



PATHFINDER UNIT LEADER GUIDE



AMERICAN
HERITAGE GIRLS®
FAITH | SERVICE | FUN

American Heritage Girls
Building women of integrity through service to God,
family, community and country.

National Executive Director
Patricia Garibay

Contributors to the Pathfinder Program
Brenda Bayliss, Shauna Bowers, Ann Doak, Kathy Furst, Amy Herbert, Jessica Morgan, Karin
Stiles, Erin Wyse.

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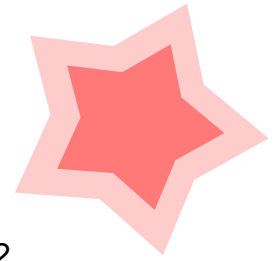
Inquiries related to the American Heritage Girls Pathfinder Handbook should be directed to
American Heritage Girls, Inc., 175 Tri-County Pkwy, Suite 100, Cincinnati, OH 45246

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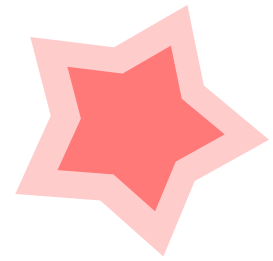
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About the Resources Available



There are two Program-related resources available to the Pathfinder Level:

Pathfinder Leader Guide

Pathfinder Handbook

THE PATHFINDER HANDBOOK CONTAINS:

- ♥ **Girl pages** will be used at Troop meetings and at home to introduce the objectives of each Stepping Stone and to document what each girl learned during her Pathfinder year. (If a girl misses a meeting, she can review these pages with her parent to catch up on the information she missed.) These pages also contain additional information and fun activities that may not have been covered during the meetings. Reviewing these pages between meetings can offer further opportunities for growth and fun.
- ♥ **Tracking pages** will be used by the girls to track their progress toward awards or to record her involvement in projects. Included are the Level Award tracking sheet, the Bible verse tracking sheet, and a place to record any service projects completed as a Troop or family. (Girls who have completed the Fanny Crosby Level Award may use the Joining Award Tracking sheet to monitor their progress towards earning the Joining Award.)



THIS PATHFINDER UNIT LEADER GUIDE CONTAINS:

- ♥ **Information pages** tell about the Program, Uniform, and recognitions girls can earn. The pages you will use most are found in the section entitled Stepping Stones Meeting Plans. This portion of the handbook is intended to be used by Unit Leaders and parents to plan and carry out meetings. For the most part, the Stepping Stones framework will be used the same way for every meeting—serving as a template with which to plan activities for girls to complete.
- ♥ **Resource pages** are full of ideas and activities to help Unit Leaders and parents plan regular Pathfinder meetings. Some of these activities can also be done at home to reinforce concepts taught at each meeting.
- ♥ **Tracking pages** These are the same as those found in the Pathfinder Handbook and may be copied for use with your Unit.



ABOUT THE PATHFINDER PROGRAM

The Pathfinder Level is the first Level of the American Heritage Girls (AHG) program. A Pathfinder girl is at least 5 years old and typically in Kindergarten. AHG Troops also contain four additional Levels for girls through the age of 18. As a Pathfinder, girls earn necklace beads for attendance; completing an activity from each Stepping Stone; learning Bible verses; and completing service projects. They can also earn the Fanny Crosby Level Award when they have completed this Level. Girls who complete their Level Award may also have time to work toward completion of their Joining Award.

The Pathfinder Program is comprised of six Stepping Stones. They are: Starting the Adventure, Love God, Cherish My Family, Honor My Country, Serve In My Community, and The Next Step. The Stepping Stones incorporate each part of the AHG Oath: I promise to love God, cherish my family, honor my country and serve in my community. Girls proceed down this path over the course of their Pathfinder year.

The program is designed to be completed over the course of a typical school year consisting of two 1-1 ½ hour meetings each month. However the program is very flexible and can be expanded for those units meeting weekly, those continuing to meet year-round, or condensed for those who have less meeting time.

Uniforms. The Pathfinder Uniform shows pride in American Heritage Girls and is a way to identify other AHG Members. Girls should wear it to every Troop meeting and event unless directed otherwise by her Unit Leader. The Pathfinder Uniform consists of the official Pathfinder T-shirt, official Pathfinder Necklace, and navy bottoms. The T-shirt and Necklace are available for purchase from the AHGstore. Pathfinder tote bags are optional, but also available for purchase as a safe carry-all for the Pathfinder Handbook and a convenient place to display any patches received as a Pathfinder. Unit Leaders also have a uniform and should wear it to the meetings as an example for the girls. Pathfinder Unit Leaders wear the standard Adult AHG uniform.

Necklace. The Pathfinder Necklace holds the beads earned during the year for completing different parts of the Pathfinder Program. Blue beads are earned for meeting attendance, red heart beads are for memorizing or learning the Bible verse found in each Stepping Stone, white star beads are earned for doing service projects and AHG Logo beads are awarded at the completion of each Stepping Stone. These beads are intended to be used for immediate recognition of the girls achievements and so the beads should be handed out when earned at the Troop meeting. Girls also receive Troop number beads to add to their necklace to identify them as part of the larger Troop.

Awards. Girls can also earn awards throughout their Pathfinder year that they receive at the end-of-year ceremony which carry over to their Tenderheart Uniform. These include the Fanny Crosby Level Award and the Joining Award, which is optional to earn during the Pathfinder year (this award can also be earned during the Tenderheart year and shouldn't be attempted until after the final Stepping Stone.)

FREQUENTLY ASKED QUESTIONS

What is a Pathfinder Unit?



Starting the
Adventure

Girls who are at least 5 years old by the cut-off date of October 31st of the Program Year are part of a Pathfinder Unit which is part of a local AHG Troop. Most Pathfinder Units meet twice a month and may have a monthly Unit or Troop event or activity. Some Pathfinder Units may meet weekly while some meet once a month. That decision is made by the Troop Board of your AHG Troop.

What happens during Pathfinder Unit time?

Many Troops start out and end their meetings as a group with all Unit Levels participating in an opening and closing ceremony and possibly a group devotion, song or welcome activity. The girls then are dismissed to meet in their individual Unit Levels. This allows on average 30-60 minutes of Unit time to work on the Pathfinder Program.



Love
God

The meetings are made up of: time of introduction to the theme or what they will be learning about, two to three fun activities, and a closing time where the girls sum up what they have learned. The activities can be hands-on crafts, snacks, games, songs or stories that will focus on the objectives for the Stepping Stone on which they are working.

Who is the Pathfinder Unit Leader?

Every Pathfinder Unit is different, but there are three main types of Units. They are: Parent-and-Me Units, Unit Leader-Led Units, and Rotating-Unit Leader Units. Some Units may be a combination of all three types throughout the course of the year.

- ▼ **Unit Leader-Led** Units have one or two designated Unit Leaders that plan and lead all meetings for the year. This type of Unit works well if your AHG Troop is more of a drop-off type ministry or many of your girls are younger siblings with their parents leading in other Units. It is still important to have as many parent helpers as possible in this type of Unit. American



Cherish
My
Family

Heritage Girls is a family-oriented program and, especially at this Program Level, the girls benefit from one-on-one interactions with an adult. AHG requires that two-deep leadership be present at all times.

- ▼ **Parent-and-Me** Units operate with a one-on-one model where each girl has a parent or guardian present at the meeting and each pair works together with the other pairs through the Stepping Stones. Parents get together to discuss what activities they want to complete and may take turns leading the meeting and bringing necessary supplies. All parents in this format need to be registered as Adult members with AHG.

♥ Rotating-Unit Leader Units are a great way to share the responsibility of planning and leading the meetings. Parents of Pathfinder girls take turns planning and leading meetings. This works best when the leadership is divided into leading for a month or for one of the six stepping stones. This type of Unit gives everyone a chance to experience leadership without having to commit for the full year. It also helps the girls gain confidence when dealing with other adults. The girls can also take turns being the helper when their parent is leading, adding to the fun and helping to teach responsibility. This type of leadership requires at least two-deep leadership with all adults leading registered as Adult Members with AHG.



Where do the girls' insignia go?

The Award patches (Fanny Crosby and Joining Award) are awarded at the end of the year and transfer over to the Tenderheart Uniform.

If your Troop awards "fun" patches for various events, these go on the Pathfinder tote bag.



HOW TO PLAN AND LEAD PATHFINDER UNIT TIME

All Pathfinder Units are different. This is a very general guide on how to plan and lead a meeting. You will want to tailor your meetings to fit the personalities and skill levels of the girls in your Unit. A Year-at-a-Glance Planning Calendar is provided to help you schedule your meetings around special events. Here are five steps to help you get started:

- ♥ Look over the Stepping Stone Meeting Plans, and the Pathfinder Handbook for the Stepping Stone on which you are working.
- ♥ The first page of each Meeting Plan is the Stepping Stone Outline. It contains the goal, main objectives, supplemental objectives, a Bible verse, Creed words, and the Frontier for this Stepping Stone. The three main objectives are the bare minimum of what your Pathfinders should get out of each Stepping Stone. The supplemental objectives are provided for Units who meet for longer periods or more frequently than the average of twice per month. (You can also go back and use them after completing Stepping Stone 6 for extra meetings or summer activities.) You will also find the Level Award requirements that will be completed in the Stepping Stone and finally a two-meeting sample meeting planner. This is included to show you the scheduling of a typical Pathfinder meeting for each Stepping Stone. Some units may spend longer than two meetings per Stepping Stone. This is just provided as a guide to help you plan.
- ♥ Following the Outline is a list of suggested activities for each main objective and supplemental objective. This is not a complete list of all that you can do. These are just a few ideas to help you get started. The activities listed may not work for all types of Units; some may work best with large groups, some with small, or some may need lots of supplies while some do not require any. Pick the ones that work best for the girls and resources you have and do not forget to check the resource pages for more ideas.
- ♥ Finally, you will find the Pathfinder Meeting Planner. You will use it to record the activities you plan to use during the actual meeting. Every meeting should consist of an intro, two to three activities and a closing. You will complete one of these planning pages for every meeting so you may copy these for use with your Unit.
 - ♥ The Introduction time lasts 5-10 minutes and it is where you introduce the girls to the topics you will be focusing on. (If your Unit does not meet with the whole AHG Troop for an opening ceremony, you will want to lead the girls in one. The girls saying the Pledge of Allegiance and the AHG Oath is an idea for a simple ceremony.) Sit the girls down and in your own words share the goal for this Stepping Stone and practice the Bible verse. You can use a fun song, game, hand motions, or simple repetition to help the girls learn it. You can even include one or two of the Creed words and discuss what they mean. This is also a good time to have the girls get out their Pathfinder Handbooks and share a few Fanny Facts or other information with them.

Use Pathfinder Handbook as a guide of what to talk about. The girls can read it in more detail at home if they would like and if a girl misses a meeting, the Pathfinder Handbook can be used to tell them what was discussed.

- ♥ Activity 1, 2 and the optional activity should last about 10-20 minutes each. This is dependent on the amount of Unit time you have so plan activities accordingly. Use this section to record what game, song, craft, snack, etc. you have chosen to meet the main objectives for this Stepping Stone and, if time allows, some of the supplemental objectives. Usually you will pick one activity for each of the main objectives and if time allows or at the next meeting pick an activity that meets a supplemental one. Remember girls this age need periods of quiet sit-down work and periods of active time. *Always have a third optional activity planned.* This can be something that requires no materials like working on pages in their handbook, or a song or game. If you find you are frequently using your third activity have a fourth on standby. Girls this age are unpredictable. The activity you thought they'd love might not work or they might finish too quickly. Having an easy pre-planned optional activity is a must to fill those last few minutes you were not expecting to have.
- ♥ The closing time lasts about 5-10 minutes and is a time to review with the girls what they learned from the activities. Try to tie this discussion time back into the main objectives so that you know the girls learned something from them. The Girl/Parent pages have space for the girls to draw pictures or paste crafts they made and other fun activities. They can work on these during the meeting or as a fun review at home. Remember to have the girls help clean up, too. It helps them learn responsibility. Many units also use this time to hand out the beads earned during that meeting. More information about the Necklace beads can be found in the FAQs section.
- ♥ Finally, you will want to record what supplies are needed for each section and who is going to be responsible for bringing them to the meeting. In the comment section, after the meeting, record what worked and what didn't so you know the types of activities to plan in the future.
- ♥ After finishing your planner, it is time to gather the supplies you will need. Be sure to ask your Troop Coordinator about supplies your Troop or Charter Organization may provide or if there is money budgeted to purchase them. You can also ask the other Pathfinder parents if someone is willing to donate needed supplies or already has them at home.

SAMPLE YEAR AT A GLANCE CALENDAR

| Date | SS # | Activity 1 & pg # | Activity 2 & pg # | Activity 3 & pg # | Notes |
|-------|------|---|-------------------------|--------------------------|-------------------------------|
| 9/09 | 1 | Name Chain p12 | Fanny Visit p12 | Name Cards | |
| 9/23 | 1 | AHG Oath Song p14 | AHG History Lesson p15 | Circle game | |
| 10/14 | 2 | God Provider pg18 | Wordless Book pg18 | God is so big, song | |
| 10/28 | 2 | Learn to pray p19 | Friendship bracelet p19 | Extra time for bracelets | Remind girls to bring picture |
| 11/11 | 3 | Family sharing time p22 | Cookie love p22 | Job role play p23 | |
| 11/25 | 3 | Pathfinder was here p23 | Family frame p22 | | |
| 12/09 | | <i>Troopwide Christmas Party</i> | | | |
| 1/13 | ? | Catch-up or review | | Last 30min with troop | |
| 1/27 | | <i>Troopwide Mid-Year Ceremony</i> | | | |
| 2/10 | 4 | Etc. | | | |
| 2/24 | 4 | | | 10-15 min | |
| 3/10 | 5 | | | | |
| 3/24 | 5 | | | 10-15 min | |
| 4/14 | 6 | | | | |
| 4/28 | 6 | | | 10-15 min | |
| 5/12 | | Review/joining award | | Last 30 min | |
| 5/19 | | <i>Troopwide Spring Court of Awards</i> | | | |

| Date | SS# | Activity 1 & page # | Activity 2 & Pg # | Activity 3 & pg # | Notes |
|------|-----|------------------------|----------------------|----------------------|-------|
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| Date | SS# | Activity 1 & page # | Activity 2 & Pg # | Activity 3 & pg # | Notes |
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STEPPING STONE 1 MEETING PLAN: STARTING THE ADVENTURE

GOAL:

To introduce Pathfinders to American Heritage Girls and give an overall background of the organization.

MAIN OBJECTIVES:

- ♥ Introduce girls to the Unit Leader and each other
- ♥ Introduce girls to Fanny Crosby
- ♥ Introduce girls to the AHG Oath

SUPPLEMENTAL OBJECTIVES:

- ♥ Introduce girls to the AHG Ministry (history and overview) ♥
- Introduce girls to the Personal Well-Being Frontier
- ♥ Creed word activities and Bonus Bible verses

BIBLE VERSE:

1 Timothy 4:12a - "Don't let anyone think less of you because you are young."

CREED WORDS:

Honest - I tell the truth and am sincere, not someone who lies, cheats, steals, or tries to trick people. I keep my promises. I do what I say I will.

Pure - I protect my mind and my body from things that are bad for me. I choose carefully what I say, what I do, what I watch, what I listen to.

FRONTIER:

Personal Well-Being

LEVEL AWARD REQUIREMENTS:

- ♥ Do one activity for this Stepping Stone

| | Meeting 1 | Meeting 2 |
|--|--|---|
| Introduction | | |
| Activity #1 | Introduce Girls to Each Other Activity | AHG Oath Activity |
| Activity #2 | Fanny Crosby Activity | Supplemental Objective Activity or Work in Handbook |
| Extra optional Activity (If Time Allows) | | |
| Closing | | |

ACTIVITIES:

Pick and choose from the activities list or create your own to fulfill the objectives. Keep in mind your location, length of meeting time, supplies, number of girls, and most importantly the interests and attention levels of the girls in your group. *You will generally* pick one activity for each of the Main Objectives and then pick activities from the Supplemental Objectives to fill out the meeting time or if your Pathfinder Unit meets more than twice per month.

MAIN OBJECTIVE ACTIVITY IDEAS

♥ Introduce girls to the Unit Leader(s) and each other

- ♥ Name Game: Have your group sit in a circle. One by one, go around your circle and have each girl tell the group their first name and something she likes that starts with the same letter as their first name (Ex. My name is Molly and I like Music.) After everyone gets to know names and likes, play some music and pass around a ball or beanbag. When the music stops, the girl holding the ball or beanbag tries to remember the names of the girls on their right and left. If she can't, have the group help them, and continue on until everyone has a chance.
- ♥ Name Chain: Give each girl a strip of paper on which to write her name and decorate how she would like. Once all girls and Unit Leaders are finished staple them together in a chain and display your decoration during each meeting.
- ♥ Name Picture: Instruct girls to write their name on the top of a piece of paper and draw a picture of one of their favorite things. Then have girls and Unit Leaders share their name and show what they drew.

♥ Fanny Crosby Activities

- ♥ Fanny Crosby Visit: Have someone (a Pioneer or Patriot girl would be perfect for this) dress up like Fanny Crosby and "visit" the girls. She can tell them about her life and hymns. A brief history of Fanny Crosby for them to use is on the following page.
- ♥ Trust Walk: Fanny Crosby was blind. Help the girls experience what it's like to be blind with activities like a Unit Leader-led trust walk around the room with eyes closed (or use blindfolds.) Another option would be to have the girls close their eyes (or wear blindfolds) and try to perform tasks like eating a snack, drawing a picture, writing their name, putting on a jacket, tying their shoes, etc.
- ♥ Fanny's Hymns: Fanny Crosby wrote more than 9,000 hymns. Learn the chorus to one of Fanny's hymns and perform it in front of the Troop. Some of her more well-known hymns are "Blessed Assurance," "I Am Thine, O Lord," "To God Be The Glory", "Jesus Keep Me Near The Cross," "Our Country," and "Praise Him, Praise Him."

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Fanny Crosby History

My name is Frances Jane Crosby, but you can call me Fanny. I was born a long time ago in 1820. When I was less than 2 months old I got very sick. I got better but after that I couldn't see anymore. I was blind.

When I was 8 years old I started writing poems and later I also wrote hymns. Hymns are songs that praise God. Since I was blind, I couldn't write very well. So I would create the poem or hymn in my head and then someone would write it down on paper for me. Have you ever written a poem or a song? If you haven't, maybe you should try; it is a lot of fun.

My Mother and Grandmother raised me and taught me about God and read to me from the Bible. I loved God's Word so much that I memorized Bible verses just like some of you do. By the time I was 10, I was memorizing 5 chapters of the Bible every week. Eventually I knew all of Matthew, Mark, Luke, John, Genesis, Exodus, Leviticus, Numbers, Deuteronomy, the book of Psalms, Proverbs and the Song of Solomon. How many Bible verses do you know? This year you are going to have the chance to learn even more.

When I was 15, I went to a special school just for blind people like me. While there I wrote even more songs and poems. I wrote almost 9000 songs in my lifetime. I proved that anyone can do great things for God. I didn't let being blind stop me. So you shouldn't let being young stop you, remember your Bible verse from 1 Timothy 4:12 and "Don't let anyone think less of you because you are young."

▼ AHG Oath Activities

♥ AHG Oath Song: Introduce the AHG Oath song from the AHG Sings CD available for purchase at the AHGstore.

♥ Hand Motions: It is often helpful to teach young girls hand gestures to assist them in remembering the different parts of the oath. You can be creative, but some suggestions include:

To Love God: hands together, as in prayer

Cherish My Family: arms crossed in front as in a hug

Honor My Country: hand at forehead, in an AHG salute

Serve in my Community- hands outstretched, palms up, as in giving

♥ Four Corners Oath Game: Pick someone to be “it.” This person stands at the front of the play area with her back to the group.

Designate the four corners as LOVE GOD, CHERISH MY FAMILY, HONOR MY COUNTRY, & SERVE IN MY COMMUNITY. Use appropriate signs if desired.

Start with girls in the center of the play area. Play music and the girls run around until the music stops. When the music stops, they must pick the corner of their choice and stay there.

“It,” without looking, picks a corner. Girls from that corner go to the middle and sit down.

Turn the music back on and let them run around until you stop the music. Repeat picking a corner until only one person is left. This person is “it” next.

SUPPLEMENTAL OBJECTIVE ACTIVITY IDEAS

▼ AHG History Activities

♥ Light a Candle - Read this picture book about the history of AHG. This book can be found in the online AHGstore.

♥ AHG History Lesson - Invite a couple of older girls to come in AHG Uniform and share a brief history of AHG. They could also help the girls say the Oath using the sign correctly.

AHG History:

American Heritage Girls started in the summer of 1995 in Cincinnati, Ohio. Some parents wanted a program that would teach their daughters new skills, help them have great outdoor experiences, give them chances to be girl leaders, and much more. Most of all, the parents wanted a program that allowed girls to live out their Christian beliefs, a program that honored God in every part. So, they prayed and they planned and they dreamed and they prayed some more. Soon they had their very first troop of thirteen girls led by two of the praying and planning parents, Patti Garibay and Laurie Cullen. More Troops popped up quickly until more than 100 girls around Cincinnati were members of AHG. Girls loved this new program.

When they told their families and friends outside of Ohio about AHG, more girls wanted to join. So, more Troops got started in other states. In a few years, there were over 100 Troops. And a few years after that, there were over 500! Each year, more and more girls join, more and more Troops get started. And

guess who's still leading the way in AHG as National Executive Director, with lots of prayers and plans: Patti Garibay. (Laurie Cullen is still there too!)
Our Troop started in _____. Our Troop number is _____. *If applicable:* We picked those numbers for a special reason; they stand for _____.

♥ **Frontier Activities**

♥ Frontier Activities are provided in the Girl/Parent Portion of the Pathfinder Handbook. An activity for a selection of Badges from each Frontier is provided. The girls are not expected to complete them all. This is just a fun way to introduce the girls to the six Frontiers and some of the Badge choices they will work on in future years. Frontier Activities can also be completed at home. After completing a Frontier Activity the parent or Unit Leader dates it and the girl may color in the corresponding flower. Unit Leaders may choose to use a flower stamp or stickers to indicate completion, if preferred.

♥ **Creed Words Activities**

♥ These are provided in the Pathfinder Handbook.

♥ **Bonus Bible Verses**

♥ Girls can earn a Heart bead for their necklace for each extra verse earned. Extra Heart beads can be purchased from local craft stores, if needed. Additional necklace kits can be purchased from the AHGstore.

STEPPING STONE I MEETING PLANNER

Date _____

Stepping Stone # _____

Meeting # _____

| | What & How | Resources & Supplies | Who |
|--------------------------|------------|----------------------|-----|
| Intro | | | |
| Activity 1 | | | |
| Activity 2 | | | |
| Optional Activity | | | |
| Closing | | | |
| Comments | | | |

STEPPING STONE 2 MEETING PLAN: LOVE GOD

GOAL:

To introduce Pathfinder girls to how God loves us and how to love Him.

OBJECTIVES:

- ♥ Introduce girls to who God is
- ♥ Introduce girls to God's love for us
- ♥ Introduce girls to how they can show love to God

SUPPLEMENTAL OBJECTIVES:

- ♥ Introduce girls to how they can show love to others
- ♥ Introduce girls to the Science & Technology Frontier
- ♥ Creed word activities and Bonus Bible verses

BIBLE VERSE:

Deuteronomy 6:5 - "Love the Lord your God with all your heart and with all your soul and strength."

CREED WORDS:

Reverent - I show awe and wonder and love towards God. I talk to God in prayer and listen quietly when others are praying. I learn about God and do what His Word teaches. I am nice when other people believe something else.

Resourceful - I use my time and talents (the things I do well) wisely and creatively. I try not to waste things or mistreat them. I use my imagination to help me solve problems.

FRONTIER:

Science & Technology

LEVEL AWARD REQUIREMENTS:

- ♥ Do one activity for this Stepping Stone

| | Meeting 1 | Meeting 2 |
|--|----------------------------|---|
| Introduction | | |
| Activity #1 | Who is God? Activity | Our Love for God Activity |
| Activity #2 | God's Love for Us Activity | Supplemental Objective Activity or Work in Handbook |
| Extra Optional Activity (If Time Allows) | | |
| Closing | | |

ACTIVITIES:

Pick and choose from the activities list or create your own that are similar to fulfill the objectives. Keep in mind your location, length of meeting time, supplies, number of girls, and most importantly the interests and attention levels of the girls in your group. You will generally pick one activity for each of the Main Objectives and then pick activities from the Supplemental Objectives to fill out the meeting time or if your Pathfinder Unit meets more than twice per month.

MAIN OBJECTIVE ACTIVITY IDEAS

♥ Who God is Activities

- ♥ God is the Creator Creation Quilt - Make a quilt featuring the days of creation. Using real fabric, felt or paper, have the girls make 8 squares. Design a square to represent each of the seven days of creation plus one for the girls' names, thumbprints, or handprints. Display at the meeting location or the quilt could also be given as a gift to a nursing home or daycare center depending on the Unit's talents and resources.
- ♥ God is the Rescuer Empty Tomb Craft - Teach girls that God rescued us through His son Jesus. To remind them of this make a model of the empty tomb. Cut a paper plate in half and have the girls color it to look like a hillside. Make a rounded door shape from black construction paper and glue to the bottom middle of the paper plate. Cut a circle bigger than the door out of white paper and have the girls color it to look like a rock. Using a brad attach it so it covers the opening of the tomb and can be "rolled away". Print out or write Matthew 28:6 "He is not here, for He has risen, just as He said," and paste it on the hillside.
- ♥ God is the Provider Poster - Draw pictures of or cut out pictures from magazines of things God has provided for you such as a house, food, parents, friends, clothing. This can be a group collage or individual art.

♥ God's Love for Us Activities

- ♥ Wordless Book/Bracelet Activity- Use colors to express important Biblical truths about salvation. Make bracelets using colored beads or wordless books using colored felt or paper. Black = Sin, Romans 3:23 - All have sinned. Red = Blood, John 1:7 - Jesus' blood covers all sin. White = Pure, Psalm 51:7 - Jesus washes away confessed sin. Yellow = Heaven, John 14:2 - Believe on Jesus and receive Eternal Life. Green = Grow, 2 Peter 3:18 - Grow in the knowledge of the Lord.
- ♥ Sing Jesus Loves Me - Use actions or sign language to teach the girls this song. Have them perform it for the Troop.
- ♥ John 3:16 Bookmarks Make several bookmarks out of cardstock and give one to each girl. Help the girls write the first half of John 3:16, "For God so loved the world that he gave his only begotten Son," onto their bookmarks. They can be decorated with stickers, glitter, colored yarn and other art supplies. Laminate them if desired. Remind the girls that God sent his only son to die for us because he loves us.

♥ Show love to God Activities

- ♥ Share your love for God - Make an invitation to invite a friend to attend Sunday School or Church.
- ♥ Learn how to pray - Teach the girls a simple prayer or show them how to pray.
- ♥ 10 Commandment bowling – We show love to God when we obey his rules. Teach the 10 Commandments using 10 water bottles as bowling pins. Line the bottles up in a row so that only one is knocked over at a time. Girls name the commandment it represents. Cut the top third of the bottle and fill with items to represent each commandment, then replace the top. Ideas: 1. Have no other gods: empty (nothing can take the place of God) or a #1 item such as a magnet or candle. 2. Have no idols: Picture of Famous person girls would recognize. 3. Honor God's name: Toothpaste representing the girls mouth, 4. Honor the Sabbath day: Small calendar with Sunday circled. 5. Honor your parents: Cut out picture with parents. 6. Do not murder: Plastic knife. 7. Do not commit adultery: Broken Heart. 8. Do not steal: Money. 9. Do not perjure yourself: Lie printed on paper. 10. Do not covet: Small toy.

SUPPLEMENTAL OBJECTIVE ACTIVITY IDEAS

♥ Love for Others Activities

- ♥ I love You cards - Make “I love you” cards for friends and neighbors
- ♥ Friendship Bracelets/Necklaces - Make friendship necklaces or bracelets and have the girls trade them, when they wear them they should remember to show love to others.
- ♥ I am Loved Heart - Cut out a red heart and put your name in the middle. Then pass around your heart to all the girls and have them draw something they love about that person and then pass it on, each girl will get a chance to draw on each girls’ heart.

♥ Frontier Activities

- ♥ Frontier Activities are provided in the Girl/Parent Portion of the Pathfinder Handbook. An activity for a selection of Badges from each Frontier is provided. The girls are not expected to complete them all. This is just a fun way to introduce the girls to the six Frontiers and some of the Badge choices they will work on in future years. Frontier Activities can also be completed at home. After completing a Frontier Activity the parent or Unit Leader dates it and the girl may color in the corresponding flower. Unit Leaders may choose to use a flower stamp or stickers to indicate completion, if preferred.

♥ Creed Words Activities

- ♥ These are provided in the Pathfinder Handbook.

♥ Bonus Bible Verses


- ♥ Extra Bible Verses are provided in the resource section for girls who enjoy memorizing. Girls can earn a Heart bead for their necklace for each extra verse earned. Extra Heart beads can be purchased from local craft stores, if needed.

STEPPING STONE 2 MEETING PLANNER

Date _____

Stepping Stone # _____

Meeting # _____



| | What + How | Resources + Supplies | Who |
|--------------------------|------------|----------------------|-----|
| Intro | | | |
| Activity 1 | | | |
| Activity 2 | | | |
| Optional Activity | | | |
| Closing | | | |
| Comments | | | |

STEPPING STONE 3 MEETING PLAN: CHERISH MY FAMILY

GOAL:

To introduce Pathfinders to the importance of family and what it means to cherish them.

(It's very important for Adult Members to be aware of the different types of families in your Unit and be sensitive to girls with less traditional families when planning for these meetings.)

OBJECTIVES:

- ♥ Discuss who is in our family and that God has given them a unique and special family
- ♥ Introduce girls to what cherish their family means and how they can show it
- ♥ Introduce girls to the responsibilities that come with being part of a family and ways to serve their family members

SUPPLEMENTAL OBJECTIVES:

- ♥ Introduce girls to how they can have fun with their family
- ♥ Introduce girls to the Family Living Frontier
- ♥ Creed word activities and Bonus Bible verses

BIBLE VERSE:

Luke 6:31 - "Do to others as you would have them do to you."

CREED WORD:

Responsible - I will do the things that I say I will do. People can depend on me. I am smart about what is right or wrong. If I cause something bad to happen – on purpose or by accident – I admit to it and, if possible, help to correct or fix anything that was not right.

FRONTIER:

Family Living

LEVEL AWARD REQUIREMENTS:

Do one activity for this Stepping Stone

| | Meeting 1 | Meeting 2 |
|--|--|---|
| Introduction | | |
| Activity #1 | What makes My Family special? Activity | Responsibilities/Service Activity |
| Activity #2 | What is Cherish and how do I Show It? Activity | Supplemental Objective Activity or Work in Handbook |
| Extra Optional Activity (If Time Allows) | | |
| Closing | | |

ACTIVITIES:

Pick and choose from the activities list or create your own which are similar to fulfill the objectives. Keep in mind your location, length of meeting time, supplies, number of girls, and most importantly the interests and attention levels of the girls in your group. You will generally pick one activity for each of the Main Objectives and then pick activities from the Supplemental Objectives to fill out the meeting time or if your unit meets more than twice per month.

MAIN OBJECTIVE ACTIVITY IDEAS

♥ My Family Activities

- ♥ Family Sharing Time: Have the girls tell about who is in their family and bring in a picture to show. Discuss how God made each family unique and special.
- ♥ Family Drawing: Tell girls to draw their family on a piece of paper and markers/crayons. What do they like best about their family?
- ♥ Family Frame: Cut a frame out of craft foam. Have stickers, jewels, and markers to decorate it. Have the girls insert a picture of their families.

♥ Cherish and Show It Activities

- ♥ Cherish My Family Coupon Book: Create a book of coupons full of loving activities girls can do with their family. Like give a hug, read a story to a younger sibling, share a toy, etc...
- ♥ Cookie-Love: Bake cookies as a Unit and make a package of cookies for each girl to take home to share with their family. You can also make the dry cookie mix and have the girls take it home to bake the cookies with their family.

- ♥ Handprint Poem and Craft – Create a page with the following poem:

I miss you when we're not together
I'm growing up so fast
See how big I've gotten
Since you saw me last?
As I grow, I'll change a lot,
The years will fly right by.
You'll wonder how I grew so quick
When and where and why?
So look upon this handprint (these handprints)
That's hanging on your wall.
And memories will come back of me,
When I was very small.

Have the girls decorate it with handprints, thumb prints, a picture of themselves, paint, markers, glitter, etc. Give it as a gift to the parents.

♥ Responsibilities and ways to serve their Family Activities

- ♥ Chore Chart - Help the girls create a chore chart and have them check off completed chores and bring the chart back to the next meeting.
- ♥ Job Role Play - Pick jobs around the house and have girls role play doing the job. Props can add to the fun.
- ♥ Bible Story Drama - Act out a Bible story about family responsibilities. Girls can perform this for the Troop.

SUPPLEMENTAL OBJECTIVE ACTIVITY IDEAS

♥ Fun with Family Activities

- ♥ Pathfinder was Here - Create a “Pathfinder was here” doll. One is provided in the Girl Handbook. Have the girls decorate it to look like themselves. It can then be laminated or put in a plastic bag to protect it. Encourage the girls to perform random acts of kindness for their family members and leave the “Pathfinder was here” doll at the scene. For example if the girl sorts socks without being asked, she’d leave it in the laundry basket.
- ♥ Family Fun Night - Help the girls plan a family night at home and create an invitation. They can invite their family to play board games, watch a movie, make crafts, or participate in a service project.

▼ **Frontier Activities**

♡ Frontier Activities are provided in the Girl/Parent Portion of the Pathfinder Handbook. An activity for a selection of Badges from each Frontier is provided. The girls are not expected to complete them all. They are just a fun way to introduce the girls to the six Frontiers and some of the Badge choices they will work on in future years. These can also be worked on at home. When a girl completes one, they can date it and color in the corresponding flower or a flower stamp or sticker can be placed there to show completion.

▼ **Creed Words Activities:**

♡ These are provided in the Girl/Parent Portion of the handbook.

▼ **Bonus Bible Verses**

♡ Girls can earn a Heart bead for their necklace for each extra verse earned. Extra Heart beads can be purchased from local craft stores, if needed. Additional necklace kits can be purchased at the AHGstore.

STEPPING STONE 3 MEETING PLANNER

Date _____

Stepping Stone # _____

Meeting # _____

| | What & How | Resources & Supplies | Who |
|--------------------------|------------|----------------------|-----|
| Intro | | | |
| Activity 1 | | | |
| Activity 2 | | | |
| Optional Activity | | | |
| Closing | | | |
| Comments | | | |



STEPPING STONE 4 MEETING PLAN: HONOR MY COUNTRY

GOAL:

To introduce Pathfinders to our American heritage and ways to honor our country.

MAIN OBJECTIVES:

- ♥ Introduce girls to the heritage of the United States
- ♥ Introduce girls to what it means to honor our country
- ♥ Introduce girls to ways people serve our country

SUPPLEMENTAL OBJECTIVES:

- ♥ Introduce girls to how they can celebrate what it means to be an American
- ♥ Introduce girls to the Heritage Frontier
- ♥ Bonus Bible verses

BIBLE VERSE:

Romans 13:1a - "Everyone must submit himself to the governing authorities..."

CREED WORDS:

Loyal - I help and support the people I'm close to, like my family, my friends, my AHG sisters and my teammates. They can trust me and depend on me.

Respectful - I have good manners. I show people that they are important to me by treating them politely, no matter who they are. I put the feelings and needs of others ahead of my feelings and needs

FRONTIER:

Heritage

LEVEL AWARD REQUIREMENTS:

Do one activity for this Stepping Stone

| | Meeting 1 | Meeting 2 |
|--|--|---|
| Introduction | | |
| Activity #1 | US Heritage Activity | Who Serves And Ways People Serve Activity |
| Activity #2 | What is Honor? Honor My Country Activity | Supplemental Objective Activity or Work in Handbook |
| Extra Optional Activity (If Time Allows) | | |
| Closing | | |

ACTIVITIES:

Pick and choose from the activities list or create your own which are similar to fulfill the objectives. Keep in mind your location, length of meeting time, supplies, number of girls, and most importantly the interests and attention levels of the girls in your group. You will generally pick one activity for each of the Main Objectives and then pick activities from the Supplemental Objectives to fill out the meeting time or if your unit meets more than twice per month.

MAIN OBJECTIVE ACTIVITY IDEAS

♥ US Heritage Activities

- ♥ Mapping Activity - Identify your state and color it on a blank map of the United States of America. Also find and color the states that were part of the original 13 colonies.
- ♥ Famous Americans - Learn about some of the groups that came to America in search of religious freedom like the Pilgrims or pick an influential person in early American history and research how they helped shape our country.
- ♥ Museum Visit - Visit a Local US Historical Museum or exhibit on US History

♥ Honor My Country Activities

- ♥ Make a Flag - Have the girls color a US Flag or make one out of construction paper. Tell them the significance of each piece of our flag: 13 stripes for the 13 original colonies; 50 stars for the 50 states, Red stands for Hardiness and Valor, White symbolizes Purity and Innocence and Blue is the symbol of Vigilance, Perseverance and Justice. Then have the girls design a flag for their own imaginary country and share what the colors, symbols and design on their flags represent.
- ♥ Honor those who protected our country - Decorate cards for the local veteran's hospital.
- ♥ Honor those who serve - Make cookies for the local police or fire station. (Be sure to find out in advance if your local station accepts home baked goods.)

♥ Ways People Serve Activities

- ♥ Military Visitor - Have a veteran or an active duty military member visit the Unit and talk to them about serving our country and/or bring in a military uniform. Have the girls look at it up close and pick out some interesting things about the uniform. Have the girls compare this to their AHG uniform. Discuss how a uniform shows you belong to an organization or group and how taking care of your uniform shows respect to that organization.
- ♥ Memory Card Game – Make a matching game with pictures of the president, soldiers, senators, judges, etc... Ask the girls questions about the people on the cards and have them run to the right answer or find the matching card
- ♥ Read a book – Find a book about people who serve in our government and discuss how the President and other elected officials serve our country.

SUPPLEMENTAL OBJECTIVE ACTIVITY IDEAS

♥ Celebrate America

- ♥ Voting Booth - Introduce the concept of citizenship and voting. Have the girls organize a whole Troop vote on a snack, game, or song for the next meeting. They may choose whether to use paper ballots or hand counting. This helps the girls learn some leadership skills and gives them a chance to be in charge of a whole Troop activity.
- ♥ Sing A Long - Learn to sing a patriotic song and share it with rest of the Troop at a meeting or ceremony.

♥ Frontier Activities

- ♥ Frontier Activities are provided in the Girl/Parent Portion of the Pathfinder Handbook. An activity for a selection of Badges from each Frontier is provided. The girls are not expected to complete them all. They are just a fun way to introduce the girls to the six Frontiers and some of the Badge choices they will work on in future years. These can also be worked on at home. When a girl completes one they can date it and color in the corresponding flower or a flower stamp or sticker can be placed there to show completion.

♥ Creed Words Activities:

- ♥ These are provided in the Girl/Parent Portion of the handbook.

♥ Bonus Bible Verses

- ♥ Extra Bible Verses are provided in the resource section for girls who enjoy memorizing. Girls can earn a Heart bead for their necklace for each extra verse earned. Extra Heart beads can be purchased from local craft stores, if needed.

STEPPING STONE 4 MEETING PLANNER

Date _____

Stepping Stone # _____

Meeting # _____

| | What & How | Resources & Supplies | Who |
|--------------------------|------------|----------------------|-----|
| Intro | | | |
| Activity 1 | | | |
| Activity 2 | | | |
| Optional Activity | | | |
| Closing | | | |
| Comments | | | |



STEPPING STONE 5 MEETING PLAN: SERVE IN MY COMMUNITY

GOAL:

To introduce Pathfinder girls to what a community is and how they can make a difference by serving in their community.

OBJECTIVES:

- ♥ Introduce girls to what a community is
- ♥ Introduce girls to what it means to serve and why it's important
- ♥ Introduce girls to ways they can serve in their community

SUPPLEMENTAL OBJECTIVES:

- ♥ Have the girls participate in a service project
- ♥ Introduce girls to the Arts Frontier
 - ♥ Bonus Bible verses

BIBLE VERSE:

Ephesians 6:7 (NIV) - "Serve wholeheartedly, as if you were serving the Lord, not people."

CREED WORDS: HELPFUL, COMPASSIONATE

Helpful - I serve others cheerfully. I look for things that need to be done and then do them!

Compassionate - I am tenderhearted toward people and do whatever I can to ease suffering and sadness.

FRONTIER:

The Arts

LEVEL AWARD REQUIREMENTS:

- ♥ Do one activity for this Stepping Stone
- ♥ Participate in one service project during the program year

| | Meeting 1 | Meeting 2 |
|--|------------------------------------|---|
| Introduction | | |
| Activity #1 | Community Activity | How can I serve? Service Project |
| Activity #2 | What is Community Service Activity | Supplemental Objective Activity or Work in Handbook |
| Extra Optional Activity (If Time Allows) | | |
| Closing | | |

ACTIVITIES:

Pick and choose from the activities list or create your own which are similar to fulfill the objectives. Keep in mind your location, length of meeting time, supplies, number of girls, and most importantly the interests and attention levels of the girls in your group. You will generally pick one activity for each of the Main Objectives and then pick activities from the Supplemental Objectives to fill out the meeting time or if your Unit meets more than twice per month.

MAIN OBJECTIVE ACTIVITY IDEAS

♥ Community Activities

- ♥ Local Map Activity - Look at a map of your town and help the girls find their home, school, AHG meeting place, church and other areas they visit frequently.
- ♥ Community Bull's-Eye - Using concentric circles like on a bull's-eye with the girls being in the center draw a picture of or list others in their community starting with the closest relationships like family, friends and neighbors and then moving outwards to include people like teachers, grocery store clerks, post office workers, etc. This activity helps the girls to realize that everyone with whom they come into contact make up their community.
- ♥ Walk Around - Go for a walk around your meeting place and look at your community. If you were a visitor what would you point out that makes your community special and unique. What are your favorite spots?

♥ What it Means to Serve Activities

- ♥ Serve Others - Practice serving others by assigning tasks for each girl to complete during the meeting. Some ideas: passing out papers, snack helper, attendance helper.
- ♥ People who Serve Visit - Visit a police or fire station or invite someone from the community to come to the meeting. This could be a police officer, firefighter, nurse, doctor, banker, etc. Find out how and why they serve their community.
- ♥ Serving in the Bible - Study a scripture from the Bible about serving. A good one to look at is the story of the Loaves and the Fishes in Matthew 14:13-21. The Disciples served the people the bread and fish that Jesus had blessed. The girls can act out this story.

♥ Ways They can Serve Activities

- ♥ Service Collage - Make a collage of people serving others.
- ♥ Hidden Talents - Help girls to discover what talents they have and brainstorm ways they can use these to serve others.
- ♥ Service Project Planning - Discuss and plan a service project to be completed at another meeting or as a special event.

SUPPLEMENTAL OBJECTIVE ACTIVITY IDEAS

♥ Service Project Activities

- ♥ Chartered Organization Project - Ask your Charter Organization if they have a project you can do for them like weeding a garden, organizing a storage room, or cleaning up trash outside your meeting place.
- ♥ Children's Hospital Project - Make get well cards or goody bags for a local Children's Hospital. Goody bags might include small toys, coloring pages, crayons, etc.
- ♥ Retirement/Hospice Facility Project - Decorate paper place mats for an outreach dinner or a meal at a retirement home or hospice facility. Check with the facility first to learn if adding scripture verses is acceptable.

♥ Frontier Activities

- ♥ Frontier Activities are provided in the Girl/Parent Portion of the Pathfinder Handbook. An activity for a selection of Badges from each Frontier is The girls are not expected to complete them all. They are just a fun way to introduce the girls to the six Frontiers and some of the Badge choices they will work on in future years. These can also be worked on at home. When a girl completes one they can date it and color in the corresponding flower or a flower stamp or sticker can be placed there to show completion.

♥ Creed Words Activities:

- ♥ These are provided in the Girl/Parent Portion of the handbook.

♥ Bonus Bible Verses

- ♥ Extra Bible Verses are provided in the resource section for girls who enjoy memorizing. Girls can earn a Heart bead for their necklace for each extra verse earned. Extra Heart beads can be purchased from local craft stores, if needed. Additional necklace kits can be purchased from the AHG Attic online store.

STEPPING STONE 5 MEETING PLANNER

Date _____

Stepping Stone # _____

Meeting # _____

| | What & How | Resources & Supplies | Who |
|--------------------------|------------|----------------------|-----|
| Intro | | | |
| Activity 1 | | | |
| Activity 2 | | | |
| Optional Activity | | | |
| Closing | | | |
| Comments | | | |



STEPPING STONE 6 MEETING PLAN: NEXT STEP

GOAL:

To review their Pathfinder year and prepare girls for the Tenderheart Level and their future in AHG.

OBJECTIVES:

- ♥ Review the year and highlight some important discoveries
- ♥ Introduce girls to what a Tenderheart is and how it differs from being a Pathfinder
- ♥ Have the girls participate in a Tenderheart meeting or activity

SUPPLEMENTAL OBJECTIVES:

- ♥ Introduce girls to the Outdoor Frontier
- ♥ Earn the Joining Award
- ♥ Bonus Bible verses

BIBLE VERSE:

Colossians 1:10 - "Live a life worthy of the Lord and please him in every way: bearing fruit in every good work, growing in the knowledge of God."

CREED WORDS:

Perseverant - I keep going and keep trying, even when things are hard and I feel like giving up.

FRONTIER:

Outdoor Skills

LEVEL AWARD REQUIREMENTS:

- ♥ Do one activity for this Stepping Stone
- ♥ Participate in a Tenderheart meeting or activity

| | Meeting 1 | Meeting 2 |
|--|--------------------------------|---|
| Introduction | | |
| Activity #1 | Review Activity | Tenderheart Meeting or Activity |
| Activity #2 | What is a Tenderheart Activity | Supplemental Objective Activity or Work in Handbook |
| Extra Optional Activity (If Time Allows) | | |
| Closing | | |

ACTIVITIES:

Pick and choose from the activities list or create your own which are similar to fulfill the objectives. Keep in mind your location, length of meeting time, supplies, number of girls, and most importantly the interests and attention levels of the girls in your group. You will generally pick one activity for each of the Main Objectives and then pick activities from the Supplemental Objectives to fill out the meeting time or if your Unit meets more than twice per month.

MAIN OBJECTIVE ACTIVITIES

♥ Review Activity

- ♥ Scrap Book Page - Girls can create their own scrapbook page with pictures of their favorite activities These can be displayed in a book at the End of the Year Award ceremony and girls can take home their page as a reminder of their Pathfinder year.
- ♥ Stepping Stone Review - Go over each stepping stone's goal and main objectives and have girls share what they remember.
- ♥ Memory Challenge - Challenge the girls to recite the AHG Oath and, if desired, some of the Stepping Stone Bible verses from memory.

♥ What is a Tenderheart? Activity

- ♥ Uniform Comparison - Compare the Pathfinder uniform to a Tenderheart uniform and find the similarities and differences.
- ♥ AHG Girl Handbook - Let the girls look through the AHG Girl Handbook and point out some badges they might like to try.
- ♥ Tenderheart Visit - Invite some third year Tenderhearts (if possible, otherwise utilize your oldest Tenderhearts) to come and share about their favorite activity.as a Tenderheart

♥ Attend a Tenderheart Meeting or Activity

- ♥ This can be an entire Tenderheart meeting or the Pathfinders can attend just a portion of the meeting. It could also be fulfilled by attending a special event or activity with the Tenderhearts.

SUPPLEMENTAL OBJECTIVE ACTIVITIES

♥ Joining Award

- ♥ Girls work towards earning their Joining Award. (They do not have to complete it at the Pathfinder Level. It can be completed at the Tenderheart Level. Some Tenderheart Units chose to do this at the start of a new year, so check with your Troop Board before starting to work on this Award)

♥ **Frontier Activities**

♥ Frontier Activities are provided in the Girl/Parent Portion of the Pathfinder Handbook. The girls are not expected to complete them all. They are just a fun way to introduce the girls to the six Frontiers and some of the Badge choices they will work on in future years. These can also be worked on at home. When a girl completes one they can date it and color in the corresponding flower or a flower stamp or sticker can be placed there to show completion.

♥ **Creed Words Activities:**

♥ These are provided in the Girl/Parent Portion of the handbook.

♥ **Bonus Bible Verses**

♥ Girls can earn a Heart bead for their necklace for each extra verse earned. Extra Heart beads can be purchased from local craft stores, if needed. Additional necklace kits can be purchased at the AHGstore.



STEPPING STONE 6 MEETING PLANNER

Date _____

Stepping Stone # _____

Meeting # _____

| | What & How | Resources & Supplies | Who |
|--------------------------|------------|----------------------|-----|
| Intro | | | |
| Activity 1 | | | |
| Activity 2 | | | |
| Optional Activity | | | |
| Closing | | | |
| Comments | | | |





FANNY CROSBY LEVEL AWARD

This award is earned at the end of the Pathfinder Program Year.

♥ Complete one activity from each Stepping Stone. Color the star when completed.



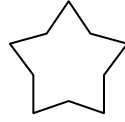
Starting the
Adventure



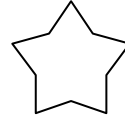
Love
God



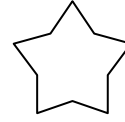
Cherish My
Family



Honor My
Country



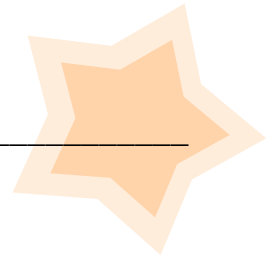
Serve in My
Community



Next
Step

♥ Participate in at least one service project.

Date: _____ Project: _____



♥ Attend one Special Event.

Date: _____ Event: _____

♥ Attend one Troop meeting or other event with a Tenderheart Unit.

Date: _____ Event: _____

♥ Meet with your Unit Leader/Parent Leader to talk about what you have learned as a Pathfinder.

Date: _____

Unit Leader/Parent Leader Signature

Date

Coordinator Signature

Date



BIBLE VERSE TRACKING SHEET

♥ 1. _____ Memorize 1 Timothy 4:12a
Initial and date

♥ 2. _____ Memorize Deuteronomy 6:5
Initial and date

♥ 3. _____ Memorize Luke 6:31
Initial and date

♥ 4. _____ Memorize Romans 13:1a
Initial and date

♥ 5. _____ Memorize Ephesians 6:7
Initial and date

♥ 6. _____ Memorize Colossians 1:10
Initial and date





SERVICE PROJECT TRACKING SHEET



Event

Date



Event

Date



Event

Date



Event

Date



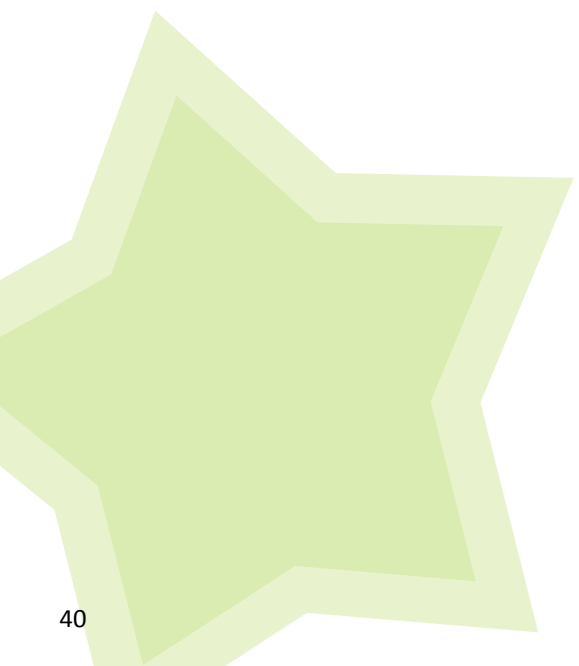
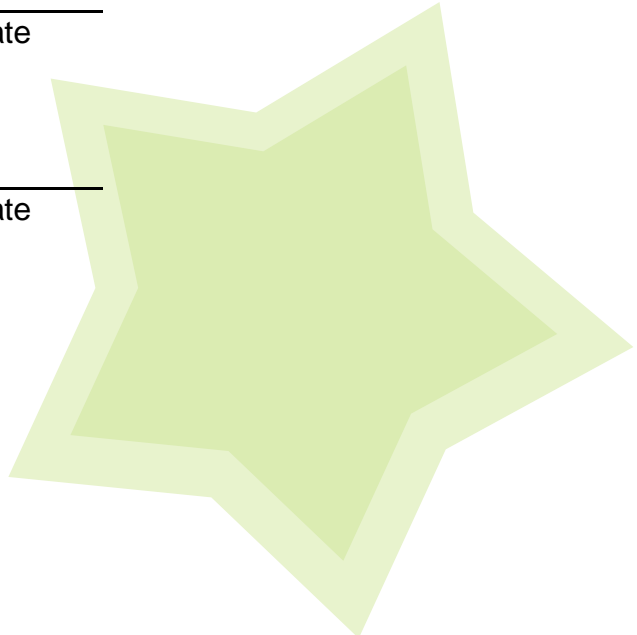
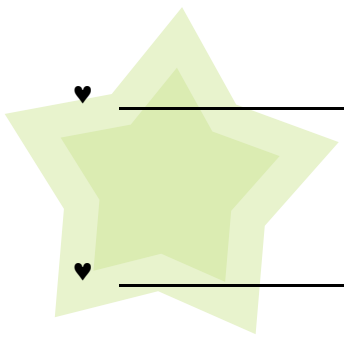
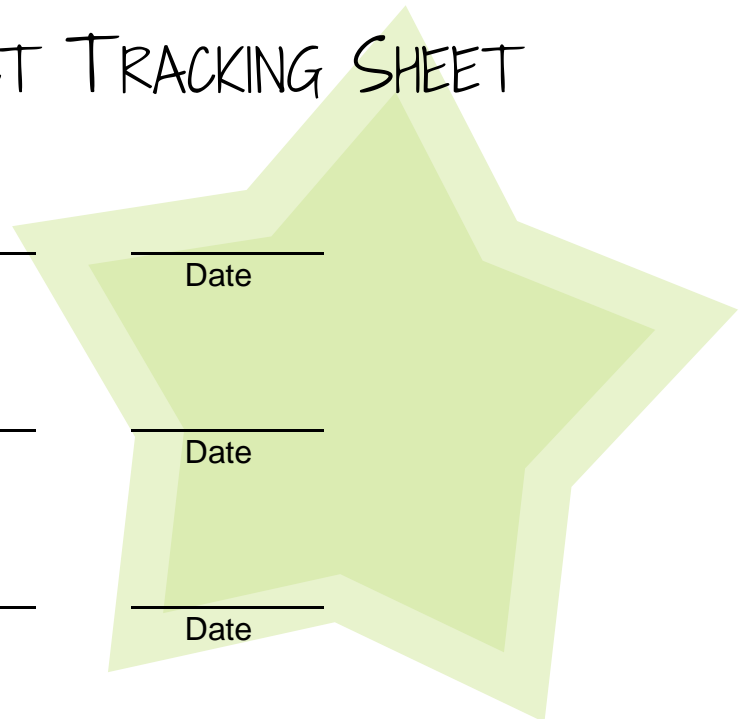
Event

Date



Event

Date



JOINING AWARD



This Award will acquaint you with what it means to be an American Heritage Girl. It is only earned once.

1. _____
Initial and date Memorize and agree to live by the AHG Oath.
2. _____
Initial and date Understand and agree to live by the AHG Creed.
3. _____
Initial and date Learn the AHG Sign and when to use it.
4. _____
Initial and date Learn the AHG Salute and when to use it.
5. _____
Initial and date Memorize the Pledge of Allegiance.
6. _____
Initial and date Learn the AHG Mission Statement.
7. _____
Initial and date Present yourself in Full Uniform. Tell when and where you wear it and agree to follow these guidelines.
8. _____
Initial and date Complete Requirement #1 of the "Our Flag" Badge.
9. _____
Initial and date Learn the History of AHG.
10. _____
Initial and date Talk with your Unit Leader/Parent Leader about safety during Troop Meetings. Understand the Buddy System and other ways to be safe during a Field Trip or Troop Meeting.
11. _____
Initial and date Have a conference with your Unit Leader/Troop Coordinator. Be prepared to talk about yourself: your family, hobbies, pets. Take this time to get acquainted with your Unit Leader/Troop Coordinator.

AHG Mission Statement

A mission statement is a sentence that tells why a group exists and what the group hopes to accomplish. Here is the AHG Mission Statement:

Building women of integrity through service to God, family, community and country.

By the way, *integrity* means knowing the right thing to do and doing it, even when it's hard. Another way to think about it is to think of the ten Creed Words. The more you live out each of those words—compassionate, helpful, honest, loyal, perseverant, pure, resourceful, respectful, responsible, reverent—the more you will be a person of integrity.

Requirement 1 of *Our Flag* Badge

Learn the basic rules of Flag etiquette that would be helpful to your Troop. Learn about the following:

- How to properly carry a Flag in a flag ceremony
- How to display the American Flag during Troop meetings and during ceremonies
- How to display the American Flag along with other flags such as the state flag and/or AHG flag during troop meetings and during ceremonies
- The proper way to carry the Flag in a parade by itself and with other flags
- What you should not do with the American Flag
- The proper folding of the American Flag