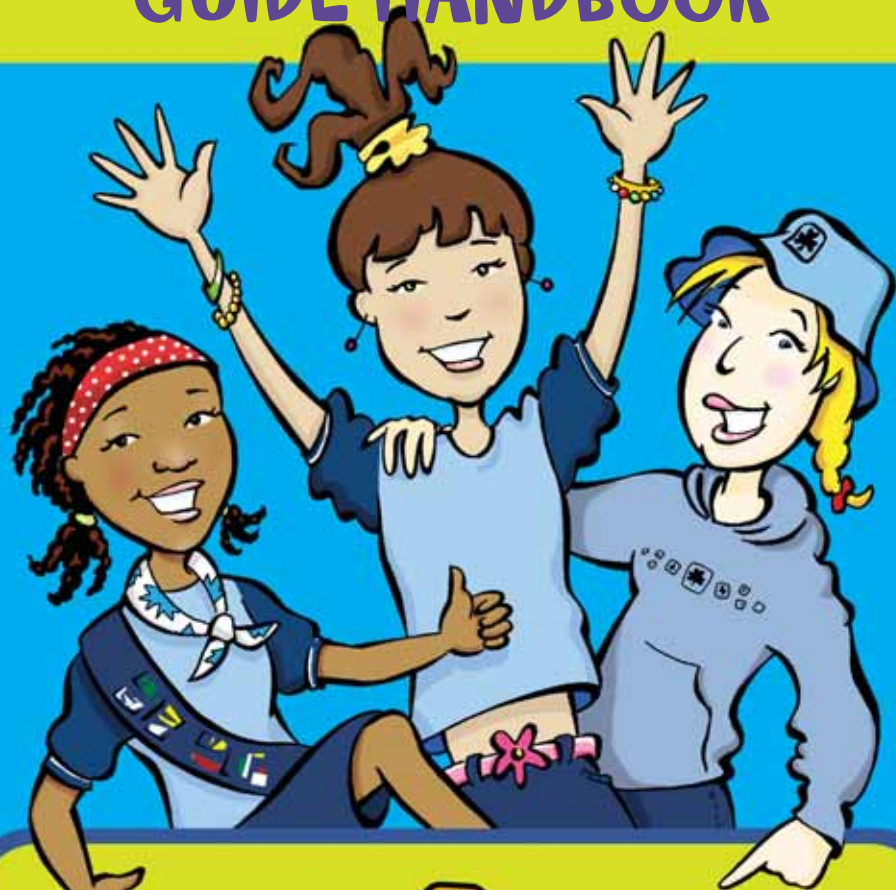


GUIDE HANDBOOK



Guides
THE GUIDE PROGRAM
On the Go

Acknowledgements:

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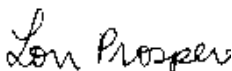
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Gina Layte-Liston

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Merci/Thank You,



Lori Prospero, Manager
Program Delivery Department

Guides On the Go! The Guide Program

Project Coordinators: Joanne Alexopoulos and Anne McRuer

Edited by: Katherine Moore

Art Direction and Graphic Design by: Grindstone Design Group

Illustrations by Sharon Washington. Illustrations on page 38-39 by Linda Hendry.

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of Canada
Guides
du Canada

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Communications Department, Girl Guides of Canada, 50 Merton Street, Toronto, ON M4S 1A3.

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This handbook belongs to

Name: _____

Address: _____

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In an emergency please contact:

Name: _____

Phone: _____

Or

Name: _____

Phone: _____

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Unit, Guider and Patrol Information

Unit, Guider and Patrol Information

I am a member of the _____ Guide Unit.

We meet at _____ on _____.

from _____ to _____.

My Guiders are:

Name: _____

Phone: _____

E-mail: _____

Name: _____

Phone: _____

E-mail: _____

Unit, Guider and Patrol Information

Name: _____

Phone: _____

E-mail: _____

I am in the _____ patrol.

My patrol leader is _____.

Phone: _____

E-mail: _____

My patrol second is _____.

Phone: _____

E-mail: _____



What are Guides?

What are Guides?

Guides are girls aged 9 to 11 who are involved in Guiding. There are millions of Girl Guides all over the world. Guides get together regularly to have fun, make new friends and experience adventures.

What do Guides do? Guides do a bunch of different activities together. They talk with friends, learn new things, and help others in different and cool ways. Here are some of the things you get to do:

- Camp
- Play games
- Make crafts
- Get outdoors
- Help others
- Sing songs
- Earn badges
- Make new friends

But more than anything, Guides have fun!

Enrolment



Enrolment

When you join Guides you learn the meaning of being a Girl Guide.

To be a Guide you will need to:

- Take part in a Promise and Law activity that shows you understand the Promise
- Learn the Motto, the Guide Sign and the Handshake
- Know how to tie your tie with a reef knot
- Attend three Guide meetings

Once you've accomplished these four tasks, you will be enrolled. Your unit will plan an enrolment ceremony where you make your Guide Promise and you will be presented with your Enrolment pin. Family and friends are often invited to this special ceremony.



Guide Promise, Law and Motto

Guide Promise, Law and Motto

Promise

I promise to do my best,
To be true to myself, my God/faith * and Canada;
I will help others,
And accept the Guiding Law.

**Choose either the word God or the word faith according to your personal convictions.*

Law

The Guiding Law challenges me to:

- Be honest and trustworthy
- Use my resources wisely
- Respect myself and others
- Recognize and use my talents and abilities
- Protect our common environment
- Live with courage and strength
- Share in the sisterhood of Guiding.

Motto

Be Prepared

Guide Promise, Law and Motto



Sign and Handshake

The Girl Guide Sign and Handshake are how Girl Guide members greet each other. The Sign is used when the Promise is said. Notice that Guides shake hands with the left hand. This is based on the legend that warriors would lay down their shields (which they held in their left hand) to show their trust and friendship.

Why make a Promise?

There are many things that make Guides different from other groups but the most important one is that Guides around the world make a similar Promise. This includes your own Guider. It means that all Guides aim for the same goals and that they can trust each other to do their best.

What does the Promise mean?

The Promise is all about achieving your own personal best. And, this will be different for each Guide.

The Promise is made up of four parts:

1. doing your best,
2. being true to your God/faitn and Canada,
3. helping others,
4. and accepting the Guiding Law.

This is a personal promise and commitment. So take a few minutes to consider what the Promise means to you.

Guide Promise, Law and Motto

Making your Promise

Making your Promise is a very important part of being a Guide. You should understand what it means to you and then make your Promise when you're truly ready.

Keeping the Guide Law

Trying to live by the Guide Law challenges us in the way we live and the choices we make. Think about the ways you can follow the Law in your daily life.

Guide Promise, Law and Motto

Promise and Law Word Search

Find the words in the grid and circle them. Words can appear horizontally, vertically and diagonally in eight directions.

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

ACCEPT	BEST	CANADA
FAITH	GUIDING	HELP
LAW	MYSELF	OTHERS
PROMISE	TRUE	BOLD
FRIENDS	RESPECT	



How the Guide Program Works

How the Guide Program Works

During your time as a Guide, you will participate in a variety of activities that will go towards completing a program area. You and your Guiders will work together to plan out the program and to choose the activities that interest you and the other girls in your unit.



The Program Card File

Each unit will have a set of program cards. These cards explain the activities you need to do as you work on your program. Together, you and your Guiders will use this card file to plan your program.

Program Areas and Interest Badges

There are four program areas in the Guide program and each area has four challenges. You will participate in activities to meet these challenges. Ideas for activities that complete the program areas are found in the program card file.

In addition to the program area activities, you can earn interest badges. The interest badges are designed to allow you to explore topics that you would like to learn more about. You will do some interest badges to earn your program area badges. And, you can do other interest badges just for fun!

The interest badges are organized by theme and are connected with the program areas. You will find the interest badges on page 50 of this handbook as well as in the card file.

How the Guide Program Works

Program Area Challenges	Badge Themes
	<p>You in Guiding</p> <ul style="list-style-type: none"> • Understand the Promise and Law and Motto • Learn About Guiding • Learn About WAGGGS • Be Involved in Your Community
	<p>You and Others</p> <ul style="list-style-type: none"> • Learn About Leadership in a Group • Build Skills in Communication • Learn How to Plan • Learn About Safety
	<p>Discovering You</p> <ul style="list-style-type: none"> • Discover What's Important to You • Discover Your Creativity • Stay Fit and Healthy • Understand How to Be Responsible
	<p>Beyond You</p> <ul style="list-style-type: none"> • Discover Your Community • Explore the Outdoors and Nature • Try New Things • Learn About Our Environment

How the Guide Program Works

Community Service Badges

The *You in Guiding* challenges include community service projects. When you do a service project, you earn a community service badge. These projects should require more effort than a simple everyday service and they should be more long term.

There are three badges for different types of projects:



Supporting Your Community service project - Helping people or community beautification



Going Global international service project



Green Connection environmental service project - Community environmental awareness

Camping Badges

The camping badges are earned as you learn about camping. They provide opportunities to gradually build your camping skills during your time in Guides.



Camp-out



Basic Camper



Experienced Camper

How the Guide Program Works



Lady Baden-Powell Challenge

The Lady Baden-Powell challenge gives you the opportunity to learn more about Girl Guides and to share your enjoyment of the sisterhood of Guiding.

This challenge will show you that you are a valued member of a great organization and that you can make a difference in the world around you. The Lady Baden-Powell challenge is designed for girls looking for an extra challenge in Guides.

When you complete the challenge, you receive the Lady Baden-Powell pin. It is an achievement worthy of your initiative and effort and can be worn on the Pathfinder uniform.



The Guide Uniform

The Guide Uniform

The choice of uniform you wear is your decision — yours and your family's. The emblems, badges and insignia are worn on your Guide uniform. You don't have to have a uniform for your enrolment.

The Guide uniform consists of a selection of the following Items sold through the Guide shops:

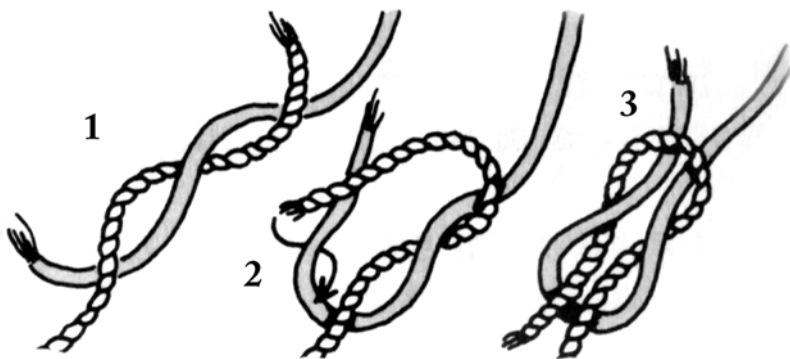
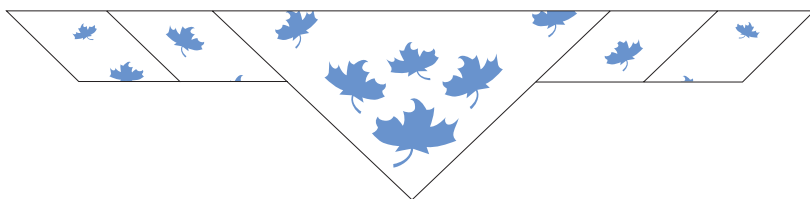
- blue top — short or long sleeve
- Guide tie
- navy cargo pants or navy capri pants
- navy badge scarf
- blue polar fleece vest
- blue hoodie



The Guide Uniform

Tying the Guide Tie

The Guide Tie is tied with a reef knot. This is an easy-to-tie knot that is also easy to undo.



The Guide Badge Scarf

Guide Enrolment pin: (gold) worn after enrolment, at the top of the badge scarf; may be worn out of uniform (presented to you when you are enrolled).

Membership pin: below Brownie pin, on right side of the badge scarf (shows the number of years you have been in Guiding).

Patrol emblem: below the Membership pin and World pin (shows which patrol you belong to).

Patrol Leader/Second Stripes: two white stripes worn by patrol leaders. One stripe worn by patrol seconds. Worn horizontally below challenge emblems.

National or Provincial Challenge crests: in a position of your choice on the front or back of the badge scarf (you earn these as you work on your program).

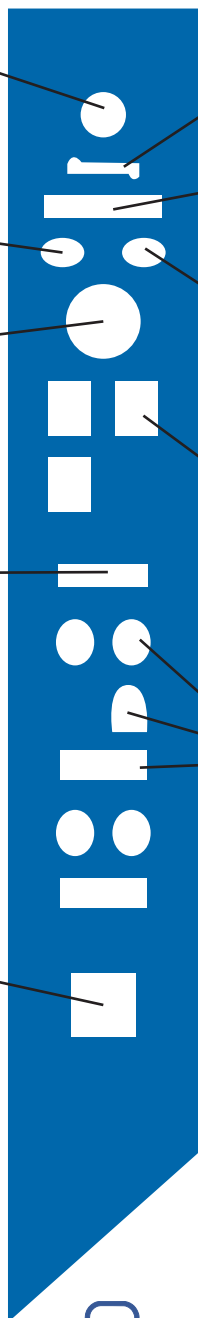
Brownie Fun and Adventure pin, Brownie Enrolment pin, or Lady Baden-Powell Challenge: below the Enrolment pin

Title Tape: horizontally, below the Fun and Adventure pin (registered name and number of your Guide unit).

World pin: below the Fun and Adventure pin, beside the Membership pin (shows the World Trefoil).

Program Area badges: below the patrol emblem (you earn these as you work on your program).

Interest badges, Camping badges and Community Service badges: in a position of your choice on the front or back of the badge scarf (you earn these as you work on your program).



Insignia and Badges

Insignia and Badges

All badges and insignia are worn on the badge scarf. The picture shows where to wear them. Only those shown in the picture and listed below are worn.

Other insignia worn on the badge scarf is:

Spark Helper or Brownie Helper crest
Awards of Valour and/or Fortitude
Special event or anniversary patches or crests
Friendship pin of another country
World Centre pin
Western Hemisphere pin

Canadian Units on Foreign Soil (CUFS) identification badge: worn by Members of CUFS, removed on return to Canada.

Guides Canada flashes: left sleeve, 1.5 cm from the top. Worn on uniform while outside Canada. May be worn for one year following return to Canada.

Provincial/territorial title tapes or flashes: worn when attending events in other provinces/territories, centred at the top of the right sleeve along the armhole seam. May be worn for one year following return home.



Insignia and Badges

Insignia and Badges

Guide Enrolment pin



Brownie Fun and Adventure pin



Brownie Enrolment pin



Lady Baden-Powell Challenge pin



Title tape



Insignia and Badges

World pin



Membership pin



Patrol Leader stripes

Patrol Leaders also wear the whistle lanyard.



Patrol Second stripe

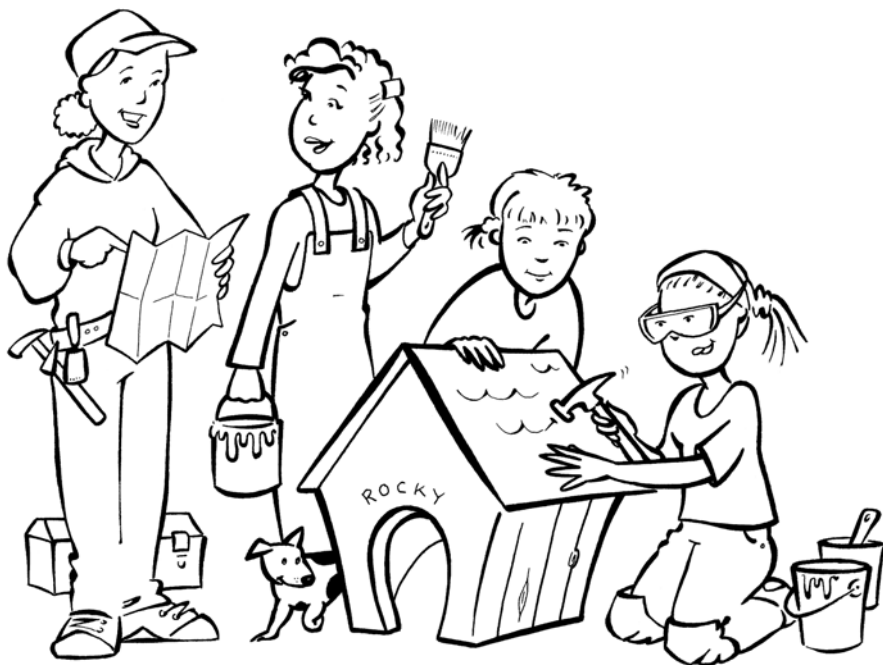


Guide Challenge pin



How the Guide Unit Works

How the Guide Program Works



How the Guide Unit Works

Patrols

Your Guide unit may be divided into patrols. These are smaller groups of friends within the unit. A patrol is small enough so that every girl feels she belongs, and it is big enough to be a team that can make things happen. Patrols will range in size depending on the number of girls in your unit. You may have patrol sizes that range from four to seven members.

About Patrols

- You get to choose your patrol
- Members can be different ages
- You may choose your own patrol name or choose from the available emblems
- The patrol elects their patrol leader — the patrol chooses the second
- The patrol makes decisions and plans and does activities together
- Patrols work together and have fun!



How the Guide Unit Works

Patrol Emblems

Blue bell



Bluebird



Canary



Clover



Daffodil



Daisy



Forget-me-not



Holly



Kingfisher



Lily of the valley



Oriole



Pansy



How the Guide Unit Works

Poppy



Red rose



Robin



Scarlet tanager



Shamrock



Swallow



Thistle



Trillium



Violet



Your patrol's emblem could be any of these. Or, maybe your patrol can choose its own emblem. It could be another kind of bird, flower or any animal.

How the Guide Unit Works

Teamwork

Your patrol will have more fun if you work as a team.

To work successfully as a team, EVERYONE needs to:

- know what they are doing and why
- be enthusiastic!
- listen to one another
- do what they say they will do
- participate and learn new skills
- have fun!

Patrol Leaders

Every patrol has a leader who has been chosen by the girls in the patrol.

Patrol leaders are:

- team players
- friendly
- open to new ideas
- reliable
- helpful
- able to make decisions
- enthusiastic.

Patrol Seconds

Seconds are assistants to the patrol leaders. She assists the patrol leader and acts in her place if she's away.

How the Guide Unit Works

Unit Planning

It is the job of your patrol leader to represent the patrol's views at the unit planning meetings. All girls and Guiders will attend the planning meetings, but the patrol leaders will present the patrol's ideas on behalf of the girls in their patrol. Together you will choose some of the activities to do as a unit. You will also make sure that your patrol's plans fit with other patrols, and everyone will decide what camps, events or outings to participate in. Make sure you tell your patrol leader if you are interested in an activity or project.

Guiders

Your unit has Guiders (adult leaders) who are there to ensure you have a safe and fun Guide experience.

A Guider is always:

- interested
- ready to listen
- sympathetic
- fun
- supportive
- encouraging

Guiders will work with you and your Guide friends to plan programs and activities for the year.



How the Guide Unit Works

Taps

At the end of a meeting, your unit may sing a traditional closing song called Taps.



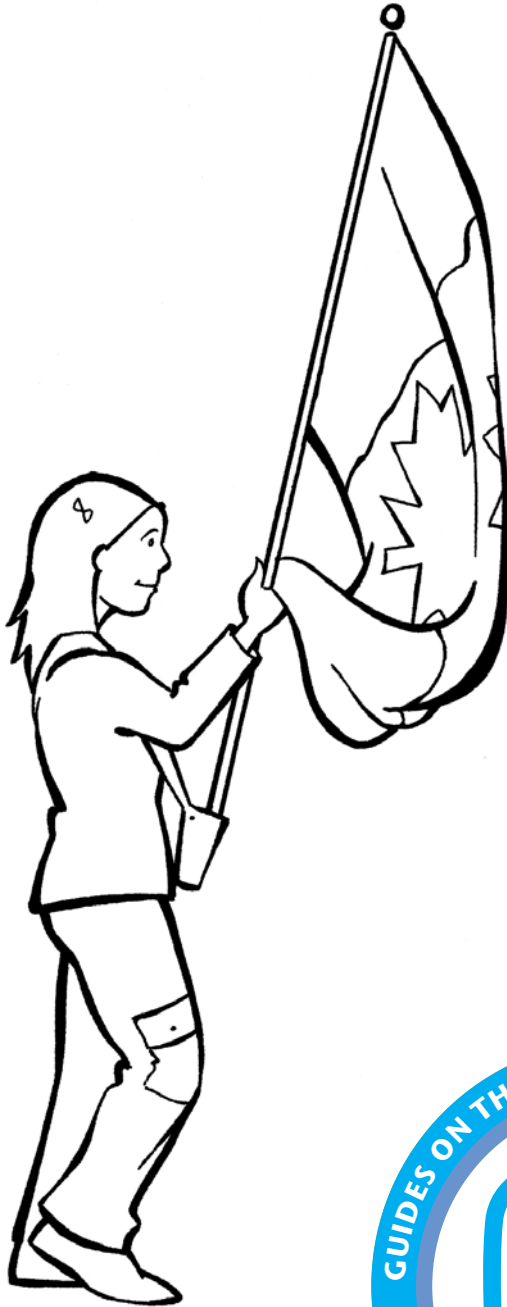
Day is done, Gone the sun, From the lake(sea), from the hills, from the
sky. All is well, Safe - ly rest. God is nigh.

There is also a daytime version:

Thanks and praise, for our days,
'Neath the sun, 'neath the stars, 'neath the sky.
As we go, this we know – God is nigh.

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How the Guide Unit Works



What's Next

What's Next?

Pathfinders

So you've enjoyed being a Guide — where can you go from here? Pathfinders is the next branch of Guiding for girls aged 12 to 15. In Pathfinders, you'll meet new friends, learn new things and possibly participate in international events. There are more opportunities in Pathfinders for camping and outdoor activities, as well as doing things for your communities.



What's Next

Extraordinary Options

In some places in Canada there are groups who participate in Extraordinary Options (also known as Extra Ops). They include Trex and GirlSports. Trex is the Extra Op that focuses on camping and the outdoors, while GirlSports improves leadership skills through sport and recreation. These groups are for girls 12 to 17.

In an Extra Ops unit you will plan your activities based on your interests, experience and desire to stretch your limits. Girl Guides of Canada-Guides du Canada will encourage and help you learn how to question and assess your options; how to set and achieve goals; and most of all, how to believe in yourself and your unique abilities.



International Events

International events include special international camps where girls and women from around the world meet to share experiences. Canada also holds events for Guiding visitors from other countries. Many Pathfinders represent Canada each year at international events in Canada as well as in other Guiding countries around the world.



Footwear and Outdoor Clothing

Footwear and Outdoor Clothing

During Guide meetings, you will be active as you play games. For safety and comfort, be sure to wear shoes that stay on your feet such as running shoes that won't slip. For variety and a change of pace, you will sometimes go outside during your meeting. It's important that you wear/bring appropriate seasonal outdoor clothing to all meetings.



Permission and Personal Health Forms



Permission and Personal Health Forms

Your parents will need to complete forms so that you can take part in some activities. Two important forms are the permission form and health form. The permission form allows you to attend special activities away from your regular meeting location. The health form provides additional information that helps your Guiders create a safe

environment for you. It is important that your Guiders are aware of conditions such as asthma, food allergies, or any medication that you may need to take during meetings and events. All medications must be provided by your parent or guardian, in its original container, and clearly labeled. Without these forms you will not be able to attend these activities.



Cookies



Cookies

Twice a year, members of all branches of Girl Guides of Canada-Guides du Canada participate in fundraising campaigns where they sell Girl Guide cookies.

There are two types of cookies:

Spring Campaign classic vanilla and chocolate sandwich cookies

Fall Campaign chocolatey mint cookie

You'll have fun while you learn and practise useful skills like:

- planning and goal setting
- teamwork
- safety awareness
- problem solving and decision making
- money and time management



Why We Sell Cookies

When someone buys a box of cookies, they are supporting thousands of Guides and Girl Guides just like you. The funds raised from selling cookies go toward helping support the fun and different activities that you and your friends enjoy at Guides such as a special camp or trip. Before you set out to sell cookies, your unit should decide together

on the project or activity that the money you raise will go toward. This is a good opportunity to set a unit goal, as well as a personal goal.

Ceremonies and Special Days



Ceremonies and Special Days

As a Guide you will participate in ceremonies that celebrate special events or recognize people for their achievements.

Here are some of the ceremonies:

Enrolment Ceremony Enrolment is when a new Guide makes her Promise publicly and becomes a member of the worldwide Guide Movement.

Horseshoe Formation This is the traditional method of opening a meeting. The horseshoe represents the Guide unit, with the open end as the place girls go in and out of their communities.

Campfire Guide meetings traditionally close with a campfire — a program of songs, skits, yells and games.

Guides' Own A Guides' Own provides an occasion for Sparks, Brownies, Guides, Pathfinders, Rangers, Cadets, Junior Leaders and Guiders to express their feelings about the values they hold. A Guides' Own is usually held when girls are together over a period of time, such as at camp, not at a weekly meeting.

Advancement to Pathfinders The Guide unit bids farewell to those leaving and wishes them well, and the Pathfinder unit greets them with warmth and encouragement.

Thinking Day The birthday of Lord and Lady Baden-Powell. Girl Guides all over the world celebrate this day in international friendship and world peace.



How Guiding Began



How Guiding Began

Lord and Lady Baden-Powell

Lord Robert Baden-Powell (known in Guiding and Scouting as B-P) was born in England on February 22, 1857. When he was 19 years old, he joined the army and ventured to South Africa and India. He was responsible for teaching military scouting to other men in the army, which included learning about the countryside around them. To instruct the men, Lord Baden-Powell created games, and eventually wrote about

these games in a book called *Scouting for Boys*. When he returned to England, he discovered that many people had taken to playing these games.

In 1909, Lord Baden-Powell called a rally to bring together all those who were practicing his scouting games. The rally was held at the Crystal Palace in London where thousands of boys and their leaders came, as well as a small group of girls. Because the girls wanted to join too, Lord Baden-Powell asked his sister Agnes to be in charge of the girls whom he referred to as Guides.

Agnes Baden-Powell

Agnes wrote the very first handbook for Girl Guides. She offered good advice to girls as well as information on many subjects including camping. Agnes also set up a Girl Guide Headquarters in London, England. During the early years of Guiding, Agnes was President of the Girl Guide Association in the United Kingdom. She especially loved nature and camping. Even in her senior years she called herself the “Grandmother of the Guides.” Agnes died in 1945 at the age of 86.

How Guiding Began



Lady Baden-Powell

In 1912, Lord Baden-Powell met Olave St. Clare Soames aboard a cruise ship going to the West Indies. They discovered they shared the same birthday, February 22, and felt that this was a special sign. By the end of the cruise they were secretly engaged.

Although they were concerned that their families would not approve of the marriage because Lord Baden-Powell was much older than Olave, they were married later that year and Olave became Lady Baden-Powell.

Olave enjoyed the great outdoors. As a child she learned to garden, swim, sail, row, skate, bicycle, ride a horse, and play tennis. She also had musical talent and played the violin very well.

In 1917, after their third child was born, Olave turned her talents to Guiding and was elected Chief Commissioner. From that time on, Olave and Lord Baden-Powell dedicated their lives to promoting the ideals of Guiding and Scouting. In 1930, Olave was named World Chief Guide.

Everyone who met Olave was moved by the presence of this great woman. She demonstrated a quiet, real strength in her voice, along with the sincere warmth of her ever-present smile. And, in turn, she seemed impressed by each girl and Guider she met.

On many occasions, Lady Baden-Powell recalled the names of people she had met only briefly many years before. She had an exceptional memory, but more importantly, an even more phenomenal heart. Olave was over 85 when she finally had to give up her travels. In 1977, at the age of 88, Lady Baden-Powell died peacefully in her sleep.



How Guiding Began



Otter Woman

Over the years, the Baden-Powells travelled all over the world. After Lord Baden-Powell's death in 1941, Olave returned home to England. However, she soon realized that Guides still needed her and so she continued visiting and encouraging Guides and Scouts the world over.

In her life, she travelled to over one hundred countries including 15 visits to Canada. During her 1935 visit, the Sarcee First Nation

in Alberta gave her the name Emonis-Ake — Otter Woman — after the beautiful fun-loving animal. Olave was honoured by many for her work reaching out to the youth of the world.



Thinking Day

The spirit and enthusiasm of Lord and Lady Baden-Powell live on in the Guiding Movement around the world. Every year on February 22, Guides everywhere celebrate the joint birthday of Lord and Lady Baden-Powell. This is called Thinking Day because

Guides think about their sister Guides in other countries and celebrate international friendship. You may celebrate Thinking Day in your Guide unit in many different ways, through special ceremonies, activities or parties.

Guiding Throughout the World



Guiding Throughout the World

Guiding is found in countries all over the world.

WAGGGS (World Association of Girl Guides and Girl Scouts)

WAGGGS is headquartered in London, England, and links approximately 144 national Girl Guide and Girl Scout Associations, representing a total membership of more than 10 million individual members throughout the world.



CWFF (Canadian World Friendship Fund)

Girl Guides of Canada-Guides du Canada maintains and administers the Canadian World Friendship Fund to support WAGGGS

projects. These include: the World Centres, mutual aid, World Thinking Day Fund, assistance to countries starting or re-establishing Guiding, and assistance to WAGGGS countries suffering from natural disasters. It also provides financial assistance to girl and adult members selected to represent Canada at international events, as well as for girls from other WAGGGS countries visiting Canada, through the In Travel grants program. Contributions to the CWFF are voluntary and may be made at any time.

Additional information is in the Resources section in the card file under Guiding Around the World.

Guiding Throughout the World

World Centres

Guiding also runs four World Centres. These are special places where girls can share experiences and meet and enjoy new friends.

The World Centres are:

- Our Cabaña in Cuernavaca, Mexico



- Pax Lodge in London, England



- Our Chalet in Adelboden, Switzerland



- Sangam in Pune, India



Safety

Safety Tips

Safety is the number one priority in all Guiding activities, whether you are camping, selling cookies, or surfing the Internet. Here are some tips to keep you safe when you're out and about:

- Walk home in a group whenever possible — or ask a parent to come and get you.
- Let friends and family know where you are going, who with, how you're getting there, and when you expect to be back. If you're going to be late, phone and let others know.
- Avoid using alleys or badly lit routes.
- Walk confidently and keep your hands out of your pockets.
- Keep money and jewelry out of sight.
- Be aware of traffic around you and listen for people approaching. Do not listen to your portable music player when you walk alone.
- If you think you are being followed, keep moving towards the nearest public place.
- If someone asks for directions, don't get too close. Especially stay clear of cars. Never get into a car to give someone directions.
- If you're traveling on public transit, sit as close as possible to the driver. If you're on a transit train, sit close to an exit door and near other passengers.
- If someone tries to steal your belongings, give them up. Things can be replaced, you can't be.
- Have your house keys ready so you can get indoors quickly.
- If you feel threatened, take action! Make noise to attract attention — shout, run away, tell an adult at once.





Being Safe Online

The Internet is an amazing place. You can get help with your homework, do research for a project, or chat with a person from the other side of the world. But for all of the positives, there is one negative that you have to watch out for when surfing the Web. You can't tell with whom you are really chatting in a computer chat room. Chat rooms might be fun to visit, but you

need to know some safety rules. And, while the Internet is an incredible tool, it also contains images and information that is not appropriate for young people to see or read.

Source: Junior Girl Scouts Handbook, pg. 94, Girl Scouts of the USA, 2001

My Online Safety Pledge

- I will not give out personal information such as my address, telephone number, parents' work address/telephone number, or the name and location of my school without my parents' or guardians' permission.
- I will tell my parents or guardian right away if I come across any information that makes me feel uncomfortable.
- I will never agree to get together with someone I "meet" online without first checking with my parents. If my parents or guardian agree to the meeting, I will be sure that it is in a public place and bring my parent or guardian along.
- I will never send a person my picture or anything else without first checking with my parents or guardian.
- I will not respond to any messages that are mean or in any way make me feel uncomfortable. It is not my fault if I get a message like that. If I do I will tell my parents or guardian right away so that they can contact the online service.

Safety

- I will talk with my parents or guardian so that we can set up rules for going online. We will decide upon the time of day that I can be online, the length of time I can be online, and appropriate areas for me to visit. I will not access other areas or break these rules without their permission.

Provided courtesy of the National Centre for Missing and Exploited Children (NCMEC), 1994
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For more information, check out the You Go Girl in Technology challenge at www.girlguides.ca.

Friendship Rules!

Here are four simple ways to be a good friend.

1. Take care in how you treat your friends because they may take what you say the wrong way. For instance, laughing at what a friend says or does may make your friend angry even though you didn't mean to make them feel that way.
2. Trust one another. This is a sign of a good friendship.
3. Appreciate your friends for their positive values. Don't concern yourself with how they look or dress. What matters most is what they are like on the inside.
4. Be yourself. Friendship means getting to know each other like sisters.

Adapted from: Studio 2B Collection (11–13 years) Premier Issue, pg. 52, Girl Scouts of the USA, 2002.



Safety



Take the Friendship Quiz

1. Your friend has told you a secret that can really hurt another friend's feelings.

You...

- a. tell the friend what the secret is about,
- b. keep the confidence, or
- c. tell the secret to someone else and swear her to secrecy.

2. Your friend calls to tell you she just bought an outfit that you've wanted for weeks.

You...

- a. are genuinely happy for her,
- b. tell her you don't think it will look good on her — it's not her style, or
- c. wait until she wears it and spill pop on it.

3. You promised to go to the mall with your friend when another friend calls and invites you to go to the movies.

You...

- a. dump your friend by telling her something came up and you go to the movies,
- b. go to the mall with your friend and stay angry the entire time you are there, or
- c. suggest the three of you go to the movies.

4. Your friend calls you because she is having a crisis just as you're walking out the door for soccer practice. If you're late, the coach will make you run laps after practice.

You...

- a. arrive late to soccer practice and run the laps,
- b. tell her you have to go and hang up, or
- c. tell her you're on your way to soccer practice and you'll call her when you get home.



Safety

5. Your friend is telling you what she did last weekend.

You...

- a. listen and ask questions,
- b. can't wait until she stops talking because you want to tell her your exciting news, or
- c. look around while she is talking and pretend to listen saying, "uh huh, uh huh."

Scoring

- | | | |
|---------|-----|-----|
| 1. a =0 | b=5 | c=3 |
| 2. a =5 | b=3 | c=0 |
| 3. a =0 | b=3 | c=5 |
| 4. a =3 | b=0 | c=5 |
| 5. a =5 | b=3 | c=0 |

Friendship Whiz (Score of 20 – 25)

Wow! You know that friendship rules! You should share your ideas on friendship with others.

Friendship Apprentice (Score of 16 – 19)

You are a good friend. Try to improve your listening skills and to keep your commitments better.

Friendship Dud (Score of 5 – 15)

Friends are special treasures. Think about how you would like to be treated and treat your friends the same way.

Source: Studio 2B Collection (11-13 years) Premier Issue, pg. 52, Girl Scouts of the USA, 2002.

Bullying

Getting bullied is about being a victim of teasing, hitting or being threatened. Getting bullied is about being shunned or isolated by people you used to call your friends. Bullying is about power. Bullies enjoy the power they get by making others miserable.

How to stop a bully:





- Encourage your friends to help by standing up for you.
- Ignore the bully and, whenever possible, avoid the bully.
- Run away from the bully.
- Stand up to the bully and tell him or her to stop.
- Tell your parents or a trusted adult that you are being bullied.
- Try not to show you are upset. The bully will know that they are hurting you. A sign of pain or discomfort from you means they are achieving their goal.
- Make sure your Guide unit is a bully-free zone. Treat each other with respect.



Interest Badges

In Guiding you can earn interest badges. What they look like and how to achieve them is on the following pages. They are organized under seven badge themes. Each badge theme belongs to one of the four program areas. To help you find a badge quickly, below is an alphabetical listing of badges and their related program area and theme.

Program Areas


-  Discovering You
-  Beyond You
-  You and Guiding
-  You and Others

Badge Themes

-  Adventures in Guiding
-  Being Healthy
-  Fun in the Outdoors
-  Girls Creating
-  Personal Growth
-  Safety
-  Science & Technology

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  Bird Watching	90	  Cycling	70
  Boat Safety	176	  Dancing	126
  Body Works	192	  Design Your Own Badge	128
  Business Communication	194	  Design Your Own Space	130
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Interest Badges

 Fashion	132	 Performing Arts	142
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 Outdoor Cooking	112	 Wildflower	120
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Adventures in Guiding



campfire leading

Purpose: to develop your skills in planning and leading a campfire program.

Complete six of these eight activities to earn this badge.

1. Participate in a campfire program. Show respect by listening to the campfire leader.
2. Learn two folk songs from other countries.
3. Learn two folk songs from other times in history.
4. Write a song or make up new lyrics to a well-known song.
5. Think of several ideas for skits, mime, campfire games, etc. Plan how and where to use them in your campfire program.
6. Plan and lead a small group through a 15-minute campfire that includes: opening, fun songs, quiet songs and closing.
7. Be friendly and pleasant and show that you are in control of your group at all times. Sing and speak so you can be heard.
You may ask other members of the group to lead some of the songs.
8. Teach a new song to your group.

Date completed: _____

This badge was:



Evaluated by: _____

Adventures in Guiding



Canadian guiding

Purpose: to learn about the Girl Guide Movement in Canada and its history. For more information, see the Girl Guides of Canada-Guides du Canada Web site www.girlguides.ca and the Resources section of the card file.

Complete six of these eight activities to earn this badge.

1. Find ten interesting facts about the history of Guiding in Canada. Use this information to make a trivia game, skit, puppet show, poster, display, story or poem.
2. Discover what Girl Guides are doing in another part of Canada. Look through the *Canadian Guider* magazine or look online at www.girlguides.ca and follow the links to other provincial/territorial Girl Guide Web sites.
3. Learn more about any four of the following: Lones, Pathfinders, Guides franco-canadiennes, Canadian Units on Foreign Soil, Link members, or Trefoil Guild members. Contact a member from one of these groups to find out what she likes best about Guiding.
4. Find out about other adult roles in Guiding (e.g., District Commissioner, Trainer, etc.). Interview an adult volunteer to ask her what she does and why she is involved in Guiding.
5. Begin a scrapbook, journal, zine, comic book, photo album, or autograph book about Guiding events.



Adventures in Guiding

6. Collect Girl Guide resource information, such as instructions for games, crafts and camp recipes, that you can add to during your years in Guiding.
7. Plan and carry out a ceremony, talent show, campfire or concert with your unit or patrol to celebrate Canadian Guiding. If possible, invite girls from another unit to join the fun.
8. With guidance and assistance from your Guiders, plan and carry out a Guiding event, field trip, hike or service project. If possible, invite girls from another unit or a group of friends to join the fun.

Date completed: _____

This badge was:



Evaluated by: _____

Adventures in Guiding



cultural awareness

Purpose: to help you to develop an awareness of, and an interest in, cultures other than your own.

Complete six of these eight activities to earn this badge.

1. Learn about someone (in person or online) from a culture different from that of most of the Guides in your unit.
2. Discover some of the things that are special to this person's culture. These things could include: food, clothing, religious festivals, weddings and birthday celebrations.
3. Discuss the many things that are the same for you and her (or him). These could include: school, celebrations, family life and the games or sports you play.
4. Play a game that is played by children from the other culture. Or, listen to a folk tale or fable from the culture and act it out.
5. Create something to remind you of what you learned. This could be a toy, a craft, a piece of art, a simple musical instrument, a song, a story or a poem.



Adventures in Guiding

6. Ask if there is anything special that she or he would like you to know about their culture.
7. If this person is a new Canadian, ask her or him to share with you some of the joys and fears felt when arriving in a new country.
8. Find a special way to thank this person for sharing time with you (e.g., use calligraphy to write a thank you card, make a centerpiece or create a poster).

Date completed: _____

This badge was:



Evaluated by: _____

Adventures in Guiding



faith awareness

Purpose: to help you learn more about your religious beliefs/spirituality.

Complete six of these eight activities to earn this badge.

1. Celebrate your religious/spiritual beliefs regularly by attending a place of worship, praying, meditating, etc.
2. Make a difference by completing a service project that shows what is important to you.
3. With the girls from your unit, help plan and carry out a Guides' Own.
4. Explain the meaning of the Promise to a new Guide. Ensure that she understands the choice she can make between the words God and faith.
5. Use some form of art or craft (e.g., collage, papier mâché, painting, drawing, dance, song, story, poetry, etc.) to explain your beliefs to your unit.
6. Learn more out about different faiths. For example, talk to a religious leader about different faiths.



Adventures in Guiding

7. With the permission of your parents/guardians and an adult buddy, visit a place of worship different from the one you usually attend.
8. With the permission of your parents/guardians, ask an adult buddy to help you learn more about your religion or spirituality.

You can also earn a Religion in Life Award for your faith. Information about these awards is available on the Guides Canada Web site at www.girlguides.ca.

Date completed: _____

This badge was:



Evaluated by: _____

Adventures in Guiding



folklore

Purpose: to encourage your interest in the folklore of your province/territory and Canada.

Complete six of these eight activities to earn this badge.

1. Visit a museum, a fair or place of interest to learn out about Canadian folklore.

OR

Listen to a local storyteller or children's librarian perform. If possible, ask how he or she keeps an audience interested.

2. Create a scrapbook, quilt block, or another craft about a legend, a provincial/territorial folk tale, or a Canadian folk hero.
3. Perform a skit, puppet show, or other presentation about a legend, a provincial/territorial folk tale, or a Canadian folk hero.
4. Find a Canadian myth or legend that interests you. Practice telling it out loud and retell it to others.
5. Learn two Canadian folk songs. Discover something about the story behind the songs. Teach them to someone else.



Adventures in Guiding

6. With a group of people, take turns having each person make up part of a whole story.
7. Think about something funny that has happened to you. Make up a story about it and share it with someone.
8. In your patrol or unit, tell scary stories.

Date completed: _____

This badge was:



Evaluated by: _____

Adventures in Guiding



heritage

Purpose: to encourage your interest in your own heritage as well as the natural and cultural heritage of Canada.

Complete six of these eight activities to earn this badge.

1. Demonstrate that you know something about your family's background for several generations. Create a family history timeline, family tree, photograph collection or scrapbook.

OR

How did you get your name? Find out the meaning of your first, middle or family name. If you could pick your own first name, what would it be? Why? What is a birthstone? Which one is yours?

2. Make a toy, cook a special dish, or learn a game, song, or dance that one of your ancestors might have enjoyed.
3. Visit, or find out about, a National Park or a National Historic Site. Explain why it was created and how it is used today.

OR

Name one of Canada's endangered species and describe what is being done to protect it.

4. Learn more about one of these topics concerning Canada's past, then share your findings: art, handicrafts, music, dance, sports, literature, theatre, architecture.



Adventures in Guiding

5. Read an Inuit, First Nations, or early Canadian story.

OR

Find out about a story, legend, monument or landmark in your community. Share your findings with others.

6. Discover a Canadian who has contributed to Canadian culture in the past or present. Create a story, song or poem about this Canadian, or play charades or twenty questions using the names of famous Canadians.

7. Visit a museum, historical society, historic building, cemetery, library or town hall to learn more about your heritage.

OR

Find a way to celebrate your heritage (e.g., hosting a heritage night, participating in a community event, etc.).

8. Canada has changed in the past 25 years. How do you think it will change in the next 25 years? Share your prediction in a creative way.

Date completed: _____

This badge was:



Evaluated by: _____

Adventures in Guiding



peace

Purpose: to develop a local, national and global interest and concern for peace.

Complete six of these eight activities to earn this badge.

1. Design a collage that explains what the word peace means to you.
2. Create a poster showing how Canada as a country can help to create peace in the world.
3. Learn a song about peace and sing it with other Guides.
4. Learn a prayer or poem about peace, or write your own. Share it with other Guides.
5. Talk about some symbols for peace used in the world. Make or draw a symbol of peace using any material you wish. Explain why it symbolizes peace.
6. Describe how you try to promote peace in your home, school and neighbourhood.
7. Learn about a world leader who promoted peace in the world.

OR

Interview someone such as a social worker who has helped, or is helping, others heal from violence in their lives.

8. Take part in a peace rally or a Remembrance Day ceremony.

Date completed: _____

This badge was:   

Evaluated by: _____



Adventures in Guiding



provincial/territorial heritage

Purpose: to help you discover the richness of your provincial/territorial heritage.

Complete six of these eight activities to earn this badge.

1. Read a poem or a story written by a writer from your province/territory.
2. Learn your provincial/territorial song or a song about your province/territory.
3. Visit an art museum, craft show, or an exhibit by an artist or craftsperson in your province/territory.
4. Share how your province/territory and your community got their names.
5. Tell, dramatize or draw a picture about the daily life of early settlers in your community. Discuss your community's history and why you find it interesting.
6. Create something in the same way early settlers would have (e.g., prepare a meal, take part in making soap or candles, quilting, embroidery, basket weaving, rug braiding, or make an article of clothing).



Adventures in Guiding

7. Visit two of the following:
 - An historic site
 - A display of the history of mining, farming, fishing, forestry or industry
 - A unique natural site
 - An historic government building
 - An early building in your community
8. Learn about and then explain the symbolism of your provincial/territorial coat of arms and flag.

Date completed: _____

This badge was:



Evaluated by: _____



Adventures in Guiding



traveling

Purpose: to teach you how to prepare for enjoyable travel.

Complete six of these eight activities to earn this badge.

1. Discover the name of an organization that helps travelers. Find out how it helps them.
2. Find information needed to plan a trip, real or imaginary. Visit a travel agency, library or Web site, or send away for travel brochures.

FIND

- A map of the place you are planning to visit
 - What transportation you need to get there
 - The cost of transportation tickets and how to get them
 - The accommodation available, cost, and how to make reservations
 - Identify tourist attractions like the CN Tower and how much they cost
3. Explain how you obtain traveler's cheques and why they are a good idea.
 4. Demonstrate how to read a schedule for a bus or a train, or an airline ticket. Make a luggage tag. Discuss why they are important.



Adventures in Guiding

5. Fill out a passport application. (Available from most postal service outlets.)
6. Know the currency of another country and how to convert it into Canadian funds.
7. Imagine you are spending a weekend away from home. What would you pack if you were going to a cabin in the snowy mountains, a sleepover at your friend's place, or a city hotel?
8. Go on a trip (one day or longer) with your Guide unit or your family. Keep a diary, collect postcards, take photographs, make a video or slide show, or draw pictures of your travels. Share them with others when you return.

Date completed: _____

This badge was:



Evaluated by: _____



Adventures in Guiding



world guiding

Purpose: to help you learn about the worldwide association of which you are a member.

Complete six of these eight activities to earn this badge.

1. Find out more about the life of Lord or Lady Baden-Powell. Share what you learned by role-playing a skit, puppet show, television interview, or costume tea party.
2. Discover similarities or differences among the Girl Guides of five WAGGGS countries, such as their Promise and Law, uniforms, or enrolment pins.
3. Help younger girls learn about Girl Guiding around the world by creating a game, storybook, colouring book, poster or display of your own choice.
4. Make a simple treat from a WAGGGS country and serve it to your patrol or Guide unit.
5. Discover more about a WAGGGS country. For example, learn more about the clothing, food, music, language, famous people, celebrations or climate. What do Girl Guides do in that country? To help in your search, ask an International Adviser or other resource person, look through a Girl Guide newsletter, magazine, or book, or look online at www.wagggsworld.org.



Adventures in Guiding

6. Find out more about a World Centre. Then, make a tourism commercial, poster, or postcard about that World Centre.
7. Plan and carry out a WAGGGS or World Centres theme party, meeting, event, or sleepover, or participate in a WAGGGS World Centres activity. If possible, invite girls from another unit to join the fun.
8. Plan and carry out a ceremony, talent show, campfire or concert with your unit or patrol that celebrates World Guiding. If possible, invite girls from another unit to join the fun.

Date completed: _____

This badge was:



Evaluated by: _____





cycling

Purpose: to help you learn to ride a bicycle safely.

Complete six of these eight activities to earn this badge.

1. Have the use of a bicycle that is equipped as required by law. Know the value of wearing an approved cycling helmet. Check your provincial/territorial laws on wearing a helmet.
2. Demonstrate safe street riding, including turning corners, stopping with your front wheel on a line, and signaling properly. Do this by going for a ride on the streets of your community.
3. Know some road and weather hazards that might make it dangerous to ride your bicycle.
4. Explain traffic control signs and rules used in your community.
5. Show how you keep your bicycle in safe running order.
6. Plan a bike trip with others. Map out a route that avoids heavy traffic areas or pavements unsuitable for biking.



Being Healthy

7. Find out about any community events that promote bike safety or cycling such as a ride-a-thon or bike rally and promote the event to your unit.
8. Discover the careers associated with cycling. What type of training and certification would you need to follow this career path.

Date completed: _____

This badge was:



Evaluated by: _____





feeling good

Purpose: to help you feel good when you're feeling stressed. What types of things stress you out? What can you do to manage the stress in your life?

Complete six of these eight activities to earn this badge.

1. Find a container and decorate it so that it looks bright and attractive. Stock it with things that will make you laugh, dream, calm down and relax. You could include books, cartoons, photographs, music, bath gels, candles and lotions. How does each of these items help you feel good? Use your kit when you need to de-stress. [Note: It is very important not to leave lighted candles alone, or place them in an area where small children or animals could harm themselves by touching the flame.]
2. Keep a journal about your everyday life. Write down your feelings when you are stressed. Write down how you feel and describe your moods when you are in stressful situations.
3. Make a list of activities you like to do and participate in one of them when you are feeling stressed. You will probably feel better if you are doing something you enjoy. This can help you forget about your source of stress for awhile.



Being Healthy

4. Write an article about dealing with stress and offer your favourite tips and activities others can use to feel better. Consider interviewing some friends to get ideas from them to include in your article.
5. Find out about meditation and deep breathing exercises you can do to help you relax. Once you have learned a few, prepare a small presentation, and teach them to others in your unit or patrol.
6. Plan a spa night together with your patrol. Decide on activities and games that might be a fun way to forget about stress.
7. Choose an activity of your choice that will help you learn more about stress management.
8. Explore career options that deal with stress management. Do any of the careers interest you? Create a log of your findings that you can refer to.

Date completed: _____

This badge was:



Evaluated by: _____





fitness fun

Purpose: to get your body moving every day so you can feel great! You only have one body — take care of it! Be pro-active by setting some fitness goals.

Complete six of these eight activities to earn this badge.

1. Brainstorm ways that you can change your daily routine just a little to add more fitness to your day. With your patrol, or group of friends, come up with seven ways you can make fit choices throughout the day.
2. Keep a log of your unit's or family's fitness activities. Make a large activity chart and record everyone's name down the side of the page. For the next three weeks, each time one of you takes part in an activity put a sticker beside his/her name. Who will be the most active person in your unit/family?
3. Before any physical activity, make sure you warm up to prevent any injury. You should try to warm up about five to ten minutes. Your warm-up will depend on the type of sport or activity you will participate in. Choose a sport and find out what you need to do to warm up. Create a warm-up routine for your favorite sport and set it to music. (Note: a warm-up usually involves large movements to get your body moving: arm circles before swimming, high knees for soccer, small jumps for basketball or walking before you jog.)
4. Stretching keeps your muscles and joints loose and helps improve your flexibility. Your muscles should be warm before you stretch. Find out about ways to stretch the following muscles and share them with your unit: quadriceps, hamstrings, calves, back, chest, shoulders, and abdominal muscles.



Being Healthy

5. It is recommended that you get 90 minutes of moderate to vigorous activity every day to grow healthy and strong. These activities can be done over several periods to add up to 90 minutes. Vigorous activity means any activity that gets the heart pumping. Although you should be breathing faster, you should still be able to talk. Choose any of the following activities and try to do them at least three times next week: jumping rope, dancing, speed walking, swimming, in-line skating, jogging, or take an aerobics or kickboxing class.
6. Build your muscles to help you become strong and fit! For the next three weeks, add 15 minutes of strength exercises to your routine. Learn about the following types of exercises and how to do them correctly:
 - Squats
 - Lunges
 - Push-ups
 - Crunches
7. Choose a fitness activity you would like to try and take some classes at your local recreation centre or ask an instructor to come in and give a class for your unit. You may want to try: yoga, Pilates, hip hop, or kickboxing.
8. Plan out monthly fitness goals and activities. Be sure to include activities that help you build aerobic fitness, strength and flexibility. And, don't forget to have fun! Share your calendar with your patrol and encourage others to stick to their goals.

Date completed: _____

This badge was:   

Evaluated by: _____





healthy eating

Purpose: to understand what healthy eating is and how it can be part of your life.

Complete six of these eight activities to earn this badge.

1. Consider whether or not you are eating a balanced diet. Record everything you eat for one week. After a week, compare your list with Canada's Food Guide to Healthy Eating. For a copy of Canada's Food Guide go to the Health Canada Web site www.hc-sc.gc.ca. What can you do to improve upon one meal each day?
2. How many servings do you eat from each food group? Cut out food products from magazines or flyers and make a collage of different foods to eat to make sure you get all the servings of healthy food you need.
3. Design an ad for healthy food. Your ad should include a catchy slogan about the benefits of healthy food so people remember the message. Choose a print ad or a commercial. Share your ad with your unit.
4. Food labels can help you make healthy decisions about what to eat. Gather three labels from different brands of the same food. What are the differences in those items? What kinds of nutrients are found in these foods?



Being Healthy

5. When looking at food labels it is important to know how much of each nutrient is present. Identify five nutrients that are important for your health, such as: calcium, zinc, vitamin C, protein and carbohydrates. Go on a scavenger hunt with a friend and investigate the kitchen cupboards. Your goal is to find foods that provide the highest amounts of nutrients. If a food contains 20 per cent or more of the recommended daily serving, it is considered a major source.
6. Why does your body need carbohydrates, protein, fats, fruits and vegetables?
7. Choose a nutrient or vitamin and find out how it helps your body grow. With two other girls, brainstorm a list of foods high in that nutrient or vitamin. Sort your list of foods into one of the groups from Canada's Food Guide. Now, write each category on a separate piece of paper and fold them up. The first player selects a piece of paper and reads the category out loud. Using a timer, give each player one minute to write down as many items as they can that fit into that category. Players get points for each correct answer.
8. Explore the programs in your community that promote healthy eating. Ask if there are ways in which you can help. Check with local breakfast clubs or food banks, as an example.

Date completed: _____

This badge was:



Evaluated by: _____





horsepower

Purpose: to develop your skill in riding and caring for horses.

Complete six of these eight activities to earn this badge.

1. Help water, feed, groom, saddle and ride a quiet saddle horse or pony.
OR
With help, arrange to water, feed, groom, harness, yoke, and drive a horse- or pony-drawn sleigh.
2. Show that you understand the feeding and the care of horses.
3. Keep stables and harness/tack room clean and tidy. Show that you understand the cleaning of harness/tack.
4. Explain how to recognize when a horse is in poor condition and what to do to improve the condition.
5. Show that you understand the temperament of different horses and how to use tact and common sense in handling them.
6. Know what precautions and equipment should be used for handling and riding horses safely.



Being Healthy

7. Explain to your unit the safety regulations for riding. What would you do if your horse rears, trips, bucks, stops or bolts?
8. Plan and take part in a ride with others that includes lessons.
OR
Take a trip to an event, such as a fair, to see a horseshow.

Date completed: _____

This badge was:



Evaluated by: _____





skating

This badge may be completed with ice skates or in-line skates.

Purpose: to encourage you to develop skills and to enjoy skating.

Complete six of these eight activities to earn this badge.

1. Learn how to care for your skates.
2. Demonstrate several different skills, such as skating forward, skating backward, cutting corners and stopping. Practice for at least 30 minutes.
3. Play a game on skates.
4. Know what safety precautions should be taken when skating on a pond, lake, river or creek.
5. Learn about the necessary in-line skating safety gear you must wear: helmets, wrist guards, kneepads, and elbow pads. Why are all of these pieces of equipment necessary?



Being Healthy

- Practice these moves on either ice skates or in-line skates.
 - Glide while balancing on one foot. Alternate balancing on your right foot, then on your left. See how far you can glide while balancing.
 - Crossover: Crossing one skate over the other lets you turn quickly. Start skating slowly. Pick up either your right or left skate, as if you are taking a giant step, and cross it over your other skate.
 - Skate an obstacle course. Set up several cones or plastic pop bottles filled with sand. Skate around these as quickly as you can. Try crossing one foot over or gliding on one foot.
- Learn the basics of ice or in-line hockey. Discuss the importance of playing fair. If possible, attend a women's ice hockey game.
- Discover what major muscle groups you use when you are skating and learn how professional athletes train to help them improve their skating. If possible, try out a few of the exercises with an instructor.

Date completed: _____

This badge was:



Evaluated by: _____





skiing or snowboarding

This badge may be completed for cross-country or downhill skiing or for snowboarding.

Purpose: to encourage you to develop skills and to enjoy skiing or snowboarding.

Complete six of these eight activities to earn this badge.

1. Learn how to care for your skis or snowboard.
2. Demonstrate how to safely carry your skis, poles or snowboard.
3. Demonstrate several different skills, such as: using your poles correctly, climbing hills, going downhill, changing direction, stopping, and staying in control.
4. Know the ski hill rules for safe skiing/snowboarding and explain how these rules keep you safe.
5. Learn how to dress properly for a day of skiing or snowboarding. Demonstrate and teach others in your family or unit how this is done.
6. On the slopes, learn how to turn, stop, go uphill, and how to recover from a fall.



Being Healthy

7. Learn how to safely and properly get on and off a ski lift and how to get back into your bindings if one or both of your boots pop out.
8. Find out about skiing and snowboarding events held at the Winter Olympics. Explore the career of a Canadian athlete skier and snowboarder.

Date completed: _____

This badge was:



Evaluated by: _____





snowshoeing

Purpose: to encourage you to develop skills and to enjoy snowshoeing.

Complete six of these eight activities to earn this badge.

1. Learn how to care for your snowshoes.
2. Know what precautions should be taken for safe snowshoeing. On an outing, why should you bring a pack with water, extra clothes and a snack? What else could you bring?
3. Demonstrate several different skills, such as: how to put on your snowshoes, how to walk and run, how to go up and down hills.
4. Take part in a snowshoeing outing. Make a pre-trip plan that includes your route, how many are in the group, and when you're going to return.
5. Create a file full of articles and brochures about snowshoeing tips, as well as companies that offer guided tours.
6. Explore the history of snowshoeing in Canada. How did snowshoeing develop as a sport?



Being Healthy

7. Plan a game that you can play on snowshoes with your unit.
8. Design a fashionable but appropriate outfit that you could wear for a day of snowshoeing. Think about the layers of clothing you might wear and the types of materials you could use.

Date completed: _____

This badge was:



Evaluated by: _____





Sport

Purpose: to encourage you to explore and develop your athletic capabilities for the benefit of your own physical well-being.

Complete six of these eight activities to earn this badge.

1. Participate in a sport for a season, either as an individual or on a team. Care for your equipment.
2. Show that you know the basic rules and signals used in your chosen sport.
3. Describe the value of fair play and competition.
4. Describe what you like about this sport.
5. Learn to play safely, using appropriate safety equipment
6. For a week, look through the sports section of your local newspaper. Compare articles about male and female athletes. Did you find any differences in the way in which the sports were covered for males and females?



Being Healthy

7. Pick a sport and trace the role of women in the history of the sport. When did women start playing it? Do many women and girls play this sport? What famous women play this sport?
8. Write a cheer with at least two verses for your unit or your favourite team and share it with your unit. You might want to enlist the help of others to perform it.

Date completed: _____

This badge was:



Evaluated by: _____





Swimming

To be awarded this badge, a qualified swimming instructor must test Guides. A qualified instructor is one who holds a valid instructor's certificate with an organization such as the Canadian Red Cross, the Lifesaving Society, the "Y", or another recognized swim program. Guides who have completed the requirements through another swim program may be recognized for this badge.

Purpose: to encourage you to acquire the swimming skills necessary to be safe and comfortable in and near the water.

Complete six of these eight activities to earn this badge.

1. Demonstrate your knowledge of water safety, including safe boating and ice safety.
2. Practice throwing an assist with a six-metre-long line towards a target. Try to be accurate in your throw. Perform reaching and throwing assists as chosen by the examiner. Avoid body contact when doing a reaching assist.
3. Demonstrate the rescue breathing sequence. Explain how it works and when to use it. Know the importance of starting immediately and seeking help. Direct contact (human-to-human) is not required for practicing or demonstrating rescue breathing.
4. Perform a standing dive: make sure the area is safe first.



Being Healthy

5. Swim 150 metres continuously. During the swim, demonstrate each of the following for a minimum distance of 25 metres within the total of 150 metres:
 - Front crawl
 - Elementary backstroke
 - Back crawl
 - Arms only (sculling)
6. Perform a standing stride entry into deep water without submerging your head.
7. Float or tread water for two minutes in deep water.
8. Do the following in clothes while wearing a Personal Flotation Device of appropriate size:
 - A forward roll into deep water, tread water for one minute and swim 20 metres.
 - Show the Heat Escape Lessening Position (HELP) and hold it for one minute. Explain what it is used for and what areas of the body it protects.
 - Working with a group of swimmers, demonstrate the huddle position and hold it for one minute.

Date completed: _____

This badge was:



Evaluated by: _____





bird watching

Purpose: to encourage your interest in bird watching.

Complete six of these eight activities to earn this badge.

1. Identify three birds in your community and observe them. Start a notebook that tells about their:
 - Size
 - Flight pattern
 - Colour
 - Number of eggs
 - Nests
 - Songs
 - Anything else you have observed.
2. Name three other birds found in your area and present some interesting facts about each.
3. Research and explain why birds have three types of feathers.
4. Explain why you should not disturb an occupied nest.



Fun in the Outdoors

5. Learn about the food adult and young birds eat, and how the parents feed their young.
6. Name some birds that migrate to and from your area in the winter months. Explain how you can help the birds that stay through the winter to survive.
7. Build a bird feeder to hang in your yard and list the types of birds that come to visit.
8. Take pictures or sketch some of the birds that you observe during a nature hike.

Date completed: _____

This badge was:



Evaluated by: _____



Fun in the Outdoors



conservation

A conservationist is someone who uses natural resources in ways that do not destroy, damage or waste them.

Purpose: to help you learn about conservation of our natural resources.

Complete six of these eight activities to earn this badge.

1. Explain two ways in which Canada's natural resources are protected and what you can do to help.
2. Visit a local conservation project, such as contour plowing, reforestation, a water filtration plant, wildlife habitat, wetlands, conservation area, seeding of road cuts, city parks, or a fish hatchery.
3. Brainstorm ways that you can conserve water. Imagine how to avoid increasing water pollution in your community or in an area that you are visiting with your family or unit. Then, make a list of things you will do to be a clean water conservationist.

Fun in the Outdoors

- Here is a list of interesting projects. Complete three of them.
 - Visit a farm and describe its conservation methods.
 - Find out which federal and provincial/territorial laws aim to lessen water and air pollution.
 - Help with a local conservation project, such as tree planting.
 - Create a model, poster or some other display to interest your patrol in some form of conservation. Set it up in your patrol corner.
 - Make a bird or animal feeding station and keep a record, for one season, of all the birds or animals that you see there.
 - Learn how your community is supplied with water. Describe any methods used for flood control or irrigation.
 - Conduct a tree survey within a specific area. You and the person evaluating the badge should agree beforehand upon the area.
 - Using a dip net or small screen, take a survey of insect life in a local stream or pond.
- Do another interesting conservation project of your choice.
- Brainstorm ideas to help preserve the environment as an individual and as a family. Identify the things you can do better and practice them around your home.
- Create a game that would help teach younger girls how to be conservationists.
- Find out about community service projects that help preserve the environment and determine what you are able to do to help out.

Date completed: _____

This badge was:



Evaluated by: _____



Fun in the Outdoors



ecology

Ecology is the study of the way plants and animals interact with one another and their environment.

Purpose: to encourage you to learn about and respect the balance of nature.

Complete six of these eight activities to earn this badge.

1. Describe the ecological changes that occur when a farm, field or woodlot is turned into a subdivision of homes.
2. Use a picture, poster or other means to show the relationship between living things and their physical surroundings. This could be the community that exists around a milkweed plant, a fallen forest log, a spring, snowdrift, or other local ecosystem.
3. Build a miniature, enclosed ecosystem in a bottle.
4. Create your own wide game, drama, story, song, etc., that shows you understand the important balance that plants and animals maintain in their environment. It should reflect your feelings about nature.
5. Take part in a group activity involving the relationships of living things to each other and their physical environments. Explain the roles of the different elements and why they were important to the whole set of relationships.
6. Learn about one plant or animal that is considered to be a pest in your community. Find out why they are considered harmful and how they are being controlled. Here are some examples of pests you might investigate: rats, cockroaches, fleas, poison ivy, etc.



Fun in the Outdoors

7. Go on a safari at a zoo or by using your favourite animal books. Research the names of plants and animals that have different attributes, such as colour, size, and features. Create a list of things to discover and give the list to your unit so they can find the answers. For example, find out the name of an animal that has a fur coat for a cold climate or has long legs for wading.
8. Learn about careers in ecology. What types of jobs are there and what education do you need for a future in ecology? Would this be something of interest to you?

Date completed: _____

This badge was:



Evaluated by: _____



Fun in the Outdoors



endangered species

Purpose: to increase your awareness of the importance of preserving all plant and animal species and their habitats.

Complete six of these eight activities to earn this badge.

1. Explain the terms “rare”, “endangered” and “extinct”.
2. Name two Canadian plants, two Canadian animals, and two species from other countries that are endangered.
3. Provide two reasons why plants and animals become endangered. Discuss this with a group of Guides and offer practical suggestions for correcting these problems.
4. Discuss why it is important to preserve the habitats of plants and animals with a group of Guides.
5. Create a skit, a play, or a game that demonstrates why animals need sufficient living space.
6. Do one of the following:
 - Make a scrapbook or poster that illustrates several endangered species. Show and explain it to your Guide unit.
 - Visit a zoo, museum or protected area. Tell your Guide unit about what is being done to preserve a variety of species, or to protect their habitats.
 - Read a book or an article, or watch a TV program, video or movie about endangered species. Discuss it.



Fun in the Outdoors

7. Do one of the following:
 - Draw a cartoon that shows a new design for an endangered species so it would readily survive. Explain your design.
 - Name and describe one Canadian species that has become extinct. Explain why this happened and what might have been done to prevent its extinction.
8. Interview a Conservation Officer, biologist, naturalist, forester, or person with a similar career about their views on endangered species. Find out what you and your Guide unit could do to help endangered and rare species in your area.

References

World Wildlife Fund Canada
245 Eglinton Avenue East, Suite 410
Toronto, Ontario M4P 3J1
www.wwf.ca

Date completed: _____

This badge was:   

Evaluated by: _____



Fun in the Outdoors



exploring

Purpose: to encourage you and your friends to enjoy the fun of well-planned, safe outings.

Complete six of these eight activities to earn this badge.

1. Help your patrol or unit plan and carry out at least two outings. Plan where to go, what to wear and what to take. Obtain the necessary permissions. Follow the current fire and safety rules in the area of the hikes.
2. Assemble the equipment you will carry on your back. It could include:
 - Simple first aid kit
 - Material to make an emergency shelter
 - Thirst quenchers
 - Food for one hot meal and one cold meal
 - A lightweight portable stove, buddy burner, etc.
3. Create a game or skit to show what you should do if lost while hiking or in your camp location.
4. Demonstrate that you know how to use a street or road map.
5. Use a compass to follow or lay a course that changes direction at least six times.
6. During a campfire program, or with your group, describe the most interesting place you have visited on a hiking trip. Tell how far you walked, where you went, and why you remember the occasion so well.
7. How would you plan for a minimal impact camp or trip? Find out what minimal impact means and develop a strategy to plan a minimal impact trip.



Fun in the Outdoors

8. Research the best fabrics and products for different types of weather conditions. Find out about the various types of equipment used in camping, trekking, and traveling. Visit an outdoor store, look through an outdoor catalogue, or visit an outdoor equipment company's Web site.

Date completed: _____

This badge was:



Evaluated by: _____



Fun in the Outdoors



farming

Purpose: to encourage you to learn about mixed farming in your area.

Complete six of these eight activities to earn this badge.

1. Do one of the following:
 - Help in some form of land work such as haymaking, harvesting, threshing, potato picking, fruit picking, etc.
 - Look after a calf, pig, goat or stabled pony regularly for a month. This includes feeding and cleaning.
 - Visit a farm in your area several times during the year. Find out what is produced and what takes place at different times during the year.
2. Identify two breeds of cattle, pigs, sheep or horses in your area.
3. Identify two kinds of crops grown in your area.
4. Describe how farm products in your area are marketed.
5. Describe the part played by six of the following machines in farm work:
 - Plough
 - Cultivator
 - Baler
 - Tractor
 - Fertilizer distributor
 - Corn picker
 - Forage harvester
 - Manure spreader
 - Corn planter
 - Harrow
 - Sprayer (weed or orchard)
 - Seed drill
 - Mowing machine or swather
 - Combine
6. Describe three types of farming in Canada.
7. Create a story or song based on life on a farm.



Fun in the Outdoors

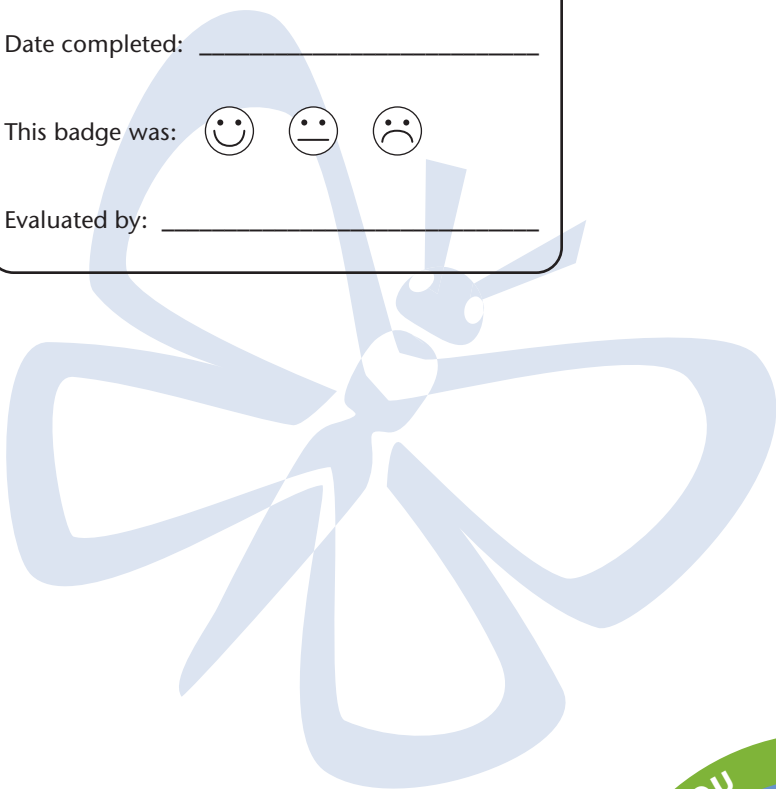
8. Discover the roles women have played over time on farms. Are there many women farmers or is the industry still dominated by men? Why is this the case?

Date completed: _____

This badge was:



Evaluated by: _____



Fun in the Outdoors



forestry

Purpose: to teach you about trees and shrubs, their habitat, conservation and uses.

Complete six of these eight activities to earn this badge.

1. Name the major tree groups. Describe how they are distinguished. Outdoors, identify five different trees and/or shrubs in their natural setting.
2. Describe three different kinds of forests.
3. Name some of the major goods produced from trees and forests. Explain why certain woods are chosen for particular products.
4. Describe good forestry practice in general terms, and show how forest management and forest conservation are linked.
5. Name three major forest enemies and describe their effect on the forest. Explain what is being done to combat one of the forest enemies.
6. Create a piece of art, a collection of poems, or a PowerPoint presentation using pictures inspired by trees and forests. Share your work with your unit.
7. Learn about the forests in Canada. Which parts of the country have dedicated forests and parklands? What types of trees would you find if you visited these areas? Select one province/territory or region and create a travel brochure to entice others to visit.



Fun in the Outdoors

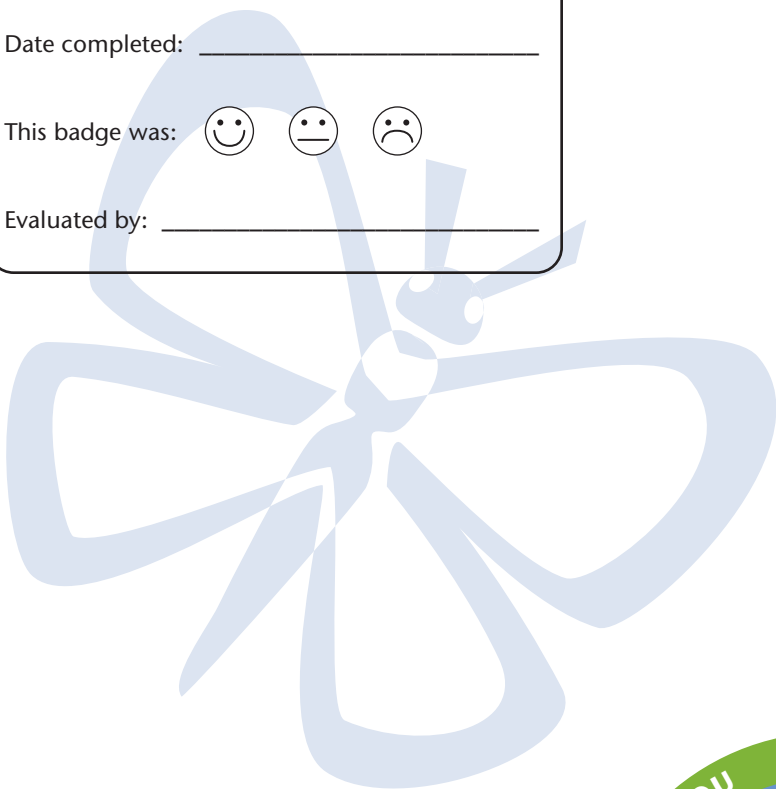
8. What types of careers are there in forestry? Which part of the country would you have to move to if you wanted to explore a career in forestry?

Date completed: _____

This badge was:



Evaluated by: _____



Fun in the Outdoors



gardening

This badge may be done in a garden or using a window box or planter.

Purpose: to encourage you to plant and care for a garden.

Complete six of these eight activities to earn this badge.

1. Plant and neatly cultivate a garden, window box, or planter for a season. The garden should contain at least five kinds of flowers or vegetables.
2. Describe the soil you are using. Explain how the soil can be improved. For example, you can enrich the soil with compost or add fertilizers. Identify the type of plant that grows best in this soil.
3. What did you do to protect your plants from drought, wind, frost, and pests? How did you care for your garden and what helped your plants to grow? What tools did you use?
4. Show the vegetables or flowers you have grown.
5. Learn about one career related to plants. What would your daily routine be in that job?
6. Design a garden. Test your landscaping skills and draw a picture of a garden including all of the plants and flowers, as well as any accessories such as stones, ponds, seats, etc.
7. Host a plant show for your unit. Invite all of the girls to bring in plants and share the story of their plant with one another.



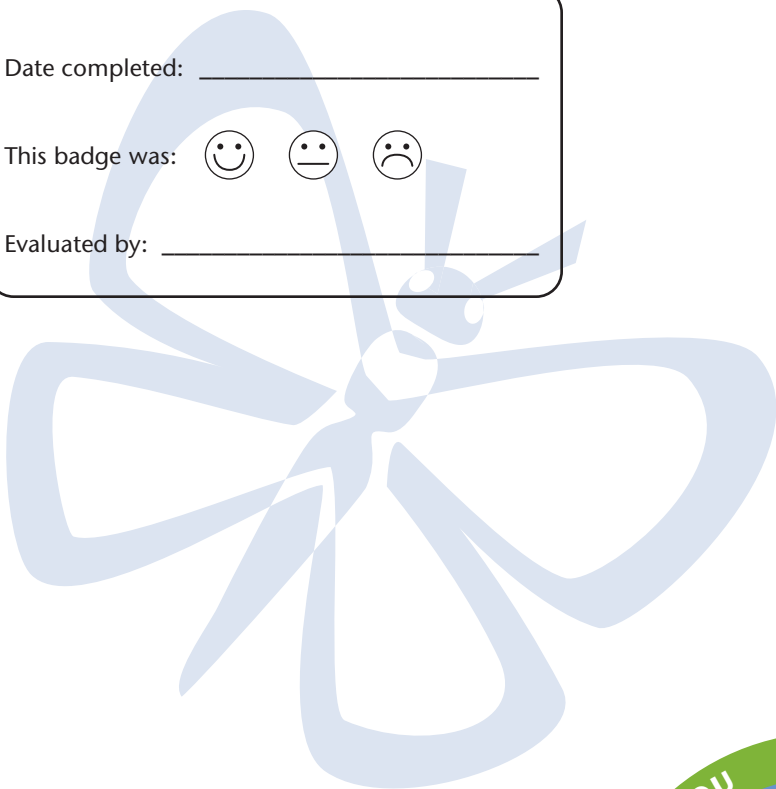
Fun in the Outdoors

8. Make stepping stones or a decorative structure for your garden. Each girl in your unit can decorate her own stone. It can be handmade or purchased from a gardening store.

Date completed: _____

This badge was:   

Evaluated by: _____



Fun in the Outdoors



hiking

Purpose: to teach you the skills required to organize safe, enjoyable and comfortable hikes.

Complete six of these eight activities to earn this badge.

1. Before you go:
 - Give a description of your route to an adult who is not going and tell them the time you expect to be back. Explain why you should do this.
 - If you are going to be near water explain why you may not swim without a qualified lifeguard.
 - Talk about how you will safely deal with strangers who may be on the route.
 - Describe what you will do in case of an emergency.
2. Keep a record of at least three different types of hikes in which you have taken part. The record should tell:
 - Season of the year
 - Place and method of travel (e.g., snowshoeing, skiing, hiking, etc.).
 - Purpose of the hike, such as: exploring the outdoors, visiting places of interest, experimenting with different types of cooking, or just for fun.



Fun in the Outdoors

3. Carry a backpack, suitably packed, and explain why you chose each of the items.
4. Describe two hike menus that you have used. Give recipes, quantities used, and number of people served.
5. Practice “minimum impact” hiking with regard to building fires, garbage, latrines, etc.
6. Show ways your compass can be useful on hikes.
7. Demonstrate that you know the proper and courteous way to behave when using private and public property.
8. Find out how long it takes you to walk one kilometre comfortably. Then figure out how long it should take you to walk the distance between two points you have marked on your map. When calculating your walking time, don't forget to consider the type of terrain and your walking speed.

Date completed: _____

This badge was:



Evaluated by: _____



Fun in the Outdoors



naturalist

Purpose: to stimulate your appreciation and knowledge of the world of nature in every season and to encourage you to develop skills.

Complete six of these eight activities to earn this badge.

1. Choose one of these natural locations and learn about plant and animal life within it:
 - Field
 - Park
 - Seashore or lakeshore
 - Woodland or forest
 - Tundra
 - Bog
 - Saltwater marsh
2. Find out about:
 - Three mammals and/or birds
 - Three plants (mosses, ferns, grasses, flowers, shrubs, trees, etc.)
 - Three invertebrates (insects, spiders, slugs, snails, seashore animals, etc.)

Be able to identify each of your choices, preferably first-hand. If this is not possible, use drawings, photographs or field notes.
3. Pick one of your choices from each of the groups listed in number 2 and be able to tell an adult about its food and the way it reproduces.
4. Take an adult on a walk through your chosen place. Describe the changes that have taken place there during two seasons.



Fun in the Outdoors

5. Play a Kim's game. (For details, see the Resources section of the program card file.)

OR

Identify:

- By smell alone, eight out of ten assorted common liquids or solids
- By hearing alone, eight out of ten different sounds
- By touch alone, eight out of ten different articles.

6. Explain the use of the terms cover, camouflage and direction of wind.

7. Show how to creep through undergrowth and long grass quietly and inconspicuously.

8. Solve a simple tracking story that is set in sand, snow or other suitable material.

OR

Make a cast of mammal or bird tracks. Show it to your patrol and explain how it was made.

OR

Play two wide tracking games of your choice, using trail signs, with at least three other Guides.

Date completed: _____

This badge was:   

Evaluated by: _____



Fun in the Outdoors



outdoor adventures

Purpose: to encourage you to experience the fun of planning and going on a unit hike.

Complete six of these eight activities to earn this badge.

1. With your Guider, make plans and go for a fun and safe hike where you will cook one simple meal. Your plans should include how to carry, cook, and care for the food you have chosen. Discuss the kind of clothing you should wear on the hike.
2. Bring a first aid kit that you have put together. Tell why you chose its contents and how you would use them.
3. Prepare a safe place for cooking outdoors. Learn and follow the current fire and safety rules for the location. Be aware that rules may be different for different places.
4. Take an active part in an adventure game.
5. Learn the words and tune of a grace, a hiking song, or a song about the outdoors. Teach it, if you wish.



Fun in the Outdoors

- Do one of the following:
 - Describe some of the poisonous plants or snakes that might be found in your community.
 - Name and describe two wildflowers in your community that should be protected. Explain how to practice conservation to protect them, and learn the laws concerning these plants, if any exist in your community.
 - Take a short nature walk to observe: animals, trees, mosses, birds, ferns, rocks, insects and flowers. Identify at least five things you discover.
 - Identify three constellations and the North Star.
- Show that you know the proper and courteous way to behave when using private and public property.
- Follow a trail outdoors of approximately 800 metres. The trail should contain at least 20 trail signs of which 15 must be noted and described when the trail is completed. Return or scatter items used for trail signs after use.

Date completed: _____

This badge was:



Evaluated by: _____



Fun in the Outdoors



outdoor cooking

This badge should be done with adult supervision.

Purpose: to help you explore various methods of outdoor cooking.

Complete six of these eight activities to earn this badge.

1. Alone or with a small group, plan, prepare, cook and serve the following meals for two or more people. Use wood or charcoal fires or a portable stove. The meals should be nutritious. (If local community or camp rules forbid the use of wood or charcoal, use outdoor cooking facilities that are approved.)
 - breakfast
 - a light lunch, using as few utensils as possible
 - a dinner, using at least one of the following methods:
 - frying
 - barbecuing
 - stewing
 - roasting
 - baking



Fun in the Outdoors

2. Make and use a fire starter. As well, show how to use one of the following safely:
 - tin can stove
 - buddy burner
 - charcoal burner
3. Cook something you like using an outdoor oven.
4. Prepare a woodpile, properly arranged, with enough wood for two meals and washing up.
5. Light and show proper care and use of a stove and fuel.
6. Explain how to store various kinds of food, so that they are safe to eat and drink. Know the importance of treating ground water from streams, lakes, or rivers, for drinking.
7. Wash dishes and clean up your cooking and eating area. Dispose of garbage properly, including liquids. Know how to prevent insects and animals from being attracted to your outdoor kitchen.
8. Explain how to prevent accidents and how to treat a simple burn and cut. Know and follow local fire rules. Know what to do in case of a grease fire or another fire.

Date completed: _____

This badge was:



Evaluated by: _____



Fun in the Outdoors



outdoors in the city

This interest badge is best done as a group.

Purpose: learn about activities and adventures that you can do in a city.

Complete six of these eight activities to earn this badge.

1. Discuss with your unit or group, the different towns or cities close to you that you could visit. As a group, select one of those locations to visit.
2. Learn about the different parks or trails that you can visit in that town/city.
3. Discuss what types of healthy foods and clothing you will need on your visit. Prepare an appropriate kit list.
4. What kinds of animals live in the town/city? Where do they live? Is there any wildlife that lives year-round in the town/city? Are there birds that pass through the city during the fall or spring migration? Is there any wildlife in the town/city that can be harmful to your health? Is there a problem with abandoned pets?



Fun in the Outdoors

5. Find four different jobs where people work outdoors in the town/city. Plan to visit one of these places on your visit. While you are there, find out why people choose jobs outdoors. What type of training is needed and what salary range and benefits are available?
6. Plan a guided walk with a group and look for interesting sites in your town or city.
7. Participate in a local community service event or project. For example, you might participate in a walk-a-thon or park clean-up.
8. What types of outdoor activities do people do in cities? Choose an activity such as ultimate Frisbee, hopscotch, handball, etc., and try it out with your unit.

Date completed: _____

This badge was:   

Evaluated by: _____



Fun in the Outdoors



sailing

Note: The wearing of a properly fitting Canadian-approved Personal Flotation Device (PFD) is mandatory for all the on-the-water activities. It is recommended that a whistle be attached to each PFD.

Complete all items to earn this badge.

To try for this badge you must:

- Hold the Boat Safety badge
- Wearing a PFD:
 - Swim 75 meters
 - Demonstrate the HELP position for two minutes
 - Tread water for five minutes.

Purpose: to teach you the basic skills of small craft sailing.

1. Review the information in the Boat Safety badge.
2. Put on and properly secure a PFD of appropriate size.
3. Show where these items are on a sailboat and explain their use when sailing:
 - Tiller
 - Centreboard or keel
 - Boom
 - Jib
 - Rudder
 - Mast
 - Mainsail
 - Sheet



Fun in the Outdoors

4. Explain these sailing terms
 - Tack
 - Windward
 - Leeward
5. Describe clothing that is suitable for sailing in various wind and weather conditions.
6. List the safety equipment required on small sailing dinghies and explain what it is for.
7. Describe one use of a figure eight knot and a bowline. Tie these knots.
8. Get safely in and out of a sailboat.
9. Help prepare the sailboat for sailing and put equipment away after a sailing outing.
10. While sailing under the direction of an instructor in winds of 8 to 16 km/h, help carry out simple rudder adjustments and sheet adjustments including securing a sheet in a cleat.
11. Know why it is important to follow weather forecasts before setting out. Explain how wind speed, the height of waves, and storms affect sailing safety.

Date completed: _____

This badge was:



Evaluated by: _____



Fun in the Outdoors



water

Purpose: to help you become more aware of the importance of water and learn why you should protect it.

Complete six of these eight activities to earn this badge.

1. Find out the main causes of water pollution in your area. For example, pollution from domestic use, agricultural pursuits, and industrial waste. What are the harmful effects of polluted water from these sources?
2. Find out the source of water in your area and how it is purified for drinking. If possible, visit a purification plant.
3. Suggest some ways for improving the water supply in your community.
4. Suggest several ways for improving the water quality in your community.
5. Participate in a leisure time water activity, such as going to a water slide park. Find out about other leisure time uses of water in your area. What health and safety rules should be observed for these activities? Describe harmful effects these activities may have on the environment.



Fun in the Outdoors

6. Name two or three plants, animals, birds and insects that live part of their lives in or near water.
7. Visit a water site and see how many plants, animals and insects you can find. Tell how a water habitat is important in their life cycle.
8. Create a Guides' Own ceremony that celebrates water and its importance in our daily lives.

Date completed: _____

This badge was:



Evaluated by: _____



Fun in the Outdoors



wildflower

Purpose: to increase your enjoyment of the beauty of nature in Canada's plant life.

Complete six of these eight activities to earn this badge.

1. Observe wildflowers from at least two different habitats. For example, shoreline, woods, alpine, desert, meadow, swamp, roadside, backyard or city. Identify distinguishing features of several plants in each habitat.
2. Name three edible wild plants. Describe where you saw them or found them growing and how they can be used.
3. Identify three wild plants that can be harmful to humans. Tell which parts of the plant are harmful and how they could adversely affect human beings.
4. Make a sketch or take a photograph of your provincial/territorial floral emblem. Find out an interesting fact about it.
5. Name some of our endangered flowers and explain what is being done to protect them.



Fun in the Outdoors

6. Plant a wildflower garden, or make a list of the types of flowers you would include if you could plant one.
7. Explore flower arrangements at a local floral shop. For example, learn how wildflowers are used in wedding bouquets.
8. Discover the public gardens in your city or town. How are wildflowers used in the landscape? After visiting a garden, write a poem expressing your feelings on wildflowers.

Date completed: _____

This badge was:



Evaluated by: _____





art production

Purpose: to help you develop your creative ability in the visual arts.

Complete six of these eight activities to earn this badge.

1. Create a work of art based on a dream or fantasy that you have had. Create a picture or collage that relates to your dream. Use any materials or combination of materials, such as crayons, pencils, paints, markers, paper, glue, or a computer. When deciding on what materials to use, think about the materials that best show your feelings and ideas. Be creative and out of this world!
2. Create an object from a material such as clay, papier mâché, soap, wax, plaster, wood, etc. Share it with your patrol.
3. Experiment with colour by learning about primary and secondary colours. Practice mixing colours to develop new colours. Make a picture that uses what you have created.
4. Create a print, using a wood block, linoleum block, potato, etc.
5. Design a package for a product such as a breakfast cereal, a CD, DVD or video, or a product you invent.
6. In a small group create a mural using a long roll of white or butcher paper. Decide what the design of your mural will be and who will be painting which section. Sketch the idea for your mural on a separate piece of paper and use it as a guide to create the mural. Work together with your group to draw and paint the mural. If allowed, display it at your meeting place.



Girls Creating

7. Create an art gallery or an art show to display the work of your unit. Invite your parents and friends to come and see the art exhibit.
8. Choose a famous artist from history, such as Picasso or Monet, and create a work of art that is inspired by this artist.

Date completed: _____

This badge was:



Evaluated by: _____





creative craft

Purpose: to develop skills by designing and creating a craft of your own.

Complete six of these eight activities to earn this badge.

1. Make two hand-woven articles such as a market basket, workbasket, wastepaper basket, mat, etc. (Wooden bases may be bought or handmade.)
2. Explore the art of woodcarving. Many art stores have woodcarving kits. Keep safety issues in mind and ask an adult to be present whenever you are using sharp tools. After practicing for awhile, make a woodcarving of your own, such as a box, toy boat, bookshelf, birdfeeder, etc.
3. Create a piece of art in 3-D that represents your heritage.
4. Make a piece of jewelry using materials that are not precious metals or gems. You might make a pin, necklace, bracelet or hair ornament.
5. Create a toy design in one of the following categories: rolling toy, spinning toy, stuffed toy or musical toy.
6. Visit a museum, historical site or library to learn about crafts and toys made during the last 200 years.



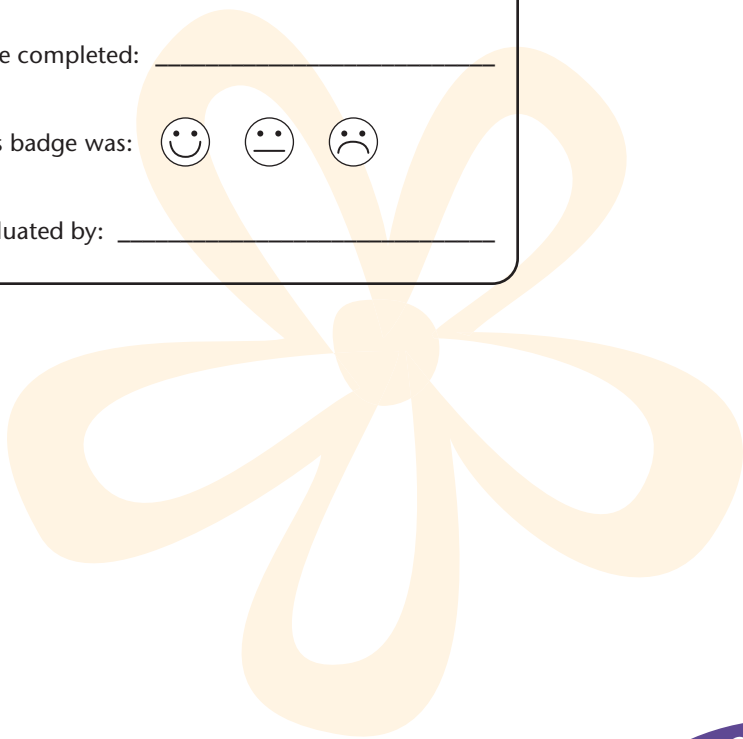
Girls Creating

7. Make removable clothes for a doll.
8. Create a craft that you would be able to display in a room in your house.

Date completed: _____

This badge was:   

Evaluated by: _____





dancing

Purpose: to encourage you to develop the basic skills of dancing and to enjoy learning some traditional dances.

Complete six of these eight activities to earn this badge.

1. Explore the dance of another country. Learn the steps of at least one of those dances and teach it to your patrol. Here are a list of some ideas:
 - Latin Dances – cha-cha, rumba, tango, merengue, and salsa
 - Spanish Flamenco
 - Israeli Hora
 - Polish Mazurka
 - West African Jazz
 - Chinese Dragon Dance
 - Polynesian Hula
 - Russian Kazatzka
 - Italian Tarantela
 - Indian Dances
2. Do some dance research and discover the new dance forms through the decades. Plan and hold a theme night and teach dances from that decade. Here are some ideas:
 - 1920's Swing
 - 1950's Rock and Roll
 - 1970's Disco
 - 1990's Pop
 - 1940's Big Band
 - 1960's Motown
 - 1980's Retro



Girls Creating

3. Choose a classical dance style, such as tap, ballet or jazz. Learn three basic steps with the help of a tape, book or a class.
4. Popular Dances: find out about dances that became popular because they were featured in movies or on TV. Develop a presentation about one of these. Find out about the music, costumes and trends they started.
5. Create your own dance. Choose a type of music and a dance style, such as: country, hip hop, modern, etc. Choreograph a routine and present it to your unit.
6. Create a dance routine for younger girls and offer to teach the dance routine to a Brownie or Spark unit.
7. Plan a dance party around a particular theme such as Disco. Select someone to be the DJ and choose different tempos of music. Choose decorations and invite your unit and other friends to join in the fun. Make sure you choose a place that is safe and spacious and invite some adults to chaperone.
8. Make up a dance that expresses a particular mood. Think about how people move when they are happy, angry or lost.

Date completed: _____

This badge was:



Evaluated by: _____





design your own badge

As a Guide, you have many badges to choose from, but you and the girls in your unit may have an interest for which there is no badge listed. Or while you were doing a badge, one of the activities might have been so interesting that you wanted to do more on the same topic. As a unit, you can name the badge, come up with the activities needed, and design what the badge will look like. What do you do?

1. Check that the subject of your new badge is not the same as any other Guide badge.
2. Make sure the topic you've chosen is in keeping with the Girl Guide Promise and Law.
3. Find out if the topic you want to explore can support at least 8 activities.



Girls Creating

4. Make sure all the girls in you unit want to do the badge.

How do you create your activities?

With other girls in your unit and with your Guider, brainstorm a list of possible activities. Then look over your list and ask each other:

- Are the activities safe?
- Are the activities original?
- Can everyone participate?
- Are there people in the community who can help with the activities?
- Are the activities fun and interesting?
- Are the activities free or easily affordable?
- Are the activities challenging enough?
- Do the activities show respect for all kinds of people?
- Will we learn something new?

Once you can answer “Yes” to all these questions, you’re ready to design your badge.

Date completed: _____

This badge was:



Evaluated by: _____





design your own space

Purpose: to encourage you to explore your talents in interior decorating and design. What would it be like to be an interior decorator? Are you creative? Do you have a flair for design? Explore your talents with this badge.

Complete six of these eight activities to earn this badge.

1. Collect pictures of different rooms showing different styles of furniture, rugs, wall coverings, decorations and colour schemes. Choose your favourite picture and describe why you like the room. Describe the colours, patterns and furniture. What do all of these things say about the room?
2. Cut out pictures of furniture, accessories, wallpaper, and rugs that you like. Arrange them in a shoebox to create your dream room, and show your space to others.
3. Make two plans for your own room, including what type of furniture, accessories and paint you would need. Determine the cost of your project by using the Internet or looking in catalogues. Make one plan as if you had an unlimited budget, and the other plan as if you had very little money to spend.
4. Create something that would make your home nicer, such as a basket, picture, wall hanging or quilt.
5. Choose a room in your house that is cluttered and messy. What could you do to minimize the clutter? What would you throw away? What types of storage would you need? How would you improve this space? Sketch your ideas out and share them with your unit.



Girls Creating

6. There are different ways in which you can change the appearance of a wall. Choose a wall finish and learn the technique needed to do this. With the permission of your parents, try it out on a real wall. If you can't use a real wall try it out on some cardboard or a piece of plaster.
7. Learn about two or three decorating techniques using fabrics or sheets. Try making a simple window treatment by draping fabric through holders or over rods.
8. There are several television shows about interior design. Create your version of one of these shows and share it with your unit.

Date completed: _____

This badge was:



Evaluated by: _____





fashion

Purpose: to learn about fashion design and history and trends of fashion over time.

Complete six of these eight activities to earn this badge.

1. Find out the types of clothes that were fashionable 25 years ago and 50 years ago. Bring pictures and create a collage or display, if possible. What types of lifestyles influenced fashion?
2. Go through the clothes in your closet and dressers. Take out what doesn't fit you anymore. Determine if it's out of style or needs to be mended. With adult help replace missing buttons and torn seams. Launder the items and pack them up to give to someone who can use them (e.g., neighbour, cousin, or used clothing depot).
3. Design a new fashion trend. For example, decorate your socks, a hat or bandana, or a pair of jeans, with beads, fabric, trim, and buttons. Wear your new fashion.
4. Using written instructions and someone to guide you, explore machine stitching on a sewing machine. Try basting, zigzag and seam stitching.
5. Hold a fashion show in your unit with a theme, such as spring, summer, camp, formal or funky. Design a runway (stage or hallway). Invite guests or another unit to see your fashion show. Don't forget hairdos and accessories.



Girls Creating

6. Discuss today's fashion — what you like, what you don't like, where it comes from, etc.
7. Pretend you lost all your clothes. Use catalogues and magazines to create a wardrobe for one season. Include the cost of the items you choose.
8. Create a poster of the traditional dress of countries around the world. Choose at least three countries and find resources from libraries, museums, magazines, or on the Internet to create a poster that reflects the culture and lifestyles of the people from each of the three countries.

Date completed: _____

This badge was:



Evaluated by: _____





inventing

Purpose: to encourage your interest in creating inventions.

Complete six of these eight activities to earn this badge.

1. Exercise your brain:
 - a Brainstorm a list of 10 future inventions that you would like to see.
 - b Take any two everyday objects and list all of their uses. Visualize the two objects combined as one. What new uses could this object have?
2. With your patrol, unit, group of friends, or family, divide into two teams. Each team creates a list of 20 modern inventions. Swap lists. Each team searches for the items and writes down where they found them. When you meet again, see which team has found the most items from their list.
3. Ask people from five different careers what they foresee as the most important problems that need solutions in the future. With others, brainstorm possible solutions.
4. Pick an item that you use often. Discover how it has changed from when it was first invented. Draw or design a model of what the new, improved version could look like in 25 years. Or, draw or design a replacement for its function.



Girls Creating

5. Find out about new inventions by attending a new products exposition, new car show, home and garden show, a science and engineering fair, or an invention fair.
6. Create an invention. First, make a detailed sketch of the invention and label all the parts. Then, create a 3-D model of your invention. Next, develop a prototype and give your invention a catchy name.
7. Develop an advertising campaign for your own or someone else's invention by writing a radio, newspaper, or TV ad, or making a video. Present your advertising campaign to others and ask them to give you feedback.
8. Read two books, magazine articles or visit two Web sites about inventors. Why did they begin inventing? How did they turn failures into successes?

OR

Read or write a story or skit about an invention, such as a time machine.

Date completed: _____

This badge was:   

Evaluated by: _____





kitchen creations

Purpose: to help you learn how to plan, prepare and serve well-balanced meals.

Complete six of these eight activities to earn this badge.

1. Prepare menus for three days suitable for your family.
The menus should be based on Canada's Food Guide to Healthy Eating. Log onto the Health Canada Web site: www.hc-sc.gc.ca.
2. Prepare a shopping list for a two-course meal that includes a hot main dish. Prepare the meal and serve it on a properly set table. Clean up after the meal, leaving the kitchen and dining area in good order.
3. Prepare a breakfast dish that involves cooking and includes a variety of ingredients from different food groups.
4. Prepare a vegetarian meal. Consider the various forms of vegetarians, such as ovo-lacto and vegan. Choose a suitable meal for a specific type of vegetarian.
5. With your patrol, create your own healthy fast food restaurant. Develop a menu, set the prices, and design the look of the restaurant. And, give it a great name! Decide on a location and how many people you would employ there. Then plan your Grand Opening and invite other patrols to come to your restaurant to try some of your signature dishes.



Girls Creating

6. Find out about particular diets that people might follow for health reasons. Cook a dish that is suitable for one of the following diets: diabetic, cardiac, gluten-free, low fat or lactose-free.
7. Cook a traditional dish from a country other than Canada.
8. Use a poster, set of cards, or a short skit to show how accidents can happen in the kitchen, and/or the importance of food hygiene.

Date completed: _____

This badge was:



Evaluated by: _____





music fan

Purpose: to find out about and appreciate various forms of music.

Complete six of these eight activities to earn this badge.

1. Design your own music awards program. With a group of friends decide on five categories you want to recognize such as Best Female Vocalist, Best Pop Song by a Female Artist, and so on. List singers you like in each category. Ask your friends to vote on the best in each category. Play the songs at a party.
2. Create a dance alone, or with some friends, using a song of your choice. Explain why you chose the song.
3. Interview someone who has a career in music, such as a sound engineer, composer, music teacher or musician. Ask why they chose their career, what training they needed, and what they like about their career. Write up the information and share it with your unit.
4. Make a simple musical instrument. Choose a song and accompany it with your instrument. Form a rhythm band with members of your unit using the instruments that you made.
5. What types of music were popular for the adult members of your family when they were young? Choose a musician from that period and tell something interesting about him or her.
6. Listen to several types of music — classical, country, pop, rock, rap, gospel — with your friends and discuss the types you like best and why.



Girls Creating

7. Choose a recorded song that you like and listen to it several times. What instruments do you hear? How many singers? Are there backup vocalists?
8. Produce a musical evening with your unit where the girls will sing, play an instrument, produce a dance routine, or lip sync to music. Invite guests to the evening.

Date completed: _____

This badge was:



Evaluated by: _____





needlework skills

Purpose: to develop sewing or other needlework skills.

Complete Numbers 1 and 2 as well as any other two activities of your choice.

1. Using a needle and thread, perform these two functions by hand: sew on a button; and, pin and stitch a hem.
2. Demonstrate how you could mend a piece of clothing. For example, how to mend a tear or fix a seam.
3. Use a simple pattern to sew something by machine or hand.
4. Using knitting needles and yarn, demonstrate the knit and purl stitches. Knit a simple scarf or other article of your choice.
5. Using a crochet hook and yarn, make a simple article such as a potholder or dish cloth, using at least two different stitches.
6. Create a needlepoint using two or more colours.
7. Using three different embroidery stitches, decorate a piece of clothing or other article.



Girls Creating

8. Using a sewing machine, demonstrate how to:

- Thread a sewing machine
- Wind a bobbin and place it in the machine
- Operate the machine safely
- Sew a straight stitch, beginning and ending to anchor the thread

Date completed: _____

This badge was:   

Evaluated by: _____





performing arts

Purpose: to learn all about creating, preparing for, and performing in a show.

Complete six of these eight activities to earn this badge.

1. Write and produce a skit or puppet show demonstrating at least two emotions. Try to use music, instruments or sound effects. This may be done with several girls from your unit or your friends.
2. Take part in a performance as a member of a cast (dance, act or sing) or back stage crew.
3. Watch a live stage performance and tell the members of your unit about it.
4. Do at least two of the following:
 - Choreograph a dance using a sound track from a movie musical
 - Play a game that uses mime
 - Use stage paints or face makeup to “make up” someone’s face
 - Help organize and run a storytelling session
 - Prepare a poster or program for a performance
 - Perform a solo poem, monologue or public speech for an audience
5. Using pieces of fabric, yarn, newspapers, sheets, old clothes and costume jewelry, design your own Girls Creating costumes and props for a performance.



Girls Creating

6. With a group, or on your own, perform a song for an audience using taped or live accompaniment.
7. Make a puppet and use it for a performance.
8. Create a real or unique character, such as an actor from the movies or TV, an animal, a clown, or a rock star, and tell a story or act out a scene from their life and have others guess who it is.

Date completed: _____

This badge was:



Evaluated by: _____





picture this

Purpose: to encourage you to learn about a camera and how to take good photographs.

Complete six of these eight activities to earn this badge.

1. Learn about three different types of cameras. Here are some types you might want to explore:

- 35mm
- Instant
- Single Lens Reflex (SLR)
- Medium Format
- Large Format
- Digital
- Camcorders

Explain the features and the types of film you would use.

2. Show photographs or a video you have taken of five of the following:

- Full body poses
- Action shots
- Facial close-ups
- Sports
- Fashion
- Scenery (landscape)
- Guiding activities
- Tourist sites
- Nature close-ups of flowers, birds, raindrops, etc.

3. Select some of the best pictures you have taken and create a collage.

Or, select your best videotape, edit it, and record music to accompany it. Or, select digital pictures and create a PowerPoint presentation of them.

4. Use five pictures to illustrate a children's book or poem.

5. Create a skit and videotape it. Then have a screening party and critique what worked, what didn't work, and what you might do differently next time.



Girls Creating

6. Explore the types of careers you could have in either still photography or video production. Choose one and research the training and education you would need.
7. Put together a scrapbook based on an interesting theme or idea such as camp, school, girl friends or sports.
8. Experiment taking pictures of the same scene or object with different types of film at different times of the day. You may choose to use black and white film, or different speeds of film such as 200 or 400. What are the major differences in the prints?

Date completed: _____

This badge was:



Evaluated by: _____





reporting

Purpose: to introduce you to the work of a reporter and interviewer.

Complete six of these eight activities to earn this badge.

1. Find out how a reporter's story gets into a newspaper. Describe some of the jobs involved, such as publisher, editor and reporter. If possible, visit a local newspaper to find out about the production process.
2. Write a brief announcement for a future Guide event, such as a pancake breakfast, walk-a-thon or Guide-Scout Week celebration that is:
 - Suitable for publication in a newspaper
- OR**
 - Suitable for radio and/or television (100 words or less)
3. Write an account of an event you have attended and report all the details. Use the five W's: who, what, when, where and why to describe the event.
4. Explain censorship in simple terms. Explain the difference between a news story and an editorial.
5. Be a photojournalist and write an article about a specific topic. Take pictures to bring the story to life.
6. Interview someone with an unusual occupation or hobby and write a profile of this person. Make sure to include interesting details to spice up the story. What was the person wearing, what are their habits, and what hobbies do they have?



Girls Creating

7. Create a cartoon based on a funny incident from your life.
8. In a small group, plan and create a newsletter for girls your age. Decide on the topics and sections you would like to have. Assign stories and jobs to everyone and work as a team to lay it out and put the newspaper together.

Date completed: _____

This badge was:



Evaluated by: _____





Singing

This badge may be completed by an individual Guide or by Guides singing in a group.

Purpose: to help you to develop your singing ability.

Complete six of these eight activities to earn this badge.

1. With other Guides, sing a song in a round.
2. Sing three songs:
 - one Canadian or Provincial/Territorial song
 - One action song or singing game
 - One grace or song of thanks
 - One song of your choice
 - A new song from a Guiding songbook
3. Arrange a karaoke party for your unit or a group of friends.
4. Plan a singalong at a local nursing home. Invite the audience to sing along with you.
5. Plan a Teen Idol contest.
6. Learn how to lead songs with younger girls and select appropriate songs for the age group. Attend a Brownie or Spark unit and lead them in a singalong.
7. Investigate the careers of famous Canadian singers. Discover what kind of training they received and how that helped them in their career.



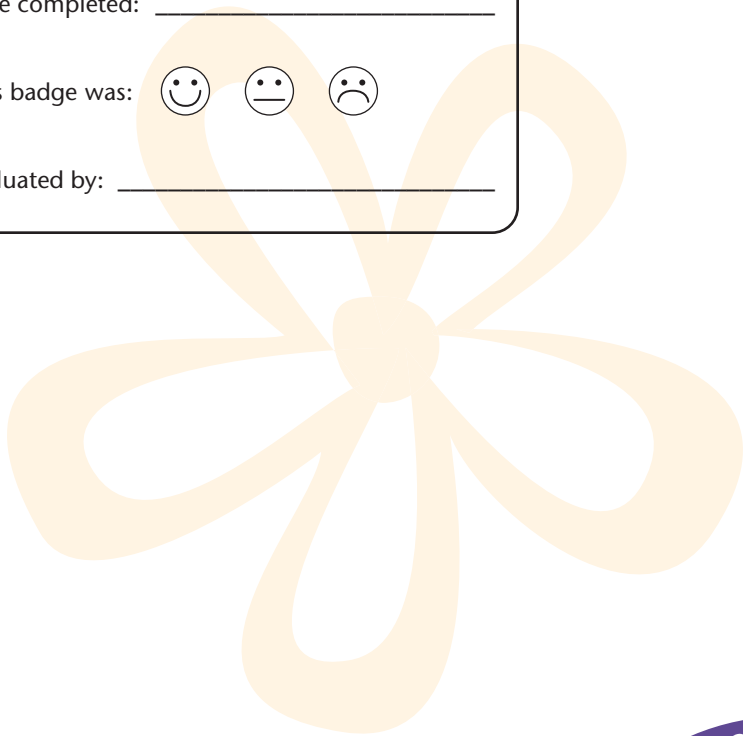
Girls Creating

8. Put together a singing group and take turns being the lead vocalist and back up vocalist, and perform for a crowd.

Date completed: _____

This badge was:   

Evaluated by: _____





tasty treats

Purpose: to encourage you to develop basic baking skills.

Complete six of these eight activities to earn this badge.

1. Bake any two of the following. You may use a mix for one. You may wish to bring one of these to your meeting and serve it to your patrol or Guide unit.
 - Bread or rolls, using yeast
 - Baked tarts or a pie
 - A cake
 - Batch of muffins or cookies
2. Choose a dish, a meal or a baked item and find at least three different recipes for it. Try to find at least one healthier option for that recipe.
3. Find a no-cook dessert recipe and try it.
4. Sweets are often associated with holidays. Choose a traditional holiday treat and make it for your unit, family or friends.
5. Discover treats from around the world. Develop a recipe book to share these treats. Choose at least seven different countries.
6. Find a recipe for a frozen dessert and try it out with your friends or family.



Girls Creating

7. Hold a cookie bake-off with others in your unit. Decide on the ingredients that will go into your cookies and, either separately or as a group, bake the cookies. Invite parents or your Guiders to serve as judges and let them decide on the winning treat.
8. Explore the presentation of desserts in magazines or at restaurants. What things are done to make the desserts look more appetizing on a plate? Try your hand at displaying one of the treats you have made.

Date completed: _____

This badge was:



Evaluated by: _____





writing

Purpose: to encourage you to enjoy creative writing.

Complete six of these eight activities to earn this badge.

1. Write a story of not more than 1000 words on any subject.
2. Write one of the following:
 - An imaginary interview between you and a famous character in a book
 - An exaggerated story that would be fun to tell at campfire
 - An essay about a favourite heroine or hero and list the reference materials you used
3. Write a letter of not less than 100 words describing a humorous incident or exciting event that happened to you.
4. Write a verse, rhyme or poem.
5. Choose a well-known children's story and write a different ending for it.
6. Create three different story starters such as — opening lines of a story, play or poem.
7. Learn about a famous writer; share some interesting things about him/her.



Girls Creating

8. With a group of friends, write a fun story. The first person writes down one sentence and shows it to the second person. That person writes one sentence and shares only that sentence with a third person. When everyone has had a turn, read the whole story aloud.

Date completed: _____

This badge was:



Evaluated by: _____





becoming a teen

Purpose: to help prepare you for adolescence and encourage you to talk about this important transition in your life. This badge should only be attempted when you are ready. Ask for permission from your parents or guardian before you do this badge. Ask a health professional, social worker or guidance counsellor to help you with this badge.

You must complete Number 1. Then you can choose any five of the other activities.

1. Learn about your body and the changes that can take place physically between the ages of 9 and 11. Talk about ways to feel more comfortable about these changes. Learn how to prepare for these changes with nutritious food choices as well as skin care and personal hygiene routines.
2. Discuss how boys change at this age and what differences there are between boys and girls.
3. Interview family members and ask them what it was like for them as a teen.
4. Write a poem, draw a picture, or act out a skit about being a teen.
5. Make a list of the positive and negative things you have heard and know about being a teen.
6. Discuss the importance of developing friendships with boys and girls, including the advantages of having both boys as friends and girl friends. Then, discuss the disadvantages of having only girls for friends.



Personal Growth

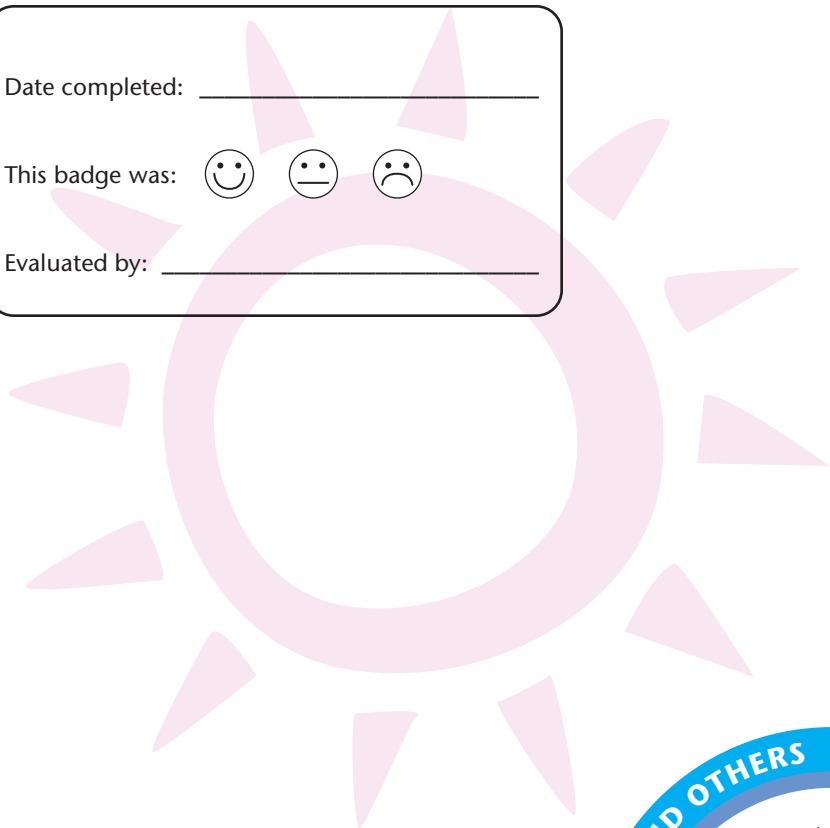
7. Discuss the emotional changes and needs of teens. How can you become emotionally independent?
8. Hold a teen evening to experiment with hair, makeup and clothes. Ask a skin care expert, hairdresser or beautician to attend your meeting.

Date completed: _____

This badge was:



Evaluated by: _____



Personal Growth



career awareness

Purpose: to encourage you to explore careers and career skills.

Complete six of these eight activities to earn this badge.

1. Make a list of your skills, talents, hobbies and interests. Use this list to help you brainstorm a list of careers that interest you.
2. Choose two careers and find out more about them. For example, discover what type of education or training is needed and which colleges and universities offer the required education. How much is the tuition for the required education? What is the starting salary and the average salary for these jobs? What special clothes, tools and equipment are used? What is the future of these jobs?
3. Read three help wanted ads from a newspaper or an Internet job site. What do all those abbreviations mean? What experience or education is needed for each job? Compare the salaries. Would you like to have any of those jobs? Why, or why not?
4. Select a help wanted ad and perform a skit of a job interview for that job. What questions would the interviewer(s) ask to find the best person for the job? How would the candidate answer the questions to make the best impression?
5. Plan a visit to a workplace, job shadow a parent, or ask someone to visit your Guide unit to talk about their job.
6. Prepare a list of questions about a career that interests you and interview someone in that field.



Personal Growth

7. Find out how well you think on your feet by playing this game with others:
 - Have a slip of paper for each girl.
 - On each slip of paper write a simple word, such as shoe or thumb, or a complex word like friendship or peace.
 - Put the slips of paper into a container.
 - Each girl takes a turn and picks one slip of paper from the container and talks for 30 seconds about her topic.
8. Improve your career skills, such as leadership, communication, planning, conflict resolution, time management, stress management, or goal setting.

Date completed: _____

This badge was:



Evaluated by: _____





child care

Purpose: to help you learn responsible childcare skills.

Note: you may earn this interest badge by attending a babysitting course, or by completing six of these eight activities.

1. Make a babysitter's booklet for use when babysitting, that includes information about: emergency phone numbers, address and phone number of the house, meals and menus, medication, playtime, bedtime, bath time, house rules, locks, alarms, extra keys, emergency supplies, appliances and pets.
2. Create a safety card game. On one side, give an example of a child safety situation, like "The child you are watching wants to play with small items that could easily be swallowed". On the other side, give three options of what you could do. Play the game with others.
3. Learn about the age characteristics of infants, toddlers and preschoolers.
4. Go through a toy store or catalogue and check for toys that would be safe and those that might be dangerous for children under three-years-old. Share your findings.
5. Create a babysitter's activity box for younger children. Include supplies for three different activities. Make sure the activities are safe. If possible, try out the activities with younger children.
6. Children love to hear a good story. Read five books that younger children really enjoy and choose two to read to a younger child. You can also write your own stories to read to children.



Personal Growth

7. Spend time observing a young child or infant. Write down what you find out about the child's behaviours and moods.
8. Make a flyer for your real or imaginary babysitting business. Include reasons why parents should hire you.

Date completed: _____

This badge was:



Evaluated by: _____





collecting

Purpose: to encourage you to make and share a collection.

Complete six of these eight activities to earn this badge.

1. Before you begin a collection, answer these questions:
 - Is the hobby fun?
 - Can you afford it?
 - Do you have the space for it?
 - Will it harm the environment?
2. Include at least 15 items in your collection. Organize your collection by name or classification of each object. Keep a record of your collection. For example, record when you acquired an object, how much it cost or where you found it, and something special about each item.
3. Learn more about the items in your collection. Share what you have learned with others.
4. Arrange, display, or mount your collection so that you can show it to others. Get your collecting friends together and show off all of your collections.
5. Find out what clubs, organizations, Web sites or magazines exist for people with your hobby.
6. There are many ways to help others by collecting. Collect clothes and donate them to a charity. Feed the hungry by organizing a food drive and collecting canned goods. These collections should not be kept or put on display – they're more useful when given away.



Personal Growth

7. Keep your park clean by collecting garbage.
8. Ask members of your family if they collect anything. If they do, what do they collect and how long have they been doing it? Offer to help carry on the tradition by contributing to the collection, or share with them what you have learned about collecting.

Date completed: _____

This badge was:



Evaluated by: _____





event planning

Purpose: this badge will show you the fun and organization of planning an event or party.

Complete Numbers 1 to 4 as well as any two other activities:

1. Form a committee to host the event with a chairperson or co-chair people. Decide what type of event it will be and choose a theme.
2. Decide where, when and who to invite. Design invitations and send them to the guests. Don't forget to include RSVP instructions so you'll know how many people to expect.
3. With the members of the committee, discuss the menu, the decorations, what you will have for entertainment, and the budget. Divide up the jobs so that everyone has something to do.
4. Hold your event and evaluate it afterwards.
5. Put together a tip list for others who might want to hold the same type of event, noting what did and did not work well for you.
6. Lead a game or activity during the event.
7. Play the part of the host, welcoming people, announcing activities, and thanking the guests at the end of the event.
8. Make a video of the event.

Date completed: _____

This badge was:



Evaluated by: _____



heritage home skills

Purpose: to learn home skills from the past.

Complete six of these eight activities to earn this badge.

1. Help someone make one of the following: jam, jelly, marmalade, pickles, relish, or preserved vegetables or fruit. Learn how to sterilize and seal the storage jars. Know how to tell if the jars were not sealed properly. How would you know if the contents had spoiled?
OR
Help prepare and freeze vegetables or fruit to preserve them. Know how to tell if they have spoiled after being frozen.
2. Help someone who knows how to smoke meat or fish to preserve it.
OR
Help someone make cheese, butter, cottage cheese, ice cream or bread.
3. Knit, weave or crochet something useful.
OR
Mend two kinds of clothing and darn a hole in a sock.
4. Learn how to spin wool into yarn, make soap or candles, or dye fabric using natural dyes.
5. Do a folk activity that requires many helping hands, such as a taffy pull or quilting bee.
6. Use a traditional art form that was common 75 or more years ago.
7. Make a traditional toy that was common 75 or more years ago.



Personal Growth

8. Visit a place where antiques, historical crafts, or folk art collections are displayed, such as a museum, antiques store, pioneer village or historic landmark.

Date completed: _____

This badge was:



Evaluated by: _____

Personal Growth



high on life

Purpose: to think about things that are important to you and how they can help you make positive choices.

Complete six of these eight activities to earn this badge.

1. With a group of friends, make a list of things in your life that give you a natural high (for example, talking to friends, doing a hobby, listening to music, reading, dancing and sports). Choose your favourite and do it.
2. With a group of your friends role-play a situation where one of your friends has tried smoking. What would you do or say? What if she asked others to try it too? Act this out for the rest of the group.
3. Design a poster or collage that can be used to discourage kids from using drugs. Create it so that you can display it in public. Ask someone at school or a community building if they will display it for you.
4. Talk to police. Go to the station or have a law enforcement officer visit your unit meeting to talk about the Breathalyzer (showing you one, if possible). What is the penalty for drunk driving? What does a person feel like when driving drunk?
5. Watch some of your favourite TV shows. Make a list of how many references are made to drugs, alcohol or smoking. Make a note if these programs are promoting drug-free messages or making them look “cool”. Discuss with your Guiding friends.



Personal Growth

6. Talk to an organization in your community such as the Cancer Society, Lung Association, Heart and Stroke Foundation, or an addictions counsellor. Find out how you can help the organization. As a group, follow the plans.
7. How does peer pressure influence the choices you make? Have a discussion with your unit and talk about ways to avoid peer pressure.
8. Write a speech about the dangers of an addiction: alcohol, gambling, smoking or drugs. Present this speech to your unit, at school, or for some other audience.

Date completed: _____

This badge was:



Evaluated by: _____

Personal Growth



interpreting

Purpose: To encourage you to learn how to communicate in another language.

Complete six of these eight activities to earn this badge.

1. Choose three languages other than your own, and identify one country or culture that uses each of those languages.
2. Learn five of the following phrases in a language other than your own:
 - Hello
 - You're welcome
 - Train
 - Police Station
 - Bus
 - Embassy/Consulate
 - Goodbye
 - Where is...?
 - Telephone
 - There is...?
 - Hospital
 - Bathroom/Toilet
 - Thank you
 - Hotel
 - Grocery store
 - Bank
 - Restaurant
3. Learn sign language. Sign the alphabet, and count from one to ten. Learn to sign the following words:
 - Please
 - Nice to meet you!
 - Father
 - I am
 - Thank you
 - My name is...
 - Goodbye
 - You are
 - How are you?
 - Mother
 - Where is...?
 - We are



Personal Growth

4. Do a skit using some of the words or phrases you learned from Number 2 or 3.

OR

Order a meal in a language other than your own.

5. Translate the lyrics of a song from one language into another.

6. Write a poem in a language other than your own.

7. Play a game to help you learn words from a language other than your own.

8. Do a humorous skit about someone who is visiting a country where she does not know the language. For example, how would she find her hotel? Find a restaurant? Order a meal? Ask for a straw? Find the bathroom?

Date completed: _____

This badge was:



Evaluated by: _____



life skills

Purpose: to introduce you to some basic life skills needed around your home.

Complete six of these eight activities to earn this badge.

1. Learn how to use and care for two major and two small appliances in use in your home.
2. Learn how to use and care for three hand tools (not electric) and, under supervision, one electric tool.
3. Explain the weekly chores necessary to help keep your home neat and clean. Help with these chores for at least two weeks.
4. Help with the disposal of garbage in your home. Include kitchen, bathroom and bedroom areas. If you recycle, learn how to separate your garbage and when to put it out for collection. Help with this for two weeks.
5. Be familiar with the garment care label symbols on your clothing.
6. Under supervision, help with the laundry for yourself or your family for one week.
7. Write a cheque, a deposit slip and a withdrawal slip for a bank or trust company.
8. Choose an activity of your own choice that relates to life skills.

Date completed: _____

This badge was: 😊 😐 😞

Evaluated by: _____





pet lover

Purpose: you will learn about the responsibility of loving and caring for a pet.

Complete Numbers 1 to 4 as well as any two other activities.

1. Describe how you can be kind and gentle to your pet by explaining how important the following are: correct handling, exercise, feeding, grooming and medical care.
2. Know how to recognize an illness in your pet. What should you do if your pet is ill? Know the diseases that are common to your pet and when your pet should receive shots.
3. Describe the type and amount of food your pet needs.
4. Be responsible for the daily care of your pet for at least one month. Discuss the care of your pet with your unit. Know the local laws that apply to your pet.
5. Share something interesting about your pet with your unit.
6. Bring your pet to the unit. Maybe organize a pet night. Before you do this, be sure to check with your Guiders to find out if anyone has allergies.
7. Share a story you have read or a movie you have seen about pets.
8. Accompany your pet on a visit to the veterinarian for vaccinations or a check-up.

Date completed: _____

This badge was:



Evaluated by: _____



postal

Purpose: to learn postal procedures.

Complete all of these activities to earn this badge.

1. Demonstrate how to address an envelope. Be sure to include:

- Name
- Street address
- Town
- Province/territory (or state)
- Postal code
- Country

Indicate the placement of the stamp, postal code and return address. Why are these included on the envelope?

2. Find out how much it costs to send a letter or card to:

- Anywhere in Canada
- Anywhere in the U.S.A.
- Another country of your choice

How much does the cost of postage change with the size and weight of the letter or package?

3. Identify and explain the use of special services offered through the post office. For example, how can you protect your letter or package? What service do you use for faster delivery?



Personal Growth

4. Show how to wrap and address a parcel.
5. Visit or find out where your local post office is and what hours it is open. Locate the nearest post office box to your home and to your Guide unit's meeting place.

Date completed: _____

This badge was:



Evaluated by: _____

Personal Growth



reading

Purpose: This badge will encourage you to read for enjoyment.

Complete six of these eight activities to earn this badge.

1. Read any book by a Canadian author or written about a Canadian woman.
2. Read a book of poetry.
3. Read a work of fiction, fantasy or a fairytale.
4. Read a book that is part of a series: Nancy Drew, Junie B. Jones, Babysitter's Club, or Goosebumps.
5. Read a book from one of the following categories: travel, adventure, science fiction, biography, natural science or history.
6. Read a book of your choice by a different author than you used in Numbers 1 to 5 above.
7. Start a book club and invite members of your unit to join. Choose a book to read each month and discuss it afterwards.
8. Obtain a library card and borrow books on a regular basis.

Date completed: _____

This badge was: 😊 😐 ☹️

Evaluated by: _____





recycling

Purpose: to encourage you to recycle.

Complete six of these eight activities to earn this badge.

1. Set up recycling stations at home. For example, separate newsprint, glass, cans, cardboard and plastics into bins. Your stations will depend on the recycling done in your community. Ask your family to join you in recycling for one month.
2. Find out about composting. If possible, participate in a composting program in your home or in your community.
3. Deposit your collected materials at a recycling depot or curbside.
OR
Visit a recycling operation.
4. Make up a recycling game and play it with others.
5. Make a work of art by using stuff you would ordinarily throw away, such as bottle caps or milk containers.
6. Name two local places (e.g., schools, work places, stores or gas stations) where you think recycling should be implemented. What can you do to make this happen?



Personal Growth

7. Brainstorm new ways that you can reduce, reuse and recycle. Set yourself a goal to do one of these activities for a month.

OR

The fourth R is to refuse to accept items that have been over-packaged. Identify examples of products that use less packaging that you could choose to buy, instead of others that use more packaging.

8. Decorate a T-shirt or canvas bag to show why recycling is important.

Date completed: _____

This badge was:



Evaluated by: _____





boat safety

For information to help you earn this badge, see the Canadian Coast Guard's *Safe Boating Guide*. It is available by calling 1-800-267-6687 or visiting the Web site at: www.tc.gc.ca/BoatingSafety/menu.htm

Purpose: to learn about small watercraft and to help you understand and practice basic safety while boating.

You must complete all of the activities to earn this badge.

1. Know the difference between a life jacket and a PFD.
2. Explain how to take care of a PFD.
3. Know what a boat under 5.5 metres must have on board by law.
4. Why do boats have a maximum capacity plate? Discuss why passengers and equipment should be evenly balanced in the boat.
5. Find out what a float plan is. Discuss why it should include: who is going; where you are going; how long the outing will be; and the craft involved. Who should look after the float plan?
6. Explain several different ways to find out the weather forecast. Identify weather signs that indicate change.
7. Describe what a reaching assist is and the best positions in which it should be used.
8. Learn rescue breathing. (Direct human-to-human contact is not required.)
9. What does EMS mean? Explain how to contact them in your community.
10. HELP stands for Heat Escape Lessening Position. Explain or demonstrate the position. Why it is important to boaters? What is the huddle position?
11. What are the dangers of combining alcohol and drugs with boating?



Safety

At a pool or waterfront, with an experienced instructor, demonstrate the following activities:

12. Wearing a properly fitting government approved PFD or life jacket, swim 75 metres. Assume the HELP position for two minutes. With several others, demonstrate the huddle position.
13. Demonstrate how to enter and exit a boat safely from a dock, shore or poolside.
14. Test your boat for stability by rocking, in the kneeling, sitting and standing positions. Discuss the risk of changing seats or moving around in a boat. Show the best position of passengers and equipment for good stability.
15. Demonstrate safe methods for entering the water from a boat in deep water and learn how this can affect a boat's stability.
16. Learn how to get into a swamped boat from the water. Paddle the swamped boat with your hands, then with oars or paddles.
17. Demonstrate how to use a reaching assist from a boat with a partner in the water.

Note to the evaluator: *This badge promotes an awareness of boating safety. The girls are not expected to perform the skills with precision.*

All boating activities must follow Safe Guide policies and procedures.

Date completed: _____

This badge was:   

Evaluated by: _____





canoe safety

Purpose: to provide you with basic canoeing safety knowledge and canoe skills.

Complete all activities to earn this badge.

Pre-requisite: To try for this badge you must hold the Boat Safety badge, and wearing a PFD, you must:

- swim 75 meters
 - Demonstrate the HELP position for two minutes
 - Tread water for five minutes.
1. Review the information in the Boat Safety badge.
 2. a Choose a suitable paddle and give the reasons for your choice.
Demonstrate the care of the paddle and show where the grip, shaft, throat, blade and tip are located.
b Demonstrate that you know the proper clothing and footwear to wear while canoeing.
 3. a Show these parts of the canoe: bow, stern, gunwale, bow and stern seats, thwarts, painters and yoke.
b Explain how to care for a canoe on land and in the water.
 4. Explain:
 - a The positions of paddlers and their paddles in a canoe (one, two, and three paddlers)
 - b The position of passengers in a canoe
 - c The load capacity and trim of a canoe.



Safety

5. With a partner in a canoe:
 - a Demonstrate balance and avoid sudden, unannounced movements.
 - b Participate in a controlled capsized. Stay with the canoe and push the submerged canoe to shore. Sound your signalling device.
 - c Demonstrate how to empty and right a canoe in shallow water, in a pool or at the edge of a dock.
 - d Launch a canoe from a dock (more than one helper may be necessary).
 - e At the edge of a dock or near shore, practice the following strokes: forward stroke, reverse stroke, check/stop, forward and reverse sweep, draw, and pry or push away.
 - f In the bow and stern positions, find out how the canoe responds to different strokes.
 - g In the stern position, demonstrate the J-stroke or appropriate steering stroke.

Note to the evaluator: *Canoe Safety badge items are basic introductory activities. The skills do not have to be executed perfectly. The girls should understand which stroke is used in specific situations and have the ability to move the canoe in the desired direction.*

All boating activities must follow Safe Guide policies and procedures.

Date completed: _____

This badge was:   

Evaluated by: _____





fire safety

Purpose: to teach you about fire prevention and what to do in an emergency.

Complete six of these eight activities to earn this badge.

1. Show that you understand the:
 - Three elements of fire
 - Causes of fire
 - Different types of fire
 - Danger of smoke and fire.
2. Describe the methods of putting out various types of fires:
 - Where there are no regular extinguishers
 - Using common types of fire extinguishers.
3. Describe what you should do:
 - To prevent fires
 - When a fire starts
 - If your clothing catches on fire
 - To contact your local fire department in case of an emergency.
4. Explain why fire escape plans and smoke detectors are important in your home. With your family, set up a home fire escape plan and practice it. Test each smoke detector in your home and change the batteries once a year.



Safety

5. Discover how to become a firefighter.
6. Find out how to sound the alarm, both to the fire department and to the people in a building such as your meeting place or school.
7. Learn the steps to be taken to save lives (be able to help the authorities).
8. Find out the dangers of panic and how to prevent it.

Date completed: _____

This badge was:



Evaluated by: _____





first aid

Purpose: to teach you basic first aid.

Complete all of these activities to earn this badge.

1. Explain why it is important to check the accident area for your own safety before offering help.
2. Explain how to get help, what to do until help arrives, and what to do after it arrives.
3. Describe the limitations of a first-aider.
4. Describe what to look for when finding an accident victim. For example, check the ABCs (airway, breathing, circulation using the pulse), the position of victim, and so on.
5. Explain the danger of moving a person who has been injured.
6. Demonstrate how to keep a patient comfortable.
7. Tell about the danger of infection.
8. Put together a simple first aid kit and tell why each article was chosen.



Safety

9. Demonstrate rescue breathing and how to help someone who is choking. Direct contact (human-to-human) is not required for practicing or demonstrating rescue breathing.
10. Explain how to treat a nosebleed.

Date completed: _____

This badge was:



Evaluated by: _____





law awareness

Most police departments have a community relations unit that could help you with this badge.

Purpose: to help you understand the work of law enforcement agencies.

Complete six of these eight activities to earn this badge.

1. Know the basic qualifications required for a person to join a police department.
2. Identify the fastest way to contact the police in an emergency.
3. Be familiar with local laws concerning trespassing on private property, vandalism, arson, bicycle operation, pedestrian traffic, shoplifting, child abuse, littering, drug possession and drug trafficking.
4. Describe what to do if:
 - You return home to find the house has been vandalized
 - You witness a hit-and-run accident
 - A stranger asks you for information about your parents or neighbours
 - A stranger follows you or offers to give you a ride
 - You are alone and the telephone rings or someone comes to the door.



Safety

5. If there is a curfew in your community, know the time of the curfew and age to which it applies. If the Block Parent program or Neighbourhood Watch program is used in your community, explain how it operates.
6. Take a tour of a police station or have a law enforcement officer, recommended by your local police agency, visit your Guide unit.
7. Host a video slumber party with friends with the theme Crime and Justice. View one or two movies or TV shows in which youth is involved in crime. Discuss the issues of justice or injustice that were presented in these movies or TV programs.
8. Hold a mock trial on an issue that affects girls. Include the role of the prosecutor, defence lawyer, judge, jurors, witnesses, and so on.

Date completed: _____

This badge was:



Evaluated by: _____





street wise

Purpose: to explore personal safety and self-defence.

Complete six of these eight activities to earn this badge.

1. Draw a map of your local community or your route to school. Mark the areas where there are potential hazards. For example, where there is a vacant lot, alleyways, poor street lighting, parked cars, building sites, etc. Note where there are public telephones, a police station, Block Parent or Neighbourhood Watch homes, or stores where you could get help if you needed it.
2. Be able to read a street map and give directions.
3. Design a colouring book about street safety for younger children.
4. Create a streetwise puppet show to teach younger children about personal safety.
5. Brainstorm the top ten safety tips you think every kid should know, and create a game to teach them.
6. Take a self-defence course designed for women and girls.



Safety

7. Brainstorm ways that you can increase your personal safety.
8. Make a collage of different images from magazines that send mixed messages about personal safety. Share your findings with your unit.

Date completed: _____

This badge was:



Evaluated by: _____





aeronautics

Purpose: to encourage your interest in aerospace.

Complete six of these eight activities to earn this badge.

1. Name and describe four different types of aircrafts now in use. Be sure to include those common to your area. Find out some things that make one type of aircraft different from another.
2. On an aircraft, a picture, or model of an aircraft, identify: fuselage, rudder, nacelle, wings, cockpit, elevator, undercarriage and aileron.
3. Find out what separation of aircraft means, what a windsock is, what runway numbers mean, and why airplanes land into the wind.
4. Visit your local airport. Find out the purpose of the Air Traffic Control Tower or the Flight Service Station.
OR
Visit an aerospace museum or a planetarium. Share what you learned there with someone else.
5. Create and fly three different types of paper airplanes. Have races with awards for longest flight, best stunt, and most accurate flight.



Science & Technology

- Put together a simple model glider. Can you make your glider fly straight, stall, loop, bank right and bank left?
- Make and fly your own kite.
- Host a kite-flying workshop or festival. If possible, invite another unit to join the fun.

Date completed: _____

This badge was:



Evaluated by: _____





astronomy

Purpose: to introduce you to the pleasure of stargazing and increase your knowledge of astronomy.

Complete six of these eight activities to earn this badge.

1. Define the following: planet, comet, meteor, meteorite, star, and the Milky Way.
2. Draw a picture or make a model of our solar system. Show the different planets.
3. Find out how we can use the sun and stars to tell directions. Locate the North Star.
4. Learn about the movement of the stars. Use a star map.
5. There are many ancient tales of how the constellations came to be. There are the stories of the Big Dipper and the Little Dipper, of Pegasus the flying horse, and many others. Learn one of these stories and share it with others.
6. Find these constellations: Cassiopeia and Ursa Major (which includes the Big Dipper), and two of these constellations:
Cygnus, Taurus, Leo, Gemini, Pegasus
OR
The stars of the Summer Triangle
OR
Any two of the bright stars: Capella, Sirius Aldebaran, Arcturus, Antares
OR
One planet in the night or morning sky



Science & Technology

7. Learn more about the moon — the phases, its age, names of features — and then take a closer look with binoculars or a small telescope.

8. Learn the parts of a telescope and how to use one.

OR

Visit a large observatory and learn about the telescopes there.

Date completed: _____

This badge was:



Evaluated by: _____





body works

Purpose: to encourage your interest in the science of human biology.

Complete six of these eight activities to earn this badge.

1. Find out something about how the human body works. Create a presentation, model, display, or something else to demonstrate what you have learned.
2. Interview a doctor, dentist or another medical worker to find out about the different ways that science and math are used in his or her work. Ask for a demonstration of science at work. For example, have your blood pressure taken, or find out how tooth decay can be prevented.
3. Find out about a health-related organization or association and what they do. Do a health-related community service project.
4. Learn how to take your pulse on your wrist, or on your neck, when you are sitting and at rest. Then, get active (e.g., jump, dance or run) and take your pulse again.
5. Optical illusions “trick” your eyes. Try some out with your family, friends, patrol or Guide unit. What do you think is happening? Why?

OR

Create your own optical illusion. You will need a pen, a ruler, a compass for drawing circles, and sheets of tracing paper. In the centre of a piece of tracing paper, construct a small triangle, circle, square, or other geometric figure. Use a ruler for straight-line figures and a compass for circles. Carefully draw the same shape outside the original, keeping lines parallel and as close as possible without touching (a few millimetres apart). Draw larger and larger shapes until approximately half the paper is full. Repeat the same process on a different sheet of paper. Place one design over the other and move the sheets around. What happens to the lines?



Science & Technology

6. Take your own fingerprints. Then, compare yours to someone else's and note the differences and similarities. Find out about the seven main characteristics of fingerprints: the loop, arch, whorl, tented arch, double loop, central pocket loop and accidental. Can you find them in your fingerprints?

OR

Lift your own fingerprints. You will need a small mirror, or other smooth glass surface, baby/talcum powder, a soft toothbrush, clear tape (not "invisible" tape), and glossy black paper. Firmly press your finger against the glass surface. Then, sprinkle some powder onto the brush and gently wipe it across the glass. Put a piece of tape, sticky side down, onto the dusted fingerprint. Carefully peel off the tape and stick it on the paper.

7. Take this test to find out if you have flat feet or high arches. You will need a bucket, water, a brown paper bag and towels. Take off your socks and shoes. Put your bare feet, one at a time, into the bucket of water. There should be enough water to leave a footprint, but not so much as to make a mess. Place each wet foot on the brown bag. If your footprint looks like a pancake with toes, you have flat feet. If there is little or no connection in your footprint between the front part of the foot and the heel, you have a high arch.
8. Find out if fat insulates against cold. You will need water, ice cubes, two same-size containers, and vegetable shortening. Place the same amount of water and ice cubes into the two containers. Thickly coat one hand with the shortening. Place this hand in one container, and place the uncoated hand in the other container. Which feels cold first? Why?

Date completed: _____

This badge was:   

Evaluated by: _____





business communication

Purpose: to introduce you to the basics of business communication.

Complete six of these eight activities to earn this badge.

1. Find out how to place an advertisement in your local newspaper or on your local radio or television station. Write an advertisement suitable for one of these.
2. Write or type a business letter. Use a computer, if you like. You may be ordering products, making an inquiry, or writing for any other business purpose. Address the envelope. Know why it is important to keep a copy of correspondence.
3. Take a telephone message accurately. Show that you can use a telephone directory to find telephone numbers for government departments, businesses, and in case of emergencies. Know the procedure for making long distance calls, including collect calls.

OR

- Show that you can send a message with e-mail or with another electronic device. Use an online telephone directory or other electronic telephone list to find telephone numbers for businesses and individuals.
4. Prepare and distribute an advertising flyer for a Guide event or other special event. If possible, use a computer. Know how to make copies of the flyer.



Science & Technology

5. Write a short news story about your Guide unit.
6. Design a newsletter for your Guide unit.
7. Learn one of the following: semaphore, Braille, signal flags, international alphabet words, international road signs, distress signals, or referee's signals. Show what you have learned to someone else.
8. Make a collage or poster showing different types of communication.

Date completed: _____

This badge was:



Evaluated by: _____





chemistry

Purpose: to encourage your interest in chemistry.

Complete six of these eight activities to earn this badge.

1. Find out what a polymer is and make your own. You will need white glue, powdered laundry detergent, water, two plastic cups, measuring spoons and two stirring spoons. Mix a teaspoon of glue and a teaspoon of water in the first cup. In the second cup, mix a teaspoon of laundry detergent and a tablespoon of water. While stirring the mixture in the first cup, slowly add the mixture from the second cup until a glob forms.
2. Create a chemical reaction. You will need baking soda, a spoon, an empty pop bottle, a glass baking pan, dry dirt, one cup of vinegar, red food colouring, a funnel, and some topsoil. This can be messy, so be careful not to get any on your clothes. Put the bottle in the pan and add about two tablespoons of baking soda inside the pop bottle. Use the dirt to make a mountain around the bottle, being careful not to cover the opening and not to get any dirt inside. Add red food colouring to the vinegar. Next, use the funnel to pour it into the bottle. What happens? Why?
3. Use invisible ink to write a message. You will need a bottle of lemon juice, a fine tip paintbrush, a piece of paper and a lamp. Use the juice and paintbrush to write a secret message on the paper. Let the paper dry for 20 minutes. Then, have a friend hold the paper over the warm light bulb until the message can be seen.



Science & Technology

4. Find out about chromatography. You will need coffee filters or paper towels, scissors, a black washable marker, a clear drinking cup and water. Cut a strip of the coffee filter about one inch wide. Then draw a dot or a line with the black marker about 1/2 inch from one end of the strip. Pour some water into the cup. Place the filter so that the tip, but not the dot or line, touches the water. What happens? Why?
5. Find out about pH levels by using litmus paper to test various household liquids. Make sure you follow the directions on the package. You can try vinegar, lemon juice, apple juice, pop, black coffee, pure water, milk of magnesia, and other liquids. Which ones are acidic? Which ones are alkaline?
6. Perform three chemistry magic tricks for others.
7. Help Sparks, Brownies or someone else with a chemistry activity.
8. Complete a chemistry activity of your choice. Show your results to your patrol, Guide unit or family.

Date completed: _____

This badge was:   

Evaluated by: _____





computer skills

Purpose: to help you gain practical skills in using computers, and to know their importance.

Complete six of these eight activities to earn this badge.

1. Understand the Girl Guides of Canada-Guides du Canada's My Online Safety Checklist (it can be found at www.girlguides.ca under "online activities"). Why is it important? What are the Internet rules in your home, school, or library?
2. Describe three different ways a computer would be helpful to a Guide unit. Talk about how computers are used in our daily lives.
3. Visit a store, business or factory where a computer is used. See the computer in operation and find out what it is used for, and what jobs are connected with it.

OR

Invite someone who works with computers to visit your unit. Find out what he or she does and the education and training needed for the job.

4. Learn about the parts of a computer and the function of three of them: computer/CPU (central processing unit), keyboard, display screen/monitor, printer, disk/diskette drive, modem, mouse/touch pad, hard disk, CD ROM drive or scanner.

OR

Find out the difference between hardware and software. Explain the proper handling and care of them.



Science & Technology

5. Present two different examples of work you have made on the computer using a word processing program.
 6. Use a software program to do something that will save you time, teach you something, get you organized, or help you build, design or map out something.
 7. Present two different examples of work you have made on the computer using a program that is not a word processing program.
- OR**
Create a Web site.
8. Make a list of your favourite Web sites and computer games. Explain why you like each one. Compare your list with someone else's.

Date completed: _____

This badge was:



Evaluated by: _____





engineering

Purpose: to increase your interest in the many aspects of engineering.

Complete six of these eight activities to earn this badge.

1. What is an engineer? Name four different types of engineers and find out what they do. Name some devices and materials that have made life better for people.
2. The work of engineers can be seen in many places. Identify at least four simple machines and show examples to your patrol or unit. Simple machines make use of levers, pulleys, wedges, screws, ramps, wheels and axles that include such things as rollers, pistons, gears, etc. See who can find other examples of simple machines around your meeting place or area.
3. Find out about some of the tools and items an engineer might use, such as: blueprints, voltmeters, oscilloscopes or other meters, scales, circuits, circuit boards, batteries, etc.

OR

- With an adult buddy, select an item and learn how to put it together, take it apart, or make simple repairs to it.
4. Do a hands-on activity to learn more about magnetism, chemical reactions, electricity, synthetic materials, or any other engineering topic.
 5. Construct a bridge, house, mousetrap, model ship, model airplane, or a simple machine that shows some engineering principles.



Science & Technology

6. With an adult buddy, perform a basic circle check on a car or other vehicle. Then, learn the name for each light, dial, and gauge on the dashboard. What do they do?
7. Make a plan of a room or a garden to scale using graph paper or a computer software program.
8. Try to build a structure from which you will hang a cup, using the following materials: old newspaper (rolled up tightly), tape, string, a plastic cup, and a cupful of small rocks or gravel. Can you fill the cup with rocks or gravel without it tipping?

Date completed: _____

This badge was:



Evaluated by: _____





physics

Purpose: to encourage your interest in the science of matter and energy.

Complete six of these eight activities to earn this badge.

1. Determine how many drops of water you can get to stay on the top of a penny. You will need water, a penny, and an eyedropper. Try this activity a second time and put a dab of soap on your finger, then gently touch the water. What happens when the soap meets the water on your penny? Why?
2. Learn about energy. You will need a tennis ball and volleyball. Drop the tennis ball from shoulder height. Then, drop the volleyball from shoulder height. Next, place the tennis ball over the volleyball and drop them together. Did the tennis ball go higher the first time or the second? Why?
3. Learn about friction. You will need a cookie sheet, a plastic tray or piece of wood to act as a ramp, a small toy car with wheels, different substances to put on your ramp (e.g., water or sand), and a stopwatch. Consider doing this outside because it can be messy. Set up your ramp on a tilt. Time your car's descent without anything on the slope and record the results. Put one of the substances on the ramp and try it again. Was the car faster or slower? Why? Try it again using other substances.
4. Make a simple kaleidoscope that uses reflected light. You will need a shiny picture postcard, tape, coloured cellophane, white tissue paper and scissors. Fold the postcard lengthwise (with the shiny side in) into



Science & Technology

three equal parts to make a triangular tube. Tape the postcard so the seam doesn't let light in. Cut small pieces of cellophane. Cut two pieces of the tissue paper five centimetres larger than the end of the tube. Place the cellophane between the two pieces of tissue paper and tape the layers around the tube. Hold the kaleidoscope up to the light and shake it. What do you see?

5. Tape some squares of white paper up in a dark hallway. Use flashlights with red, blue and green cellophane taped over them. Shine different combinations of light on the paper. What other colours do you get?
6. Show that there are colours in sunlight. You will need a clear bowl, water, a small hand mirror, and sunshine. Fill the bowl with water and set it in direct sunlight. Then, place the mirror in the water and angle it so rainbow colours reflect on a nearby object.
7. Make a convex lens. You will need several different clear drinking glasses and water. Fill a glass with water. Hold a finger behind it. Then, look closely at that finger through the glass. Does your finger look bigger, smaller, or the same? Why? Try it again with the other glasses. How are convex lenses used in daily life?
8. Complete a physics activity of your choice. Show your results to your patrol, Guide unit or family.

Date completed: _____

This badge was:



Evaluated by: _____





plants and animals

Purpose: to encourage your interest in plant and animal science.

Complete six of these eight activities to earn this badge.

1. Play a game in which you find and list as many products made from plants as possible. The team with the most correct answers in a set time wins.

OR

Pick one fruit and one vegetable that you have never tasted. Prepare each one for your friends, family, patrol or unit.

OR

Use at least two kinds of seeds that people eat to make your own work of art.

2. Gardeners use different plant parts to propagate (make more) plants. Grow something from one of the following ways: seed (e.g., sunflower seed), root (e.g., sweet potato), leaf (e.g., African violet), or stem (e.g., daffodil bulb).
3. To learn about plant nourishment, try this. You will need three clear drinking glasses or vases, three different colours of food colouring, three white carnations with stems, scissors, and a warm room. Pour some water into each glass. Then, add a few drops of the first food colouring to the first glass, add a few drops of the second one to the next glass, and add a few drops of the third one to the last glass. Make a lengthwise cut along each stem, and place each flower into a different glass. After a few hours observe the results.
4. Create your own plant sculpture by using bushy, trailing or flowering plants. Tie the plant to a frame with plastic covered twist ties or string. The frame can be made of thick wire, metal clothes hangers, wooden sticks, or plastic strawberry containers. With an adult buddy, use a hand pruner to shape your plant.



Science & Technology

5. Create your own animal groupings by cutting out or drawing 15 or more pictures of different animals. Group the animals in at least two different ways, such as how they look, what they eat, where they live, or how they move. Explain the reasons for your decisions.
6. Visit a zoo, or use books and magazines, to find the name of animals that:
 - Have a thick fur coat for a cold climate — have long fingers for grasping branches
 - Have bright colours for attracting a mate — have long legs for wading
 - Have a dark colour for living in shadows — have a tongue to reach hard-to-get-to places
 - Have big ears to cool themselves with in hot climates
7. Find out how domesticated (tamed) animals are different from their wild relatives. Observe a domesticated animal (e.g., a dog or a cat), and then watch a TV program or video, or read a book or magazine, about one of its wild relatives. In what ways do these animals act the same, and how do they act differently?
8. Scientists and nature lovers use field markings (special patterns, marks or shapes found on the animal's body), behaviours, and distinct calls to identify animals. Use these to identify at least three kinds of animals.

OR

Use two of the following items to observe an animal up close: binoculars, magnifying lens, spotting scope, or zoom camera.

Date completed: _____

This badge was:



Evaluated by: _____



Science & Technology



Science

Purpose: to encourage your interest in the world of scientific inquiry.

Complete six of these eight activities to earn this badge.

1. Explore three types of science and find out what people do in those areas. What education and training is necessary to do their job? What are the future possibilities?
2. Choose an area of science that has changed because of improved technology and find out what has happened and why.
3. Name five ways that you use science and technology every day.
4. Complete a chemistry activity of your choice. Show your results to your patrol, Guide unit or family.
5. Complete a physics activity of your choice. Show your results to your patrol, Guide unit or family.
6. Visit a hands-on science or natural history museum, or participate in a science fair or another science program or event.
7. Collect an assortment of objects, being careful not to show them to anyone else. Then, find a pad of paper, a pencil, and a partner. Sit back-to-back with your partner. One of you will be the scientist while the other will be the artist. The scientist holds one of the objects and describes it to the artist without saying what the object is. The artist tries to draw the object from the scientist's description. Compare the drawing with the object. How well was the object described? How accurate was the drawing?



Science & Technology

8. Authors of science fiction have often correctly predicted new technology in their writings about the future. Write a science fiction story, skit, or song about life in the year 2075, or read a science fiction story.

Date completed: _____

This badge was:



Evaluated by: _____





weather

Purpose: to encourage your interest in the science of weather.

Complete six of these eight activities to earn this badge.

1. Learn to read a weather map like those printed in a newspaper. Look for places where it's raining, or places where it's hot or cold. Predict the weather in your area by using the map and the information given.
2. Visit a weather station, or interview a weather reporter or meteorologist about weather forecasting. Find out what kinds of equipment are used to watch and predict weather, why weather stations are useful, how the data about weather is interpreted, and how accurate weather predictions usually are.
3. Learn about different types of clouds and what they mean. Then, find a creative way to show what you have learned (e.g., create a display, skit, or song).
4. Make a card game, board game, word game, or an active game about weather. Share this with others.
5. Build an instrument that helps you predict the weather, such as a hygrometer, a barometer, an anemometer, or an alcohol thermometer.

OR

Build an instrument that uses weather, such as a sundial, kite or windsock.

6. Make your own fog. You will need a narrow glass jar, very hot tap water, ice cubes, and a small zippered sandwich bag. Pour the water into the jar. Place the ice cubes in the bag, shut the bag, and then put the bag over the mouth of the jar making sure that the bag does not fall in. Observe for a few minutes.



7. Make your own weather front. You will need paper, scissors, a large needle, thread, and a lamp. Cut a spiral out of paper. Put a small hole through the centre using a large needle. Tie a knot in a piece of string and thread it through the hole. Hold the spiral very still above a lamp. Be patient and wait a few minutes. What does the spiral do? Why?
8. With help from an adult buddy, make your own rain cloud. You will need very hot (not boiling) water, a large piece of plastic wrap, matches, ice cubes and a clear plastic bottle cut in half. Cut a piece of plastic wrap large enough to drape over the top of the bottle. Put several pieces of ice on the plastic wrap and set it aside. Fill the bottle 1/3 full with hot water. Light a match and throw it into the bottle. Quickly place the plastic wrap with ice on top of the bottle. Wait and watch to see a rain cloud appear.

OR

With help from an adult buddy, make your own lightning. You will need modeling clay, a metal cookie sheet or pie tin, a rug or piece of wool, and a metal spoon. Use the clay to make a handle so you don't touch the metal directly. Form the clay into a lump and put it on the top of the cookie sheet or pie tin. With your hand on the clay, rub the metal cookie sheet or pie tin across the carpet or the piece of wool for about a minute. Take your spoon and hold it close to the metal. How close do you have to get before something happens? Try it with the lights out.

Date completed: _____

This badge was:   

Evaluated by: _____



My Guide Experience

My Guide Record

Name: _____

Year started Guides: _____

Years as a Spark: _____

Years as a Brownie: _____

Year(s) as patrol second: _____

Year(s) as patrol leader: _____

My Guide Experience

You in Guiding	Date Completed
Understand the Promise and Law and Motto	
Learn About Guiding	
Learn About WAGGGS	
Be Involved in Your Community	
Interest Badges	
<ul style="list-style-type: none"> • Adventures in Guiding (2) 	

You and Others	Date Completed
Learn About Leadership in a Group	
Build Skills in Communication	
Learn How to Plan	
Learn About Safety	
Interest Badges (1 in each theme)	
<ul style="list-style-type: none"> • Personal Growth 	
<ul style="list-style-type: none"> • Safety 	

My Guide Experience

Discovering You	Date Completed
Discover What's Important to You	
Discover Your Creativity	
Stay Fit and Healthy	
Learn How to Be Responsible	
Interest Badges (1 in each theme)	
• Being Healthy	
• Girls Creating	

Beyond You	Date Completed
Discover Your Community	
Explore the Outdoors and Nature	
Try New Things	
Learn About Our Environment	
Interest Badges (1 in each theme)	
• Fun in the Outdoors	
• Science and Technology	

My Guide Experience

Community Service Badges	Date Completed
Supporting Your Community (blue)	
Going Global (gold)	
Environmental Project (green)	

Camping Badges	Date Completed
Camp-out	
Basic Camper	
Experienced Camper	

Other	Date Completed
Lady Baden-Powell challenge	
Guide Challenge pin	
Religion in Life emblem	

My Guide Experience

My Guide Memories

My favourite activities were:

The funniest things happen! Some of the best were:

Over all, I rate my experience as:

What we did _____ out of 10

Friends _____ out of 10

Food _____ out of 10

Overall experience _____ out of 10

My Guide Experience

My Guide Camping Experiences

Date: _____ Number of nights: _____

Name and location of campsite: _____

Slept in: Tents Building Other

Name of Guider: _____

Special activities:

New skills I learned:



My Guide Experience

My Guide Camping Experiences

Date: _____ Number of nights: _____

Name and location of campsite: _____

Slept in: Tents Building Other

Name of Guider: _____

Special activities:

New skills I learned:

My Guide Experience

My Guide Camping Experiences

Date: _____ Number of nights: _____

Name and location of campsite: _____

Slept in: Tents Building Other

Name of Guider: _____

Special activities:

New skills I learned:



My Guide Experience

My Guide Camping Experiences

Date: _____ Number of nights: _____

Name and location of campsite: _____

Slept in: Tents Building Other

Name of Guider: _____

Special activities:

New skills I learned:

My Guide Experience

My Guide Camping Experiences

Date: _____ Number of nights: _____

Name and location of campsite: _____

Slept in: Tents Building Other

Name of Guider: _____

Special activities:

New skills I learned:



My Guide Experience

My Guide Camping Experiences

Date: _____ Number of nights: _____

Name and location of campsite: _____

Slept in: Tents Building Other

Name of Guider: _____

Special activities:

New skills I learned:

My Guide Experience

My Guide Camping Experiences

Date: _____ Number of nights: _____

Name and location of campsite: _____

Slept in: Tents Building Other

Name of Guider: _____

Special activities:

New skills I learned:

Notes

Notes



Notes

Notes







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