

Little Keepers



by

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Dedication

I dedicate this book to all the little girls who want to be keepers at home.



A Letter to Mothers

Dear Mothers,

This is the most important time in your life, for it is the only time God has given you to “mother” your dear, precious daughters. They are only with you for a few short years, and in these few short years, they have so much to learn about our Lord Jesus Christ, about being a Christian woman, and about being prepared to be a wife, manage a home, and rear their own future children.

We mothers certainly have a job to do. This handbook can be a real help in teaching many of the basics in both a structured and a creative manner. The girls will have a great deal of fun learning new skills, and, all the while, building character and good habits. Being a “keeper at home” is a very worthwhile job and quite an enjoyable one.

Do not let the list of skills intimidate you. If you do not know some of them, why not learn right along with your daughters? Instructional books are a great help, but you might also find an older woman in your fellowship who would be happy to share her area of knowledge with you.

I can attest from personal experience, that if you spend time with your daughters by sharing in feminine activities such as cooking, crafts, and learning new skills together, you will not only grow closer to your daughters during this learning process, but you will be close friends for the rest of your lives. Over twenty-five years ago, I started this program for my own, little girl. She is now a mother of five, and guess what? She lives just a few blocks from me! I get to be close not only with her, but my grandchildren as well. And, yes, we have a Keepers’ club still going! Even though your daughter may not be able to live near you when she is grown, do not miss the once-in-a-lifetime opportunity to build this relationship.

There is nothing more important than teaching our daughters to love the Lord, and to live godly lives serving Him and living for Him. We can best live for Him by living our lives in the role He has designed for us—being helpmeets and keepers at home. May God bless you as you begin the wonderful journey of teaching your daughters, and becoming lifelong friends in the process.

Because of His mercy to me,
Susan Zakula



A Letter to Girls

Dear Girls,

This Little Keepers at Home Handbook is for you! It is your stepping stone to becoming all God would have you to be. You will not always be a little girl. You will grow up to be a lovely, Christian woman, and this handbook will help prepare you for your future.

Now is the most important time in your life. You are now becoming what you will be. The things you enjoy doing now will be the things you will enjoy doing in the future. There is not a moment to waste! Now is the time to be busy! My prayer to God for you is that this handbook will be a stepping stone to becoming a Christian woman prepared to be an helpmeet and a servant of God.

Mrs. Susan Zakula

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Little Keepers at Home

Purpose: To learn to follow Jesus in everything.

Goal: To be easy to teach, and learn many new things.

Verse: "For even hereunto were ye called: because Christ also suffered for us, leaving us an example, that ye should follow his steps."
—1 Peter 2:21.

Prayer: "Dear Lord, teach me to walk in your steps."

Awards: A girl earns an award for each skill she learns.



Category I

Godly Girlhood

"The first of all the commandments is, Hear, O Israel; The Lord our God is one Lord: and thou shalt love the Lord thy God with all thy heart, and with all thy soul, and with all thy mind, and with all thy strength: this is the first commandment." —Mark 12:29-30

Do you love God? If you do, you will want to put Him first in everything you do. You will learn to love Him with your whole heart, with all your soul, with your mind, and with your strength.

This section of our Little Keepers handbook will help you to put God first in your life.



Bible Memory



"Thy word have I hid in mine heart, that I might not sin against thee." —Psalm 119:11 Hiding God's Word in our hearts means to memorize it! We memorize so we will not forget. This will be helpful to us all day long. We will remember not to sin against God. The verses we learn will remind us not to sin. Girls will truly be different girls when they hide God's Word in their hearts. Will you begin today to hide God's Word in your heart?

Things to Learn

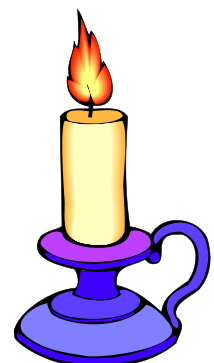
Earn one or more badges from the list.

Books of the Bible	Psalm 121
1 Corinthians 13	Ten Commandments (Deuteronomy 5:7-21)
Psalm 1	Kindness Verses
Psalm 23	Obedience Verses
Psalm 100	Love Verses
Psalm 113	

Four Kindness Verses

- "For his merciful kindness is great toward us." —Psalm 117:2
- "Charity suffereth long, and is kind." —1 Corinthians 13:4
- "And be ye kind one to another." —Ephesians 4:32
- "And in her tongue is the law of kindness." —Proverbs 31:26

*"Thy word is a lamp unto
my feet, and a light unto
my path."
—Psalm 119:105*



Four Obedience Verses

- "Children, obey your parents in the Lord: for this is right."
—Ephesians 6:1
- "Children, obey your parents in all things: for this is well pleasing unto the Lord." —Colossians 3:20
- "And being made perfect, he became the author of eternal salvation unto all them that obey him." —Hebrews 5:9
- "Obey them that have the rule over you." —Hebrews 13:17

Four Love Verses

- "For God so loved the world, that he gave his only begotten Son, that whosoever believeth in him should not perish, but have everlasting life." — John 3:16
- "If ye love me, keep my commandments." —John 14:15
- "This is my commandment, That ye love one another, as I have loved you." — John 15:12
- "Beloved, if God so loved us, we ought also to love one another." —1 John 4:11

Date	Scripture Memorized

Bible Reading



A Christian girl is special because she belongs to God. She shows her love to God by obeying Him. How does she know what God wants her to do? Why, she must read God's Word, the Bible. Yes, the Bible is the Word of God.

And little girls can read it too. The Bible says that we are to study it. *"Study to shew thyself approved unto God, a workman that needeth not to be ashamed, rightly dividing the word of truth."* —2 Timothy 2:15.

Do not ever think, "But I am just a little girl. How can I understand God's Word?" God says, *"Call unto me, and I will answer thee, and shew thee great and mighty things, which thou knowest not."* —Jeremiah 33:3.

Dear girls, this is the most important skill in the entire handbook. Do not fail to earn this award each year. It is even more important than Bible memory, because without an understanding of the whole of God's Word, we may not really understand its verses.

"The entrance of thy words giveth light; it giveth understanding unto the simple."
—Psalm 119:130

Things to Learn

You may choose one or more of the following books of the Bible to read. Each book earns a Bible reading award. You may earn more than one award each year.

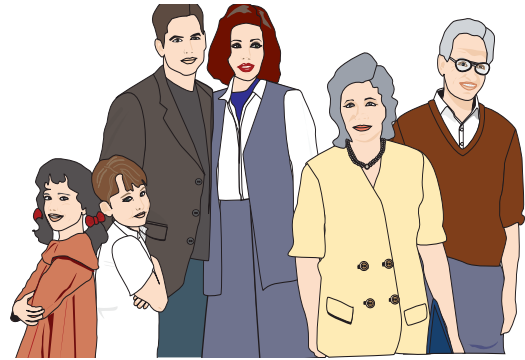
Date

Daniel	
Jonah	
Galatians	
Ephesians	
Philippians	
Colossians	
1 Thessalonians	
1 Peter	

Family

Families are very important to God. He created the family! Families provide a safe place for children to grow up. It is there that they learn about love, about God, and about loving each other.

Most girls, when they grow up, will marry and have families. That is good. Little keepers will grow up to be keepers at home, and keepers of their families.



God’s plan for the family is always the same. We are to care for the needs of other family members. Our families should be very important to us. The members of our family should be our very best friends. Our purpose for this badge is to help each girl appreciate and love her family.

Things to Learn

1. Pray for each family member daily. Do this for one month. Put the initial of each family member’s name in the chart each time you pray for him or her (for example, M for mom, J for John).

Sun	Mon	Tue	Wed	Thur	Fri	Sat

Godly Girlhood

2. Each day, tell each member of your family that you love him or her, and give a hug. Do this for one month. Put the initial of each family member's name in the chart for each time you say "I love you." Be sure to give a hug. This may seem silly at first, but you are forming a habit.

Sun	Mon	Tue	Wed	Thur	Fri	Sat

3. Do one extra nice thing for each family member.

Name	What I Did
Father	
Mother	

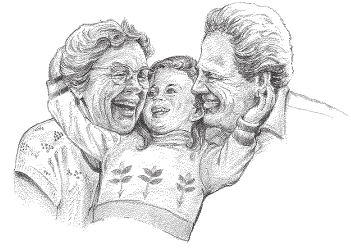
Godly Girlhood

*HOME
SWEET
HOME*

✓ **Date Completed** _____

Grandparents

"Remove not the ancient landmark, which thy fathers have set." —Proverbs 22:28. Godly grandparents are a wonderful blessing. Young people should learn everything possible from them. Your grandparents may not live nearby, or they may have already gone to heaven. If so, adopt grandparents from your local church or neighborhood.



Things to Learn

1. Write your grandparents a letter or send a card once a month. Do this three times.

Date _____

Date _____

Date _____

2. On your grandparents' birthdays, do something special for them. Write down what you did.

3. Write your grandparents' favorite Bible verse below.

Bible verse _____

Godly Girlhood

4. Share a prayer request with your grandparents. Have them share a request with you. Pray daily for these requests.

Prayer requests _____

5. Make a treat for your grandparents. Write down what you made.

✓ **Date Completed** _____

Jesus Loves Me

Yes, Jesus loves you! He does! He created you. He died for you to redeem you. He lives for you. He is waiting in heaven for you!

Things to Learn

Learn all the verses of "Jesus Loves Me."

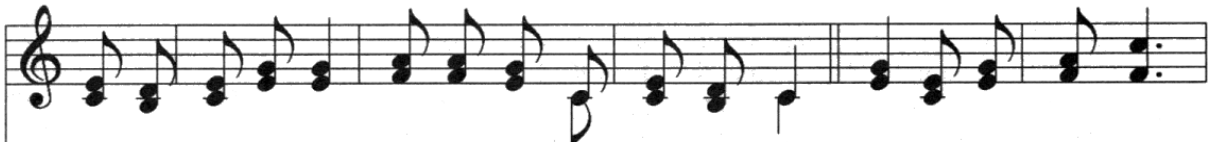
Jesus Loves Me

ANNA B. WARNER

WILLIAM B. BRADBURY



1. Je- sus loves me! this I know, For the Bi- ble tells me so; Lit - tle
 2. Je- sus loves me! He Who died Heav-en's gate to o - pen wide; He will
 3. Je- sus loves me! He will stay Close be- side me all the way; Thou hast



ones to Him be- long, They are weak but He is strong.
 wash a - way my sin, Let His lit - tle child come in. Yes, Je- sus loves me!
 bled and died for me, I will hence- forth live for Thee.



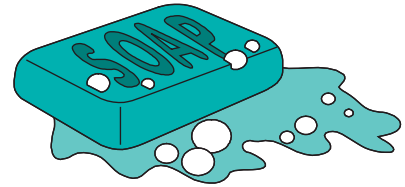
Yes, Je- sus loves me! Yes, Je- sus loves me! The Bi- ble tells me so.



✓ Date Completed _____

Keeping Clean

There is a saying that says, "Cleanliness is next to godliness." It surely must be so, for in the Bible God told the people to wash their clothes before they came near Him. *"And the Lord said unto Moses, Go unto the people, . . . and let them wash their clothes."* —Exodus 19:10. God does not like dirt! So, we need to learn how to be clean.



Things to Learn

1. Wash your hands when they are dirty.
2. Take a bath when you are dirty.
3. Wash your hair at least once a week.
4. Brush your teeth each morning and evening.
5. Change dirty clothes.

Do the listed things for four weeks.

Week 1 Week 2 Week 3 Week 4

✓ **Date Completed** _____

Manners



"A good name is rather to be chosen than great riches, and loving favour rather than silver and gold." —Proverbs 22:1. In order for a little girl to honor God and earn a good name, it is important for her to know how to behave properly. That is why it is a good thing to learn manners. Manners are the way we do things. There are right ways and wrong ways to do things. We will learn the

right ways!

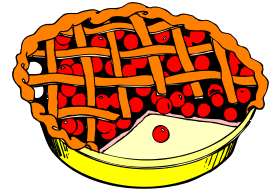
Things to Learn

1. Show how to stand, walk, and sit like a lady.
2. Show proper table manners (using silverware, drinking out of glasses, sitting the right way in a chair, using a napkin properly).
3. Show how to greet adults and others in your life.
4. Show how to properly ask for something.
5. Explain the importance of being clean and neat.
6. Explain what good speaking manners are.
7. Explain what behavior is proper in public places, such as at church or in a restaurant.
8. Explain the importance of being on time.

✓ **Date Completed** _____

Neighbor

It is very important to remember that Jesus said, *"Thou shalt love thy neighbor as thyself. . ."* —Mark 12:31. Sometimes we think that we need to love only our Christian "sisters," but this is not so. The word neighbor goes further than that. It can refer to the stranger we meet who needs our help. It can even mean our enemies! *"Therefore if thine enemy hunger, feed him; if he thirst, give him drink . . ."* —Romans 12:20. We need to open our eyes and look around. We need to see that we can help others, and be a good neighbor!



Things to Learn

1. Do two nice things for a neighbor on your street or near your home. (Bring some cookies to them, help them rake their yard, or pick weeds for them. You can offer to do a job or task for them.)

Name of Neighbor	What You Did

2. Jesus said, *"And if ye salute your brethren only, what do ye more than others? do not even the publicans so?"* —Matthew 5:47. It is easy to say "Hi" to our friends or to people we know, but Jesus said that we are to say hello to folks who may have been unkind to us. We need to say "Hello" and kindly greet everyone we meet. Say "Hello" to at least three people to whom you have never spoken before. Name the people, such as the mailman, or the people down the street.

(1) _____

(2) _____

(3) _____



✓ **Date Completed** _____

Others

"Look not every man on his own things, but every man also on the things of others." —Philippians 2:4. "For all the law is fulfilled in one word, even in this; Thou shalt love thy neighbour as thyself." —Galatians 5:14. Living for others is a major key to a happy Christian life. A wise girl often asks herself the question, "How can I show the love of God to others today?"

Things to Learn

1. Memorize the following poem.

OTHERS

Lord, help me live from day to day
In such a self-forgetful way,
That even when I kneel to pray,
My prayer shall be for others.

Others, Lord, yes, others,
Let this my motto be:
Help me to live for others,
That I may live like Thee.

Charles D. Meigs

2. Help Mom with an extra job.
3. Help Dad with an extra job.
4. Make something and give it away.
5. Help a neighbor in need.
6. Send a card to someone who is sick.



Date Completed _____

Prayer Warrior

God loves each girl very much. He wants each girl to pray to Him as her Father in heaven. That is why Jesus taught His disciples to pray to God by saying, *"Our Father which art in Heaven."*

God's Word tells a girl to pray continually, which means all the time. *"Pray without ceasing."* —1 Thessalonians 5:17. She is to pray for everyone in her family. She is to pray for those who do not know Jesus.



Jesus was God the Son. He still spent much time praying to His Father in heaven. We need to spend time praying to our Father in heaven too. Spend time each day praying!

Things to Learn

1. Jesus taught us just how we should pray. Memorize Matthew 6:9-13.

"After this manner therefore pray ye: Our Father which art in heaven, Hallowed be thy name. Thy kingdom come. Thy will be done in earth, as it is in heaven. Give us this day our daily bread. And forgive us our debts, as we forgive our debtors. And lead us not into temptation, but deliver us from evil: For thine is the kingdom, and the power, and the glory, for ever. Amen."

2. To help you to learn to pray each day, put a small check mark on the calendar below to show that you prayed. It is good to pray in the morning and at night.

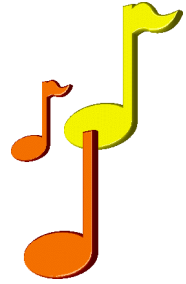
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

✓ **Date Completed** _____

Singing

"Let the word of Christ dwell in you richly in all wisdom; teaching and admonishing one another in psalms and hymns and spiritual songs, singing with grace in your hearts to the Lord." — Colossians 3:16. God's Word, the Bible, says that we should sing, and sing, and sing some more. Why? Because singing makes us happy. So sing all the time! Sing while you work and while you play!



Things to Learn

1. List two of your favorite Christian songs, and tell why you like them.

(1) Song _____

I like it because _____

(2) Song _____

I like it because _____

2. Learn all the verses of one song.

✓ **Date Completed** _____



Category II

Basic Skills

"The fear of the LORD is the beginning of knowledge: but fools despise wisdom and instruction." —Proverbs 1:7

Little keepers should fear God just because He is God! Little keepers should also decide to learn all they can. Knowledge is more valuable than money. Do you know why? Money can be stolen, but not knowledge. It will always be yours. Let us not be fools. Remember to fear God and learn all we can!



ABCs

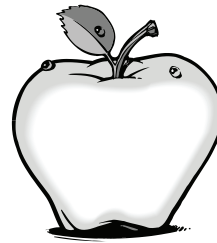
Learning our ABCs is the first step to reading! And reading is so important! Once you can read, you can read God's Word, the Bible!

Things to Learn

1. Learn the ABCs.
2. Learn the sounds of the ABCs.
3. Write the ABCs.

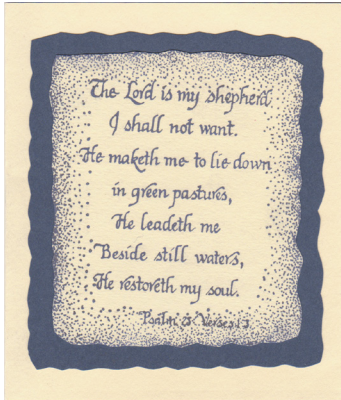
ABC

A says *ă* as in



✓ **Date Completed** _____

Cardmaking



Making cards for others is a great thing to do. With just a little paper and a pen, we can cheer anyone's day! We can make pretty cards for those who are sick, for grandparents, and for friends. We can send cards to people who are near and far. Making a card for someone shows that we care. And that is just what Jesus wants us to do: care about people.

What You Will Need

Cardstock paper (this is a little heavier than regular writing paper), crayons or coloring pencils, markers, stickers, and pretty papers to make cutouts or shapes. Rubber stamps and stamp pads can also be used. Glue will be needed.

Things to Learn

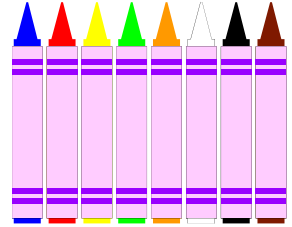
Make three different cards using some of the listed materials.

- Card one Card two Card three

✓ **Date Completed** _____

Coloring

God has colored His world with so many pretty colors. The sky is blue, the grass is green, and the sun is yellow. I think that God must have put into the hearts of His children a desire to color their world too. Children love to color. We can use this badge to learn how to color neatly. We should finish the pictures that we start.



What You Will Need

A coloring book and crayons or colored pencils.

Things to Learn

Complete one coloring book neatly.

✓ **Date Completed** _____

Croquet



Croquet is a game that people of all ages enjoy playing. The game involves hitting a wooden ball with a wooden mallet through a series of wickets (hoops). The one who finishes going through all the hoops and hitting the final stake is the winner.

What You Need

A croquet set with a copy of the rules.

Things to Learn

1. Explain the rules and scoring to your leader.
2. Play and keep score for three games.
 Game 1 Game 2 Game 3

✓ **Date Completed** _____

Decoupage

Decoupage is one of the easiest crafts to do. It always turns out nicely. We can take a favorite picture, or a Bible verse, or a family picture, and place it on a wooden plaque. A plaque is a small board. We can hang our finished plaque on a wall, or give it as a gift.



What You Will Need

Your teacher will be able to help you collect your supplies.

Learning to Decoupage

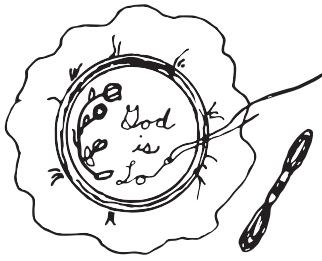
1. Sand your plaque until it is smooth. Wipe it clean with a damp cloth.
2. Stain or paint your plaque.
3. Cut out your print. Follow instructions on how to glue your print. Allow to dry overnight.

Things to Learn

Complete a decoupage project.

✓ **Date Completed** _____

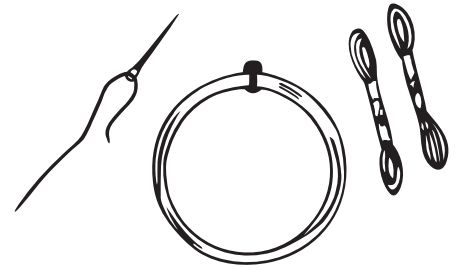
Embroidery



"And thou shalt embroider the coat of fine linen, and thou shalt make the mitre of fine linen, and thou shalt make the girdle of needlework." —Exodus 28:39. Embroidery is the skill of making designs with a needle and thread. God used women throughout the Bible to do needlework for Him.

What You Will Need

Embroidery hoop, needles, floss, and scissors. Your teacher will help you gather your supplies.

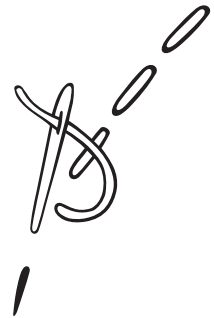


Learning to Stitch

Your teacher will help you learn the following stitches.

★ *Running Stitch*

Pass the needle over and under the fabric. The stitches on top of the fabric should be of equal length. The lower stitches under the fabric should be of equal length. The lower stitches should be one-half the length of the upper stitches.



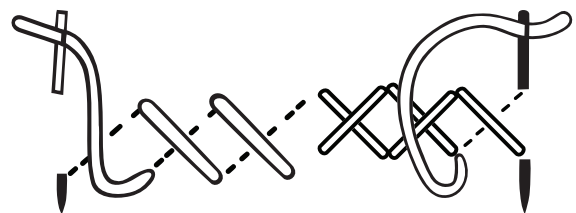
★ *Satin Stitch*

Work straight stitches across a shape. Be sure and keep a neat edge to the shape. Also, do not make your stitches too long. They could separate over time.



★ *Cross Stitch*

Bring the needle up on the lower right line of the cross. Insert the needle at the top of the same line. Make a stitch through the fabric to the lower left line. Do the whole row this way. Then work the whole row back the other way finishing all the crosses. It is important that all the top stitches lean the same way.



Basic Skills

Things to Learn

1. Be able to stitch neatly the following stitches.

- Running stitch.
- Satin stitch.
- Cross stitch.

2. Do a small embroidery project.



✓ **Date Completed** _____

Little Readers



"And the book is delivered to him that is not learned, saying read this, I pray thee: and he sayeth, I am not learned." —Isaiah 29:12. Christian girls should be able to read well so that they can learn many useful things. When we read, we should have a purpose for our reading. What is it that we want to learn? What would we like to know more about?

Things to Learn

Read 10 books about different things.

Fill out the record below on the books.

1. Title _____
About _____
2. Title _____
About _____
3. Title _____
About _____
4. Title _____
About _____
5. Title _____
About _____
6. Title _____
About _____
7. Title _____
About _____
8. Title _____
About _____

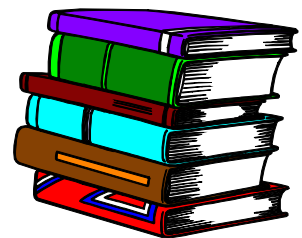
Basic Skills

9. Title _____

About _____

10. Title _____

About _____



✓ **Date Completed** _____

Mosaics

A mosaic is one big picture made up of many small pieces. The small pieces can be paper, pebbles, or tiny beads. All these little pieces come together to make a pretty picture or design.

What You Will Need

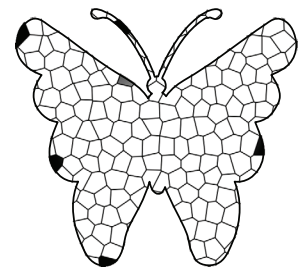
1. Pattern — You could use a simple picture from a coloring book (for example, a butterfly, a ladybug, or a flower).
2. Scissors and glue stick.
3. Mosaic pieces — Cut small pieces from construction paper or other colored paper. Use several colors.

How to Make a Mosaic

Glue your mosaic pieces onto your pattern. Use different colors to fill in each space. When you are finished, you can cut the shape out. You can glue a magnet on the back and put it on the refrigerator. You can punch a hole through the top and tie a string through it. Then you could hang it up. Or you could frame it.

Things to Learn

Make one mosaic project.



✓ **Date Completed** _____

Painting

Painting is just another way of coloring. You use a brush and paints instead of crayons or pencils. Paints can also be used on wood. Most people like to add color to the things they make. With paint we can mix colors to make new colors. There is no end of colors! It is fun to paint.



What You Will Need

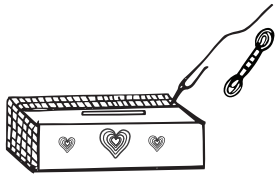
A paint set, paint brushes, heavy paper, and a wooden model or wooden object.

Things to Learn

1. Paint a picture on paper.
2. Paint a wooden model or wooden object.

✓ **Date Completed** _____

Plastic Canvas



With some plastic canvas and yarn, we can make magnets, picture frames, and decorations. Needlepoint stitches are used for plastic canvas.

What You Will Need

Patterns, plastic canvas, yarn, needles, and scissors.

Stitches to Learn

- ★ Continental Stitch — This is the most common plastic canvas stitch.

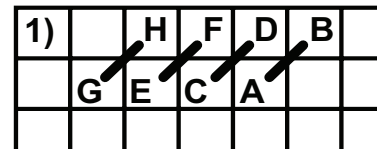


Diagram 1 — Working from right to left, come up at A. Cross the intersection of the canvas threads diagonally. Go down at B. Come up at C. Go down at D. Continue in this way.

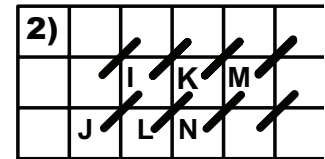
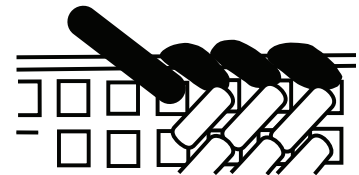


Diagram 2 — Begin the next row by coming up at I. Go down at J. Continue in this way. Always cross canvas thread intersections diagonally on the front and back.



- ★ Overcast Stitch — When two pieces of your project are ready to be joined, use the overcast stitch. To join two straight edges together, place the pieces with the wrong sides facing each other together. Anchor the yarn firmly on the wrong side. You can use a knot when joining. Start by taking two stitches through the first hole of the two pieces. Then continue overcasting, going through holes of both pieces with each stitch. You can work from either direction. The overcast stitch is also used to finish the edges on a single piece.

Things to Learn

1. Show how to do the following stitches.
 - Continental Stitch Horizontal
 - Overcast Stitch
2. Complete two small projects such as magnets or key chains.

✓ **Date Completed** _____

Pressed Flowers



God has created so many pretty flowers. And learning to press flowers is so easy. It is a wonderful way to keep them! And it is useful too! Once flowers are pressed, they can be used to make lovely gifts for family and friends.

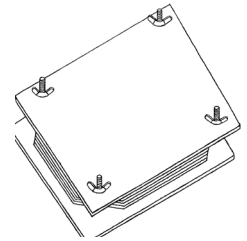
What You Will Need

A basket to put your flowers in, flowers, and scissors. Your teacher will give you the rest of the things you will need.

Things to Learn

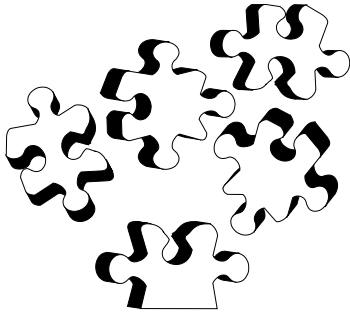
1. Show how to use a flower press.
2. Collect and dry three different flowers. Give the name of each of the flowers.
 - (1) _____
 - (2) _____
 - (3) _____
3. Make one small project such as a bookmark or card using your dried flowers. List the project that you made.

4. Name your two favorite flowers
 - (1) _____
 - (2) _____



✓ **Date Completed** _____

Puzzles



Puzzles? How can puzzles be a skill? Putting puzzles together is a skill. You look at the shapes of the pieces. Then you look at the colors. Then you try to fit them together. Putting puzzles together is a great activity for our brains!

Things to Learn

Put the following size puzzles together.

25 pieces

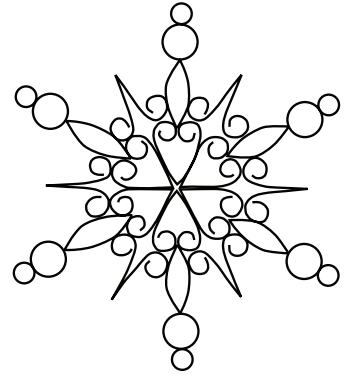
50 pieces

100 pieces

✓ **Date Completed** _____

Quilling

Quilling is easier than it looks! Quilling is the art of creating designs with narrow strips of paper that are rolled and shaped. The shapes may look like circles or leaves. They can be put together to look like flowers or snowflakes or just about anything.



What You Will Need

Your teacher will provide all the supplies you need.

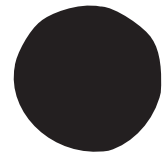
Helpful Information

Keep your hands and tools clean while you work.

Shapes to Learn

Each design will use three to four inches of quilling paper.

Tight Circle — Roll the paper. Slip the tool from the roll's center. Hold the roll with your fingers to keep it from unwinding. Glue the loose end of the paper to the side of the roll.



Loose Circle — Roll the paper. Remove the tool. Let the roll loosen. Glue the loose end.



Teardrop — Roll the paper. Glue a loose circle. Pinch one side of the circle to a point.



Marquise — Roll the paper. Glue a loose circle. Pinch it on each side.

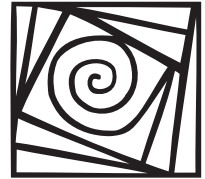


Basic Skills

Shaped Marquise — Make a marquise. Curl its two pinched points in opposite directions.



Square — Make a marquise. Pinch it two more times to make four corners.



Things to Learn

1. Learn how to make the basic shapes. Make one of each shape.

- | | |
|--|---------------------------------------|
| <input type="checkbox"/> Tight Circle | <input type="checkbox"/> Loose Circle |
| <input type="checkbox"/> Teardrop | <input type="checkbox"/> Marquise |
| <input type="checkbox"/> Shaped Marquise | <input type="checkbox"/> Square |

2. Make two projects using the quilling skills you have learned.

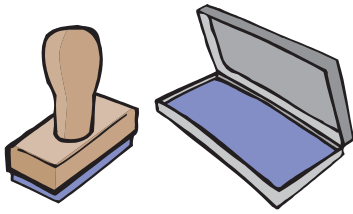
Name of project

(1) _____

(2) _____

✓ **Date Completed** _____

Rubber Stamping



Rubber Stamping is the art of using a rubber stamp to make a picture on paper and coloring it. It sounds simple and it is! One can use rubber stamps to make greeting cards or decorate photo albums. Colored markers or colored pencils can be used to color the stamped images. There are hundreds of stamps available. It is fun to collect them!

We can stamp beautiful images and designs on paper. Will we let Jesus stamp His image on our hearts?

What You Will Need

Rubber stamps, paper, stamp pads, and coloring pencils or markers.

Learning to Rubber Stamp

With a stamp pad —

1. Place your stamp on the stamp pad and press down firmly. Be sure to coat the entire stamp evenly. You can tap the stamp several times on the pad.
2. Place the inked stamp onto the paper and press down evenly. Do not rock the stamp back and forth. Rocking could cause blurring.
3. It is best to re-ink the stamp before each stamping.
4. Use colored pencils or brush markers to color your stamping.
5. On a greeting card, you can add words with markers or a pen.
6. You can add glitter or stickers, or anything you would like, to make your card look special.

Things to Learn

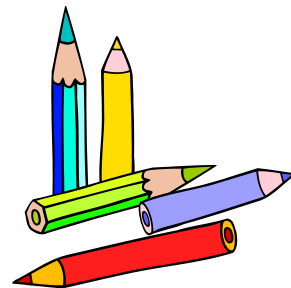
Make three cards.

Date cards were completed.

(1) _____

(2) _____

(3) _____



✓ **Date Completed** _____

Scrapbooking



Scrapbooking is one way to help us remember special people and special times. When we take pictures, we can place them in albums. Then we will always be able to look at them and remember the past.

What You Will Need

A small scrapbook, pictures, glue, pens, and stickers.

Helpful Information

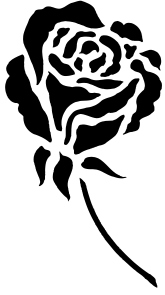
Remember to put a date on the page. Write who is in the picture or where the picture was taken.

Things to Learn

1. Show how to crop pictures. When you crop pictures, you show only the important parts of the picture. You will also be able to fit more pictures on a page. Then the page will be more interesting.
2. Show how to mat pictures. Matting is the background for a picture.
3. Make your own scrapbooking album.

✓ **Date Completed** _____

Stenciling



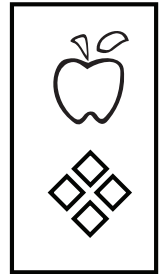
Stenciling is easy and fun. A stencil is a picture with a little space removed. We can trace the stencil and then color in the open spaces.

What You Will Need

Stencils, colored pencils, and markers.

Learning to Stencil

Tape the stencil in place with masking tape. This keeps the stencil from moving while you are coloring or tracing. Remove the tape carefully.



Things to Learn

Stencil two or three sheets of stationery or note cards.

✓ **Date Completed** _____



Category III

Homemaking

"She looketh well to the ways of her household, and eateth not the bread of idleness." —Proverbs 31:27

A keeper at home looks after the things of her home and family. So little keepers at home should begin to learn these skills too. A little keeper can learn to cook and bake and clean—oh, just lots of good things!



Baking

All little keepers should learn how to bake. Everyone loves to take a bite out of a homemade cake. Homemade goodies taste so much better than those bought at a store. They are better for you too!



What You Will Need

A good basic cookbook and Mom's help.

Helpful Information

- ★ Begin by using simple recipes without too many ingredients.
- ★ Make sure you have all the ingredients *before* you begin.
- ★ Read through the instructions first. Then you will know all the steps involved in making the recipe.
- ★ Have Mom help with baking in the oven.

Things to Learn

Read each recipe and follow the instructions. Clean the kitchen completely after each baking session. Bake each of the items below with Mom's help.

- Cake Cobbler Dessert Bread

✓ **Date Completed** _____

Cleaning



Some may say "Ugh! Time to clean," but every good little keeper at home will like to make her home clean. We can have fun while we clean. We can pray as we clean! And we can sing too!

Things to Learn

1. Have your mom show you how to clean your room really well. Clean your bedroom once a week for four weeks. This includes dusting, washing or vacuuming the floor, emptying the trash, putting everything in its proper place, and straightening the closet and dresser drawers.

Week 1 Week 2 Week 3 Week 4

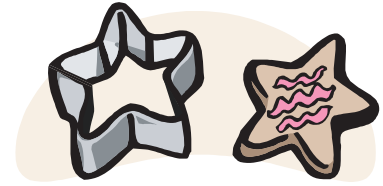
2. Have your mom show you how to clean the living room really well. Clean the living room once a week for four weeks. This includes vacuuming and dusting the furniture, and dusting off any bookshelves, window ledges, and lamp shades. Put everything back in its place.

Week 1 Week 2 Week 3 Week 4

✓ **Date Completed** _____

Cookie Baking

All little keepers should learn how to bake cookies! Everyone loves homemade cookies. They are great for snacks, lunches, and picnics. Girls, learn how to bake cookies!



What You Will Need

A good, basic cookbook and Mom's help.

Helpful Information

- ★ Begin by using simple recipes without too many ingredients.
- ★ Make sure you have all the ingredients *before* you begin.
- ★ Read through the instructions first. Then you will know all the steps involved in making the recipe.
- ★ Have Mom help with baking the cookies.

Things to Learn

Read each recipe and follow the instructions. Clean the kitchen completely after each baking session. Bake three different kinds of cookies with Mom's help.

- Cookie #1 Cookie #2 Cookie #3

✓ **Date Completed** _____

Cooking



Cooking is a very important job! Everyone eats three times a day every day. That comes to twenty-one meals a week, plus snacks! Every keeper at home needs to learn to cook, and to cook well. Cooking well means making food that tastes good and is healthy.

You will need this skill some day. Let's start now to learn how to cook.

Things to Learn

1. Breakfast

- Learn to make toast and butter it.
- Learn to make a hot cereal.
- Learn to make the juice.

2. Lunch

- Learn to make two kinds of sandwiches.
- Learn to make soup. Mom can help with this.
- Learn to make a fruit salad.

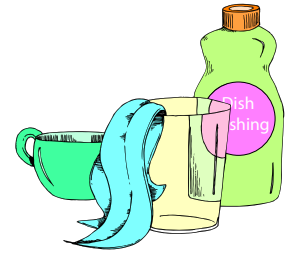
3. Dinner

- Learn to make a garden salad.
- Learn to cook a frozen vegetable.
- Learn to cook a fresh vegetable.
- Learn to make a casserole.

✓ **Date Completed** _____

Dish Washing

Dish washing is something every little keeper needs to learn and learn well! It may not sound important to wash dishes, but who wants to eat from dirty dishes? No one! Keeping our dishes very clean is a good and healthy thing to do.



Let's not complain about it. Let's be happy that we have just eaten, and clean and wash with a song in our hearts!

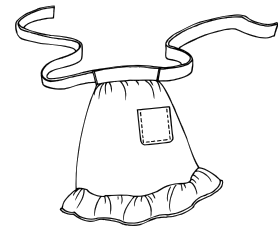
Helpful Information

1. Always use hot soapy water and clean dish cloths.
2. Rinse the dishes very well to remove all soap.
3. Dry and put away.
4. Wipe off the counter tops and table.

Things to Learn

Wash the dishes five times.

1. 2. 3. 4. 5.



✓ **Date Completed** _____

Gardening



"And the LORD God took the man, and put him into the garden of Eden to dress it and to keep it," —Genesis 2:15. Soon after God created Adam, He put him into a garden and gave him a job to do. Adam was to dress

the garden, which means to take care of it.

Things grown in the garden cost less and taste much better than food bought at the store.

Things to Learn

1. Decide what vegetables and fruits you will be planting. If possible, start your plants from seeds.
2. Plant a little garden or share part of the family garden. If you are unable to do that, plant your garden in containers, such as five-gallon buckets, flower boxes, pails, or planters. This is a "learning" garden so it does not need to be big.
3. Be responsible for weeding, watering, and harvesting your garden.

✓ **Date Completed** _____

Money Sense



"Honour the LORD with thy substance . . ." —Proverbs 3:9.
 All that we have belongs to God. It is ours to use, but a godly person will use it as God would, to help and bless others with it as needed.

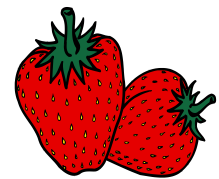
Things to Learn

1. Even as a young girl, you may receive gifts or have small jobs you can do to earn money. Decide with your parents how much you will give back to God, how much you will give to others, how much you will save, and how much you will have to spend.

Example — You have \$1.00. You might give 10¢ to God, 10¢ to others, 10¢ into savings, and spend 70¢.

2. Open a savings account. This account can be with Dad or Mom.
3. Make regular deposits in your savings account over a period of three months.

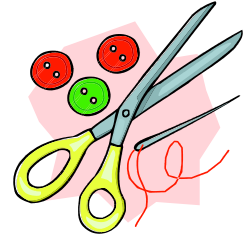
	1 st	2 nd	3 rd
Deposit			



✓ Date Completed _____

Simple Sewing

"She maketh herself coverings of tapestry; her clothing is silk and purple." —Proverbs 31:22. When you know how to sew, you can make so many things. You can make your own clothes. You can sew for others. You can make gifts by sewing. Little keepers will want to learn how to sew!



Things to Learn

1. Have a sewing basket to hold needles, a pin cushion, thread, sewing needles, a thimble, a tape measure, and a pair of small scissors.
2. Learn to thread a needle and tie a knot.
3. Learn to sew on a button.
4. Learn to sew on a snap.
5. Sew two seams together. This could be done for a small pillow.

✓ **Date Completed** _____

Table Setting

Setting the table is an important job for a little keeper at home, and for a mommy keeper at home too. Our family dining tables can be a mess, or they can be quite pretty. They should always be neat and orderly. Most people enjoy eating at a pretty table.

Helpful Information

1. Always wipe the table to be sure it is very clean. You may add a nice tablecloth if you wish.
2. It is very nice to have a centerpiece. A centerpiece is something that goes in the center of the table, such as flowers or a candle.

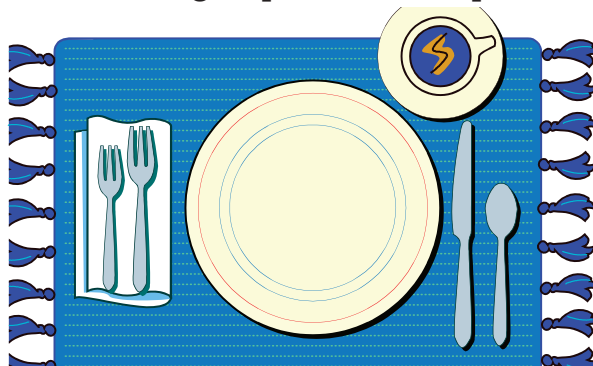
Things to Learn

Learn how to set a table properly. Set your family's dinner table five times.

1.
2.
3.
4.
5.

How to Set a Table

- ★ The dinner plate goes in the center in front of each chair.
- ★ Forks are placed to the left of the plate. The dinner fork is next to the plate. The salad fork is to the left of the dinner fork.
- ★ The dinner knife and spoon are placed to the right side of the plate. The knife is placed closest to the plate with the sharp side facing the plate.
- ★ Napkins should be placed either under the forks or to the left of the forks.
- ★ The water glass or drinking cup should be placed above the knife.



✓ **Date Completed** _____



Category IV

Nature

"In the beginning God created the heaven and the earth...And God saw every thing that he had made, and, behold, it was very good. And the evening and the morning were the sixth day." —Genesis 1:1-31

God created nature, and it was and is very good! God made His wonderful world that we might enjoy it. He also uses nature to teach us about Him.

Take time to look at a sunset, watch the snowflakes fall, feel the wind on your face, or smell a flower.



Birds

“And God created great whales, and every living creature that moveth, which the waters brought forth abundantly, after their kind, and every winged fowl after his kind: and God saw that it was good.”—Genesis 1:21. Many birds are mentioned in the Bible.



Birds are a blessing to us. Many of us wake up each morning hearing their pretty songs. Some birds even provide food for us, such as chickens and turkeys.

Things to Learn

1. Name three birds that live around your home.

(1) _____

(2) _____

(3) _____

2. Name one bird that cannot fly.

3. Name a bird that can fly backwards.

4. Name a bird that pecks wood with its beak.

5. What is the name of your state bird?

6. Read the following verse and explain what it means.

"Are not two sparrows sold for a farthing? and one of them shall not fall on the ground without your Father. But the very hairs of your head are all numbered. Fear ye not therefore, ye are of more value than many sparrows." —Matthew 10:29-31



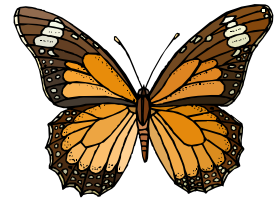
✓ **Date Completed** _____

Butterflies

God has created nature with many colors for us to see. Butterflies are colorful. The butterfly is very special because it changes from a crawling caterpillar to a flying butterfly. There is a lesson for us in that. When we come to Jesus, we come as lowly sinners. But Jesus changes us into children of God. Think about these things as you study butterflies.

What You Will Need

1. A book about butterflies.
2. Binoculars to help you to see far away.



Things to Learn

1. Find and identify three different butterflies in your area. Read about these butterflies and learn what plants and flowers they like to eat. What habitat does each butterfly like? *Its habitat is its home.*

(1) Butterfly _____

Where I saw it _____

Habitat _____

What it likes to eat _____

(2) Butterfly _____

Where I saw it _____

Habitat _____

What it likes to eat _____

(3) Butterfly _____

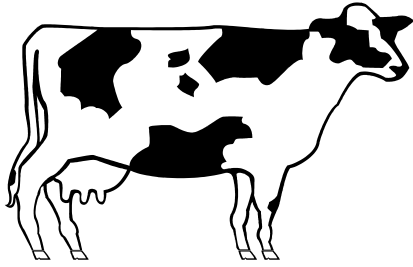
Where I saw it _____

Habitat _____

What it likes to eat _____

✓ **Date Completed** _____

Farm Animals



God gave us farm animals. They are easy to take care of, and they give us good food. They give us milk, butter, eggs, meat, and our Thanksgiving turkeys! Let's learn about them.

Things to Learn

1. Read a book or color a book about farm animals.
2. Visit a farm or petting zoo.
3. What is your favorite farm animal? Why?

✓ **Date Completed** _____

Flowers



Flowers are God's handiwork. He has painted the world with them! They are found on the mountains, in the valleys, and everywhere in between. Flowers come in every design and color. They smell oh, so pretty.

You know, God wastes nothing. God always creates things for several reasons. Flowers provide food for animals and insects. Even we enjoy a very sweet food which comes from flowers. That is honey. Bees draw the nectar from flowers to make honey.

Learning a little about flowers now will help you to enjoy them for the rest of your life!

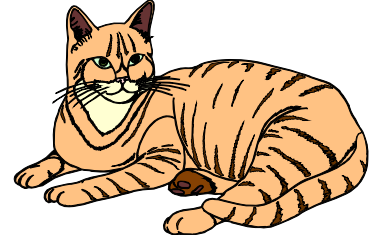
Things to Learn

1. Keep a notebook and collect pictures of five different flowers. In your notebook answer the questions:
 - ★ Do these flowers grow best in the shade or sun?
 - ★ Do they need daily or weekly watering?
 - ★ Can they be grown indoors or outdoors?
2. Care for at least one flowering plant in your home.

✓ **Date Completed** _____

Pets

Most people really love their dogs and cats. They show their love by taking good care of their pets. The best way to take care of pets is to learn some things about them.



Things to Learn

1. Identify three breeds of dogs. (A breed is a type.)

(1) _____

(2) _____

(3) _____

2. Identify two breeds of cats.

(1) _____

(2) _____

3. Read or learn about the care of pet birds, hamsters, rabbits, or any other small household pet. For example: How often should you feed them? What kind of cage do they need? Do they need any special kind of care?

4. Write about a pet and what you learned from reading about it.

Nature

5. If you have a pet, list three types of care that you should be giving your pet.

(1) _____

(2) _____

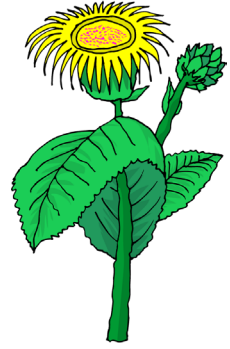
(3) _____



✓ **Date Completed** _____

Wildflowers

Wildflowers are a bit different from roses or houseplants. Wildflowers grow wild and free everywhere. God has planted His world with them!



What You Will Need

A book about wildflowers.

Helpful Information

Never taste a flower or put any part of a flower into your mouth. Some wildflowers are poisonous.

Things to Learn

1. Make a collection of five wildflowers. You can either press them, take a picture of them, or draw and color them.

Next, place the five flower items in a scrapbook or folder. In your notebook, answer the questions:

- ★ What is each flowers name?
- ★ Where did you find it?
- ★ How many petals does it have?
- ★ What color are the flowers?
- ★ Are the leaves smooth or hairy?

✓ **Date Completed** _____

Notes for Mothers and Teachers

(You really are both!)

I am so glad that you have decided to purchase this book for your little girl. Little girls so much want to do what their older sisters or their mothers do. In fact, they want to be little mothers, hence the love for their dollies. God created little girls with a love for all things maternal in their very being. They want to be little keepers at home right from the start. So, this little handbook is a small stepping stone in that journey.

The skills for the little girls are simple beginnings. They will learn a new skill, practice it, do it, complete it, and receive a little reward for the process. This is a good habit to build into your girls—the learning something new, trying it, working at it, and finishing it. Your girls will become more and more competent as they journey through this book and through the next book, *Keepers of the Faith Girls* for older girls. I pray you will have a wonderful time exploring and working through this book with your girls.

Susan

Mom's Reference for Skills

Following are some helpful hints for teaching skills to children.

When teaching the little ones hand skills, do not look for perfection. These are all new physical exercises for them, and their little fingers will be awkward. The important thing is learning, trying, and completing. Neat little stitches or neatly drawn pictures will come later. Practice makes perfect, as the saying goes. For now we want the girls to try lots of new things, and feel good about what they are doing. This will encourage them to keep an open mind, and to try more and more things.

Never compare one child's efforts with another child's. Each is unique. Just be sure each child is doing her best. Be sure to be lavish in your praise and encouragement.

Godly Girlhood

Bible Memory

Each memory work, when completed, should be recited word- perfect or nearly perfect to a mom or teacher. Only one memory work per year is needful, but we hope the girls will learn more than one. We can never memorize too much of God's Word.

Choose from the listed selections. You are also free to memorize any other portions of Scripture not listed. An award which simply states "Bible Memory" is also available, and there are many other Bible Memory awards available through *Keepsake Awards* on Amazon.

Bible Reading

Because the children are so young, the children can receive a Bible Reading award if an adult reads the passages out loud to them.

Manners

Most of the information for the knowledge needed to learn this skill can be found in a book on etiquette available from your local library.

Basic Skills

Croquet

1. The order of play—or who goes first, second, and so on—is determined by the colors on the stake.
2. A game usually lasts for one to two hours. However, it can be ended at any time, and the winner is declared by adding up the points. One point is given for each wicket through which a player's ball has passed.

Decoupage

Supplies

1. Print — A scenic picture, a Bible verse, or a nice design from a greeting card.
2. Wooden Plaque
3. Brush — A soft flat one-inch brush or a sponge brush for applying the glue or special finish.
4. Scissors — Used to cut print to correct size for plaque.
5. Waxed Paper — Protects work surface.
6. Stain or Paint — Used for a base coat on plaque.
7. #220 Sandpaper — This is very fine sandpaper and will be used to smooth the surface of the plaque.
8. Decoupage Finish — Two brand names which are available from craft stores are *ModgePodge* and *Royal Coat*.

Instructions for Decoupage

1. Sand plaque until it is smooth. Next, wipe plaque clean with a damp cloth.
2. Stain or paint plaque.
3. Cut print to fit on plaque. Use the decoupage finish on the back side of the print as a type of glue. Place your glued print on the plaque. Using your fingers, press firmly, working from the center of the print to the outer edges. Be sure to press out any air bubbles. Once the print is in place with no air bubbles, brush the decoupage finish over the entire surface of the project. Allow to dry for at least twenty minutes. Repeat this process two more times. Allow to dry overnight.

Embroidery

Supplies

1. Tools — Embroidery hoop and scissors will be needed.
2. Embroidery Needles — These are needles designed for embroidery work. They have long eyes—the hole in the end of the needle is called the eye of the needle—for easy threading, and they are very sharp. A sharp point will pierce fabric more easily than a dull needle.
Needles come in different sizes. A size 9 or 10 is a good size for a beginner.
3. Embroidery Thread — Embroidery thread is called floss. It comes with six threads or strands. Pull out a length of thread about 18 inches and cut it. Then pull out two strands. You will thread your needle with this section.
4. Fabrics — Almost anything can furnish a fabric to embroider: handkerchief, bib, a blouse. You can also embroider a picture. Pictures are sometimes called "samplers."
5. Pattern — Patterns can be purchased.

Projects

A project could be a handkerchief, a towel, or a small sampler that can be framed. The project does not need to contain the stitches taught in the embroidery section.

Plastic Canvas

Supplies

1. Pattern — Patterns usually come from a book on plastic canvas.
2. Canvas — Plastic canvas comes in clear or colored sheets.
3. Yarn — Choose a yarn that is thick enough to cover the canvas. You would not want to use embroidery floss, but a thicker yarn that is used for crocheting or knitting.
4. Scissors — Three pairs of sharp scissors are needed. A pair of large scissors with straight blades are best for cutting canvas. A pair of 7 inch scissors with sharp points are best for cutting small areas of canvas and trimming off nubs. Keep these scissors for just plastic canvas work because cutting the canvas will dull their blades. An additional pair of 7 inch scissors would be handy for cutting yarn.
5. Needles — A blunt point steel tapestry needle is best for plastic canvas. For a size 7-mesh canvas, use a size 16 or size 18 needle.

Helpful Information

How to Cut Plastic Canvas

Plastic canvas pieces must be cut carefully. If you miscut, the piece is ruined, and you will have to cut another piece. Cutting will be easier if you draw a cutting outline on the canvas. A China marking pencil works well because it can easily be wiped off after you are finished cutting.

How to Begin and End Yarn

Knots are not usually used in canvas work. To begin your stitching, hold an inch of yarn behind the canvas and secure it by working your first several stitches over it. After you have worked an area, end strands by weaving them horizontally or vertically through the stitches on the back of the canvas.

Pressed Flowers

Supplies

1. Basket — A basket or similar container can be used to gather flowers. Pick only the freshest flowers for drying.
2. Flower Identification Book — This will be used to identify flowers that your child might not know.
3. Scissors — Scissors are used to trim the flowers before drying them, and also to cut the blotting paper as needed.
4. Flower Press — Will be used to press flowers. Presses are available in craft stores or you can make your own.
5. Toothpicks — Use toothpicks to place small drops of glue on the flowers when gluing them in place.
6. Large Tweezers — Tweezers are used to pick up flowers and place them on the paper.
7. Material for Your Projects — After flowers are dried, they can be used for projects such as pictures, bookmarks, picture frames, stationery, or greeting cards. Materials might include paper, glue, ribbon, pens, and picture frames.

Helpful Information

If dried petals or leaves fall off while you are handling them, do not worry! They can be glued back in place when you are making your project.

Quilling

Supplies

1. Quilling Paper — Quilling paper comes in many different colors and widths. The most common size is 1/8 inch.
2. Slotted Tool — The slotted tool is used for rolling the paper.
3. Ruler — A ruler is needed to measure the lengths of quilling paper.
4. Glue — Glue is needed to hold the ends of the paper together after finishing a roll or gluing two designs together. Any paper glue will do.
5. Project Paper — This is the paper which is the base for your quilling shapes. If you are making greeting cards, a lightweight cardstock paper will do. If you are going to frame your project, you might want to use cardboard. The cardboard can be covered with any pretty paper.
6. Toothpicks — These are helpful in placing small dots of glue where you need them.
7. Wax Paper — This can be used to place under the project while you are working on it. If your design sticks to the paper, carefully loosen it with a toothpick.

Notes for Mothers and Teachers

8. Quilling Project — Projects can be found in quilling books or purchased as kits. Both will give how-to instructions for learning different quilling shapes.

Helpful Information

Keeping your hands and tools clean while you work will help keep your quilling papers clean. Wash hands often.

Rubber Stamping

Supplies

1. Rubber Stamps
2. Papers — Rubber stamping may be done on almost any type of paper, except glossy. Glossy paper requires special inks and often heat guns.
3. Stamp Pads — These come in many colors. Dye ink pads dry more quickly than pigment ink pads, so they are usually recommended for children.
4. Coloring Tools — Colored pencils, markers, and fine-point paint pens can all be used to add color to your stampings.

Helpful Information

1. Caring for your rubber stamps is easy. Always clean your stamps after using them. You can use a little window cleaner or dish soap to wash them, then rinse and dry them.
2. Store your stamps in a clean, dry container.

Learning to Rubber Stamp With a Stamp Pad —

1. Demonstrate to the children how to place the stamp on the stamp pad and press down firmly and evenly, coating the entire rubber image. Do not rock the stamp back and forth. That will cause ink to go onto the wooden sides of the stamp. You can also tap the stamp several times on the pad.
2. Place the inked stamp onto the surface you are using (paper, cloth, etc.) and press down firmly with an equal amount of pressure. Do not rock the stamp back and forth, because rocking could cause the image to become blurred.
3. For best results, re-ink the stamp before each stamping.
4. Use colored pencils or brush markers to color your stamping.
5. When making a greeting card, you can add a greeting or special words with markers or a pen.
6. You can add glitter or stickers, or anything you would like to give your card a special touch.

Scrapbooking

Supplies

1. A Scrapbook — An 8x8 inch album is a great size to begin scrapbooking.
2. Acid-free Adhesives — Glue sticks, liquid glue, or double-sided tapes can be used. They must not contain acid.

3. **Acid-free Black Pens** — Don't use just any pen on your pages. You want to use pens made for scrapbooking. Scrapbooking pens will not bleed through to the other side of the paper, nor will they become blurry over time.
4. **Templates** — Templates are patterns for making designs such as circles, ovals, or hearts. You can use these to trace and cut out shapes to frame your photos.
5. **Plain and Patterned Papers** — There are many different kinds, colors, and patterns of paper. Be sure to choose acid-free and lignin-free papers.
6. **Scissors** — It is nice to mix cuts with both straight-edged scissors and patterned-edged scissors.

(Acid and lignin free products help scrapbook pages to last longer by not causing yellowing or causing things to become brittle over time.)

Available Resources

★ **Handbooks** (Downloadable PDF Format)

Little Keepers Handbook (for ages 4 to 6)
Keepers of the Faith Girls Handbook (for ages 7 to 16)
Keepers of the Faith Girls Companion Notebook
Little Contenders Handbook (for ages 4 to 6)
Contenders for the Faith Boys (for ages 7 to 16)
Contenders for the Faith Companion Notebook
Essential Guide for Parents and Leaders

★ **Awards**

Beautiful gold and silver award pins with finely detailed, colorful designs describing each skill. If you prefer a bracelet, the complete set of award pins is available as replica disks that can attach to a bracelet. There is a complete line of additional awards, including extra-curricular awards, membership awards, honor awards, and more.

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