must not make  
or bow down to any  
idols

9. You must not misuse  
God's name

10. Remember to keep  
the Sabbath day  
holy

1. Honour your father  
and mother

2. You must not murder

3. Be faithful to the  
person you marry

4. You must not steal

5. You must not tell lies

6. You must not covet  
what belongs to  
others

# Cooking Activity

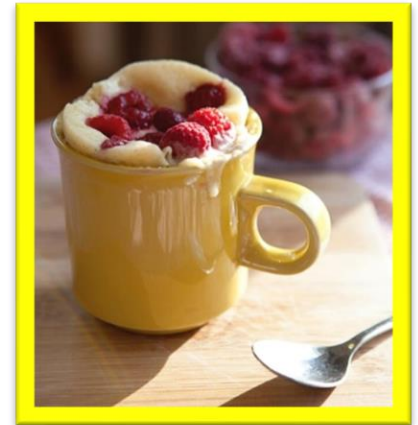
## RASPBERRY MUG CAKE

### INGREDIENTS

- 3 tbsp dairy-free milk
- 1 tsp lemon juice
- 1 tbsp sunflower oil (or any flavourless oil)
- 4 tbsp self-raising flour
- 2 tbsp brown sugar or golden caster sugar
- 4 fresh or frozen raspberries (can also use raspberry jam)

### EQUIPMENT

- Mug
  - Spoon
  - Fork
  - Microwave
- 



## QUESADILLA

### INGREDIENTS

- x2 Wraps
- 1-2 tablespoons Tomato Purée
- 1/2 teaspoon Mixed Herbs
- 1/2 teaspoon garlic powder (or granules)
- 1/2 teaspoon onion powder (or granules)
- 1-2 cup / 4 -6 ounces Sweet Corn
- 1-2 cup / 4 -6 ounces Vegan Cheese
- Spray oil

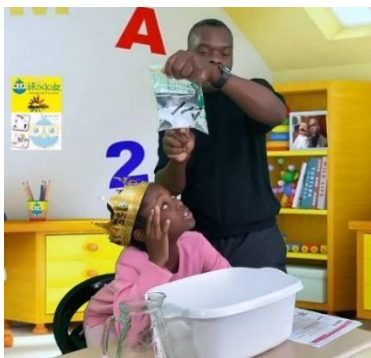
### EQUIPMENT

- Fish slice / slotted turner
- Spoon
- x2 plates
- Anyone of the following:  
Frying pan, crepe pan or tawa



# Science Craft Activities

Title	Focus	Resources
Paper Strip	About Connecting With Jesus and a Church	Scissor and strips of paper
Salt and pipes	When we belong to group /God it's easier to face troubles than on our own - we help each other	2 size PVC pipes, salt, tissue and rubber bands - can use A3 paper rolled into 2 different sizes
Smart Art	Together we make something beautiful	Smarties, paper plate and water
Bottle of rice and skewers	Preparing our hearts	2 empty plastic water bottle (250ml), rice (enough to fill the bottles), x2 wooden skewers or chop sticks
Together paper	Object Lesson About Needing Others	A4 paper cut in strips of paper of equal sizes and tape/glue
Pencils water bag	Even though we belong to a group/club we can bless others outside of our group	Zip lock bag, sharpened pencil - (3-7) and water



# Fitness At Home Award Activity

No Resources Needed. Except your own body.

## Mitigating actions required

- Adventurers must be under the supervision of a responsible adult for the duration of the activity session
- Adventurers must dress in the appropriate clothing and footwear for doing exercise. i.e. comfortable sportswear, T shirt, jogging bottoms, leggings, shorts, trainers etc.
- The space made available must be free from anything that might cause injury i.e. furniture
- The space made available must be free from slips i.e. slippery floor surfaces or wet floor
- Ensure that they are using an exercise mat or carpet.
- Ensure any rugs are secure or moved.
- Ensure they are not wearing socks on a wooden floor.
- Ensure the space is well ventilated
- Parent to ensure that participant has access to water during the session.



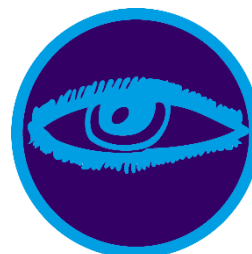
# PATHFINDER E-CAMPOREE ACTIVITIES

## Sight Honour

How do we see? What makes us see far and near? Does your eye function differently to that of a cat's eye? Or a bird's eye? Explore your sense of sight with this new honour.

## Resources

- Blindfold
- Timing device - stopwatch or phone
- Pen
- Writing Paper
- Bowl large enough to put face in
- Warm water
- Eye wash solution (optional)
- Clean Towel
- Blank A4 paper
- 12inch Ruler
- Pair of scissors
- Round object (about 3" in diameter)
- Pencil
- Crayons

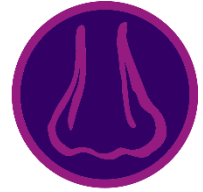


## Smell Honour

How do you smell things? From what distance can you smell someone coming? Does having a bigger nose help you to smell better? Explore the sense of smell with this new honour.

## Resources

- 5 different plants;
- 5 different foods;
- 5 different everyday items
- Blindfold



## Taste Honour

How many taste buds do you have in your mouth? How is your sense of taste connected to your sense of smell? Can you train your tongue to taste? See how many foods you can identify in this new honour.

### Resources

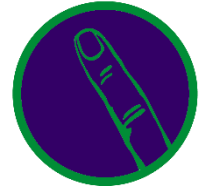
- 10 (TEN) foods. Of the foods at least 2 should be from each taste sensation.
- Onion
- Raisin
- Blindfold
- Aluminium foil



# Touch Honour

How do you know that someone has touched you? Do you feel touch only on your skin? What makes your skin sensitive? What are touch receptors? Understand the sense of touch with this new honour.

## Resources



### **Static Electricity Activities**

- Balloons - **Pathfinders who are allergic to Latex (Material the balloon is made of) please only look at how the activity is being done from a safe distance.**
- Shoes
- Aluminium can/tin - (Fanta, Tango, Sprite tin)

#### **1. Balloon Activity**

Put the empty can to lay on table.

Inflate balloon.

Rub balloon on hair for about 15 sec.

Hold balloon in front of the tin/can gently pulling it away from tin/can.

The tin/can should start rolling to balloon - "magic"

#### **2. Carpet Activity**

Ensure pathfinders have shoes on for this activity.

Rub your feet across the carpet for a few seconds creating friction.

After that, have someone touch you. They should experience a static shock.

#### **3. TV Activity**

Place your hand near to a television screen once it is switched off.

The hairs on your hand/arm should raise or stand straight.

The television screen will retain its electrostatic force even though the charging is in off condition. The electrostatic force is positively charged so it will have a tendency to attract neutral charged or negatively charged objects. As our body is touching the ground via our legs, our body will have neutral charge. So, the hairs will be having neutral charges which will get attracted to the television screens making them to raise.

## Sensory Activities

### Resource List:

- Card Paper
- Scissors
- Blind-Fold
- Plastic Plates/Cups
- Box/Carrier Bag
- Any Cooking Ingredient at hand / Fruit or Veg

### 1. Textile Board

Collect 10 different Textures, cut it out and Place it on a board or Card Paper.

Example of textures that can be collected:

Material - Wool, Cotton, Spandex, Polyester, silk, Linen, Nylon, Plastic, etc

Old/unwanted clothing can be used for this activity

### 2. Sensory Board

Collect an object or item that feels:

Rough, Soft, Hard, Smooth, Bumpy/lumpy and place is on a Board or Card Paper.

**Game - Guess the Ingredient** - At least 1 player and 1 leading person

Suitable for a group activity

#### Instructions:

Gather various items, not too big so that the Pathfinders are able to hold them. Items should be of different textures, temperatures (nothing too hot or too cold) and different level of hardness/softness (consistencies). Mix it up. Ensure that items are not sharp. Example of items - Rice, peas, onions, seeds, peppers, fruits, vegetables, eggs, ice-cubs in a bag - This must be prepared by the leading person.

All players must be blindfolded, with their hands behind their back, and then the leading person puts the item into their hands.

Pathfinders must not know what the item is beforehand. They are to touch and feel, then guess what the item is.

After they have all gone through all the ingredients/items the blindfold can be removed to see if they guessed right or wrong.



## Hearing Honour

How do we hear things? Does our sense of hearing get better or worse with age? What range of sounds can you hear? What does Jesus have to say about hearing? Learn about the sense of hearing in this new honour.

### Resources

- 3 glasses of water
- A spoon
- Pencil and paper

