

# LOOK SMART, BE SMART

## LEARNING OUTCOMES

Having completed this badge members will be able to:

- demonstrate how to care for their clothes;
- demonstrate how to dress for various occasions;
- demonstrate good manners;

## BADGE REQUIREMENTS

1. Know how to care for clothes.
2. Know how to dress for various occasions.
3. Practise good manners in a variety of settings.

ADVENTURERS  
SUNBEAMS



CATEGORY

Life to the  
Max

TIME FRAME

Five weeks

AIM

To encourage  
members to  
dress and  
behave in a  
presentable  
manner.





# Teaching ideas



## 1. Know how to care for clothes.

For this **Badge requirement** members will need to bring some clothes from home to practise skills.

### Protecting clothes

- Clothes can be protected by wearing specific garments when doing 'dirty' jobs, e.g. paint shirt for arts and crafts, apron for cooking and eating.
- Change into play clothes when at home or doing leisure activities.
- Save 'good' clothes for special occasions.

### Washing clothes

- Take dirty clothes to the laundry or place in the dirty clothes basket or bag.
- Treat clothes that are stained before washing by soaking or using stain removal spray.
- On wash day sort clothes into separate piles of whites, light colours, dark colours, towels, bedding. Each of these piles should be washed separately.
- Hot water wash may kill germs but a cold water wash is just as effective in removing dirt. Cold water is less likely to cause colour transfer from one garment to the other and shrinkage.
- Always rinse clothes well.
- It is more economical to dry clothes on an outdoor line, but some homes don't have this facility so need to either use a folding clothes line/rack or electric clothes drier.

### Game

Using a variety of clothes and undergarments have members play a game sorting clothes into the appropriate piles for washing.

(NB All garments are to be clean. Explain to members that they are not to handle soiled clothes in SAGALA games as a health precaution, but it will be necessary for them to handle somewhat dirty, even smelly clothes at home.)

Ask members to wash a pair of old socks (or similar item) by hand. Children with skin allergies must wear gloves for this activity. Set up a clothes line in (or outside) the hall for members to hang the socks to dry. Instruct members on the correct way to hang socks (*by the toes*). Items required for hand washing socks:

- pair of old socks (will probably need to stay at hall for a week to dry);
- protective gloves;
- bowl of water;
- washing detergent or bar soap;
- second bowl of water for rinsing;
- clothes line and pegs.



### Ironing clothes

The purpose of ironing clothes is to make them presentable when we wear them. Some families fold their washing and iron clothes when needed to be worn. Other families iron the clothes immediately after washing to keep the clothes neat and ready to wear again when needed.

# Teaching ideas

Ask members to iron some handkerchiefs, a pillowcase or tea towel, and a t-shirt. Items required for ironing:

- iron and ironing board;
- simple items to be ironed.

It is usually when ironing the clothes that we find a button missing, a hem starting to unravel or a tear in the material. It is a good time to have the sewing kit handy to make the necessary repairs.



Ask members to sew on a missing button or repair a hem.

Supplies: garment needing to be repaired for each member, sewing kit.

## Put clothes away

Putting clothes away properly in cupboards and drawers helps prolong the life of clothes and keeps the bedroom tidy.

Ask members where specific items of clothing should be kept. Draw a chart on a whiteboard with the headings 'Cupboard floor', 'Cupboard hanging space', 'Drawers'. Clothing suggestions: dresses, shirts, t-shirts, shorts, jeans, socks, underwear, shoes, school uniform, Adventurer/Sunbeam sash, Adventurer oversleeve, SAGALA uniform. Discuss with members if they use any other types of clothing and different places to store clothing.

## Seasonal clothes storage

Many homes don't have sufficient storage in wardrobes, cupboards and drawers to hold both summer and winter clothes.

Jumpers, coats, flannelette sheets and blankets can be stored in boxes or vacuum bags in summer. In wintertime, change over the summer clothes and bedding into the boxes/bags.

Show members ways to store clothes that are not needed until next season. Allow members to practise folding and storing clothes. This could be done as a team relay.

## Cleaning shoes

Leather shoes require frequent cleaning and polishing to keep them in good condition and presentable to wear. The waxy polish helps nourish the leather and acts as a water repellent.

Ask members to clean a pair of leather shoes. Take out the laces before cleaning.

Supplies needed: pair of leather shoes, shoe polish, application brush, buffing brush, polishing cloth or old stockings, newspaper, apron.



Sneakers also need cleaning as they can become dirty and smelly. Some uppers are made from leather and some are made from cloth. The ideal way to clean sneakers is to place them in the washing machine in a pillowcase or laundry bag and hang them out in the sunshine to dry.



TEACHING  
IDEAS



# Teaching ideas



## 2. Know how to dress for various occasions.

Clothes in Melbourne may be quite different to those required in North Queensland. Members' answers for this **Badge requirement** will reflect this factor. Discuss with members how we know what to wear on different occasions.

To dress for 'the occasion' may require wearing clothes that signify being part of a group, or times when there is a choice of what to wear, or times when one can develop a sense of 'fashion'.

Occasion	Dress
School	dress code usually set by school including hat
Church	good casual dress or Junior Soldier uniform
Play	old clothes (no problem if they get dirty)
Beach	shorts, t-shirts, hat, sun-smart swimming costume and shirt
Hike	older clothes, protection from sun, appropriate for the weather
Party, school dance	party clothes, special shoes, take care with hair and accessories
Formal, wedding	good clothes meant for formal occasion only
SAGALA	Uniform – Adventurer shirt, navy shorts, sash or oversleeve, socks, shoes or sneakers (scarf optional) – Sunbeam shirt, navy skirt/skort, sash, socks, shoes or sneakers, (scarf optional)

Create a chart similar to above on butchers paper or whiteboard. List the occasions and have members suggest the types of clothes for the various occasions.

With such a high incidence of skin cancer in Australia children are encouraged to be sun-smart in the way they dress. Schools usually will not allow children to play outside without a hat and some are making children wear sunglasses as well. Being sun-smart should be the first consideration for any activity that members attend outdoors.

Modesty is probably aimed at Sunbeams more than Adventurers. The wearing of shorts (under skirts, if necessary) should be encouraged for all activities involving sitting on the floor, running and jumping. Some members may begin to show physical maturity as young as nine or 10. Leaders need to consult with parents/carers concerning member's needs.

SAGALA uniform looks good when everything is in its proper place. Members need to be kept up-to-date with the placement of badges. Refer to the SAGALA Guidelines for the current placement of badges. Encourage members to wear full uniform to parade each week. Weekly inspections will make members realise how important uniform is to the group and SAGALA.

# Teaching ideas



TEACHING  
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## Game

Members sit in a circle with a pile of clothes in the middle with a pair of dice. Roll the dice when a double six is rolled that members goes to the middle and chooses the clothes appropriate to a particular occasion. The occasion can be determined by a card selected from a pile a list, or selected by the leader

## Craft activity

Make paper bag puppets dressed in SAGALA uniform. Photocopy the template on **Leader's Resource 1** and ask members to personalise the facial features to resemble themselves using a variety of craft materials. Attach the head, arms and legs to a paper bag that has gussets in the side and a rectangular base. Use the patterns on **Leader's Resource 2** to make the 'dress' items from large kindergarten squares.

Provide members with the following 'dress' items:

Sunbeams – Yellow 'shirt', navy 'shorts' or 'skirt', grey 'sash', 'scarf' (optional), small coloured squares to represent badges, SAGALA logo

Glue the uniform 'dress' items to the puppet bag.

Display on a noticeboard where everyone can observe members work. Attach members' first names, age and attained award level so that people can see, and possibly discuss, what is happening in your section. This can be an opportunity of attracting new members from play-group families, Kids' Club, or grandchildren of older members of the Corps.

## Fashion parade

Arrange for members to participate in a fashion parade:

- members design outfits made from newspaper or similar;
- each member models an outfit representing different 'occasions', e.g. school uniform, play outfit, party clothes, going formal, beach wear, SAGALA uniform, going to church;
- a local children's wear shop may be willing to allow your group to model their clothes. This could be used as a fundraiser evening, i.e. families can buy clothes and a percentage of sales go towards the fundraising project.

Set the hall with seating around a 'catwalk' for any of the 'parades'. If families are invited on any of the occasions provide a special supper.



## 3. Practise good manners in a variety of settings.

### Invitations and responses

A written invitation is a formal way of inviting someone to an event, e.g. meal, party, wedding. Show members samples of invitations.

A written invitation must be responded to by a written answer, unless stated on the invitation to the contrary. Ask members if they know what the letters RSVP stand for (*'Répondez s'il vous plaît'* (French) or *'Reply please'*).

It is good manners to reply to an invitation, even if you are unable to attend, and to reply by the date indicated on the RSVP section of the invitation. A due date is there to assist the invitee to make final arrangements for the event they are holding.



# Teaching ideas

An oral invitation is less formal but just as binding. Most people have a phone which makes replying to an invitation a lot quicker and cheaper. A reply is still required whether saying 'Yes' or 'No'.

On occasions where it would be expected to take a gift (e.g. wedding, birthday) it is courtesy to send the gift whether attending or not.

Ask members to design and make an invitation for a specific event, e.g. birthday party, to play after school, come to dinner, wedding. The RSVP can be a tear off section or a smaller matching card that sits inside the invitation.

## Welcoming and farewelling visitors at home

From time to time Adventurers and Sunbeams may be called on to meet people who are coming to visit at the front door of their home. This should always be done in a courteous manner.

When visitors are leaving it is appropriate to say 'thank you for coming' and farewell them politely.

Use **Handout 1** to discover appropriate ways in which to say 'Welcome' and 'Farewell'.

## saying 'Thank you'

We can say 'thank you' almost every minute of the day, e.g. thank God for a good night's sleep, thank Mum for a good breakfast, thank your brother for lending you his extra school hat when you can't find yours. When special things happen we should always say 'thank you'. A 'Thank you' for a special event can be in written form, over the phone or in person.

Ask members to role play ways to say 'thank you'. Some suggestions may be:

- to the neighbour who sent food over when Mum was sick;
- to the friend who gave a birthday present;
- to the person who gave directions to find the post office;
- to parents who helped finish the school assignment on time;
- to the person who opened the door to let you go in first.

## Telephone manners

A landline or mobile phone is a means of talking to someone at a distance rather than face to face. Ask members what things they should know about answering the phone. Members should be aware of the following points.

- Be polite.
- Ask the caller to identify themselves (if they haven't said their name).
- Ask the caller whom they need to speak with.
- If the person is not at home, NEVER reveal this fact. ALWAYS offer to get another adult, older brother or sister or to take a message as the person cannot come to the phone at present.
- If an adult cannot take the call ask the caller to spell out their name and number and promise to get your parent to call when they are available.



# Teaching ideas

Members should not use the home or mobile phone unnecessarily. A phone is a great way to catch up with friends and family but they can run up large bills to be paid by parents. Calls should be kept short making the phone available to all family members when they need to use it.

Members should know that it is illegal to purposefully call 000 or mobile 112 when there is no real emergency. This not only bad manners but could endanger the life of someone who needs the emergency services.

Discuss with members the wise use of a phone.

## Craft: Make a phone message notebook

Photocopy **Leader's Resource 3** onto card. Members can decorate one or more of the 'phone' message notebook covers. Attach these to commercially made notepads or cut up scrap paper into a booklet, staple on the cover and trim the scrap paper to the shape of the card cover.

## Good manners in public places

### Queuing

Ask members when they might need to form a queue. Answers may include: *at the bus stop; buying tickets; making teams for sport or games; going into school; traffic.*

Instruct members to form two teams and observe what happens. Did anyone try to push in or was every member well behaved? Play a game that involves teamwork and taking turns.

Being first is an in-built sense in most people. Praise is given for coming first in a race or first in class but unfortunately there is no reward for being first in the line queuing for the bus, but everyone still wants to be first. Here is where good manners are tested.

- There are subtle movers – those who talk to a friend in the line and suddenly they're in the line too.
- There are those who shoulder in to or up the line when someone's attention drifts.
- There are those who blatantly push in at the front of the queue.

No matter where they are in the queue everyone will get on a bus and everyone will have a turn in the game.

## Public transport – travelling on a bus or train

Safety on public transport is important but there are occasions when children and teenagers are required to give up their seats for the elderly, physically disabled persons and for fare paying passengers. This occurs mainly in peak hour time slots when buses and trains are crowded with adults heading to and from work and children are going to and from school.

Discuss this issue with members. Is it a valid thing to ask children to do? What might happen to these people if they don't get a seat?

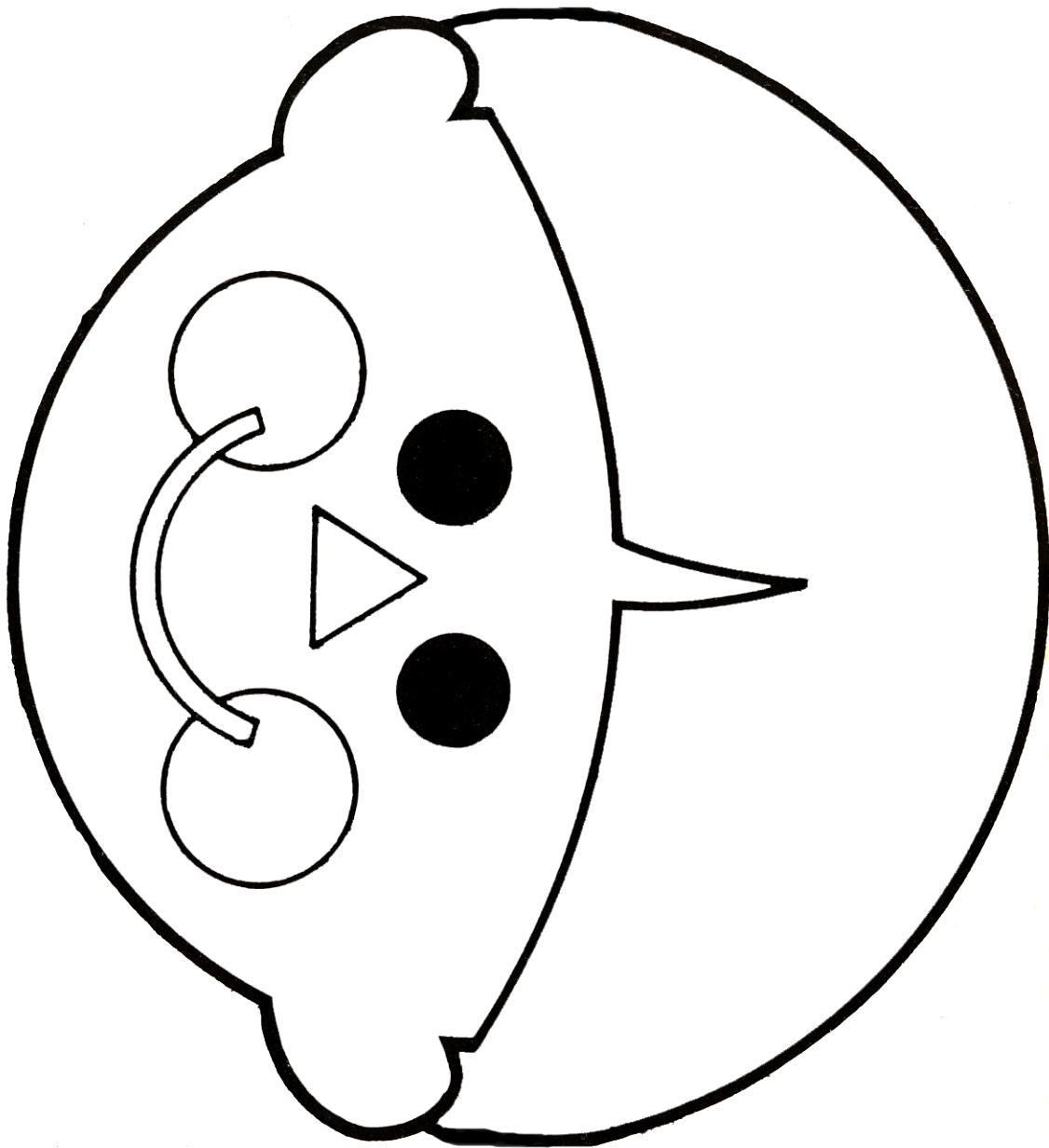
Is this a matter of courtesy or common sense?



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# Leader's Resource 1

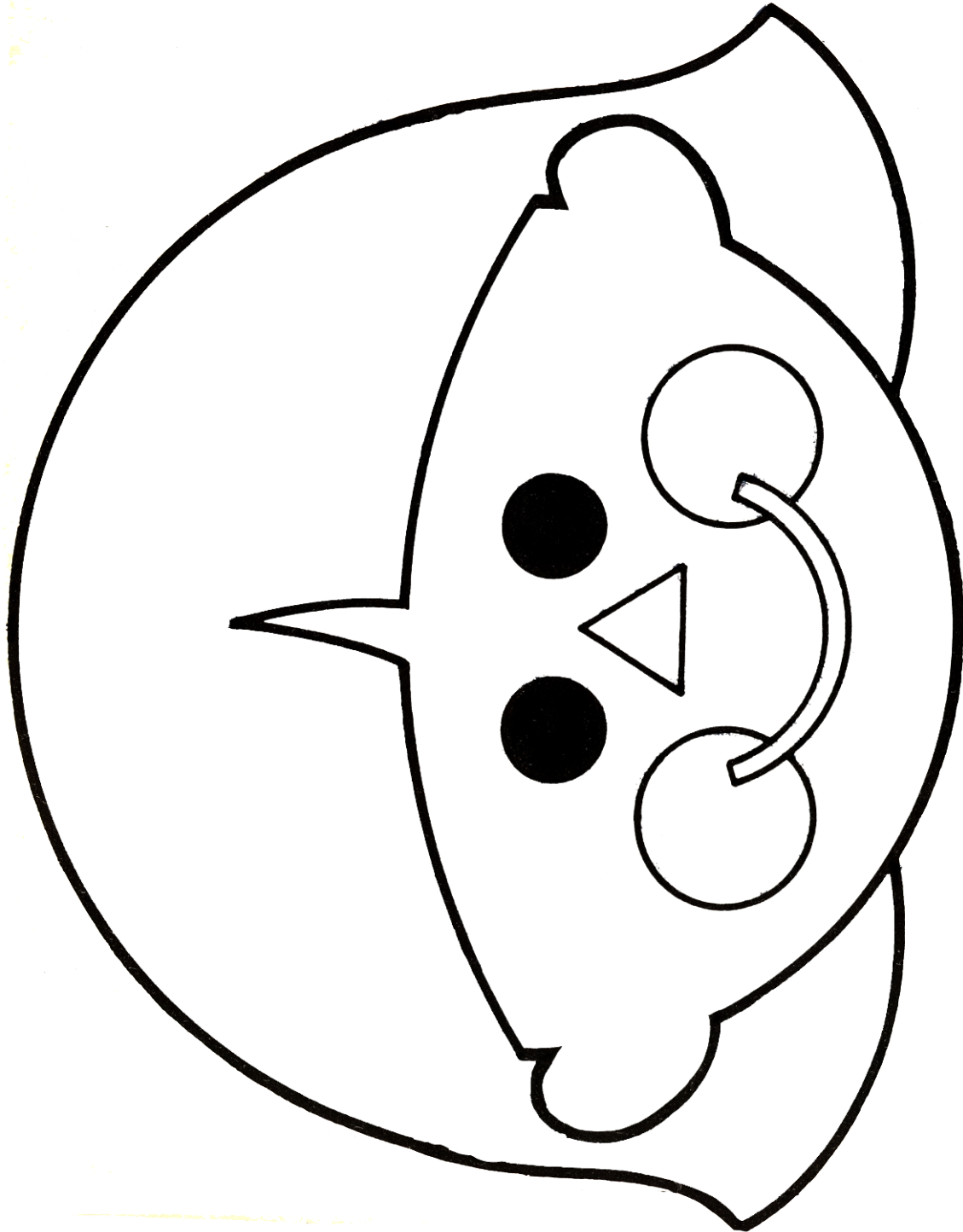
Template for SAGALA paper bag puppet





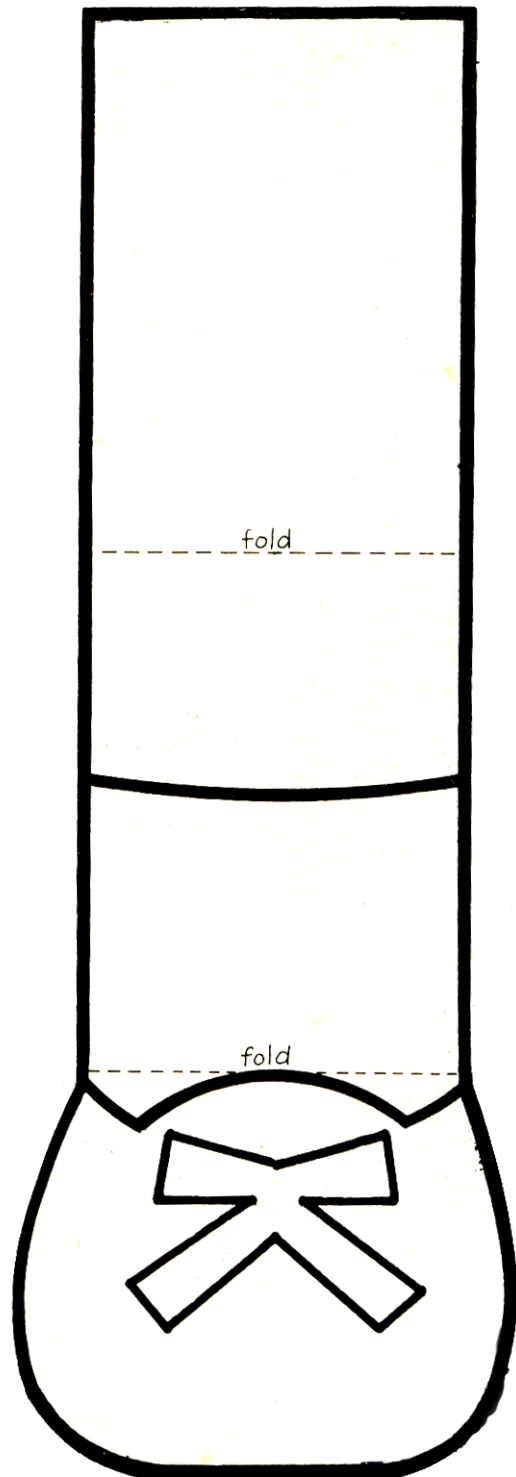
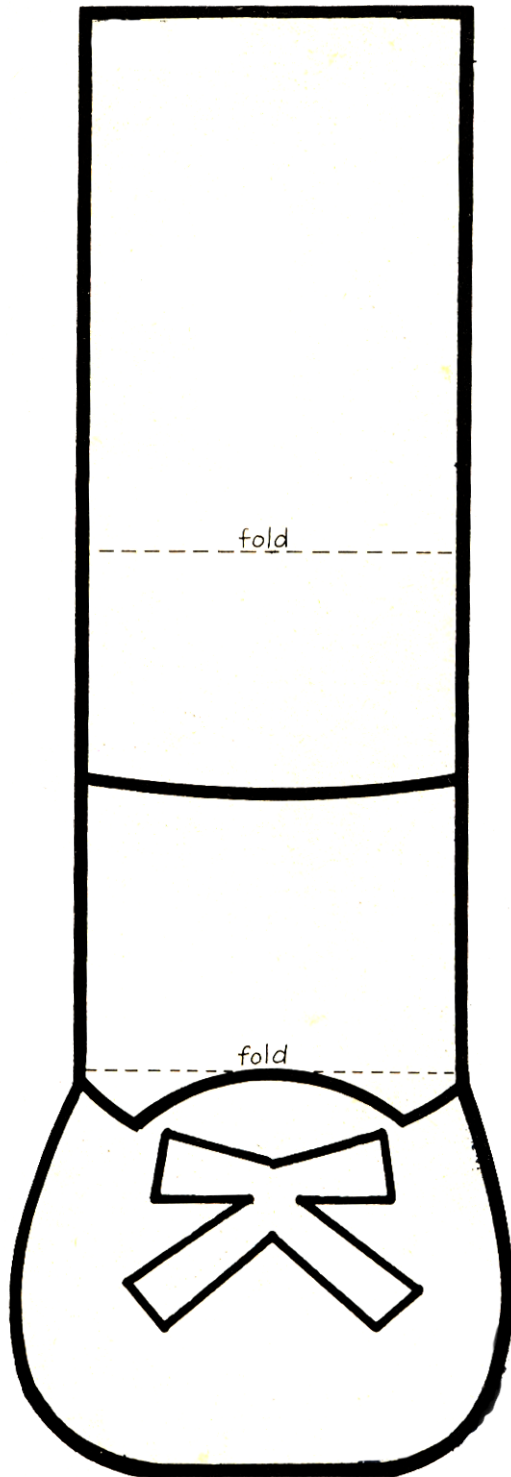
# Leader's Resource 1 (contd)

Clothing patterns for SAGALA paper bag puppet



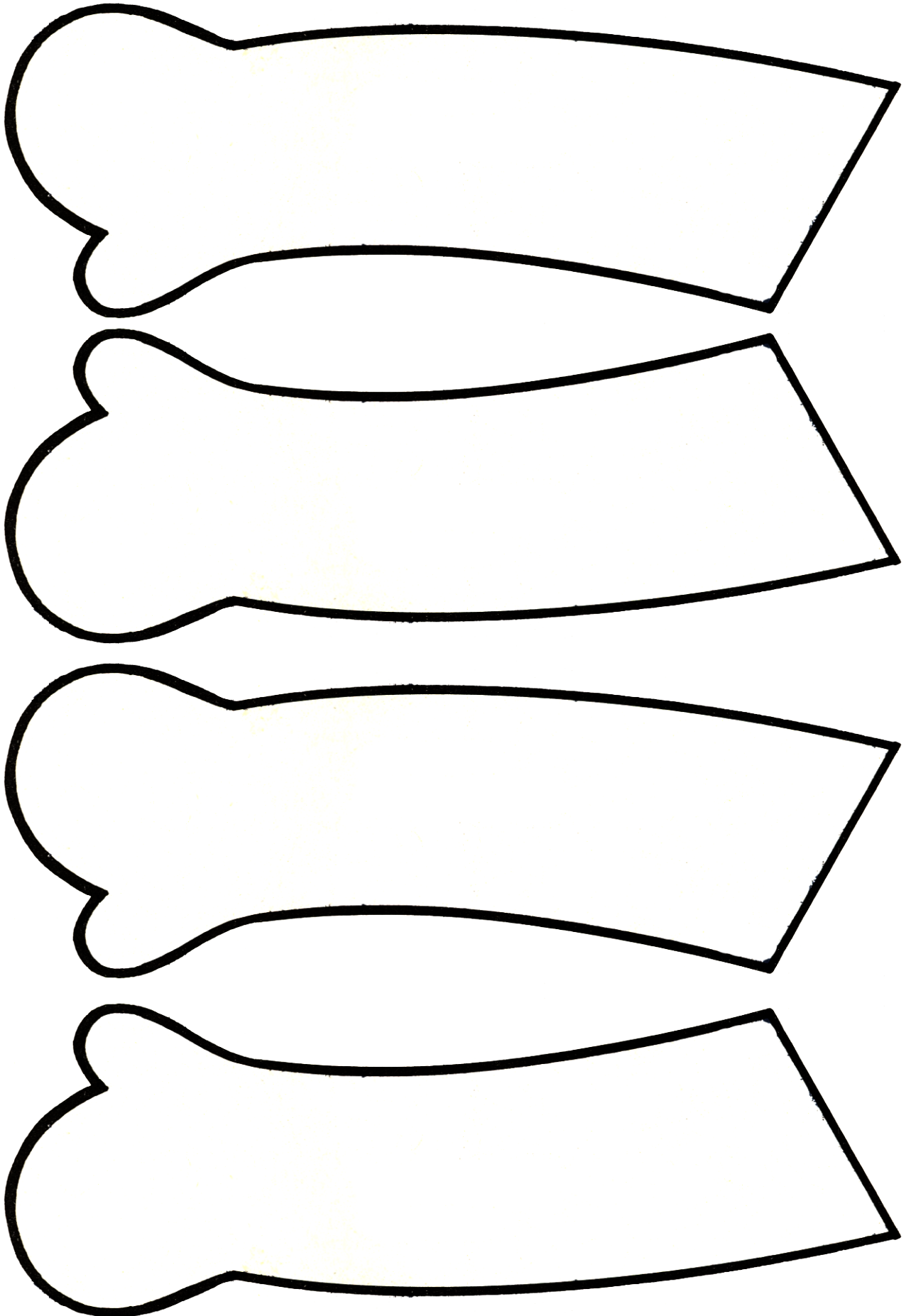
# Leader's Resource 1 (cont.)

Template for SAGALA paper bag puppet



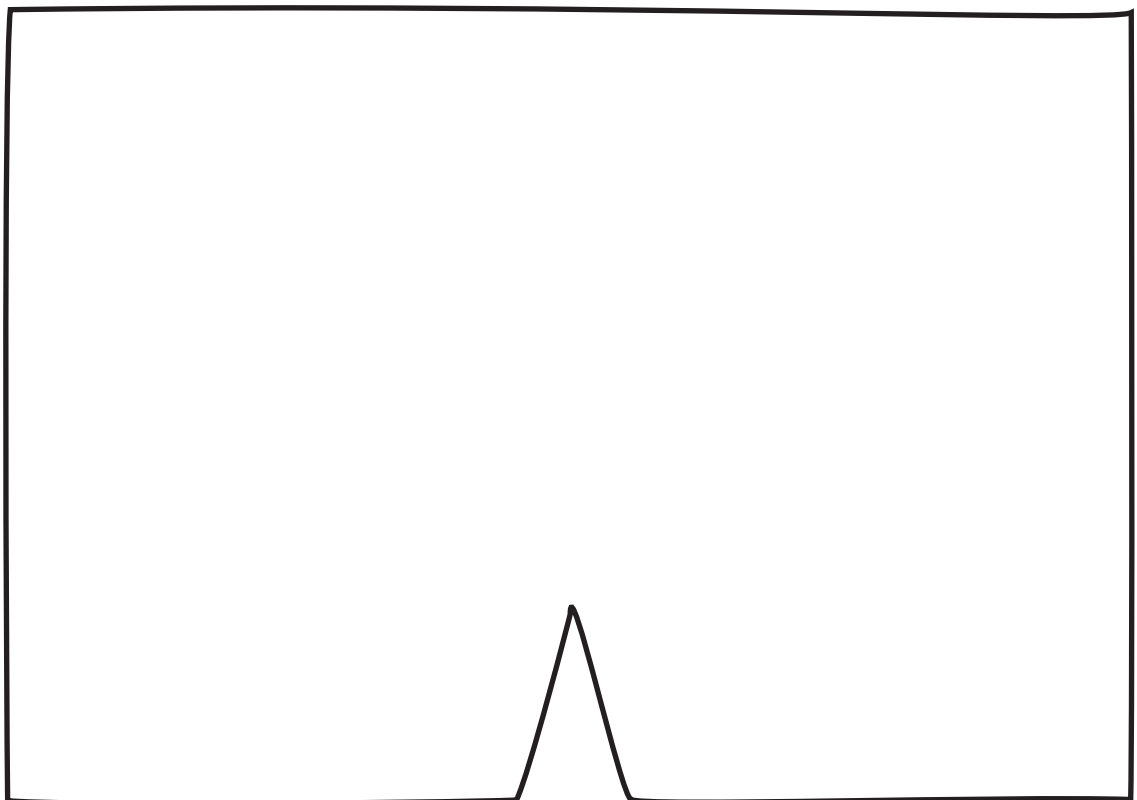
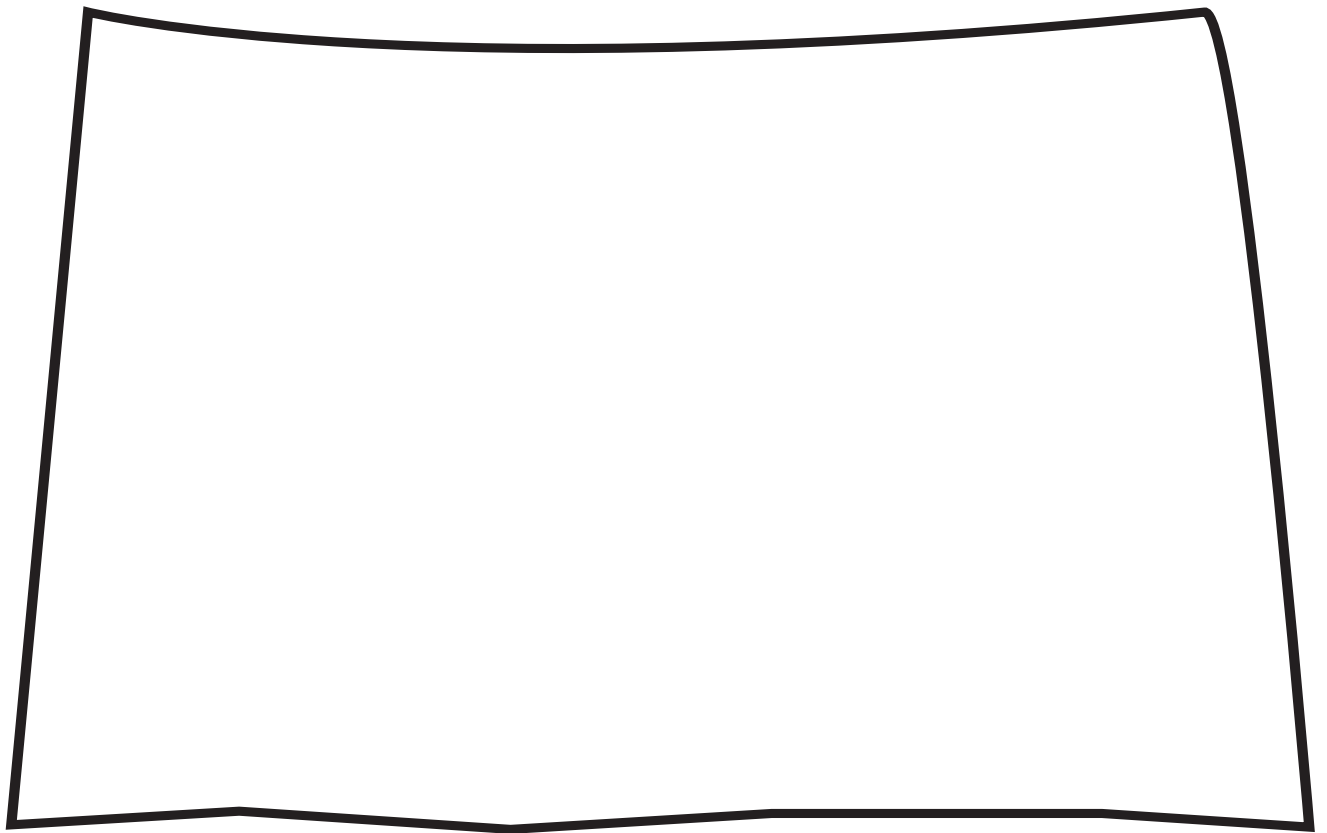
# Leader's Resource 1 (cont.)

Template for SAGALA paper bag puppet



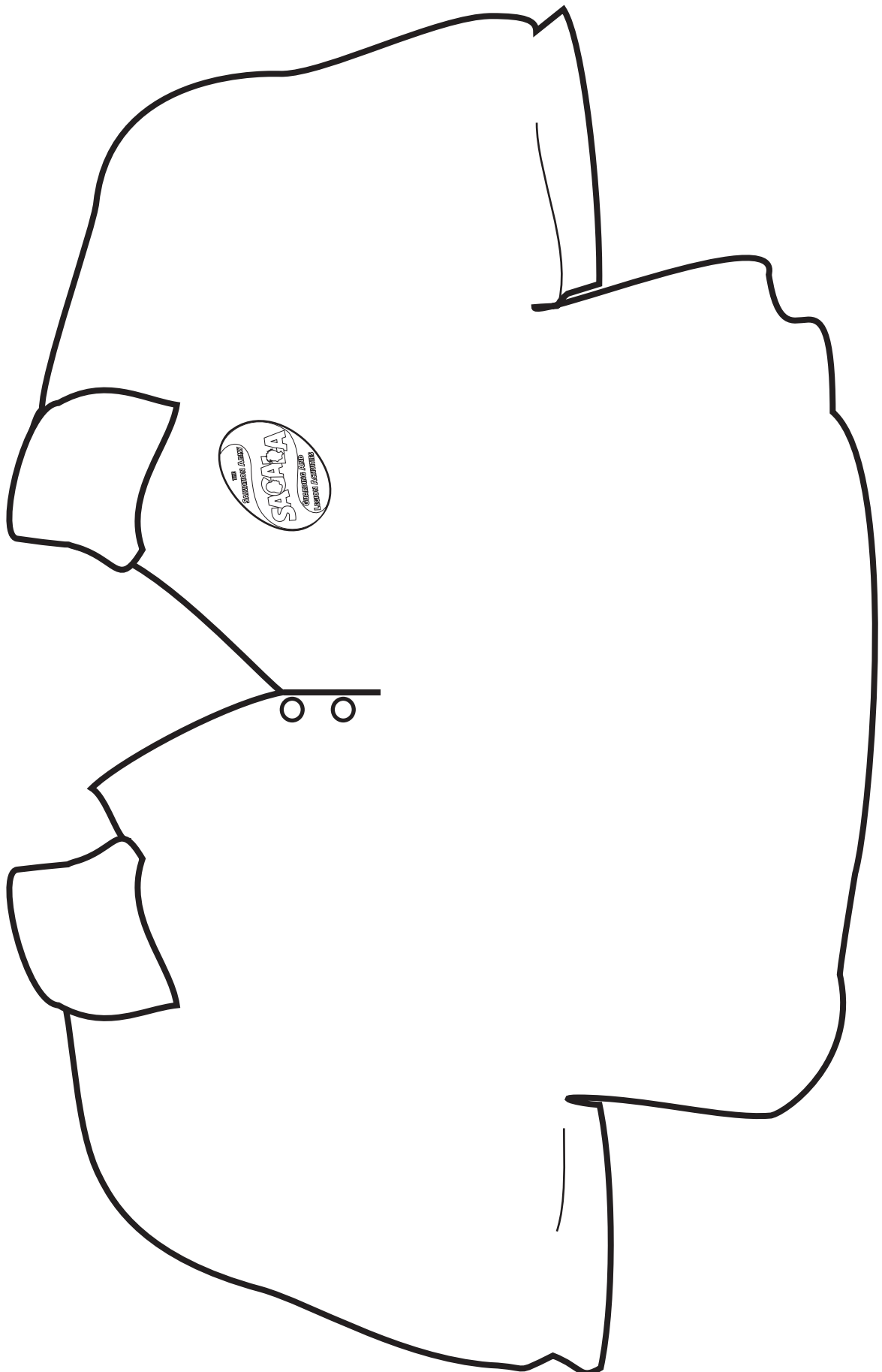
# Leader's Resource 1 (cont.)

Template for SAGALA paper bag puppet



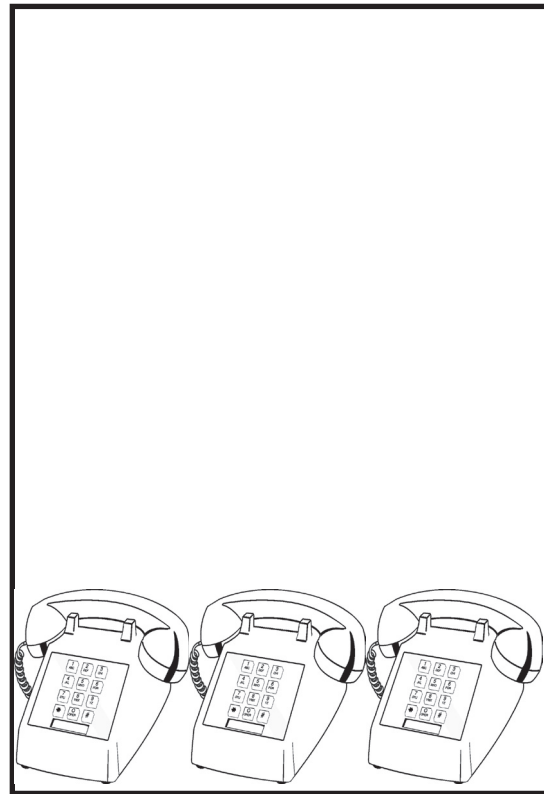
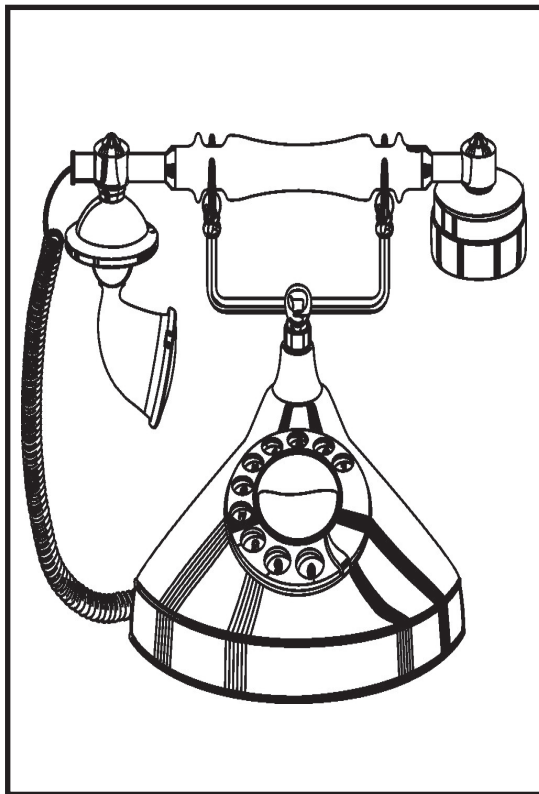
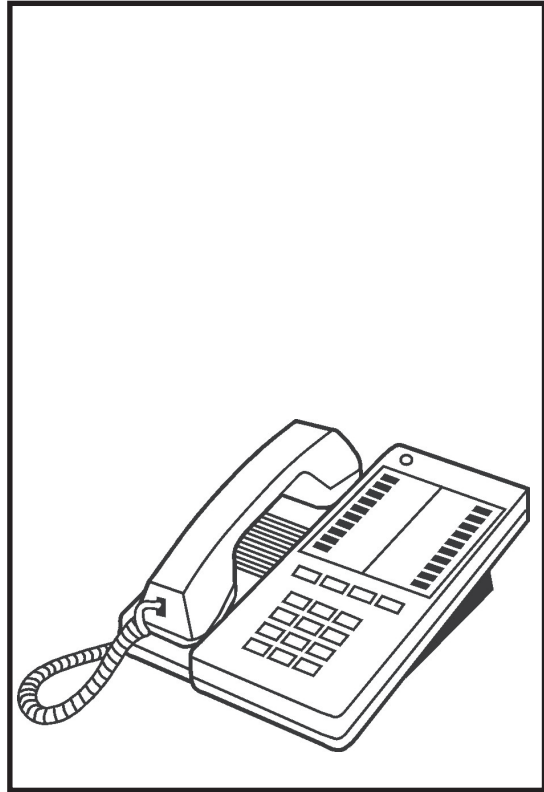
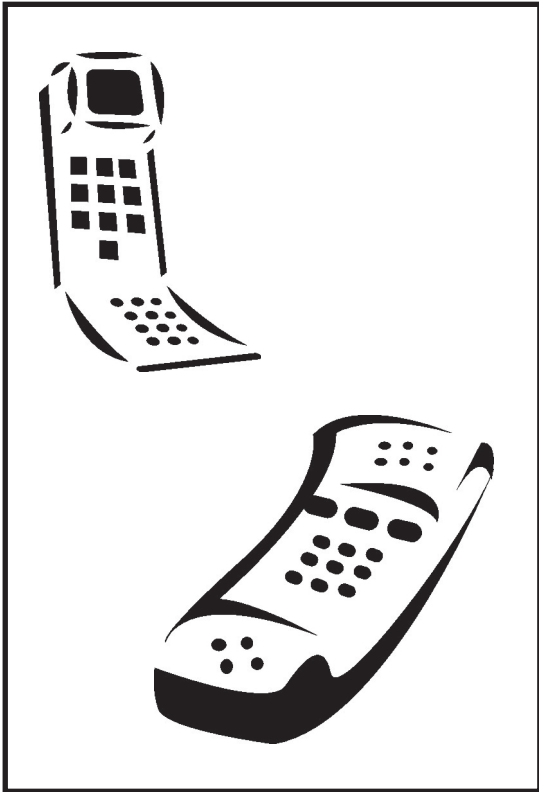
# Leader's Resource 1 (cont.)

Template for SAGALA paper bag puppet



# Leader's Resource 2

## Telephone message notepad covers





# Handout 1

## Adventurers/Sunbeams

### Welcome

Use the words in the doorway to fill in the spaces.



When you open the \_ \_ \_ \_ to welcome  
\_ \_ \_ \_ \_ \_ \_ \_ \_ \_ make sure that you  
look \_ \_ \_ \_ \_ \_ \_ \_ to see them.  
This makes them feel \_ \_ \_ \_ \_ that  
they've come.

Tick the correct ways to greet people. Practise  
saying them to another members who is  
pretending to visit.

☐

Do come in!

☐

What do you want?

☐

Please sit over here.

☐

I'm glad to see you.

☐

You're late – we've been waiting for you!

☐

Welcome to our place

☐

Would you like me to take  
your coat for you?

### Farewell

Tick the farewells you could use.

☐

It's been great  
seeing you again.

We were so glad you  
could come.

☐☐

Thank you for  
coming to our  
place.

We've really enjoyed  
having you here.

☐☐

Look at the mess  
you have made!

I do hope you've  
enjoyed yourself!

☐☐

Here's your hat,  
what's your hurry?

Hope we'll see  
you again soon.

☐



# Devotional ideas



1. **Title:** On the Outside

**Bible:** Samuel 16:7

**Thought:** Don't judge from the outside.

**Supplies:** Bible, pictures of 'Celebrities' and articles about them and their behaviour that is not 'good'

Have you seen the pictures of ... he/she is so beautiful don't you think? Have you seen ... voted the most eligible bachelor? (let members discuss what they like of each person. After a short discussion reveal an article about the celebrity's bad behaviour.)

When we look at people we always look at the outside and sometimes we make a judgement based on if we think that person looks 'nice' or 'beautiful'. We often want to copy their 'look'; their fashion sense; their hairstyle. A lot of the time we judge on according to how they look on the outside and have not considered what they do and how they act.

In 1 Samuel 16, Samuel was asked by God to anoint the new king from Jesse's family. Jesse had several sons, 8 in fact, and the first seven were introduced to Samuel one at a time. Samuel could see fit, tall, strapping young men but each was rejected by God.

Read from the Bible passage. God had already chosen the new king by judging what he was like as a person.

This is not to say that we do not try to look good on the outside rather we must not judge a person by the way they look. We must learn to look at the inner heart of a person as well before we say he or she is someone to copy. We must also remember that God is looking into our heart.

# Devotional ideas



**2. Title:** Habits

**Bible:** Psalm 34:7 - 8

**Thought:** God can protect us

**Supplies:** Bible, shoe polish and shoes ( Use this devotion when members are cleaning shoes)

A habit is something we do regularly that becomes natural to do. You know how to do it so well that you don't even think about it. Some habits are bad habits like swearing or biting your fingernails but there are other habits that are good habits.

Cleaning your teeth is a good habit. If you always brush your teeth after a meal it becomes a habit. It has become a good habit in your life. Cleaning your shoes can be another good habit. We take our shoes off and put them in the laundry and then clean them. We know that by doing these things we are looking after our teeth and our shoes. We are protecting them from damage like holes.

Another good habit is going to church. We get up on Sunday morning and get ready to go to church. We do it regularly and it becomes a habit.

Like brushing our teeth or our shoes, going to church protects our soul from damage as well. Without polish on our shoes they can get damaged and fall apart. Without the protection that we learn from going to church we can allow sin to damage our lives and put holes in it. We need God's protection like the layer of polish on our shoes, to keep sin out.

Read Bible passage. We need to go to God for His protection, and by forming a good habit of going to church is the way to ensure good protection.

**Prayer:** Dear Lord, help us to take good care of our lives and souls by attending church. Just as we care for our teeth & shoes help us to remember that our soul needs protection- to prevent holes- the protection we can get by attending church.



DEVOTIONAL  
IDEAS



# Devotional ideas



**3. Title:** Mismatch

**Bible:** 1 Corinthians 13:1

**Thought:** What we say should match what we do

**Supplies:** Bible, socks – pairs and odd ones

**GAME:** Have members in teams in four corners of the room and a large pile of socks in the middle. You may get members to take off their own socks (!) or bring in/collect several pairs. Try to have some that are not matched. In relay format have members collect socks one at a time. When all are collected the teams need to pair and roll the socks.

When the game is finished have all the pairs together, match those socks that may have been separated between the teams. There are still some odd socks, put them into 'false' pairs.

The socks that don't match would look ridiculous if worn as a pair. Some things just don't go together.

There are other things that just don't go together. For example when we say something like this is my best bag and then throw it on the ground; or when we say we are friends and then we walk away when our friend falls over; when we say we are kind to animals but we kick the cat.

These things just don't go together. They don't match. It's good that our socks match but it's more important that our actions – what we do, match our words – what we say.

Read the Bible passage and then pray asking God to help us match our words and actions.

# Devotional ideas



**4. Title:** Act up↑wards not up

**Bible:** Proverbs 20:11

**Thought:** Be a true representative of Christ

**Supplies:** Bible

Have you ever been 'misjudged'? Has someone ever said something about you that's not right? Maybe they have formed an opinion by what you may have done, how you acted. Maybe you were 'acting up' as Mum would say. Read Bible passage.

When we say we are Christians we need to remember that we are representing Jesus. People will form opinions of Jesus by the way we act. People will think that what we say and how we act is how Christ himself would act.

Let's always remember to speak and act as Jesus would and remember He is with us wherever we are to help us and support us.

**Prayer:** Dear Lord, help us to remember that you are with us all the time and we can ask you for the help we need to allow us to act how you would want us to. We know that we will make mistakes but we just ask for your forgiveness so that we can act like a true Christian and show others, through our actions and speaking, what it is to be a Christian and to be loved by you.



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