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

Created by Kristin Shantz-Mosher, Saskatchewan Provincial Program Adviser
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

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

Girls 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
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

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

Created by Kristin Shantz-Mosher, Saskatchewan Provincial Program Adviser
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

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