

## HOLD ONTO HEALTH (physical and mental)

Purpose: To understand why you must care for your body as God designed.

### Do at least one of the following:

1. Make a nutrition chart, showing foods you should eat. Keep a weekly record of how much of each you do eat.
2. Make a weekly cleanliness chart of bathing, hand washing, teeth brushing, hair combing and care for clothing. Do these things without being told.
3. Make a list of things you like about yourself. Make another list of things you could improve.
4. \_\_\_\_\_
5. \_\_\_\_\_

## GLORIFY WORK

Purpose: To help the child understand that even simple daily tasks done for someone can be spiritually meaningful.

### Do at least one of the following:

1. Do simple household tasks in a cheerful manner without being asked.
2. Help at home with religious holiday preparations.
3. \_\_\_\_\_
4. \_\_\_\_\_

## BE HAPPY

Purpose: To help the child recognize happiness in a spiritual way.

### Do at least one of the following:

1. Take part in a youth activity in your place of worship.
2. Learn about a religious holiday and what it means to you.
3. Make or collect a picture of yourself, alone or with others, that makes you happy. This could be a drawing, photograph or any other means you choose.
4. \_\_\_\_\_
5. \_\_\_\_\_



## RELIGIOUS ENRICHMENT PROGRAM

Based on Camp Fire Law

### Starflight Level

This Religious Enrichment Program is designed for youth in the Starflight help children become more aware of the value and meaning of religion Youth should work with their parents or with an adult counselor or leader recognized programs are available to children of most faiths, their place. Children and counselors should be made aware of these Youth may wish to keep a record book for the projects so they will have for their work. This may include writing, drawing, cut-outs, collages, This program follows the Camp Fire Law. Several choices are given may select at least one activity in each category. Some suggestions but the child and counselor may develop their own in keeping When project has been completed, emblem may be purchased



# RELIGIOUS ENRICHMENT PROGRAM

## Starflight Requirements

### WORSHIP GOD OR THE HIGHER POWER YOU BELIEVE IN

Purpose: To help the child become aware of their religion through a process of self discovery.

#### Do at least one of the following:

1. Attend worship services, study periods, or Sunday school at your place of worship at least eight times.
2. Learn and lead at least one of the following:
  - a. A prayer before meal
  - b. A prayer after meal
  - c. A prayer for lighting candles
  - d. A prayer of happiness
  - e. A prayer of thanksgiving
  - f. Any other prayer for a special occasion.

Note: Youth may write the prayer and share it with the group.

3. \_\_\_\_\_ (your idea)
4. \_\_\_\_\_

### SEEK BEAUTY

Purpose: To see the beauty God put into our world.

#### Do at least one of the following:

1. Go for a walk or hike to look for especially lovely things in nature, both large and small.
2. Make a poster or picture for your room or group showing beauty God has given us.
3. Help with making your place of worship or religious classroom more attractive. For example, help with a flower bed (maybe one with plants from the Bible), make wall hangings or seasonal decorations.
4. Participate in a youth choir or other church musical group, or learn a piece of religious music to sing or play on an instrument.
5. Observe a natural event, such as a sunrise, sunset, storm, flowing water, etc. Talk about how this made you feel with parent(s) or group.

6. \_\_\_\_\_
7. \_\_\_\_\_

### GIVE SERVICE

Purpose: To give service to church or community.

#### Do at least one of the following:

1. Participate in a service project for your church or community.
2. Do a special project for someone who needs your help such as an elderly person in your church.
3. Make greeting cards for people who are ill or injured.
4. \_\_\_\_\_
5. \_\_\_\_\_

### PURSUE KNOWLEDGE

Purpose: To learn more about your religion.

#### Do at least one of the following:

1. Find out about a famous religious person. Share your findings by means of a poster, give a talk to your group or present a puppet show.
2. Learn as much as you can about your church or synagogue. Become familiar with the property and facilities. Describe some of the uses of the building.
3. \_\_\_\_\_
4. \_\_\_\_\_

### BE TRUSTWORTHY

Purpose: To understand what it means to be trustworthy, honest and responsible.

#### Do at least one of the following:

1. Discuss what it means to be honest, trustworthy and responsible. Discuss this at home or in a Camp Fire meeting.
2. Choose one thing you need to improve such as promptness, doing tasks assigned to you, patience, honesty and work for improvement. Discuss with your leader how you are doing.
3. \_\_\_\_\_
4. \_\_\_\_\_