

Children & Adolescents Ministry

2023

Olympics of



Activity guide for the
Children and Adolescents



Seventh-Day Adventist
Church

INTER-AMERICAN DIVISION

WELCOME



NAME: _____

CHURCH: _____



Diagram

LOVE FOR THE BIBLE.....JANUARY

LOVE FOR YOUR FRIENDS....FEBRUARY

LOVE FOR YOUR CHURCH.....MARCH

LOVE FOR YOUR BODY.....APRIL

LOVE FOR YOUR COMMUNITY.....MAY

LOVE FOR YOUR ANIMALS.....JUNE

LOVE FOR THE ELDERLY.....JULY

LOVE FOR NATURE.....AUGUST

LOVE FOR YOUR FAMILY....SEPTEMBER

LOVE FOR GOD.....OCTOBER

Final Count & Signatures



32 feet



32 feet



328 feet



32 feet



32 feet



262 feet



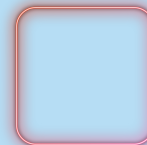
32 feet



32 feet



32 feet



197 feet



32 feet



32 feet



32 - 164 feet



32 feet

**READY TO
START!**



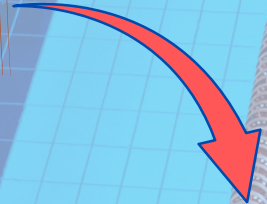
JANUARY



Love for the BIBLE

EVERY WEEK

- Learn two new verses each week (apart from your Sabbath school verse), at the end of the month you will have memorized eight verses. Recite them from memory to your family.
- Look for four stories about love in the Bible. Read one story per week, draw a picture about the story and stick it on your refrigerator. At the end of the month you will have four pictures.



WEEK 2

Act out a family drama about your favorite Bible story, and present it at home with your family or at church.





Love for the BIBLE Activity

- Write the eight new verses that you learned.

1

2

3

4

5

6

7

8

FEBRUARY



Love for your FRIENDS

WEEK 1

Choose a day of the week to take a delicious lunch to one of your friends at school with a card that says, "Thanks for your friendship."

WEEK 2

Put a binding ring with flash cards together. On each card write the name of a friend from school or church. Pray for one of those friends each day. At the end of your prayer recite Proverbs 17:17.

WEEK 3

Every day this week, at a specific time, get together with friends to play games like pick-up sticks, marbles, building blocks, etc.



32 feet



Love for your FRIENDS Activity

- Paste a picture of one of the days that you and your friends played together. If you can't get a photo, then draw a picture.

A large, empty white rectangular area intended for pasting a photo or drawing a picture of a day spent with friends.



MARCH



Love for your CHURCH

WEEK 1 & 2

Organize a clean up of an area of your church with your friends. You can paint chairs, trash cans, weed the yard, etc.

WEEK 3

Teachers, church leaders, and/or parents can plan a festival called, "All for Love," where the children can demonstrate their love through singing, poetry, drama, etc.

EVERY SABBATH OF THE MONTH

Each child is to be a "**Cleaning Inspector**" (Find a badge for each child), looking out for members throwing trash on the floor, pews, etc. They are to correct the members with love. Encourage members to support this activity.



32 feet



Love for your CHURCH Activity

- Write the following with your parent's help:

What areas of your church did you help clean?

How can you help keep your church clean?

What do you like most about going to church?

APRIL



Love for your BODY

WEEK 1

Each child will make a calendar with the number of days for this month and hang it in their room so that they can outline the following activities:

DURING THE ENTIRE MONTH

- MARK OFF with the color GREEN every day that you eat fruits and vegetables.
- MARK OFF with RED each day that you strengthened your heart by playing sports outside your house.
- MARK OFF WITH BLUE if you washed your hands 3 times that day.
- MARK OFF WITH YELLOW each day that you didn't watch TV and instead read a book.





Love for your BODY Activity

- Draw the part of your body that you think is most important. Look for a verse that talks about that body part.



Verse:

MAY



Love for your COMMUNITY

WEEK 1

Make a plan with some of your friends to clean the trash at a local park and throw the trash away. Also, ask one of your neighbors to see if they will let you clean up their trash and appropriately dispose of it.

WEEK 2

Make cards decorated with a bible verse on Friday before sunset and gift one to the neighbors closest to your home with a smile.

WEEK 3

"A Gift of Love" activity. Choose two of your toys, not the dirtiest or one that doesn't work. Choose a nice one in good condition and wrap it as a gift to give to a needy child on the street. Pick a day of the week to make them happy. If possible, ask the children to wear red t-shirts that day.



32 feet



Love for the COMMUNITY Activity

- Draw the toy that you have decided to give away (with your parent's help, write why you chose that toy). On the next page, stick a photo of you with the boy or girl whom you gave the toy to as a gift.





Love for your COMMUNITY Activity

PHOTO



JUNE

Love for ANIMALS



WEEK 1

During this week do not eat any food that comes from animals, or any type of meat. Invite your family to do the same. Eat some legumes, beans, chickpeas, or lentils instead.

WEEK 2

Feed a dog (Or another animal) from the street, with water or something to eat.



Love for ANIMALS

WEEK 3

Create a short and happy song about taking care of animals. Sing it to your family on the weekend. Write down the song and hang it up in your room.

WEEK 4

Talk to your family and friends about the importance of caring for animals and about some of the changes we can make to contribute to their wellbeing.





Love for ANIMALS

Activity

- Draw your favorite terrestrial or aquatic animal and write down some characteristics that you love about that animal.





Love for ANIMALS Activity

- Write the song that you made about animals.

A white rectangular area containing a musical staff with four horizontal lines. Several colorful musical notes are scattered around the staff: a red note on the left, a blue note at the bottom, a green note on the right, and a yellow note on the right. The notes are stylized with stems and heads.

JULY

Love for the ELDERLY



WEEK 1

Think about an elderly person in your family and visit them. Ask them to tell you a story of when they were a child. Draw the story and give it as a gift to that person.

WEEK 2

Teach an elderly person from your church or community how to use a cell phone. Provide them with the steps to follow to make a phone call.

WEEK 3

Prepare a fruit salad (soft to chew) for an elderly person and take it to them on a nicely decorated dish. Make them a card letting them know that they are important to you.



33 feet



Love for the ELDERLY Activity

- Write the person's name and draw a picture of them.



Name: _____

AUGUST

Love for NATURE



WEEK 1

During this week we will care for our environment. Encourage your family to not buy any plastic items (Like bottles or candy purchased in plastic wrappers).

WEEK 2

The children from the church will plant a tree or plant, name it, and care for it. They can plant it at the church, in their backyard, or in a special location.



Love for NATURE

WEEK 3

If you have plants in your home, dedicate this week to taking care of them by watering them. Ask your parents how to do it and what time of the day to water them.

WEEK 4

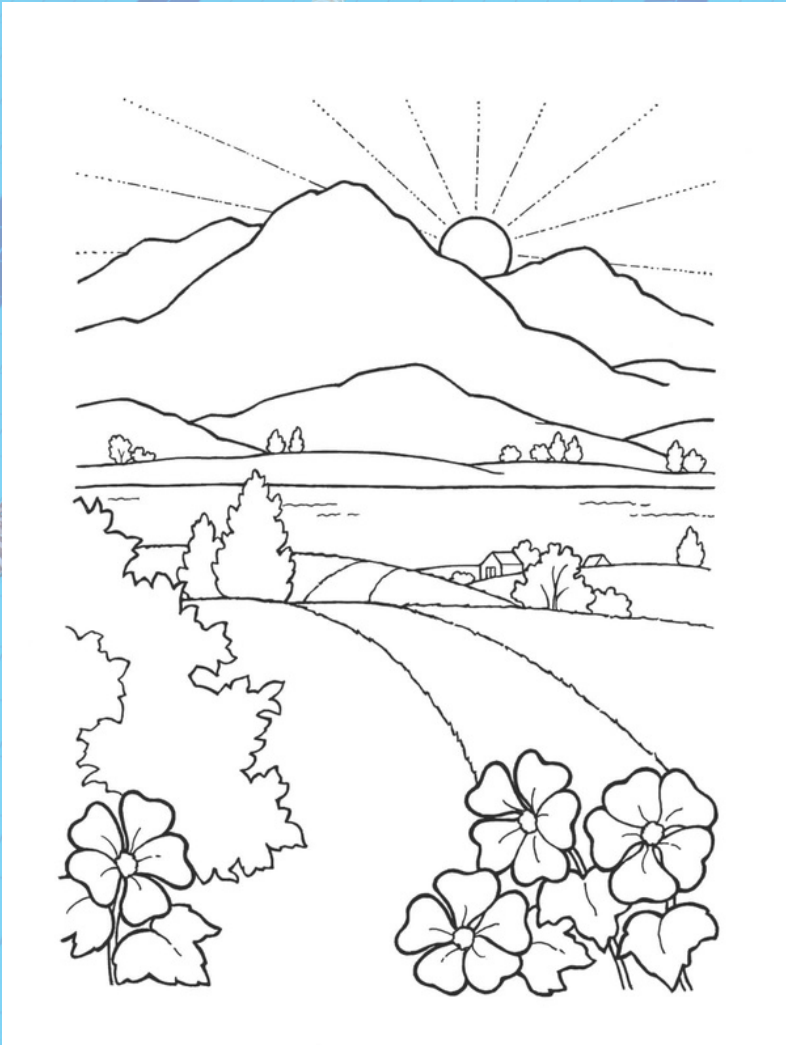
Recycle all plastic in your home and use it to make something useful or fun out of the recycled materials.





Love for NATURE Activity

- Color the landscape with your favorite colors.



SEPTEMBER



Love for your **FAMILY**

WEEK 1

Take a family picture dressed nicely in whatever outfits you choose (Formal, all in white, in pajamas, etc.)

WEEK 2

Create a picture frame using materials that you like and are available to you and title it, "Love for My Family." Place the picture you took last week inside this frame.

WEEK 3

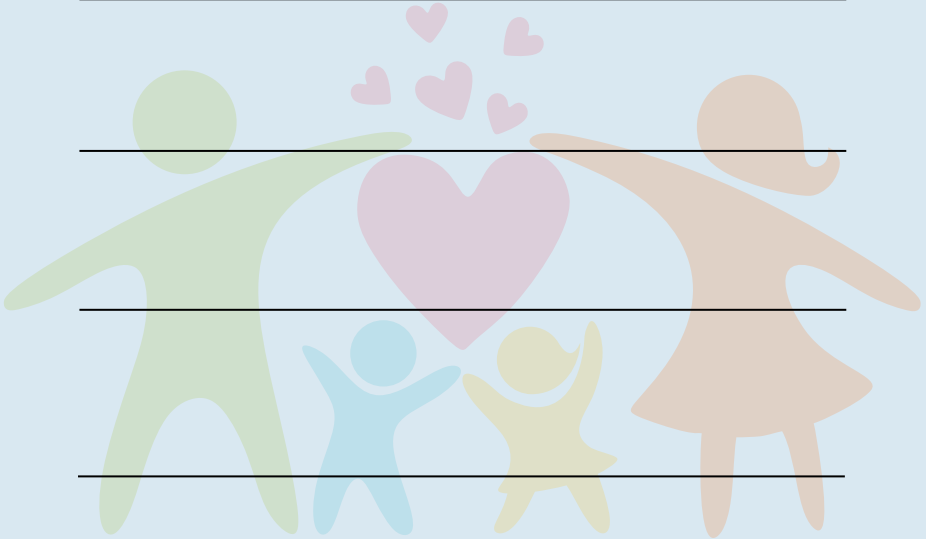
Plan a family excursion (Children and Parents) to a park, the beach, the mountains, etc., where you can spend the entire day or a weekend together as a family.

33 feet



Love for your FAMILY Activity

- Write down some of the things you love most about your family.





FAMILY PHOTO



OCTOBER



Love for GOD

WEEK 1

Ask a family member to help you make a kite, decorate it and put a message on it about who God is to you.

WEEK 2

The second Sabbath in the afternoon, the children will read the messages they wrote on their kites to the church members and at some point will go outside with everyone to fly their kites as high as possible and finish the day with a group prayer.

WEEK 3

Create two boxes the size that you would like them to be. On one box you will put a note about why you are grateful to God and on the other you will put a promise from God.



33 feet



Love for GOD Activity

- Paste a picture of the kite you made and write down how you feel about the activities you participated in for Olympics of Love this year.



"I have fought the good fight, I have finished the race, I have kept the faith. Now there is in store for me the crown of righteousness, which the Lord, the righteous Judge, will award to me on that day—and not only to me, but also to all who have longed for his appearing."

2 Timothy 4:7-8



SEVENTH-DAY ADVENTIST CHURCH

Inter-American Division
Children and Adolescents Ministry