

# Personal Growth

	Friend	Companion	Explorer	Ranger	Voyager	Guide
1	Be in grade 5 or equivalent	Be in grade 6 or equivalent	Be in grade 7 or equivalent	Be in grade 8 or equivalent	Be in grade 9 or equivalent	Be in grade 10 or equivalent
2a	Develop your devotional life by studying the Weekly Devotional Guide (wks 1-13) and the book of Matthew utilizing printed or electronic sources.	Develop your devotional life by studying the Weekly Devotional Guide (wks 14-26) and the book of Genesis utilizing printed or electronic sources.	Develop your devotional life by studying the Weekly Devotional Guide (wks 27-39) and the book of Acts utilizing printed or electronic sources.	Develop your devotional life by studying the Weekly Devotional Guide (wks 40-52) and the book of John utilizing printed or electronic sources.	Develop your devotional life by studying the Senior Weekly Devotional Guide (wks 1-26) and the book of Romans utilizing printed or electronic sources.	Develop your devotional life by studying the Senior Weekly Devotional Guide (wks 27-52) and the book of Revelation utilizing printed or electronic sources.
2b	Journal your thoughts by asking these questions. What did I learn about God? What did I learn about myself? Can I apply this to my life today? You may journal through writing, drawing, or electronic process.	Journal your thoughts by asking these questions. What did I learn about God? What did I learn about myself? Can I apply this to my life today? You may journal through writing, drawing, or electronic process.	Journal your thoughts by asking these questions. What did I learn about God? What did I learn about myself? Can I apply this to my life today? You may journal through writing, drawing, or electronic process.	Journal your thoughts by asking these questions. What did I learn about God? What did I learn about myself? Can I apply this to my life today? You may journal through writing, drawing, or electronic process.	Journal your thoughts by asking these questions. What did I learn about God? What did I learn about myself? Can I apply this to my life today? You may journal through writing, drawing, or electronic process.	Journal your thoughts by asking these questions. What did I learn about God? What did I learn about myself? Can I apply this to my life today? You may journal through writing, drawing, or electronic process.
3	Memorize the Pathfinder Pledge & Law.	Memorize the Pathfinder Pledge & Law. Learn the meaning of the each.	Memorize the Pathfinder Pledge. Illustrate the Pledge in a interesting way.	Memorize the Pathfinder Law. Illustrate the Pathfinder Law in a interesting way.	Memorize the Adventist Youth (AY) Aim.	Memorize the Adventist Youth (AY) Motto.
4	Learn the Pathfinder Song.	Learn the Pathfinder Song. Illustrate its meaning.	Learn the meaning of the Pathfinder emblem.	Learn the meaning of the AY emblem.	Illustrate the AY Aim in an interesting way.	Illustrate the AY Motto in an interesting way.
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# Spiritual Discovery

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1a	Memorize the New Testament book of the Bible and know the 4 areas in which they are grouped.	Memorize the Old Testament book of the Bible and know the 5 areas in which they are grouped.	Learn to use a Bible Concordance by selecting 2 topics and/or words to discover how it is used.	Participate in a Bible marking program on the inspiration of the Bible	Review the Biblical reasons for the 28 Fundamental Christian Beliefs of the SDA church.	Write & share your personal testimony.
1b	Demonstrate your ability to find any New Testament book.	Demonstrate your ability to find any New Testament book.		Memorize 10 Commandments – Exodus 20:3-17.	Memorize 5 texts to support 1 of the 28 Fundamental Beliefs	
2	Memorize a Bible text for the following subjects: Prayer, Behavior, Relationships, Great Passages, Doctrine, Salvation, Promises/Praise.	Memorize a (not previously learned) Bible text for the following subjects: Prayer, Behavior, Relationships, Great Passages, Doctrine, Salvation, Promises/Praise.	Memorize a (not previously learned) Bible text for the following subjects: Prayer, Behavior, Relationships, Great Passages, Doctrine, Salvation, Promises/Praise.	Read the 13 baptismal vows of the SDA church & share why each is important.	Prepare & present a Bible study on one of the Fundamental Beliefs.	Memorize 1 key text for each of the following: Christ's Second-coming, Seventh-day Sabbath, State of the Dead, Law & Grace, Conversion, Judgment, Inspiration of the Bible, Spirit of Prophecy, Saint's Reward
3	Participate in a skit on a story about the life of Jesus: at temple at 12; tempted in the wilderness; feeding the 5000; or another story.	Participate in a skit on one of the Old Testament characters: Joseph, Jonah, Esther, Ruth.	Role play an experience of a person of the New Testament church in the book of Acts.	Read the Pathfinder Story (current edition).	Read the AY Story (current edition).	Learn the principals of leading a person to Jesus
4	Learn about world wide Advent Awakening (late 1700-1844) by identifying 7 people and 3 events explaining why they are important.	Research 2 early Adventist Pioneers (1844-1900) and present what you have learned.	Learn about 8 missionaries (to at least 4 continents) serving during the Adventist expansion(1900-1950) Find the service country on a map.			Tell a story of a church pioneer to a group.
A1	Complete Friend Requirements	Complete Companion Requirements	Complete Explorer requirements.	Complete Ranger requirements.	Complete Voyager requirements.	Complete Guide requirements.
A2	Create a time line showing the main events of the life of Jesus.	Learn about Ellen White's first vision & discuss how God uses prophets to present His message to the church.	Compare the expansion of the early Christian church in Acts to the expansion of the SDA church up to 1950.	Read/Listen to Steps to Jesus	Read/Listen to Thoughts from the Mount of Blessings or Christ's Object Lessons	Complete 1of these honors: Personal Evangelism, Bible Evangelism, or Literature Evangelism.
A3			Study & discuss one of the following life issues with your Explorer group & an adult: Abuse, TV & Movies theaters, reading.	Study & discuss one of the following life issues with your	Study & discuss 2 of the following with Voyager group & adult: Teen Pregnancy, Abortion, Aids, Homosexuality, Pornography.	Study & discuss 2 issues (not previously studied) with Guide group & adult: Teen Pregnancy, Abortion, Aids, Homosexuality, Pornography

# Serving Others

	Friend	Companion	Explorer	Ranger	Voyager	Guide
1	In consultation with your leader, plan ways & find opportunities to spend time being a friend to someone in need.	In consultation with your leader, plan ways & find opportunities to spend at least 2 hours helping an elderly person.	Be familiar with the Community Services in your area and give assistance for at least 4 hours.	Fulfill requirements 7 & 8 of the Serving Communities honor	Fulfill requirements 1, 2, 3, of the Identifying Community Needs honor	Fulfill 1 of the following honor requirements: #3 of Crisis Intervention, #3 of Urban Development, #3 Teaching, #3 of Rural Development
2	Spend at least 4 hours participating in projects that benefit the church or school.	Spend at least 4 hours participating in projects that benefit the church or school.	Participate in at least 2 church programs for a total of 4 hours.	Fulfill requirements 9 of the Serving Communities honor	Fulfill requirement 4 of the Identifying Community Needs honor	Fulfill 1 of the honor requirements: #4 of Crisis Intervention, #5 of Urban Development, #5 or 6 of Teaching, #5 of Rural Development
A1	Complete Friend requirements	Complete Companion requirements	Complete Explorer requirements	Complete Ranger requirements	Complete Voyager requirements	Complete Guide requirements
A2	Bring someone who does not regularly attend church to a church program or activity.	Participate in an outreach activity & bring a non-club member to participate with you.	Make a personal visit to a sick person or shut-in & follow up with a phone call, letter, card, email, or text.	Fulfill requirements # 1 of the Serving Communities honor	Complete Identifying Community Needs honor if not previously earned	Complete 1 of the following honors not previously earned: Crisis Intervention, Urban Development, Teaching, Rural Development
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# Making Friends

	Friend	Companion	Explorer	Ranger	Voyager	Guide
1	Discover 10 qualities of being a good friend & share 2 that are most important to you.	Discuss how the media strengthens or weakens our relationship with others.	Participate in a panel discussion or skit on peer pressure & its role in your decision making.	Role-play the story of the Good Samaritan & think of ways you can serve your neighbors & do three	Discuss the needs, plan & participate in an activity for physically challenged individuals	Through discussion & personal research examine your attitudes on 2 of the following subjects: moral issues of sex & dating, self-concept as it affects choices of husband/wife, how peer pressure affects relationships with parents, family, other relatives, & friends
2	Fulfill requirements 1, 2, & 3 of the Christian Citizenship honor.	Fulfill requirements 1, 2, & 3 of the Cultural Diversity Appreciation honor	Fulfill requirements 1, 11, 12, & 14 of the Christian Grooming & Manners honor.	Fulfill requirements 1, 5, 10 of the Family Life honor	Fulfill requirements 3, 5, & 6 of the Stewardship honor	Fulfill #5 & #6 of Language Study honor
A1	Complete Friend requirements	Complete Companion requirements	Complete Explorer requirements	Complete Ranger requirements	Complete Voyager requirements	Complete Guide requirements
A2	Complete the Christian Citizenship honor if not previously earned.	Complete the Cultural Diversity Appreciation honor if not previously earned.	Complete the Christian Grooming & Manners honor if not previously earned.	Complete the Family Life honor if not previously earned	Complete the Stewardship honor if not previously earned	Complete the Language Study honor if not previously completed
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# Health & Fitness

	Friend	Companion	Explorer	Ranger	Voyager	Guide
1	Learn the value of good nutrition & water by discussing, the Food Pyramid Guide, the daily servings for each food group, the importance of a healthy diet, the importance of drinking a healthy amount of water. (These are requirements 1 & 6 of the Nutrition honor)	Learn the value of temperance by: A. Memorize & sign the temperance pledge, B. Memorize 2 of the following texts: Rom 12:1,2; 1 Cor 10:31; Prov 20:1; 3 John 2. C. Discuss all the following & role-play one: your best friend asks you to try a cigarette, an older relative offers you a drink of beer, the smoke of a strangers cigarette is bothering you. (A. fulfills requirement 1; B & C fulfills parts of requirements 6 & 7 of the Temperance honor)	Learn the value of exercise, fresh air & sunshine by: A. Giving 2 reasons why physical fitness is important; B. Explain the relationship between proper diet, exercise, & weight control; C. Explain the benefits of fresh air and sunshine. (a&b fulfill requirement # 7 of the Christian Grooming & Manners honor.)	Learn the value of divine power & rest by: A. For 5 consecutive days, spend 8 minutes each day in a quiet spot (no electronics, books or distractions) & reflect on ways God has touched your life during the last 24 hours.B. Share what you liked & didn't like about your quiet time with a friend or your group.C. Keep a sleep log for seven days.D. Find an article on how a lack of sleep affects the body & make a presentation about what you have learned (are you getting enough sleep?).E. Read these texts: Ex. 31:17, Ez. 20:20, Isa. 58:13 & 14; Matt. 12:11 & 12. F. Discuss with your group, "How will I keep the Sabbath so it will be a meaningful experience in my relationship with God & positively impact my physical health?"	Earn the Physical Fitness Honor, if not previously earned.	Under the guidance of an adult staff member, choose one of the following: Teach the Red Alert Honor. Teach Requirement #1 of Health & Fitness for Friend. Teach Requirement #1 of Health & Fitness for Companion.
2	Earn the Red Alert honor.	Earn the Basic First Aid Honor	Earn the Basic Rescue honor.	Earn the First Aid Honor.	Earn the CPR Honor	Complete a Health & Science honor not previously earned.
3	Complete the Basic Water Safety or Beginner Swimming honor if not previously earned	Complete the Basic Water Safety or Beginner Swimming honor if not previously earned	Complete the Basic Water Safety or Beginner Swimming honor if not previously earned	Complete the Basic Water Safety or Beginner Swimming honor if not previously earned	Complete the Basic Water Safety or Beginner Swimming honor if not previously earned	Complete the Basic Water Safety or Beginner Swimming honor if not previously earned
A1	Complete Friend requirements	Complete Companion requirements	Complete Explorer requirements	Complete Ranger requirements.	Complete Voyager requirements.	Complete Guide requirements.
A2	Participate in a lifestyle program for your age such as President's Challenge Active Lifestyle Program, Live Healthy Bermuda Kids, or a similar program	Participate in a lifestyle program for your age such as President's Challenge Active Lifestyle Program, Live Healthy Bermuda Kids, or a similar program	Participate in a lifestyle program for your age such as President's Challenge Active Lifestyle Program, Live Healthy Bermuda Kids, or a similar program	Participate in a lifestyle program for your age such as President's Challenge Active Lifestyle Program, Live Healthy Bermuda Kids, or a similar program	Participate in a lifestyle program for your age such as President's Challenge Active Lifestyle Program, Live Healthy Bermuda Kids, or a similar program	Participate in a lifestyle program for your age such as President's Challenge Active Lifestyle Program, Live Healthy Bermuda Kids, or a similar program

# Nature Study

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1	Read Romans 1:19,20 & tell how nature reveals God's character. Find 2 other chapters in the Bible that reveal God's character	a. Read pages 1-13 from the booklet "a 6 Day" Creation week? b. Keep a 7-day outdoor log of your personal observations from nature in which each day focuses on those things created on that day	1. a. Review the Genesis account of the flood. b. Read a book about fossils & the biblical flood. c. Study at least 3 different fossils, explain their origin & relate them to breaking God's laws.	1. a. Read two articles from science that relate to the laws of nature. b. Review the story of the Ten Commandments. c. Perform three experiments, which demonstrate the natural laws of God (e.g. law of gravity, law of magnetism).	1. a. Read a book or at least 4 articles on Intelligent Design in nature. b. Do one of the following: -Review the story of Nicodemus & relate it to the life-cycle of the butterfly; - Draw a life-cycle chart of the caterpillar giving the spiritual significance; -Watch a video relating to Intelligent Design and discuss its spiritual significance.	1. Read the story of Jesus' childhood in The Desire of Ages, ch. 7, & relate it to the place of nature study in His education & ministry by giving orally before an audience an original nature lesson (parable) drawn from your observations.
2	Birds/Mammals: Set up a feeding station for birds or mammals. Report on the type of visitors that you observe in one week.	Animal Tracking – make plaster casts of 3 different animal tracks	2. Stars: a. Be able to identify in the sky the North Star, Big Dipper, Little Dipper & Orion. b. Explain the spiritual significance of Orion as told in Early Writings, p.41.	2. Lichens/Shells Make an "eternal garden." OR Collect and identify 15 different shells and tell where they may be found.	2. House Plants/Butterflies: Raise a plant using hydroponic principles. OR Draw, collect or photograph 10 species of butterflies, & identify correctly.	2. Spiders/Rocks and Minerals: Complete a spider web study project. OR Collect and identify 15 different kinds of rocks and minerals.
A1	Complete Friend requirements	Complete Companion requirements	Complete Explorer requirements	Complete Ranger requirements	Complete Voyager requirements	Complete Guide requirements.
A2	Seeds or Amphibians/ Reptiles: Collect & identify 15 different kinds of seeds. OR Help set up & observe a terrarium for amphibians or reptiles.	Trees, Shrubs & Cacti: Collect & identify the leaves of 15 different trees & seven shrubs. OR Photograph & observe at least 5 different types of cacti.	Weather/Ferns: Record and graph the weather for two weeks at 12-hour intervals. Include temperature, moisture, cloud formation, and wind direction. OR Draw or photograph 10 kinds of ferns, and identify correctly.	Insects/Wild Flowers: Collect or obtain and mount 15 species of insects representing at least 6 different orders OR Draw, photograph or collect pictures of 20 kinds of wild flowers and identify correctly.	Edible Wild Plants/Environmental Conservation: Identify, prepare & eat 10 varieties of edible wild plants. OR Investigate and write a report on a small stream.	Ecology/Fungi: List 10 ways in which you might actively work to improve the environment in which you live. Put 4 into practice. OR Photograph or draw 15 different fungi and correctly identify them.
A3	Complete a nature honor not previously earned, Level 1	Complete a nature honor not previously earned, Level 1	Complete a nature honor not previously earned (Skill level 2 or 3)	Complete a nature honor, not previously earned. (Skill level 2 or 3)	Complete a nature honor, not previously earned. (Skill level 2 or 3)	Complete a nature honor, not previously earned. (Skill level 2 or 3)

# Outdoor Living

	Friend	Companion	Explorer	Ranger	Voyager	Guide
1	Tie & know the practical use of 10 knots.	Tie and know the practical use of 20 knots.	Earn the Knot Tying Honor.	Complete requirements #1-11b of the Hiking Honor.	Earn the Fire Building & Camp Cookery Honor.	Under the guidance of an adult staff member, teach the Knot Tying Honor.
2	Earn the Camping Skills 1 honor.	Earn the Camping Skills II Honor, if not previously earned.	Earn the Camping Skills III Honor, if not previously earned.	Earn the Camping Skills IV Honor.		
A1					Complete Voyager requirements.	Complete Guide requirements.
A2					Complete one of the following Honors not previously earned: Orienteering, Camp Craft, Backpacking, Winter Camping, Hiking.	Complete one of the following honors not previously earned: Pioneering, winter Camping, Backpacking, Wilderness Living, or Outdoor leadership.
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# Honor Enrichment

	Friend	Companion	Explorer	Ranger	Voyager	Guide
A1	Complete 1 honor not previously earned in the area of Arts & Crafts or Household Arts. (Skill level 1)	Complete 1 honor not previously earned in the area of Arts & Crafts or Household Arts. (Skill level 1)	Complete an honor at your skill level, not previously earned, in the area of Arts & Crafts or Household Arts. (Skill level 2 or 3)	Complete an honor at your skill level, not previously earned, in the area of Arts & Crafts or Household Arts. (Skill level 2 or 3)	Complete an honor at your skill level, not previously earned, in the area of Arts & Crafts or Household Arts. (Skill level 2 or 3)	Complete an honor at your skill level, not previously earned, in the area of Arts & Crafts or Household Arts. (Skill level 2 or 3)
A2	Complete 1 honor not previously earned in the area of Recreational, Vocational, or Outdoor Industries. (Skill level 1)	Complete 1 honor not previously earned in the area of Recreational, Vocational, or Outdoor Industries. (Skill level 1)	Complete an honor at your skill level, not previously earned, in the area of Recreational, Vocational, or Outdoor Industries. (Skill level 2 or 3)	Complete an honor at your skill level, not previously earned, in the area of Recreational, Vocational, or Outdoor Industries. (Skill level 2 or 3)	Complete an honor at your skill level, not previously earned, in the area of Recreational, Vocational, or Outdoor Industries. (Skill level 2 or 3)	Complete an honor at your skill level, not previously earned, in the area of Recreational, Vocational, or Outdoor Industries. (Skill level 2 or 3)
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