



# Friend & Trail Friend LEVEL REQUIREMENTS



## Personal Growth

1. Be in Grade 5 or its equivalent.
2.
  - a. Develop your devotional life by studying the Weekly Devotional Guide (weeks 1 – 13) and the book of Matthew utilizing printed or electronic resources.
  - b. Journal your thoughts by asking these questions:
    - “What did I learn about God?”
    - “What did I learn about myself?”
    - “How can I apply this to my life today?”
 You may journal through writing, drawing or electronic process.
3. Memorize the Pathfinder Pledge & Law.
4. Learn the Pathfinder Song.



## Spiritual Discovery

1.
  - a. Memorize in order the names of the New Testament books of the Bible and know the four areas into which the books are grouped.
  - b. Demonstrate your ability to find any New Testament book.
2. Memorize a Bible text for the following subjects:
  - Prayer
  - Doctrine
  - Behavior
  - Salvation
  - Relationships
  - Promises/Praise
  - Great Passages
3. Participate in a skit on a story about the life of Jesus such as:
  - Jesus in the temple at 12
  - Jesus being tempted in the wilderness
  - Jesus feeding the 5,000
  - or another favorite story about Jesus
4. Learn about the worldwide Advent Awakening (late 1700s to 1844 time period) by identifying seven people and three events explaining why they are important.

### Advanced for Spiritual Discovery

1. Complete Friend requirements.
2. Create a time line showing the main events of the life of Jesus.



## Serving Others

1. In consultation with your leader, plan ways and find opportunities to spend time being a friend with someone in need.
2. Spend at least four hours participating in projects that benefit the church or school.

### Advanced for Serving Others

1. Complete Friend requirements.
2. Bring someone who does not regularly attend church to a church program or activity.



## Making Friends

1. Discover 10 qualities of being a good friend and share two that are most important to you.
2. Fulfill requirements #1, #2 and #3 of the Christian Citizenship Honor.

### Advanced for Making Friends

1. Complete Friend requirements.
2. Complete the Christian Citizenship Honor, if not previously earned.



## Health and Fitness

1. Learn the value of good nutrition & water by discussing:
  - The Choose My Plate guidelines
  - The daily servings for each food group
  - The importance of a balanced diet
  - The importance of drinking a healthy amount of water (these are requirements #1 and #6 of the Nutrition Honor)
2. Earn the Red Alert Honor.
3. Complete the Basic Water Safety **OR** Beginner Swimming Honor, if not previously earned.

### Advanced for Health and Fitness

1. Complete the Friend requirements.
2. Participate in a lifestyle fitness program for your age such as:
  - President's Challenge Active Lifestyle Program
  - Live Healthy Bermuda Kids
  - Or similar program



## Nature Study

1.
  - a. Read Rom. 1:19, 20 and tell how nature reveals God's character.
  - b. Find two other chapters in the Bible that demonstrate how nature reveals God's character.
2. **Bird/Mammals** Set up a feeding station for the birds or mammals. Report on the types of visitors you observe for one week.

### Advanced for Nature Study

1. Complete the Friend requirements.
2. **Seeds or Amphibians/Reptiles** Collect and identify 15 different kinds of seeds. **OR** Help set up and observe a terrarium for amphibians/reptiles.
3. Complete a nature honor at your skill level, not previously earned. (Skill level 1)



## Outdoor Living

1. Tie and know the practical use of 10 knots.
2. Earn the Camping Skills I Honor.



## Honor Enrichment

1. Complete one honor at your skill level, not previously earned, in the area of Arts & Crafts or Household Arts. (Skill level 1)
2. Complete one honor at your skill level, not previously earned, in the area of Recreational, Vocational, or Outdoor Industries. (Skill level 1)