

# Challenge Task Supplement



## Helping Others

This section of award work requires Junior Soldiers to reach out to others by making and sending cards, visiting sick or elderly people with a small gift, greeting people as they arrive at church services and supporting disadvantaged people in the community. The exact tasks differ depending on the level of the Junior Soldier.

Here are some ideas and tips to help you with the challenge tasks for this award work:

### 1. Card making (Challenge task for Bronze Award)

- Investing in stencils for Junior Soldiers to trace their message onto paper or cardboard is one way to help Junior Soldiers whose writing is still developing. (Some sets include the alphabet and a variety of people, animals and objects.)
- Print the message onto coloured paper in an 'outline' format using a word processor. Junior Soldiers can cut out the letters and stick onto black cardboard for a bright 'get well' greeting. (This makes an ideal group activity.)
- Cut pictures from old magazines to add colour to cards. Take photographs of the Junior Soldiers and trim to fit the card to add a personal touch. (Make sure you have permission from the Junior Soldiers' parents to take and use their photographs for this activity.)

### 2. Gift making (Challenge task for Silver Award)

- Corps members with green thumbs may be willing to allow Junior Soldiers to visit and pick flowers to be made into posies to give as gifts to others.
- Cook edible gifts for delivery to sick people (see recipe on p.3). This makes a fun group activity or a suitable activity for a project afternoon or holiday session.
- Make playdough for sick children (see recipe on p.3).
- Make pencil holders, jewellery or fridge magnets from permanent dough (see recipe on p.3).

### 3. Greeting people (Challenge task for Gold Award)

- It is important that an adult works with the Junior Soldier to overcome fears that may arise with this task. The adult should stand with the Junior Soldier demonstrating how a greeting proceeds, introducing the member of the congregation to the child if necessary and answering questions about the church that the Junior Soldier may not understand.
- It may be appropriate to give the Junior Soldier a task to do rather than just standing, such as handing out newsletters, Bibles, etc.
- Make a recording of greetings to send to an older person whose attendance at the meeting is restricted. Junior Soldiers could include their names and details about the schools they attend, the sports they play and the things they have done at Junior Soldiers. This is especially suitable if the Junior Soldier does not attend Sunday meetings and is therefore limited in their contact with corps members.
- Greetings could be made over morning tea prepared by the Junior Soldiers.  
'Hi, I'm ..... The Junior Soldiers made these cookies on Thursday night. Would you like one? Have a great week Mrs .....

### 4. Supporting disadvantaged people (Challenge task for Crest Award)

Suitable activities may include:

- Helping new or less able students at school with their homework (the Junior Soldier may need to obtain permission from his/her teacher for this activity).
- Cooking a simple meal or a snack for a family in need or a family facing illness.

➤ Working with the Corps Officers to create a special Christmas for a disadvantaged family.

Recommended print resources:

- a. 'Family Circle Kids Cookbook' published by Murdoch Books.
- b. 'Family Circle Kids Microwave Cookbook' published by Murdoch Books.
- c. 'Get Crafty in the Kitchen' published by Paragon Books.
- d. 'Cool Kids Cook' published by Murdoch Books.

Internet resources:

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| a. Kids in the kitchen                       | <a href="http://www.kidscooking.freewebsitehosting.com/">www.kidscooking.freewebsitehosting.com/</a> |
| b. Idea box                                  | <a href="http://www.theideabox.com/">www.theideabox.com/</a>   |
| c. DLTk's printable crafts for kids          | <a href="http://www.dltk-kids.com/">www.dltk-kids.com/</a>   |
| d. Danielle's place of crafts and activities | <a href="http://www.daniellesplace.com/">www.daniellesplace.com/</a>                                 |

### **Three recipes for edible gifts**

Cooking with children can be very successful but take the time to get organised before you start! Read the recipe first and for best results test the recipe so that you know what the food is supposed to look like. Collect everything you need including the equipment – a break in concentration while you look for missing items leads to a loss of focus. If recipes call for chopped/shredded/crushed ingredients this should be done prior to the activity, as children can get bored watching repetitive tasks unless you provide something to hold their interest. Open cans and wash fruits and vegetables to make the food preparation flow smoothly from task to task. Dry ingredients can be pre-measured into individual containers. The recipes below use metric measures (1 cup = 250ml, 1 Tbsp = 20ml) and all spoon measurements are level.

#### **Biscuits for the masses** (makes approx. 100)

These freeze well and can be packaged into gift bags/boxes for delivery.

500g butter	1 ¼ cups castor sugar	400g condensed milk
5 cups SR flour	250g white choc bits	500g dark choc bits

1. Preheat oven to 180°C. Line 5 baking trays with baking paper.
2. In a very large bowl (a bucket is good!) cream butter, sugar and condensed milk using a handmixer.
3. Add flour and choc bits and mix until well combined. Provide Junior Soldiers with plastic gloves. Roll tablespoons of mixture into balls. Place onto the prepared trays and flatten slightly with a fork leaving room for the biscuits to spread.
4. Bake 14 - 16 minutes or until golden. Stand on trays for five minutes before transferring to a wire rack to cool.

#### **Chocolate balls** (makes 30 - 40)

1 can condensed milk	1 packet 'Nice' biscuits
½ cup coconut	2 Tbsp. cocoa
½ cup extra coconut or ½ cup chocolate sprinkles	

1. Crush biscuits finely and place in bowl.
2. Add ½ cup coconut and cocoa. Mix well.
3. Add condensed milk. Stir until combined.
4. Provide Junior Soldiers with plastic gloves. Roll mixture into balls and then roll in extra coconut or chocolate sprinkles. Place on trays lined with baking paper.

#### **Scones** (another recipe to feed many people!)

5 cups SR flour	300ml cream	½ can lemonade
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1. Combine all ingredients. Flatten to about 2 cm.
2. Cut into round shaped with a cutter.
3. Pack together on a greased baking tray.
4. Bake in a hot oven for 12 - 15 minutes.
5. Freeze until required.

## **Three recipes for dough**

### **Microwave playdough**

2 cups plain flour      1 cup salt  
2 cups water      1 Tbsp. oil      food colouring

1. Colour the water with a few drops of food colouring
2. Mix all dry ingredients together in an ice cream container.
3. Add liquid ingredients and stir well.
4. Microwave on high for two minutes. Remove and stir well.
5. Microwave another minute and stir again.
6. Tip dough onto baking paper and allow to cool slightly before kneading well.

When completely cool wrap in glad wrap to keep soft.

### **Permanent project dough #1**

This is a chunky dough suitable for making items to be given as gifts. Prepare the dough in advance or mix it with the Junior Soldiers' help.

2 cups plain flour      1 cup salt      1 cup water  
acrylic paint      brushes varnish

1. Mix flour, salt and water. When it forms a ball, take it out of the bowl and knead for 5 minutes. Sprinkle extra flour on the bench to prevent sticking.
2. Once the dough has been formed into the desired shape, bake the item at 130°C for 4 hours.
3. When the items are completely cooled they can be painted with acrylic paints and coated with a layer of varnish for durability.

This is the dough for making pencil holders, initials to hang on bedroom doors, models and statues. Make Christmas decorations by rolling the dough flat, cutting out shapes with Christmas cookie cutters and poking a hole in the top with a knitting needle to allow hanging.

### **Permanent project dough #2**

This is a dough for older Junior Soldiers with better coordination.

Each Junior Soldier will need a slice of FRESH bread (buy it the day you need it – if the bread has been frozen the results will be disappointing)

Remove crusts from the bread. Squeeze a generous amount of white PVA glue onto the bread plus a tiny amount of white acrylic paint and then (prepare for the messy bit) knead the bread, glue and paint between your hands until you form a smooth ball of dough. If you wish, a few drops of food colouring can be added to create coloured dough. It is important that children wash their hands before starting this activity to prevent dirty dough!

This dough will harden in the air and should be used to make fine items such as tiny flowers and leaves, animals, teddy bears, items of food and anything else dictated by the imagination. The tiny creations can be used to make fridge magnets by gluing onto a small magnet or jewellery by gluing onto safety pins or earring blanks. Jewellery supplies can be obtained from Spotlight ([www.spotlight.com.au](http://www.spotlight.com.au)) or Lincraft ([www.lincraft.com.au](http://www.lincraft.com.au)).