

New Ranger Program: You Lead the Way

There are: 8 program Areas (Celebrate Guiding; Community Connections; Environment, Outdoors, and Camping; Explore Your Creativity; Global Awareness; Healthy Living; Leadership & Management; Your Future) Service Projects
Cookie Campaigns

To Achieve

Chief Commissioner's Bronze Award

9 Challenges fr at least 4 Program Areas

Chief Commissioner's Silver Award

18 Challenges (9 more) from at least 4 Program Areas

Chief Commissioner's Gold Award

18 Challenges from at least 8 Program Areas *plus* either Cookie Campaign Challenge *or* Ranger Service Project

Cookie Campaign Challenge

Take a supporting role in at least 4 cookie campaigns

Ranger Service Project

Play an active role in planning and doing a project; At least 20 hours (including planning time); May be done individually or as a group

Junior Leader Certificate of Appreciation

Work as a Junior Leader in a practice unit; Attend 50% of meetings and activities; Assist in planning and leading; May be presented annually; May receive more than one

Ranger Certificate

Represents participation in Ranger unit; May be presented annually

Celebrate Guiding

1. How do you as Rangers represent contemporary women?
2. Why is Girl Guides a girls-only organization? Should it be? Why/Why not?
3. Organize a WAGGGS day.
4. Visit the WAGGGS website, and learn about a WAGGGS project.
5. Learn about the "Girls Worldwide Say," project and choose one to work on.
6. Plan a Western Hemisphere party.
7. Find out about all the WAGGGS regions. Choose a country from each and learn about it.
8. Find out about travel opportunities.
9. Find out about how to work for WAGGGS.
10. Find out about Canada's Twinning Project and help out.
11. Help a Pathfinder work on her Canada Cord. Then welcome her into Rangers.
12. Work with younger girls in Guiding.
13. Work on recruiting new Rangers.
14. Do you talk about Guiding with your non-Guiding friends? How?
15. How does Guiding fit your personal philosophy?
16. Show what your Guiding friendships mean to you.
17. Bridge with other Rangers.
18. Find out about Link.
19. Teach a game to help Brownies/Guides learn the Promise.
20. What does your Promise and Law mean to you?
21. How do the Promise and Law stay relevant?
22. Plan a Guides' Own.
23. How can Girl Guides remain a revolutionary movement?
24. Explore the life of Agnes Baden-Powell, Olave Baden-Powell, or Lady Mary Pellatt.
25. Do a play about the beginning of Guiding.
26. Hold a ceremony in a new way.
27. Meet other Girl Guide members and help them out with their needs.
28. Take a look at your uniform.
29. Teach others about the greater Guiding structure.
30. Create your own challenge.

Community Connections

1. Identify your communities.
2. Interview your municipal council.
3. Choose a community, and figure out how to help out.
4. Take a look at politics.
5. Write a letter to your MP/MLA/local councilor.
6. Approach radio/TV stations about doing a feature on Guiding.
7. Compare public transportation in your community.
8. Check out your school's student advocacy clubs.
9. What is it like to be new to Canada?
10. What kinds of emergencies could happen in your community?
11. Talk to a teenage mother about how she balances her life.
12. How would it be to "come out" in your community?
13. Shout out about Canada!
14. Discover a local culture.
15. Write a play about people in your community.
16. Do an exchange trip (with Rangers or Link members) from another part of Canada.
17. Promote your Guiding community.
18. Check out Canadian slang.
19. Spruce up a local organization's meeting space.
20. Try to change attitudes about an important issue.
21. Hold a "Take Back the Night" rally.
22. Find out how important volunteers are in your community.
23. Organize a clothing swap.
24. Talk about social aggression and bullying.
25. Talk to someone who has immigrated to Canada.
26. What issues is your community facing?
27. Learn about community projects in WAGGGS.
28. How is your community changing?
29. What are online/cyber-communities?
30. Create your own challenge.

Environment, Outdoors, and Camping

1. Take a look at shopping and the environment.
2. Be more environmentally aware.
3. Check out alternative energy.
4. Learn about water and conservation.
5. Talk to someone who works outdoors.
6. Learn about a local environmental issue.
7. Take a hike.
8. Learn about naturalizing areas and "natural" plants in your area.
9. Landscape a garden.
10. Get involved in an outdoor community project.
11. Do a project to reduce erosion in your area.
12. Learn about protecting your natural resources.
13. Work on a project to protect water sources.
14. Investigate the wildlife in your town.
15. Build and improve your camping skills to enhance your love of the outdoors.
16. Visit a local outdoor club.
17. Get your Standard First Aid and CPR, or other safety courses.
18. Check out the technology in camping equipment and what it was like before.
19. Take younger girls camping/sleepover camping.
20. How do you prevent getting lost in the bush?
21. Teach younger girls about safety at camp.
22. Go geocaching or letterboxing.
23. Hold an "unnatural" hike for younger girls.
24. Plan a photography/birdwatching/sketching hike, or other interest.
25. Introduce birdwatching to younger girls.
26. Discuss the environmental impact of camping.
27. Have a winter activity day.
28. Eat a gourmet meal outdoors.
29. Be a camp cook.
30. Create your own challenge.

Explore Your Creativity

1. Check out nature and art.
2. How could an art interest develop into a career?
3. Paint a community mural.
4. Look at the entertainment industry in Canada.
5. Learn a new dance.
6. Hold a cultural demonstration.
7. Watch a documentary.
8. Make a video.
9. Make a web page or poster advertisement.
10. Look at fashion around the world.
11. Hold a second-hand fashion show.
12. Look at architecture.
13. Create a photo essay or collage.
14. Enhance/Change a digital photo.
15. Make a comic book.
16. Create puppets and make a show.
17. Create masks for a play and hold a show.
18. Check out improvisation, drama games, juggling, magic, clowning.
19. Try a new handicraft.
20. Improve an art or craft that you do.
21. Start or join a book club.
22. Look at online zines.
23. Promote a Canadian author.
24. Attend a musical, opera, or dance.
25. Hold a jam session or learn to be a DJ.
26. How does music mesh with different genres?
27. Celebrate women as artists and learn about what obstacles they faced in the past.
28. Look at the science behind the art you love.
29. Explore a non-mainstream art (graffiti, tattooing, folk art, comics, etc.)
30. Create your own challenge.

Global Awareness

1. Talk to someone from a global organization about how they serve others.
2. Look at school exchanges.
3. Follow a current international story in the news.
4. Find out if your town has a “twin” in another country.
5. Compare Canada to other countries.
6. Collect stories, nursery rhymes, drawings or songs from around the world.
7. What are the folk tales from your culture?
8. Be an advocate for girls and women around the world.
9. Look at laws different than those of Canada’s.
10. Research 3 laws that make life easier/more difficult for women.
11. Make a meal from a different culture.
12. Hold a foreign activity fun day.
13. Find out about civil war.
14. Find out about different faiths/religions.
15. Find out about international aid agencies.
16. Learn about translating/interpreting.
17. Speak out about a global issue.
18. Find out about the CWFF (Canadian World Friendship Fund).
19. Look at how Canada spends money overseas.
20. Tell someone about an expected overseas trip.
21. Celebrate an International/World Day (ex. Int’l Women’s Day, World AIDS Day, International Day for the Elimination of Violence Against Women).
22. Find out about waves of immigration in your area.
23. Make cartoons about children’s rights.
24. What is fair trade?
25. Find out about non-violent direct action.
26. Lead a fun activity to teach younger girls about global food distribution.
27. Find out about ecotourism.
28. Educate people about the clothes they wear and where they were made.
29. Learn about the “Power of One”.
30. Create your own challenge.

Healthy Living

1. Find the motivation to get 90 minutes of active movement each day.
2. Improve your fitness level.
3. Try a new winter activity or improve one you know.
4. Lead an interesting physical activity for younger girls.
5. Try dancing.
6. Investigate popular/traditional sports from other countries.
7. Learn the basic facts of mental health.
8. Help Pathfinders relax and be stress free.
9. Find out about meditation.
10. What does it mean to be a teen today.
11. Discuss sexual health and relationships.
12. What do you value in a relationship?
13. Learn about healthy and abusive relationships.
14. What is needed for a healthy pregnancy?
15. What is healthy eating?
16. Look at local and in-season foods.
17. Have fun with foods – desserts, appetizers, and new ingredients.
18. Visit a farm/farmer's market.
19. What is the buzz about organic food?
20. Look at eating disorders.
21. Plan lunch.
22. Cut out caffeine.
23. Look at your own food dependency.
24. Hold a workshop on substance abuse prevention and healthy lifestyle choices.
25. Learn about sun and tanning.
26. Visit a tattoo or piercing parlour.
27. What is naturopathy, homeopathy, or traditional Chinese medicine?
28. Look at health care careers.
29. Look at engineering and technology in the health sciences.
30. Talk to your doctor about yearly check-ups and other health concerns.
31. Compare bottled waters, filtered water, and tap water.
32. Create your own challenge.

Leadership and Management

1. Do a workshop on team building, delegation, conflict resolution, negotiation, motivation, and communication.
2. Improve your skills for working with younger children.
3. Check out female role models from different backgrounds/cultures.
4. Host a costume party of inspiration.
5. Take the role of chair for a Guiding event/project.
6. Be the treasurer.
7. Help younger girls develop leadership skills.
8. Develop good communication skills.
9. Play games to overcome communication barriers.
10. Observe leadership styles at 3 different meetings.
11. Take an introductory course to refereeing your favourite sport.
12. Teach younger girls how to resolve conflict.
13. Be a tutor.
14. Develop a project proposal.
15. Plan a theme-based meeting.
16. Create a resource file.
17. Write a recruitment ad.
18. Take on a leadership situation.
19. Learn about leadership in emergency situations.
20. Effectively use PowerPoint to create a presentation.
21. Look at learning styles and see how you learn.
22. Create a dream team for your favourite sport.
23. Teach a fun way to learn something girls generally find boring.
24. Give a presentation on Guiding to another organization.
25. Develop a leadership skill.
26. Learn about time management.
27. Look at differing management styles.
28. Look at facilitating versus leading.
29. Look at constructive criticism.
30. Create your own challenge.

Your Future

1. Who would be your ideal roommate?
2. What do parents expect of their children as they grow up? In other cultures?
3. Try some basic home repairs.
4. Get involved with Special Olympics and learn about living with a disability.
5. How do changing family dynamics affect women?
6. Create a monthly budget for the future.
7. Find out how to get help for family relationships.
8. Invent or adapt a recipe. Use an ingredient you haven't used before.
9. What are your family plans?
10. Hold a mock job interview.
11. Have/Attend a job-preparedness workshop to find work.
12. Learn your rights.
13. Talk to women in traditionally male-defined roles (firefighter/welder) or men in traditionally female-defined roles (stay-at-home dad/nurse)
14. Look at post-secondary schools.
15. Job search a career.
16. Invent something.
17. Develop a Guiding resume.
18. Play a stock market game.
19. Research student loans.
20. Take a look at income tax.
21. Visit a woman entrepreneur.
22. Look at today's women's issues.
23. Compare private and public transportation.
24. Learn how to maintain a vehicle.
25. Look at roles and how people play them in their lives.
26. Take a self-defense course.
27. Visit your local police station.
28. Learn how to report abuse.
29. What do you have a passion for? Set a goal and work for it!