

CANADA CORD

Resource and Tracking Booklet



 Girl Guides of Canada Guides du Canada
BRITISH COLUMBIA COUNCIL

Earning Your Canada Cord

The Canada Cord is the highest award earned at the Pathfinder level. Once you have completed your Canada Cord, take your certificate to your high school guidance counsellor to earn two high school credits.

There are six components to earning your Canada Cord:

1. Complete a specific set of modules from the Pathfinder Program.
2. Learn about and demonstrate your leadership skills by planning and participating in three camps OR three leadership events or projects.
3. Earn the Community Service award.
4. Complete bridging activities with older and younger girls. This gives you the opportunity to mentor the younger girls and explore the Ranger program.
5. Learn First Aid by completing the *First Aid Module* or a First Aid Course.
6. Earn the Citizenship Certificate by completing the *Be a Model Citizen* module.

The first decision you need to make is whether you want to take a role in planning camps or events. If you choose camps you will follow the **Camping Path**. If you choose events you will follow the **Leadership Path**.

Make a plan for how you will complete each of these sections over your three years in Pathfinders. Some things will take longer to complete than others. It is a good idea to make a timeline showing when you want to accomplish each task.

CANADA CORD

CAMPING PATH



Complete the **Program Modules** listed, including *Survivor Girl - Prepared for the Outdoors!* and *Camping, Here We Come!*

Assist with, and help plan, 3 different camps.

Community Service Award.
Complete 15 hours of service.

Bridging Activities with Rangers and younger girls. (These are in addition to the camps you planned).

Emergency First Aid Course
OR
First Aid module

Citizenship Certificate
(#8 under *ceremonies* counts towards your Community Service Award hours)

LEADERSHIP PATH



Complete the **Program Modules** listed, including *Event Planning*.

Assist with, and help plan, 3 different events.

Community Service Award.
(5 hours from your leadership event counts towards your 15 hours).

Bridging Activities with Rangers and younger girls. (These are in addition to your leadership events).

Emergency First Aid Course
OR
First Aid module

Citizenship Certificate
(#8 under *ceremonies* counts towards your Community Service Award hours)

Program Modules

You will need to complete the following program modules to earn your Canada Cord. Remember that you can choose whether to work on the **Camping Path (CP)** or the **Leadership Path (LP)**.

Choosing Your Own Direction



#1, plus at least 3 more of your choice.

- 1. Deeper understanding of the Promise & Law (2 activities.)
- 2. Hold a Promise and Law ceremony.
- 3. Plan your Pathfinder year.
- 4. Make a selling goal for Girl Guide cookies.
- 5. Community service project that reflects the Promise & Law values.
- 6. Discuss being new to a unit and how to welcome new members.
- 7. Set goals and plan how to achieve them.
- 8. Plan how to complete your Canada Cord.

Date completed:

Bridging the Gap



Complete at least 4 activities.

- 1. Create, direct and perform a Pathfinder promotional skit.
- 2. Create a Guiding History game.
- 3. Create a party to complete program for girls in other branches.
- 4. Plan and play icebreaker games.
- 5. Plan a wide game. Adapt to ages and needs.
- 6. Teach about cookie selling safety.
- 7. How can you promote Pathfinders?

Date completed:

Beyond Pathfinders



Complete at least 4 activities.

- 1. What can you do to grow your unit?
- 2. Introduce Guiding to a community.
- 3. Do a joint activity with Rangers.
- 4. Plan an Active Living event with Rangers.
- 5. Talk to Rangers to find Service Projects you'd both like
- 6. Investigate how to start a Ranger unit.
- 7. What Ranger activities would keep you in Guiding?

Date completed:

Finding the Path

Broaden Your Horizons



Complete at least 4 activities.

- 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 World Centre songs.
- 7. Find out about Girl Guides and Girl Scouts around the world.
- 8. Learn about and donate to CWFF.
- 9. Compare our Promise, Law & Motto to 6 other countries'.

Date completed:

Cookies Rising



Complete at least 4 activities each year.

- 1. Goal setting: learn how cookies support events.
- 2. Use cookies to connect with community.
- 3. Marketing: creative ways to reach customers.
- 4. Leadership: learn the roles in cookie selling.
- 5. Learn about your customer base.
- 6. Being a GGC cookie ambassador
- 7. Learn about careers affected by cookies.
- 8. Conflict resolution: dealing with difficult situations
- 9. Learn about appropriate business etiquette.
- 10. Where does the money go?
- 11. Project planning: take charge of a campaign.
- 12. Learn the importance of Teamwork.



Date completed:



Date completed:



Date completed:

Finding the Path (continued)

Lending a Hand



CP

LP

Complete at least 4 activities.

- 1. Investigate & get involved in a non-profit group.
- 2. Consider corporate-sponsored non-profit organizations. Get involved.
- 3. Help in a Kids Helping Kids project.
- 4. Participate in charity walk, run, or bike-a-thon.
- 5. Volunteer at a food bank.
- 6. Plan and carry out a service project.
- 7. Take part in environmental service.

Date completed:

Find Your Inner Leader



CP

LP

Complete at least 4 activities.

- 1. Talk about leadership styles.
- 2. Identify your leadership skills
- 3. Discuss how your group can work together effectively.
- 4. Discover humour.
- 5. Use the 6 Thinking Hats to plan and problem solve.
- 6. Learn about and use Robert's Rules of Order.
- 7. Lead a Girl Guide meeting.
- 8. Organize an executive for the unit.
- 9. Use your leadership skills.

Date completed:

Event Planning



LP

Complete at least 4 activities.

- 1. Brainstorm possible events.
- 2. List tasks involved.
- 3. Create budget and assign jobs.
- 4. Develop a timeline.
- 5. Publicize your event.

Date completed:

Be A Model Citizen



CP

LP

Citizenship certificate: complete 2 activities from each section or 1 activity from each section plus a service project.

Government

- 1. Create your own government.
- 2. Learn about and hold an election.
- 3. Find out about a local politician.
- 4. Discover women in politics.
- 5. Be news-aware.

Ceremonies

- 1. Design your own flag.
- 2. Take part in 2 types of ceremonies.
- 3. Invent your own ceremony.
- 4. Make a difference.

What Being Canadian Means to Me

- 1. Share an item that represents Canada.
- 2. Learn what it means to be a Canadian Citizen.
- 3. Create art representing "O Canada".
- 4. Create a rant, poem or rap about Canada.
- 5. Connect with Pathfinders across Canada.
- 6. Learn the stories of new Canadians.

Multiculturalism in Canada

- 1. Explore history through landmarks.
- 2. Find out about different cultures and cultural sharing.
- 3. Talk to people in your community.
- 4. Explore a different culture.
- 5. Create a young women's publication.

Doing a Service Project

- Provide a service, take action or speak out on an important issue. Minimum of 5 hours service.

Date completed:

Complete One of the Following Modules

See the Pathfinder Program book for details.

 LP


We're a Team



I Have to Give a Speech



Your Dream Career



Follow That Woman

Module completed:

Date completed:

Outdoor Know-How

Complete at least 4 activities.


 CP

 LP

- 1. Plan a daytrip. Include what to wear, and what activities you'll do.
- 2. Experiment with camp recipes.
- 3. Uncover energy foods.
- 4. Make a list of 10 campfire tips.
- 5. Create an awesome campfire.
- 6. Discuss what to do in an animal encounter.
- 7. Practice Leave No Trace principles.
- 8. Learn about water safety.
- 9. Learn about and predict weather.
- 10. Learn basic canoe/kayak skills.

Date completed:

Complete One of the Following Modules

See the Pathfinder Program book for details.

 CP

 LP


Knots, Knives &
Outdoor Lore



Finding Your
Way



Out on the
Trails



Winter
Wonderland



Up Close &
Personal w/ Nature

Module completed:

Date completed:

Survivor Girl - Prepared for the Outdoors!


 CP

Complete at least 4 activities.

- 1. Discuss outdoor emergencies.
- 2. Learn basic first aid.
- 3. Know what's in your unit first aid kit and how to use the items.
- 4. Make a personal first aid kit.
- 5. Learn basic survival skills.
- 6. Know how and why you leave a plan behind.
- 7. Find the 3 elements of survival.
- 8. Learn about and build a fire.
- 9. Discuss firewood and accelerants.
- 10. Learn about and build shelters.
- 11. Learn how to have clean water.
- 12. Discuss weather hazards & safety.
- 13. Learn about hypothermia.
- 14. Know how to deal with outdoor emergencies.

Date completed:

Camping, Here We Come

Complete all activities.


 CP

- 1. Pick and book a campsite.
- 2. Prepare the kit list.
- 3. Prepare a list of unit gear.
- 4. Plan menus.
- 5. Set up tents.
- 6. Set and share duties at camp.
- 7. List your camp skills.
- 8. Go winter camping.
- 9. Rate your skills from 1-5.

Date completed:

Relationships, Values and Choices  


Complete at least 4 activities.

- 1. Discuss peer pressure situations.
- 2. Discuss family relationships.
- 3. Discuss how to deal with bullying.
- 4. Discuss going against the crowd.
- 5. Look at qualities within friends.
- 6. Examine your values.
- 7. Discuss boy/girl relationships.
- 8. Discuss parental relationships.

Date completed:

Complete One of the Following Modules  


See the Pathfinder Program book for details.


Canada at Your Doorstep


Going Global


Girl Guides International


What's Up Around the World


Around the World at Home

Module completed:

Date completed:

Complete One of the Following Modules  

See the Pathfinder Program book for details.


We are What We Eat


Active Living


I Could Be a Contender




Beyond Baseball


Let Go and Chill Out!



Be Glad You're You


Module completed:


Date completed:


Complete One of the Following Modules  


See the Pathfinder Program book for details.



Get Musical



Movie Mania


Be a Star!


Join the Scrapbooking Craze!





The Arts from A to Z


Rembrandt and Company


Camera Crazy

Module completed:



Date completed:

Safe at Home or Out and About   

Complete at least 4 activities OR participate in a Girls for Safer Communities training and/or audit.

- 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. Invite a guest to talk about safety.

Date completed:

Prepare for the Unexpected  

Complete at least 4 activities.

- 1. Learn basic aquatic skills.
- 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.

Date completed:

Girl Stuff

A World to Discover

Living Well

My Music, My Movies, & More!

On My Own

First Aid

Complete at least 4 activities OR complete an Emergency First Aid course



- 1. Take a First Aid Course.
- 2. Find out about emergency services where you meet and at camp.
- 3. Find out what to do in a variety of emergency situations.
- 4. Invite a guest to teach basic First Aid
- 5. Familiarize yourself with your unit's first aid kit. Replace out of date items.
- 6. Familiarize yourself with a home first aid kit. .

Date completed:

Complete One of the Following Modules

See the Pathfinder Program book for details.



It's About Time



Galactic Adventures



From Dinosaurs to Vintage Cars



Secret Agent 007



Puzzle Me



Computer Whiz



Web Surfin'



Creating a Garden



Everything Comes from STEM



Our Environment



Getting Food on the Table

Module completed:

Date completed:

Notes

Leadership at Camps or Events

For this part of the Canada Cord you will take on a leadership role in either planning three camps or three events or projects.

Camping Option



Working with a small group you will work together to plan and participate in three outdoor camps. Each camp you will take on more responsibility. Find camp planning resources on the **BC Girl Guides** website (<http://www.bc-girlguides.org/>) under "Camping" as well as on **Becky's Guiding Resource Centre** (<http://dragon.sleepdeprived.ca/>).

Camp	Date Completed
1st Camp: Participant Roles: help plan the camp, help out at camp as needed.	
2nd Camp: Assistant to the Leader Roles: responsible for a specific part of the camp program, help with planning.	
3rd Camp: Leader of the Team Roles: coordinate camp planning (food, venue, kit lists, forms, cost, budget, supplies, program activities), delegate tasks.	

Leadership Event or Project Option



You will help plan and participate in three events or projects that total 25 hours. These events could be for members within Guiding, your school community or your local community. Five hours from your events or projects can be counted towards the Community Service Award hours.

Event/Project Name:	Date Completed:	hours:
1st Event: Participant Role: help with planning and at the event Event: _____		
2nd Event: Assistant Role: responsible for one aspect of event Event: _____		
3rd Event: Leader Role: coordinate all aspects of the event Event: _____		

Event or Project Tips

Be creative with the types of events or projects you decide to work on. Here are some ideas of events or projects to get you started:

- Host a carnival for younger girls. Admission could be donations for the food bank or money for CWFF.
- Plan a Spark, Brownie or Guide meeting to help them work on program or earn a challenge crest.
- Plan a sleepover or day camp for Sparks or Brownies.
- Auction gently used toys or books to benefit CWFF or a local shelter or food bank.
- Plan and run stations at a district or area camp skills day.
- Organize a clothing or food drive.
- Plan and run a themed party for younger girls or the community (e.g. Halloween).
- Set up a Haunted House for younger girls or the community.
- Organize a Thinking Day ceremony for your district or unit.
- Plan an environmental project for younger girls (See the Eco Pak challenge on the BC Girl Guides Website for ideas)

When planning an event it is important to be organized, resourceful, and remember the 5 Ws of an All-Star Planner.



What?

What is the event? What is the purpose of this event? What activities will you do? What kinds of supplies will you need?

Who?

Who will you invite? How many people will there be? Will you invite special guests (e.g. Commissioners, Mayor, media, etc)? Who will do which tasks to help plan the event? Who will run the stations or activities at the event?

When?

When will you hold your event (date, time, how long)?

Where?

Where will your event take place (e.g. community hall, unit meeting hall, outdoors, camp property, community location, etc)? Where will you obtain supplies and materials for activities?

Why?

Why do you want to plan this event or project? What will participants gain or learn from it?

Make a plan and set a timeline for completing tasks (i.e. booking venues, ordering food, buying supplies, deadlines for RSVPs, organizing supplies, ordering crests, etc). Use the Event Planning module to help in the planning process.

Community Service Award

The Community Service Award is earned when you complete a total of 15 hours of service (including your preparation time) during your Pathfinder years. Giving service to your local, international and your Guiding community is a great way to help others, learn new things and make a difference. Refer to the “Rise to the Challenge” section in your Pathfinder program book for the guidelines about earning this award.



During your time in Pathfinders you need to complete three different types of service projects:

- Community Service
- International Service
- Environmental Service

Many modules include activities that can be expanded and counted towards this award. Look for these activities in:

Finding the Path

- Choosing Your Own Direction
- Beyond Pathfinders

A World to Discover

- Girl Guides International

Creating Your Future

- Lending a Hand

My Music, Movies and More!

- Get Musical

On My Own

- Skills for Around the Home
- Moneywise

Exploring a Theme

- Puzzle Me
- Creating a Garden
- Computer Whiz
- Our Environment

Girl Stuff

- Hot Topics for Youth

If you are doing the **Camping Path**, you will do 15 hours of service. If you are doing the **Leadership Path**, then 5 hours of your leadership event can count towards your 15 hours of service.

Here are some ideas for service projects:

Community Service	International Service	Environmental Service
<input type="checkbox"/> Collect food for a food bank <input type="checkbox"/> create birthday kits for a food bank <input type="checkbox"/> HUGS kits (Hat, Underwear, Gloves, Socks) for a shelter <input type="checkbox"/> collect toys, bedding and pet supplies for SPCA, WILD Arc, or an animal rescue shelter <input type="checkbox"/> make toiletry/hygiene kits for a shelter <input type="checkbox"/> create craft kits for children’s hospital <input type="checkbox"/> volunteer at a food bank <input type="checkbox"/> collect & donate books to an organization or shelter <input type="checkbox"/> Valentines for Vets <input type="checkbox"/> offer babysitting for elementary PAC meetings <input type="checkbox"/> wash toys at a daycare or preschool <input type="checkbox"/> help at a local GGC camp clean-up	<input type="checkbox"/> coin drive for CWFF <input type="checkbox"/> auction of used toys & books, for CWFF <input type="checkbox"/> sew pillowcase dresses (http://www.littledressesforafrica.org) <input type="checkbox"/> Sangam friendship bracelet challenge (http://www.sangamworldcentre.org/en/friends/friendshipproject) <input type="checkbox"/> make school kits with necessary school supplies <input type="checkbox"/> collect donations for hygiene kits for Red Cross relief efforts	<input type="checkbox"/> garbage pick up <input type="checkbox"/> vacant lot clean-up <input type="checkbox"/> Great Canadian Shoreline clean-up (http://www.shorelinecleanup.ca/) <input type="checkbox"/> yellow fish storm drain painting <input type="checkbox"/> make braided dog toys from recycled t-shirts <input type="checkbox"/> create a recycling or composting program at your school <input type="checkbox"/> plant trees <input type="checkbox"/> build and install bat boxes <input type="checkbox"/> volunteer at a wildlife rescue/rehab centre <input type="checkbox"/> adopt a garden (senior’s, church, community garden) <input type="checkbox"/> invasive plant weed pull

Bridging Activities

Bridging is when girls of different ages come together to have fun! To earn your Canada Cord you need to plan and participate in bridging activities with Rangers and girls in younger branches (Sparks, Brownies, and/or Guides). See the “Rise to the Challenge” section in your Pathfinder program book for guidelines for bridging.

Bridging Activity with Rangers #1 What we did: _____	Date:
Bridging Activity with Rangers #2 What we did: _____	Date:
Bridging with a younger branch of Guiding #1 Outdoor Game or Activity: _____	Date:
Bridging with a younger branch of Guiding #2 Game/Activity about Canadian/International Guiding: _____	Date:
Bridging with a younger branch of Guiding #3 Program based on a theme: _____	Date:

Plan two activities with a Ranger unit to learn more about what Rangers do. If you don't have a Ranger unit in your area, think about what kind of Ranger unit you would enjoy being in. What kinds of activities would you do (e.g. camping, international trip, service, adventure trips)? Would you help with younger girls as a Junior Leader? How often would you hold meetings?

Sparks, Brownies, and Guides look up to Pathfinders and enjoy when you come to visit their meetings or camps. Planning activities for them is a fun way to practice your leadership skills. Talk to your Guider about finding a unit to visit. There are many resources available online to help you plan activities for younger girls.

Helpful Websites:

- **BC Girl Guides** (click on Program): instant meetings, FunFinder newsletters with crafts and games, Challenge Crests, and more! <http://www.bc-girlguides.org/>
- **Becky's Guiding Resource Centre**: games, science, campfires, meeting ideas, and more! <http://dragon.sleepdeprived.ca/>
- **Guiding with Jewels**: Ideas for Sparks and Brownies. <http://guidingjewels.ca/>

There are many modules that involve bridging with both older and younger girls:

Finding the Path

- Bridging the Gap
- Beyond Pathfinders

Creating Your Future

- Find Your Inner Leader

Let's Take it Outside

- Survivor Girl
- Up Close & Personal w/Nature

On My Own

- Safe at Home or Out and About
- Girls for Safer Communities

Exploring a Theme

- Puzzle Me

Girl Stuff

- Focus on Friendships

My Music, Movies and More!

- The Arts from A to Z

First Aid

Complete either the *First Aid* module in the On My Own Program Area or Emergency First Aid certification with a recognized agency (e.g. St. John's Ambulance or Red Cross). If you plan and organize a first aid course for your Guiding community, it will also count towards your service requirement.

To do the *First Aid* module, you could consider doing a rotation of stations or bringing a guest speaker into your meeting to conduct the training. People to consider asking: nurse, family doctor, district Guiders, etc.

The checklist for this module is included in the **Program Modules** section on page 12.

Citizenship Certificate

You can be proud of getting your Citizenship Certificate. This certificate shows that you care about Canada and are willing to take action to show it.

To earn this certificate, you need to complete eight activities from the Be a Model Citizen in Creating Your Future.

The checklist for this module is included in the **Program Modules** section on page 7.



Requirements for Citizenship Certificate

Complete two activities from each section of the Be a Model Citizen module or complete one activity from each section plus a service project.

If you are having an idea for a different activity, look at the description to determine the learning outcome, and then decide if the activity that fits. Talk with your Guider about the activity you'd like to do and how to develop it.

Community Service

Two activities from the Citizenship Certificate can count towards the 15 hours of Community Service Award.

Citizenship Week

October 15-21 is Citizenship Week. Take part by attending a Citizenship Ceremony, hold a Citizenship affirmation ceremony with your unit or hold a Celebrating Citizenship event. These are all ways that you can work towards completing your Be a Model Citizen module.