



Kids' Central PO Box 97, Rives Junction, MI 49277

**"I press on to reach the end
of the race and receive the
heavenly prize for which
God, through Christ Jesus, is
calling us."
- Philippians 3:14**



GO the COMPASS

**To follow Harvey and his friends on the rest of
their expedition, go to havenforkids.fun**



**Kids' Central
PO Box 97
Rives Jct., MI 49277**

EXPEDITION:

OLYMPUS, GREECE

Harvey and his friends are on an expedition around the world to learn all about the Olympics, starting with Greece, where the Olympics first began! The Olympics have been taking place for about 3,000 years, since almost 1000 years before Jesus was born!

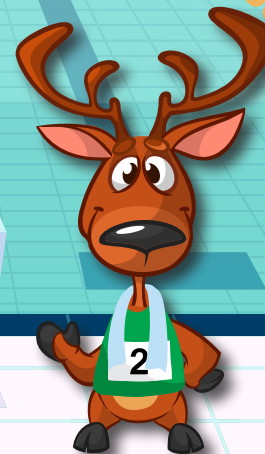
After Jesus died and rose again, He appeared to a man named Paul and told Paul to teach other people how to follow Jesus and live for Him. Paul spent a lot of time in Greece, so he knew all about the Olympic games. He wrote this: "I press on to reach the end of the race and

receive the heavenly prize for which God, through Christ Jesus, is calling us." -Philippians 3:14

Paul knew that running a race can be hard.

Runners have to fill their bodies with the right kinds of food to give them strength. They have to train their bodies with exercises to build up speed and endurance. They have to learn the right form and techniques for running so they don't injure themselves or slow themselves down. They even have to learn the right course and the rules of the race so they don't get lost, disqualified, or hurt another runner. And if they want to finish the race and get a prize, they have to keep training and running even when they don't feel like it.

Sometimes life can be hard, too. But God has given us the Trailbook (Bible) so we can fill our minds with everything we need to keep running. He also promises to be with us and help us. If we believe in Jesus and let Him lead our lives, we will get the prize of heaven someday!



PLACES TO **SEE**

MOUNT OLYMPUS



Photo by Argyris Photography

MOUNT OLYMPUS

This is a picture of Mount Olympus, the highest mountain in Greece! The ancient Greeks loved this mountain and also had a city named after it - Olympia, which is where the Olympics were held!

FUN FACTS

- The highest peak of Mount Olympus is named *Mytikas*. It means 'nose' in Greek!
- Mount Olympus became the first national park in Greece in 1938.
- Mount Olympus has a unique biodiversity, which means it's home to all sorts of interesting plants and animals!

WHAT WAS IT **LIKE** THEN?

THE OLYMPIC GAMES OF ANCIENT GREECE

THE ANCIENT OLYMPICS...

- Were first held in Olympia in Greece
- Started in 776 BC as far as we know, but they could be even older!
- Only allowed male citizens of Greece to participate
- Only had one winner for each game, no second or third places!

THE GAMES

The first Olympic Games were held in Olympia in ancient Greece, over 700 years before Jesus was born! The ancient Olympians competed in boxing, wrestling, running, chariot racing, the long jump, and javelin and discus throwing.

THE PRIZES

The winner received a victor's crown of olive leaves, called the *kotinos*. At first, that's all they got! In later games, the winners of the Olympic Games were awarded with prize money along with the crown. Poems and statues would be created in their honor!



Follow along at havenforkids.fun

BET YOU DIDN'T **KNOW**

WEIRD BUT TRUE FACTS ABOUT THE OLYMPICS

1

Olympic gold medals aren't pure gold! They're actually mostly silver, overlaid with 24 carat gold.

3

The Olympic Games are around 3,000 years old! That means people were competing in the Olympics before Jesus was born on Earth.

4

The first recorded winner of the ancient Olympic Games was a cook named Koroibos of Elis.



2

Do you know why Olympians bite their medals? Gold is a soft metal that dents under slight pressure. Back when coins were completely gold, people would bite them to make sure they were authentic. Now Olympian athletes bite their gold medals for tradition. It also looks cool in the photos!

5

The Olympic motto is a phrase in Latin: "*Citius, Altius, Fortius*" and it means "Faster, Higher, Stronger."

JOKE

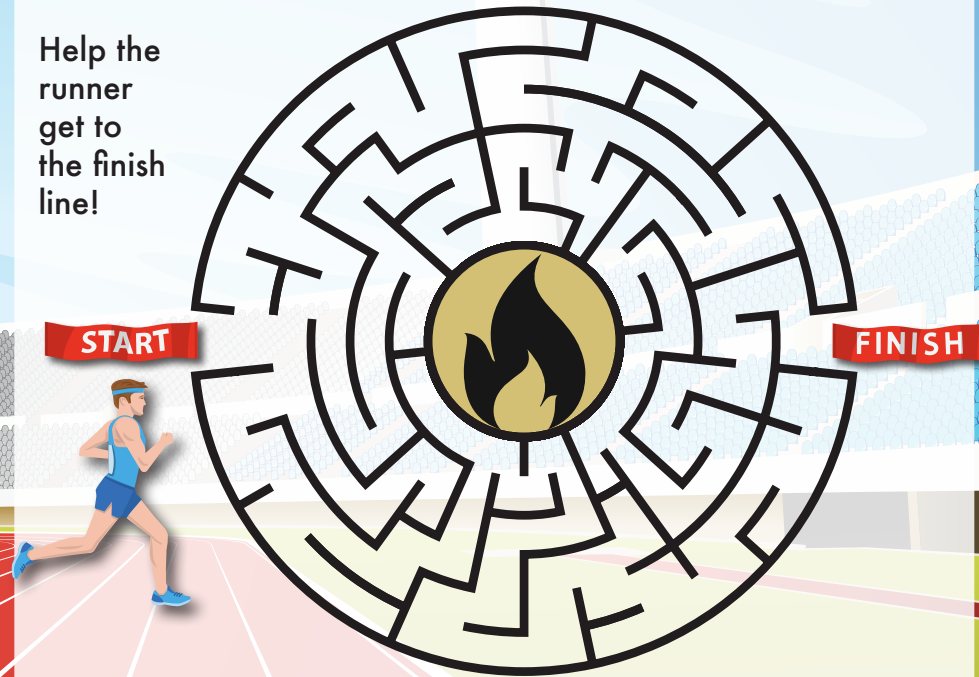
What are the best exercises for an Olympic swimmer?
Pool-ups!

TEAR-OUT ACTIVITY **PAGE**

Tear this page out and do the activities on the front and back. Then mail it back to us to earn a Harvey sticker!

Your First & Last Name: _____

Help the runner get to the finish line!



BONUS CHALLENGE: LONG JUMP!

Show us how far you can jump! Go outside and use sidewalk chalk, a stick, rocks, or whatever you can find to mark a starting line. Take your best jump and mark where you land. If you have a tape measure, measure how far you jumped! If you get an adult to help you, you can take a video of your jump and go to havenforkids.fun to send it to us!

"All athletes are disciplined in their training. They do it to win a prize that will fade away, but we do it for an eternal prize." - 1 Corinthians 9:25

FUN WITH AN ANCIENT CODE!

All this talk about sports might be fun, or it might make you feel insecure. If that's the case, this verse is a good one to know! Remember, God loves you and made you exactly the way He wants you to be!

Use the code below to solve in the secret message. You can find this verse in 1 Timothy 4:8 in your Trailbook or Bible.

∇	↯	≡	▷	∃	Φ	∧	H	∩
A	B	C	D	E	F	G	H	I
∩	↯	∩	∩	∩	○	∩	⊗	∩
J	K	L	M	N	O	P	Q	R
∩	T	∩	∩	Ω	X	∩	I	
S	T	U	V	W	X	Y	Z	

"_____ training is _____, but training for
 godliness is much _____, promising _____
 in this _____ and in the life to _____."

- 1 Timothy 4:8



CHALLENGE

VICTOR'S CROWN CRAFT

In the ancient Olympics, the winner didn't get a medal. Instead they got a crown of laurel leaves, which were a sign of victory and honor.

YOU WILL NEED:

- Several toilet paper tubes
- Green paint
- Scissors
- A large stapler
- A long wire



STEPS:

1. Paint the toilet paper tubes green. Let them dry.
2. Flatten the tubes and cut them into rings, about 1/2 inch wide.
3. Use the stapler to staple each ring in the center. These will be the leaves of your crown.
4. Measure the wire by wrapping it carefully around your head. It will need to fit snugly around your head, from one temple around the back of your head to your other temple. Cut the wire carefully (you might need an adult to help with this part).
5. Use the wire to poke a hole near the stapled center of each leaf and thread it through. Thread the wire through all the leaves until you have a full crown of leaves!
6. Carefully bend the two ends of the wire over in a loop, so they won't poke.



ALL ABOUT MEDALS

FUN FACTS ABOUT OLYMPIC AWARDS

MONUMENTAL MEDALS

The 2024 Paris Olympic medals are pretty special - every medal is made with a hexagon-shaped piece of iron from the Eiffel Tower! (Don't worry, the famous monument is still safe - the iron in the medals is spare iron that's been removed during renovations to the Eiffel Tower.)

MORE RECYCLED MEDALS

This isn't the only year the Olympics have used recycled materials for the medals! In the 2020 Tokyo Olympics, the medals were made entirely out of recycled precious metal from old electronics!



MEDALS OF FRIENDSHIP

At the 1936 Olympics, two Japanese pole vaulters tied for second place. After the awards ceremony, they decided to share their medals. They split the silver and bronze medals in half and fused them together so each medal was half silver and half bronze. The medals are known as the "Medals of Friendship."

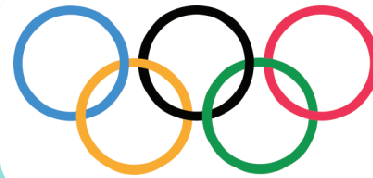
AND SYMBOLS

DO YOU KNOW WHAT THEY ALL MEAN?



THE TORCH

To honor ancient Greek traditions, a special torch is lit in Greece using only a mirror and the sun's rays. After it is paraded around Greece, it is carried to the location of the Olympics without the flame ever going out. The torch represents a message of peace and friendship among those involved in the Olympics.



OLYMPIC RINGS

The Olympic rings represent the world's five inhabited continents. Every nation's flag contains at least one of the six colors of the rings and the background.

THE LAUREL CROWN

At the first Olympic Games in ancient times, the winner didn't receive a medal or any prize other than a laurel wreath, which is a crown made from olive leaves. Since ancient times, the laurel wreath has been a symbol of victory, achievement, and honor.



See more at havenforkids.fun

**"But thank God! He gives us victory over sin and death through our Lord Jesus Christ."
- 1 Corinthians 15:57**