

The New Pathfinder Program: Listen, Lead, Live, Learn! AT A GLANCE

Finding the Path

Choosing Your Direction (#1 + 4)

- #1 discover new understanding of the Promise and Law
- #2 plan a Promise and Law ceremony
- #3 plan your Pathfinder year
- #4 make a selling goal for Girl Guide Cookies
- #5 do a Community Service related to Promise and Law
- #6 talk about welcoming a new Pathfinder
- #7 set goals and schedule how to get there
- #8 track your progress to the Canada Cord
- #9 discuss your Faith or earn your Religion in Life

Bridging the Gap (do 4) - with another branch

- #1 make up a promotional skit for Pathfinders
- #2 make a Guide History game
- #3 plan a party
- #4 play some icebreakers
- #5 plan a wide game
- #6 talk to younger girls about selling cookies safely or do so
- #7 promote Pathfinders

Beyond Pathfinders (do 4)

- #1 invite someone to Pathfinders
- #2 introduce Guiding to a newcomer
- #3 do an activity with Senior Branches
- #4 do Active Living activity with Sr Branches
- #5 think of Service Projects for Sr Branches
- #6 start a Senior Branch
- #7 think about Senior Branch activities

Broaden Your Horizons (do 4)

- #1 discover Guiding across Canada
- #2 debate Girl Guides being an all-woman organization
- #3 learn about WAGGGS issues
- #4 play a WAGGGS trivia game
- #5 learn about the World Centres
- #6 learn the songs of the World Centres
- #7 find out about Girl Guides and Girl Scouts on the internet
- #8 learn about and donate to CWFF
- #9 compare our Promise, Law, & Motto to other countries'

Creating Your Future

We're a Team! (do 4 as a group)

- #1 play some icebreakers
- #2 make a camp gadget
- #3 do a Community Service
- #4 play team games
- #5 try a web obstacle
- #6 lift a stick

I Have to Give a Speech! (do 4)

- #1 listen to some government (parliament or local) speakers
- #2 speak with a Toastmasters club
- #3 1 minute speeches
- #4 do a presentation
- #5 debate an issue
- #6 read a poem or short story

Lending a Hand (do 4)

- #1 volunteer for another non-profit organization
- #2 volunteer for a corporate-sponsored organization
- #3 do a Kids Helping Kids project
- #4 participate in a walk-, run- or bike-a-thon
- #5 help out a food bank
- #6 do a service project

Finding Your Inner Leader (do 4)

- #1 talk about styles of leadership
- #2 list your leadership skills
- #3 discuss how your group works effectively
- #4 discover humour
- #5 use the 6 Thinking Hats
- #6 use Robert's Rules of Order
- #7 lead a Girl Guide meeting
- #8 make an executive for the unit
- #9 use your leadership skills

Event Planning (do 4)

- #1 brainstorm possible events
- #2 list tasks involved
- #3 create budget and assign jobs
- #4 make up a timeline
- #5 publicize the event

Your Dream Career (do 4)

- #1 discuss your career options
- #2 discuss 15 years from now
- #3 discuss past dream jobs
- #4 explore non-traditional jobs
- #5 discuss your future
- #6 discover your dream career

Follow that Woman! (do 4)

- #1 find a female leader
- #2 discuss current events pertaining to women
- #3 present the Famous Five case
- #4 invite a female leader to speak
- #5 have a Women's History camp
- #6 discuss role models

Be a Model Citizen (do 4; 8 for Citizenship Certificate)

- #1 learn about citizenship
- #2 learn the Rights and Freedoms
- #3 create your own government
- #4 do a game of Canada's symbols
- #5 participate in a flag ceremony
- #6 uncover "O Canada"
- #7 take an Oath of Citizenship
- #8 watch or take part in a Citizenship Ceremony
- #9 discover immigration or invite an immigrant to speak
- #10 talk to older citizens about change
- #11 discuss community issues
- #12 discuss your ideal community

Let's Take it Outside

Outdoor Know-How

- #1 take part in planning & evaluating a camp
- #2 experiment with camp recipes
- #3 uncover energy foods
- #4 make a list of campfire tips
- #5 create an awesome campfire
- #6 discuss what to do in an animal encounter
- #7 practice No Trace camping
- #8 learn about water safety
- #9 learn about and predict your weather
- #10 learn basic canoe skills

Knots, Knives, & Outdoor Lore (4)

- #1 learn about fabric and weather
- #2 show how to light a fire in different weather conditions
- #3 know knots
- #4 demonstrate all the uses of your swiss army knife
- #5 make camp gadgets
- #6 tell some weather lore
- #7 learn about meteorology, make simple weather tools

Finding Your Way (do 4)

- #1 use a map
- #2 give clear directions
- #3 use a topographic map
- #4 use a compass
- #5 do some orienteering
- #6 learn GPS basics
- #7 discover the history and features of GPS
- #8 go letterboxing or geocaching
- #9 do #8 with another branch of Guiding
- #10 go stargazing

Survivor Girl - Prepare for the Outdoors (4)

- #1 discuss outdoor emergencies
- #2 learn basic first aid
- #3 discover the contents of a 1st aid kit and how to use them
- #4 make a personal first aid kit
- #5 know basic survival skills
- #6 know importance of planning
- #7 find the 3 elements of survival
- #8 build 2 different fires
- #9 learn about firewood and accelerants
- #10 build shelters
- #11 clean water in multiple ways
- #12 discuss weather hazards
- #13 learn about hypothermia
- #14 know how to deal with outdoor emergencies

Camping, Here We Come!

- #1 book a campsite
- #2 prepare the kit list
- #3 prepare the unit's gear
- #4 brainstorm menus
- #5 set up tents
- #6 set and do duties at camp
- #7 list your camp skills
- #8 go winter camping
- #9 rate your skills from 1 - 5

Out on the Trails! (do 4)

- #1 do some fitness training
- #2 learn about foot care
- #3 demonstrate canoe skills
- #4 pick out your camping gear
- #5 make a list of trail essentials
- #6 plan a day trip
- #7 pack properly
- #8 know how to handle outdoor emergencies
- #9 camp
- #10 store your gear properly

Winter Wonderland (do 4)

- #1 participate in snow or ice sport
- #2 participate in an indoor sport
- #3 discuss old-fashioned winters
- #4 learn about fabrics and winter
- #5 make snow or ice sculptures
- #6 discuss time zones and daylight
- #7 make ice or tine can lanterns
- #8 check out illnesses and winter
- #9 shovel out a Senior
- #10 learn about penguins and polar bears

Up Close and Personal with Nature (4)

- #1 examine log life
- #2 examine lawn life
- #3 examine pond life
- #4 list multiple uses for plants
- #5 know harmful plants
- #6 know trees and flowers
- #7 go bird watching
- #8 set up a bird feeding station
- #9 learn about imported creatures
- #10 discuss endangered species
- #11 plaster cast an animal track
- #12 visit zoo or botanical exhibits
- #13 invite an environmentalist

Girl Stuff

Girls Just Want to Have Fun (do 4)

- #1 go on a fun outing
- #2 develop a 3-in-1 sport
- #3 cook as a unit
- #4 discover the arts
- #5 hold 2 or 3 chill-out parties
- #6 learn about acne and try some home remedies or facials

Focus on Friendships (do 4)

- #1 list qualities of friendships
- #2 make good & bad qualities game
- #3 have a pajama party
- #4 listen
- #5 Community Support project
- #6 have a self-reflection session
- #7 make friendship crafts
- #8 discuss disabilities

Media and Image (do 4)

- #1 discuss women in the media
- #2 look at media photos vs. real
- #3 examine photography
- #4 examine TV programs
- #5 uncover beauty attitudes
- #6 launch a self-esteem campaign
- #7 link campaign to body image
- #8 examine body image

Fashion Sense from Head to Toe (4)

- #1 experiment with hairstyles
- #2 discuss your favourite clothes or have a fashion show
- #3 look at fashion trends
- #4 examine fashion design
- #5 design your own underwear
- #6 do your nails
- #7 go to a boutiques
- #8 discuss sun exposure
- #9 create a style book
- #10 do a mall presentation

Relationships, Values & Choice (4)

- #1 discuss peer pressure
- #2 discuss family relationships
- #3 deal with bullying
- #4 uncover peer pressure
- #5 look at friends' qualities
- #6 examine your values
- #7 discuss boy/girl relationships
- #8 discuss parental relationships

Hot Topics for Youth (do 4)

- #1 discuss pregnancy
- #2 discuss STDs
- #3 discuss HIV/AIDS
- #4 talk about discrimination
- #5 learn about World AIDS Day
- #6 create an AIDS awareness ad
- #7 hold a youth forum
- #8 look at relationships and dating

Organize This (do 4)

- #1 keep a weekly log of activities
- #2 find your bad days
- #3 be an organizer
- #4 discuss organizational tips
- #5 examine your time management
- #6 examine how you organize
- #7 design an organizational tool

A World to Discover

Canada at Your Doorstep (do 4)

- #1 plan your travel
- #2 contact provincial tourism
- #3 do a budget and fundraise
- #4 discuss proper packing
- #5 look at foot care
- #6 make a list of "must-sees"
- #7 consider health impacts
- #8 get travel authorization
- #9 make/read a travel schedule
- #10 calculate driving time
- #11 find local Girl Guide events
- #12 meet other Pathfinders
- #13 check out the local news
- #14 make a trip presentation

Going Global (do 4)

- #1 apply for a passport
- #2 learn basics of the language
- #3 learn about a foreign currency
- #4 discuss travel problems
- #5 discuss travel sickness
- #6 discuss time zones and jet lag
- #7 find out about border customs
- #8 find your embassies, consulates, & high commissions
- #9 learn about cultural customs
- #10 find international news

Girl Guiding International (do 4)

- #1 find WAGGGS countries
- #2 learn about WAGGGS & CWFF
- #3 discover Twinning
- #4 discover the World Centres
- #5 find international trips
- #6 uncover Mosaic
- #7 learn about independent travel

What's Up Around the World (4)

- #1 learn about International Youth Day
- #2 play sports / games from other countries
- #3 learn about Right to Play
- #4 find effects of water issues
- #5 uncover UNICEF
- #6 learn about Rights of the Child
- #7 find out about Our Rights, Our Responsibilities
- #8 find United Nations days
- #9 learn about changing environment
- #10 discuss peace
- #11 create your ideal world

Around the World at Home (do 4)

- #1 learn international dance(s)
- #2 make an international craft
- #3 learn the official languages of the U.N.
- #4 listen to international music
- #5 participate in a cultural exchange
- #6 dress in international fashion
- #7 have an international night
- #8 learn about different faiths
- #9 discuss false assumptions

Living Well

We Are What We Eat (do 4)

- #1 "yuck" food test
- #2 learn about nutrients
- #3 discuss healthy eating
- #4 examine fruits and vegetables
- #5 plan party menus
- #6 play a healthy eating game

Active Living (do 4)

- #1 list active things
- #2 discuss the benefits of activity
- #3 discuss barriers to activity
- #4 learn the 3 types of activity
- #5 keep an activity record
- #6 play fun activities
- #7 make an activity plan
- #8 lead an activity break

I Could Be a Contender (do 4)

- #1 define "athlete"
- #2 invite an athlete to your unit
- #3 learn about athletic salaries
- #4 discuss performance drugs
- #5 make an active board game
- #6 warm up and cool down
- #7 learn about nutrition
- #8 talk about gym class

Beyond Baseball (do 4)

- #1 play sports jeopardy, etc.
- #2 explore sports
- #3 create an ideal sport
- #4 learn about international sport
- #5 find out about cost of sport
- #6 find out about safety gear
- #7 play sports trivia
- #8 have a sports event

Let Go and Chill Out (do 4)

- #1 do pilates or yoga
- #2 keep an activity log
- #3 learn about foods and stress
- #4 learn about drugs and stress
- #5 find your stressors
- #6 learn stress-release techniques
- #7 find helpful agencies

Be Glad You're You! (do 4)

- #1 give positive group thoughts
- #2 examine physical appearance
- #3 give your best and worst
- #4 make art of you by you
- #5 sound off on something
- #6 talk about clothes

My Music, My Movies, and More

Get Musical (do 4)

- #1 do karaoke
- #2 participate in a band or choir
- #3 examine music
- #4 watch the Juno awards
- #5 learn about a Canadian singer/band/
songwriter
- #6 have a concert for seniors
- #7 make your own music

Movie Mania (do 4)

- #1 review a movie
- #2 discuss movie ratings
- #3 take a tour of a theatre
- #4 look at movie making
- #5 look at animation
- #6 write a script
- #7 check out silent movies
- #8 check out old films
- #9 create a film

Be a Star! (do 4)

- #1 define "star"
- #2 predict an awards show
- #3 have your own awards show
- #4 design a "star" outfit
- #5 look at celebrity magazines
- #6 write a celebrity biography

Join the Scrapbooking Craze (4)

- #1 invite a scrapbooker
- #2 check out supplies
- #3 have a scrapbooking class
- #4 organize your photos
- #5 make a card to show off

The Arts from A to Z (do 4)

- #1 make up a skit and perform it
- #2 play drama games
- #3 go to a play
- #4 write a play
- #5 take dance lessons
- #6 make a new craft
- #7 teach a craft
- #8 make a commercial
- #9 discuss songs
- #10 redecorate your room
- #11 decorate a cardboard box

Rembrandt and Company (do 4)

- #1 visit a museum
- #2 learn about an artist
- #3 play 20 questions using artists
- #4 play art jeopardy
- #5 sketch or paint a picture
- #6 try carving or sculpting
- #7 create a Cézanne
- #8 create an Andy Warhol

Camera Crazy (do 4)

- #1 invite a photographer
- #2 learn about SLR cameras
- #3 hold a photo shoot
- #4 review your shoot
- #5 photograph the Pathfinder life
- #6 make a scrapbook or album

On My Own

Safe at Home or Out & About (4)

- #1 talk about harm at home or in your
community
- #2 take the online security quiz
- #3 prepare for home accidents
- #4 discuss personal safety
- #5 learn self-defense
- #6 talk about community safety

Now You're Cooking (do 4)

- #1 discuss cooking disasters
- #2 dissect "fast" food
- #3 discuss food preparation
- #4 make some food art
- #5 discover all the kitchen tools
- #6 talk about fruits and veggies
- #7 learn about food safety
- #8 do a restaurant review
- #9 do your own cooking and baking

Be an Expert Babysitter (do 4)

- #1 explain benefits of a course
- #2 learn of child development
- #3 make a babysitter's guide
- #4 check out toys
- #5 discuss diversity & respect
- #6 learn about special needs
- #7 look for childcare careers
- #8 hold a mock interview
- #9 make up your resume

Skills for Around the Home (4)

- #1 plan and make dinner
- #2 set the table
- #3 buy the groceries
- #4 do the laundry
- #5 do basic clothing repairs
- #6 help with family chores
- #7 help with household cleaning
- #8 discuss cleaning products
- #9 look at home repair careers
- #10 do some yardwork

Moneywise (do 4)

- #1 check out financial institutions
- #2 learn about bank accounts
- #3 learn about debit cards
- #4 learn about credit cards
- #5 make a personal budget
- #6 check out the costs of homes
- #7 plan a holiday
- #8 be Pathfinder treasurer
- #9 make a sellable craft
- #10 spend an income of \$50.00

First Aid (do 4)

- #1 take a first aid course
- #2 know how to get emergency assistance
- #3 know how to assess an emergency scene
- #4 learn basic first aid
- #5 know what is in a first aid kit
- #6 know what is in a home kit

Prepare for the Unexpected (4)

- #1 know water safety
- #2 practice safe boating
- #3 discuss vehicle emergencies
- #4 discuss natural emergencies
- #5 discuss fire prevention
- #6 know fire safety
- #7 stop, drop, and roll
- #8 find your emergency shut offs
- #9 know your emergency numbers

Exploring a Theme

It's About Time (do 4)

- #1 check out time keepers
- #2 check out different calendars
- #3 talk about people's pasts
- #4 difference between geology, archaeology
- #5 make a time capsule
- #6 look at fashions of the past
- #7 learn about stages
- #8 make a personal timeline

Galactic Adventures (do 4)

- #1 check out celestial phenomena
- #2 discover space
- #3 learn about Roberta Bondar
- #4 make a model spacecraft
- #5 go stargazing
- #6 glow-in-the-dark constellation map
- #7 find some astronomical myths
- #8 uncover past space-related predictions

From Dinosaurs to Vintage Cars (4)

- #1 go on a virtual museum tour
- #2 learn about museum measures
- #3 create a mini-exhibit
- #4 see a living museum
- #5 visit a zoo, aquarium or botanical garden
- #6 check out museum careers
- #7 volunteer at a museum
- #8 create a Guiding exhibit

Secret Agent 007 (do 4)

- #1 take your fingerprints
- #2 tour a police station
- #3 learn about forensic science
- #4 go on a scavenger hunt
- #5 hold a mystery party
- #6 code a message
- #7 do some mazes

Puzzle Me (do 4)

- #1 make a themed word puzzle
- #2 have a puzzle party for Sparks
- #3 donate your old puzzles
- #4 learn some card tricks
- #5 work on riddles
- #6 play with memory maps
- #7 play a game in your program

Computer Whiz (do 4)

- #1 learn about computers
- #2 learn about new software
- #3 publish a newsletter
- #4 design a logo
- #5 do presentation on computer
- #6 play computer games
- #7 talk about special needs and computers
- #8 check out organizational tools
- #9 check out computers and the workplace
- #10 discuss computers & daily life

Web Surfin' (do 4)

- #1 learn about internet safety
- #2 check out search engines
- #3 make an e-mail account
- #4 talk about instant messaging, chat rooms
- #5 plan a trip via the 'net
- #6 do an online scavenger hunt
- #7 go to the Girl Guide web page
- #8 talk about internet use

Creating a Garden (do 4)

- #1 make a community garden
- #2 budget funds and get help
- #3 check out greenhouses
- #4 organize the garden space
- #5 organize a work schedule
- #6 set out the jobs
- #7 enjoy doing touch ups
- #8 care for your garden
- #9 review your garden

Everything Comes From STEM (4)

- #1 learn the scientific method
- #2 discover fire and science
- #3 do some math puzzles
- #4 learn about research and logic
- #5 find technology in the home
- #6 build a rocket
- #7 do a waterproofing experiment
- #8 uncover musical technology

Our Environment (do 4)

- #1 have Eco-friendly actions
- #2 make environmental art
- #3 learn of ecological footprints
- #4 find out about Earth Day
- #5 build a nature reserve
- #6 check out human impact
- #7 learn about land use
- #8 talk about outdoor recreation
- #9 uncover water

Getting Food on the Table (do 4)

- #1 make a food map
- #2 talk about food and water
- #3 take a food quiz
- #4 have a world food night
- #5 check out food variety
- #6 discover organic foods

The Community Service Award (CSA):

- 3 themes:
 - o Supporting Your Community
 - o Going Global or International
 - o Environmental Awareness
- must complete 15 hours of work by:
 - o planning
 - o participating
 - o leading
 - no more than 5 hours may overlap with Canada Cord activities

The Citizenship Certificate:

- must do 8 activities from Be a Model Citizen

Religion in Life Emblem

- varies according to religion
- may be earned multiple times as you progress through Girl Guides

The Canada Cord

- **A:** in the following areas, complete:
 - o **Finding the Path:**
 - Choosing Your Own Direction
 - Bridging the Gap
 - Beyond Pathfinders
 - Broaden Your Horizons
 - o **Creating Your Future:**
 - Find Your Inner Leader
 - Be a Model Citizen
 - Lending a Hand
 - Event Planning
 - 1 Module of Choice
 - o **Let's Take It Outside:**
 - Outdoor Know How
 - Survivor Girl
 - Camping, Here We Come
 - 1 Module of Choice
 - o **Girl Stuff**
 - Relationships, Values, Choices
 - o **A World to Discover**
 - 1 Module of Choice
 - o **My Music, Movies, & More**
 - 1 Module of Choice
 - o **On My Own**
 - Safe at Home/Out & About
 - Prepare for the Unexpected
 - o **Exploring a Theme**
 - 1 Module of Choice
- **B:** Participate in 3 Guiding events, with you:
 - o 1st as Participant
 - o 2nd as Assistant
 - o 3rd as Leader

*no more than 5 hours count towards CSA

- **C:** Obtain Your Community Service Award

- **D:** Bridging:

- o With Senior Branches,
 - 2 activities
- o With Younger Girls,
 - 1 Outdoor Activity
 - 1 Guiding Activity
 - 1 Program-themed Activity

*beyond CSA, Canada Cord Camps, & Events

*minimum of 4 meetings, 2-1/2 days or 1 full day

- **E:** First Aid Course or First Aid Module

- **F:** Citizenship Certificate

- o (8 fr Creating Your Future; Be a Model Citizen)

*2 activities may count to the CSA