



Hi kids!

Did you know that eating a green pepper can help you see better?

That's because it has a nutrient called vitamin A which is good for your eyes.

Growing up, I remember my parents always saying, "Eat your greens!" If it were up to me, I would have just eaten candy instead. But I'm glad I listened to them and ate my vegetables because they knew what was best for me, even when I couldn't see it.

In this issue of *Just for Kids* you will read about Daniel who chose to be obedient to God even when it wasn't easy. Read the story to find out what his reward was.

Your friend, Leigha

Number Box

Find the numbers from one to 10 that belong in each square. The total for each row, column and diagonal line is given to you in red.

	7		13
			14
			8
	6	2	13
9	15	11	5

Daniel is Trained in Babylon

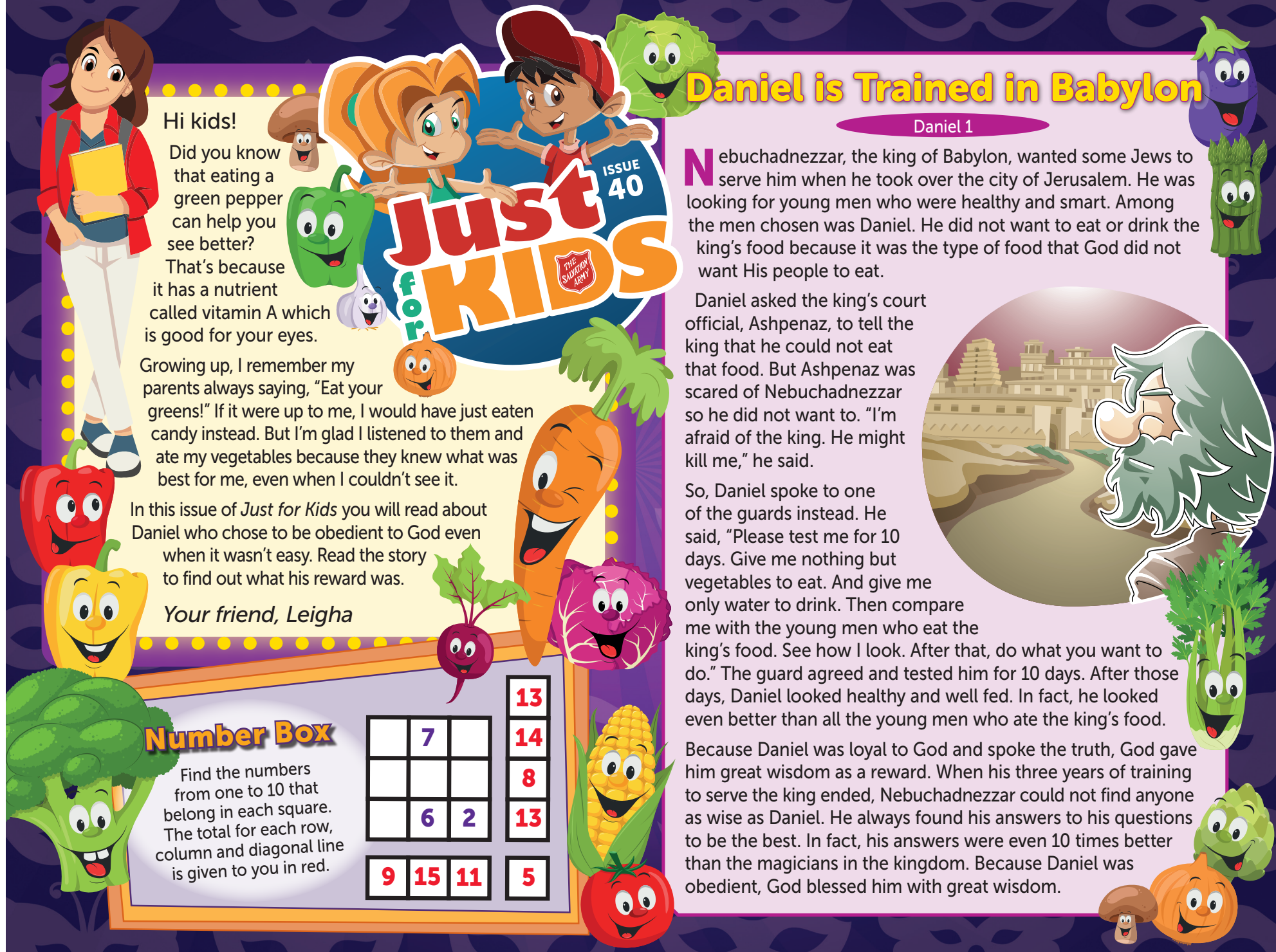
Daniel 1

Nebuchadnezzar, the king of Babylon, wanted some Jews to serve him when he took over the city of Jerusalem. He was looking for young men who were healthy and smart. Among the men chosen was Daniel. He did not want to eat or drink the king's food because it was the type of food that God did not want His people to eat.

Daniel asked the king's court official, Ashpenaz, to tell the king that he could not eat that food. But Ashpenaz was scared of Nebuchadnezzar so he did not want to. "I'm afraid of the king. He might kill me," he said.

So, Daniel spoke to one of the guards instead. He said, "Please test me for 10 days. Give me nothing but vegetables to eat. And give me only water to drink. Then compare me with the young men who eat the king's food. See how I look. After that, do what you want to do." The guard agreed and tested him for 10 days. After those days, Daniel looked healthy and well fed. In fact, he looked even better than all the young men who ate the king's food.

Because Daniel was loyal to God and spoke the truth, God gave him great wisdom as a reward. When his three years of training to serve the king ended, Nebuchadnezzar could not find anyone as wise as Daniel. He always found his answers to his questions to be the best. In fact, his answers were even 10 times better than the magicians in the kingdom. Because Daniel was obedient, God blessed him with great wisdom.



Daniel Word Search

ASHPENAZ
BABYLON
DANIEL
HONEST
REWARD
TRUTH
VEGETABLES
WATER
WISDOM

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

Make Your Own Lion Veggie Tray

Prep: 20 mins
Total: 20 mins
Servings: 12

Tip: Get your parent or guardian to cut the veggies for you.

Ingredients

- 1 (10 oz) container hummus spread
- 3 black olives
- 3 chives, cut in half
- 1 red bell pepper, cut into long strips
- 1 yellow bell pepper, cut into long strips
- 1 orange bell pepper, cut into long strips
- 2 round crackers

Step 1: Spoon hummus into a round bowl and place 2 olives into the hummus as eyes. Cut the third olive into strips for the mouth. Cut off a small triangle of red bell pepper for the nose. Stick halved chives sideways into hummus for whiskers and 2 crackers for the ears.

Step 2: Arrange bell pepper strips all around the lion head as a mane.
Recipe adapted from allrecipes.com

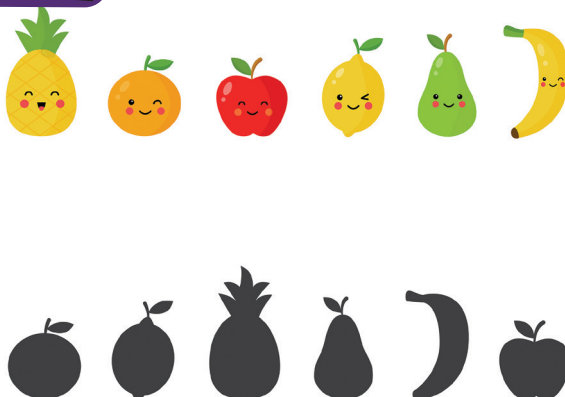
Photo: allrecipes.com/Barbara

Congratulations!

PRINCE GEORGE, B.C.— Prince George Community Church is happy to give Sierra Dunning the Junior Soldier of the Year Award for 2019. Sierra is a kind, caring and helpful junior soldier who goes to corps cadet classes, volunteers at The Salvation Army's Curt Garland Centre and helps on the technology team on Sundays. She also cooks in the kitchen and teaches dance. She dances competitively and plays in the novice brass band, too. Way to go, Sierra!



Match the Shadows



Find 10 Differences



40-10/3/20

Just for Kids is a Ready to Explore resource, published weekly by The Salvation Army, Canada and Bermuda, 2 Overlea Blvd, Toronto, ON, M4H 1P4. Phone: (416) 422-6119; fax: (416) 422-6217; email: justforkids@salvationarmy.ca. Brian Peddle, General; Commissioner Floyd Tidd, territorial commander; Geoff Moulton, editor-in-chief; Leigha Vegh, editor; Brandon Laird and Catherine Howlett, designers. International Headquarters, 101 Queen Victoria Street, London, England, EC4P 4EP. Subscription for one year, Canada \$12 (includes GST/HST); USA \$15; foreign \$17. Agreement No 40064794. All Scripture references from the Holy Bible, New International Reader's Version, unless otherwise stated. ISSN 2368-626X



Hi kids!

Happy Thanksgiving!
OK, I already know what
you're thinking—*Can I
have seconds, please?*

What is Thanksgiving if not
a big dinner filled with turkey,
cranberry sauce and everyone's
favourite—stuffing? But this
special time of year is more than
just having a big meal that makes
us sleepy after. This is a chance to
reflect on all the blessings God has
given to us. What are you thankful for?

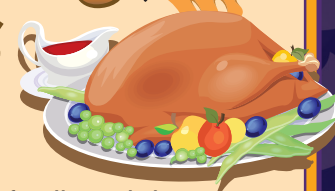
I'm thankful for my friends and family
who love me, the neighbourhood I live in
and the food I get to eat every day. It's easy
to take these things for granted. But there are many
people—even in Canada and Bermuda—who do not have these
things. Is there anything we can do about that?

The answer is, yes! Read the list of Thanksgiving traditions in this issue
of *Just for Kids* to see how you can help others. Let's try to not just enjoy
our big Thanksgiving dinner, but make a difference for others, too.

Your friend, Leigha



Thanksgiving Traditions



Does your family have any
Thanksgiving traditions? Many
people have a nice dinner with their family and share
what they are thankful for.

God has blessed us with so many things. We can show
our gratitude to Him by blessing others. This year, consider
starting some new family traditions. Here are 10 actions
you can take to bless others:

1. Collect food and give it to a food bank.
2. Write a letter to your Sunday school teacher thanking her for helping you learn about God.
3. Sponsor children through The Salvation Army's Brighter Futures program. (Visit saworldmissions.ca for details.)

4. Fold the laundry for your family.
5. Offer to rake the leaves at home.
6. Call or send an email to a friend you haven't spent time with recently.
7. Colour a picture for a relative—a grandparent, aunt or uncle.

8. Pray for someone who is sick.

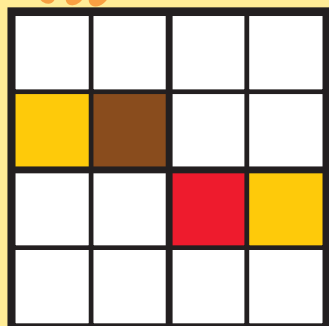


9. Ask if you can help in the kitchen while the turkey is being prepared.

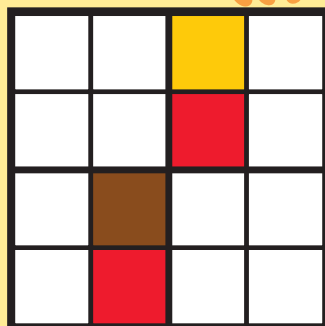
10. Help set the table for the Thanksgiving dinner.



Fall Colours Sudoku



Colour the
white squares
so that each
row, column
and 2x2 box
contains each
of these four
fall colours:





HOLIDAY SCRAMBLE

Can you unscramble these Thanksgiving words?

1. UPMKNIP _____
2. YETKUR _____
3. KANHTS _____
4. MLYAFI _____
5. RNIDEN _____
6. VETHRAS _____
7. CTBOROE _____
8. EATFS _____

Answers: 1. pumpkin, 2. turkey, 3. thank, 4. family, 5. dinner, 6. harvest, 7. October, 8. feast

FIND 10 DIFFERENCES



Thanksgiving Song Search

Find the words in bold from this Thanksgiving hymn in the word search puzzle.

We plow the **FIELDS** and **SCATTER** the good seed on the land,

But it is fed and **WATERED** by God's almighty hand;

He sends the snow in winter, the warmth to swell the grain,

The **BREEZES** and the **SUNSHINE**, the soft **REFRESHING** rain.

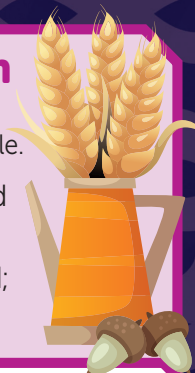
All good **GIFTS** around us

Are sent from heaven above,

Then **THANK** the Lord, O thank the Lord

For all His **LOVE**.

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



What do you call a running turkey?

Fast food

What did the turkey say to the computer?

"Google, Google"

What's a turkey's favourite dessert?

Peach gobbler

What sound does a turkey's phone make?

Wing! Wing!

Sudoku Solution 1



Sudoku Solution 2



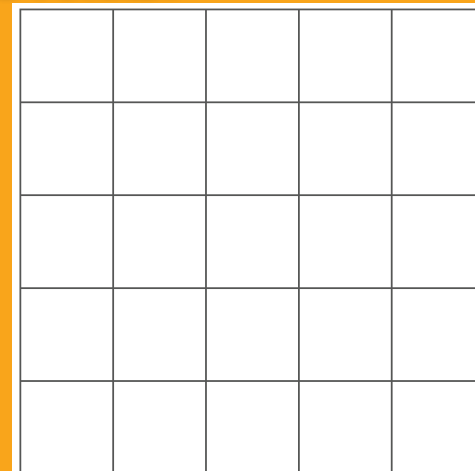
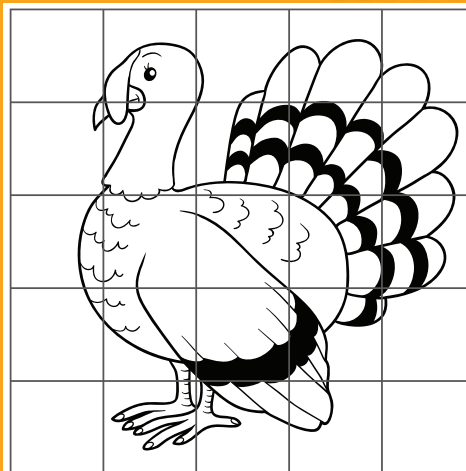
Just for KIDS

READY TO **explore!**

41-10/10/20

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COPY THE TURKEY





Hi kids!

Have you ever gone camping in the fall? If you have, you might have gotten a mosquito bite while sitting around the campfire on a chilly night. These pesky bug bites are super itchy and can take days to go away.

In this issue of *Just for Kids*, you'll read about Naaman. He was an important military leader many years ago. His skin was very itchy, so he went to God's servant Elisha for help. Can you imagine how surprised Naaman must have been when Elisha told him to take a dip in a river? Read the story to find out what happened.

Your friend, Leigha

Draw yourself camping.



Ha! Ha! Ha!

How do you
send a message
in the forest?

By moss code

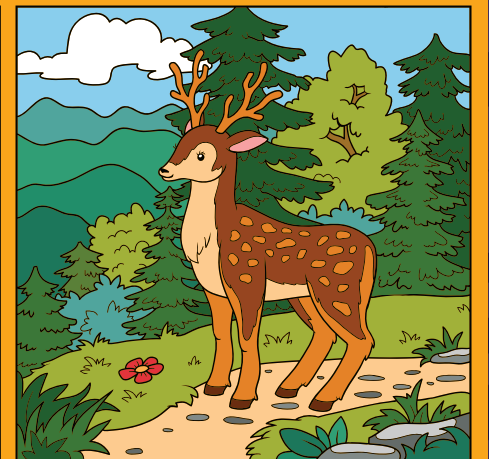
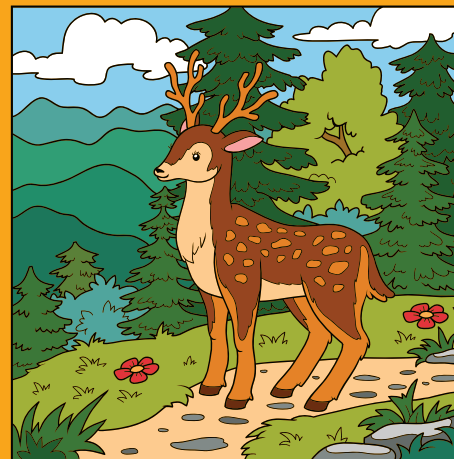
Why did the tree
take a nap?

For rest

Help the
camper to
his tent.



FIND 10 DIFFERENCES





How many words can you make using the letters of
CAMPFIRE?



Forest Treasure Wreath

What you need:

- Heavy cardboard
- Glue
- Old paintbrush
- Leaves
- Forest treasures

How to make

Cut a wreath shape out of heavy cardboard.

Spread glue all over the wreath shape. Use the old paintbrush to make sure it is all covered.

Place the leaves to cover the entire wreath.

Set it aside to dry.

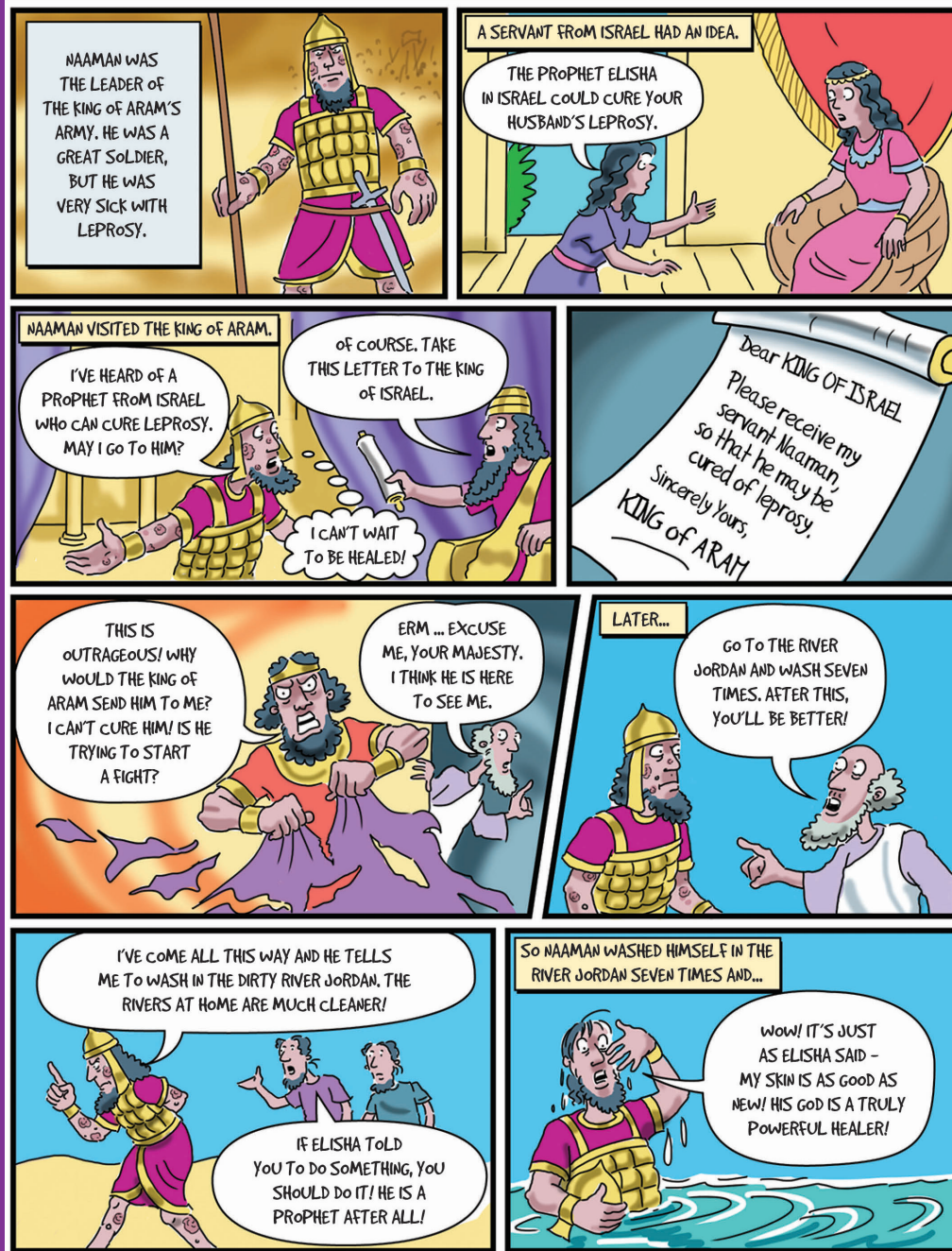
Glue on your forest treasures, such as twigs, pinecones, pebbles, feathers, dried berries, etc.



42-10/17/20

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God Heals Naaman through Elisha



Reprinted from Kids Alive! (September 19, 2015)



Hi kids!

What are you thinking about right now? Is it about playing with your toys, walking to school tomorrow morning, or all the homework piling up on your desk? I'm thinking about how I'll have to get my winter coat out soon because it's getting colder by the day.

It would be hard to guess exactly what is on your mind right now because science shows that our brain has 60,000 thoughts every day! Sadly, most of those thoughts are not happy ones, either.

Paul, one of Jesus' apostles, has given us a way to help with the many sad thoughts that we have. Read the Bible story to find out more.

Your friend, Leigha



Think on These Things

Philippians 4:4-9

When Paul was in prison, he wrote letters to encourage Christians. If he were to send a letter to your corps, he might have a message like the one he wrote to the church in Philippi many years ago: "Always be joyful because you belong to the Lord." If he wasn't clear the first time, he repeats himself again: "Be joyful!" Two thousand years ago, Paul was reminding Christians that Jesus is coming back to earth soon. For this reason, he tells us not to worry. Instead, he says, "No matter what happens, tell God about everything." Paul says that when we pray, the peace of God will fill our hearts. This will happen because we belong to Jesus Christ.

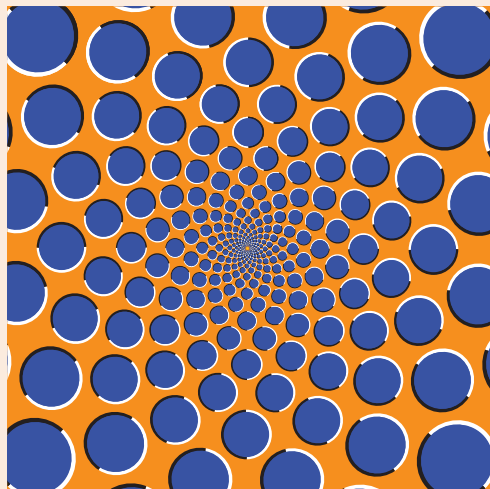
But Paul doesn't stop there. He tells us how we should think. He says, "Always think about what is true." This means we can take time to think about the words in the Bible, because they are true. Then he says to think about what is "lovely and worthy of respect." We can think about Jesus Christ because He loves us so much that He died on the cross for our sins. If we follow Paul's instructions, he says, "The God who gives peace will be with you."

SPOT 5 DIFFERENCES



Optical Illusion

Does it look like the circles are moving on the page? Well, they're not! An optical illusion is when our eyes see something that tricks our brain. It's how our brain tries to make sense of the world around us.



"Think on These Things"

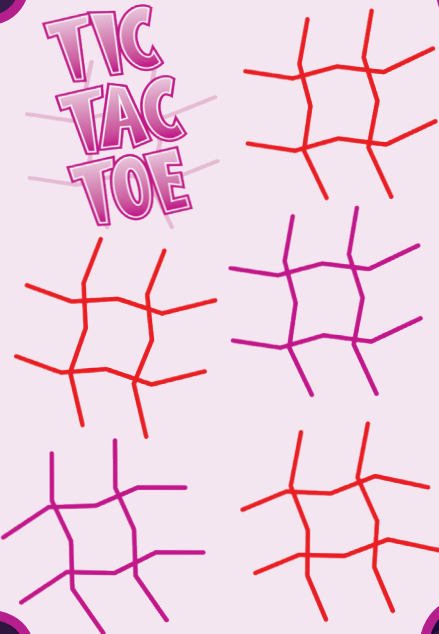
BELONG	PAUL
CROSS	PEACE
HEAVEN	PRAY
JESUS	SINS
JOYFUL	TRUE

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



Draw someone or something that makes you happy.

**TIC
TAC
TOE**



Riddle me this.

I'm full of keys but I can't open any door. What am I?

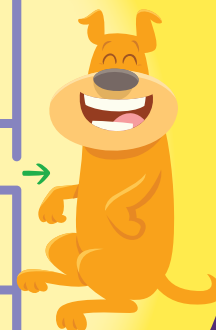
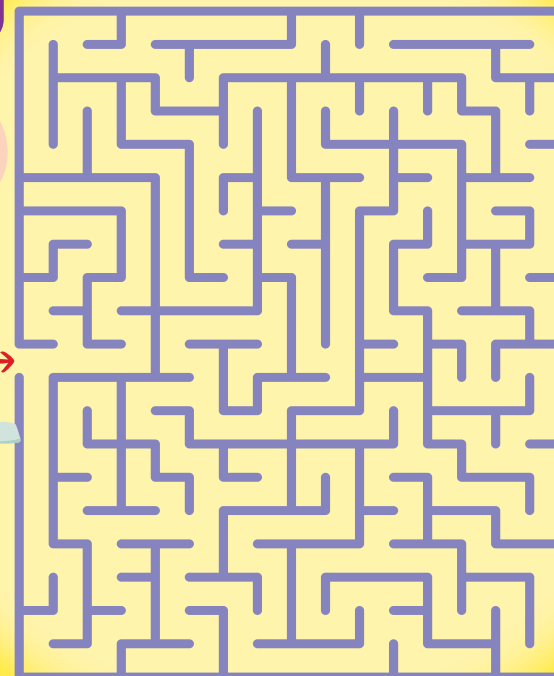
A piano

Which is heavier, a kilogram of bricks or a kilogram of feathers?

The same—a kilogram is a kilogram



Help the boy find his dog.



**Just
for
KIDS**

READY TO
explore!

43-10/24/20

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Hi kids!

As a young girl, Amy Carmichael wished she had been born with blue eyes. She even prayed that God would change her eye colour. She was sad when she looked in the mirror the next morning and still had brown eyes. When Amy turned 20, God called her to be a missionary in India. There, she opened up an orphanage. Her brown eyes helped her fit in so she could help children who were in danger. Years later, she was very thankful for her eye colour.

In this week's issue of *Just for Kids* you'll learn why you should always give thanks, no matter what. Read the Bible lesson to find out more.

Your friend, Leigha

Join the *Just for Kids* Birthday Club Today!

Just for Kids wants to wish YOU a Happy Birthday! Join our birthday club and get a message on your special day. Just fill in the coupon below and mail it to *Just for Kids*, 2 Overlea Blvd., Toronto, ON, Canada M4H 1P4. Or you can email justforkids@salvationarmy.ca

Name: _____

Corps/church attending: _____ Birth date: _____

Mailing address: _____

Signed: _____

Match the leaves to their correct shadows.



Give Thanks, No Matter What

1 Thessalonians 5:18

It can be easy to get upset when something doesn't go our way. We should always be thankful no matter what, even if we don't think we have a reason to. We don't always have the full picture.

We can learn more about this in 1 Thessalonians 5. It says we should "Give thanks no matter what happens." But why do we respond with being thankful instead of grumbling? It's because "God wants you to thank Him because you believe in Jesus Christ." God chose you to believe in His Son who died on the cross for our sins. This is why we should always be thankful, even when we feel upset.

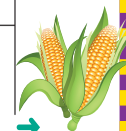
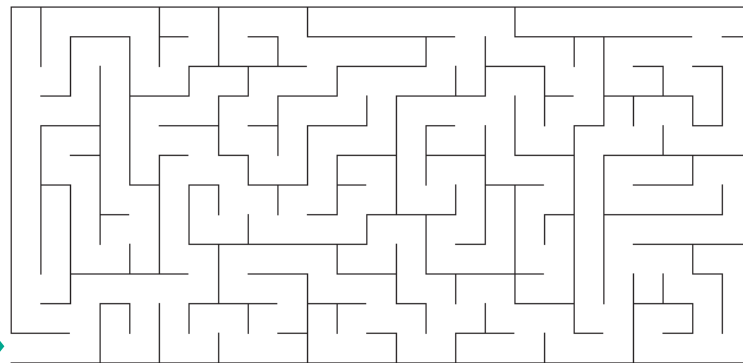
In this chapter, we also learn that we must use our thankful hearts to encourage others who feel hopeless, be patient with everyone and do good to everyone.





Find 7 Differences

A-maze-ing Corn

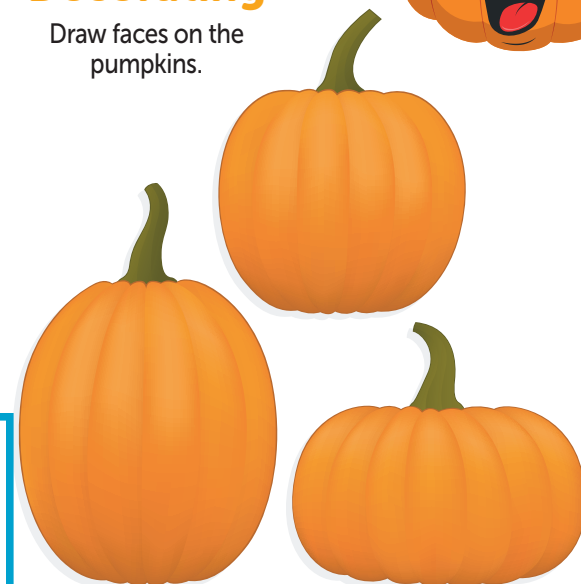


Give thanks
no matter what happens.
(1 Thessalonians 5:18)

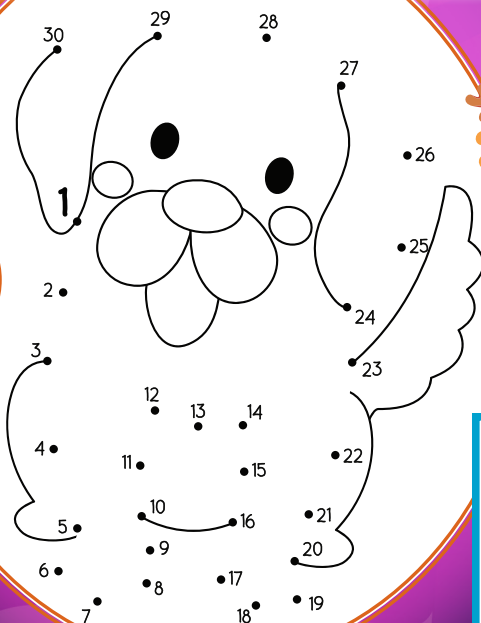
This week
I am thankful for ...

Pumpkin Decorating

Draw faces on the pumpkins.



DOT
TO
DOT



**Just
for
KIDS**

READY TO
explore!

44-10/31/20

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