



Adventure Wood Gatherer Record Book

ACKNOWLEDGEMENTS

Adventure Wood Gatherer is an official national publication of Camp Fire to support its national program for children in fourth grade.

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Welcome to Camp Fire

Are you ready for an adventure?

Do you like to:

Make friends

Learn new skills

Solve mysteries

Try new things

Enjoy nature

Help people

Explore your creativity

Use your imagination

Play basketball

Are you ready to:

Clean up a park

Fly an airplane

Explore science

Take care of the earth

Be in a parade

Take a hike

Welcome to the Wood Gatherer's Level of Camp Fire's Adventure Program.

As a Wood Gatherer, you will join other fourth graders in having fun and learning new things about yourself, your community and the environment. You will learn how things work and how to use your special skills to learn more about things that interest you. You will work together with your group to earn beads and emblems that signify youth achievement in Camp Fire. You can earn some of these things on your own, too. It's up to you.

Are you new to Camp Fire? If you are, we are glad you are traveling along the trail with us. You will be able to begin Wood Gatherer activities right away. When you join Camp Fire, you will receive your Wood Gatherer insignia that shows that you are working on your Camp Fire achievements. To earn your Wood Gatherer Award at the end of the year, you will complete the award requirements that are explained in the section, The Wood Gatherer Award.

This book is your guide to the fun and excitement ahead this year as you enjoy many Camp Fire adventures. Start your journey here. Write your name, the date, where you live and what Camp Fire council your group is in.

Name: _____

Date: _____

City: _____

Camp Fire council: _____

Take care of this book. It is your guide to your Wood Gatherer adventures. You will use it at meetings and on your own at home. It is a good place to keep track of your



accomplishments and write down your Camp Fire experiences and memories. This book has five sections: Camp Fire Basics, The Wood Gatherer Award, It's Up to You, Projects and Link-Ups, and My Accomplishments. You will move through each of these sections as you go through the year. Here is a preview of each section.

Camp Fire Basics

Camp Fire has a long history of traditions and symbolism. This section of the book will tell you more about what Camp Fire is and will introduce you to some of the important things to know that make Camp Fire unique.

The Wood Gatherer Award

You start the year as a candidate for the Wood Gatherer Award. To earn this award you will complete fun and interesting projects, work on community service, participate in your council's product sale and do at least one out-of-doors project.

It's Up to You

One of the best parts of Camp Fire is that you will have a chance to meet new people and to make new friends. You will learn how to participate as a member or leader of a group. This section offers a road map to find your way to successful group work.

Projects and Link-Ups

Most Camp Fire activities are done in a small group, but lots of members work on Projects and Link-Ups on their own. You don't have to belong to a group to be in Camp Fire. Many Projects have work sheets that go along with the activity. This section of your record book will be used to keep these work sheets and Link-Up project plans. Your leader or guide will give them to you when you do the activity. At the end of the year you will be able to see how much you learned and will remember the fun you had.

My Accomplishments

You can earn certificates, beads or emblems for activities you do in Camp Fire. This section of your record book is the place for you to keep track of your accomplishments. This will give you a complete record of all of the things that you did to earn the beads and emblems.

Camp Fire Promise

Young people want to shape the world.
Camp Fire provides the opportunity to find their
spark, lift their voice, and discover who they are.

In Camp Fire, it begins *now*.

Light the fire within

Watchword

The Camp Fire Watchword is “Wohelo.” Charlotte Gulick, one of Camp Fire’s founders, originated this word using the first two letters in the words “work,” “health” and “love.” The word Wohelo is often used as a greeting or password between Camp Fire friends.

The Camp Fire Commitment

“Give Service” is the Camp Fire Commitment. Helping others has always been a very important part of Camp Fire. You can give service by doing projects with your group. You show you care when you offer to help out at home or at school, or when you listen and give comfort to friends when they need it most.





Camp Fire Trivia

Now you know some things about Camp Fire. Can you answer these questions?

What does Wohelo mean? _____

Who chose the words that make up Wohelo?

What is the Camp Fire commitment?

Camp Fire Trails

Camp Fire activities are organized into five activity areas called **trails**. They are:

- Trail to Knowing Me
- Trail to Family and Community
- Trail to Creativity
- Trail to the Environment
- Trail to the Future

You Belong to Camp Fire

Being in Camp Fire means:

- Making friends*
- Having fun*
- Learning new things*
- Being proud of what you do and who you are*
- Working together*
- Being both a leader and a follower*
- Sharing experiences*
- Solving problems*
- Helping others*

Being in Camp Fire also means you belong to a group. You have fun, you make things, you plan projects, you work together, you help each other and you're recognized for your accomplishments.

Whether you are working individually or in a Camp Fire group, you work with adults who care about you, and help you. There may be several parents or adult friends who help you accomplish your goals in Camp Fire.





Who is in your group? You can put a photograph in the space below or draw a picture of your Camp Fire group. This space also could be a place for group members to autograph your book.

Our Group

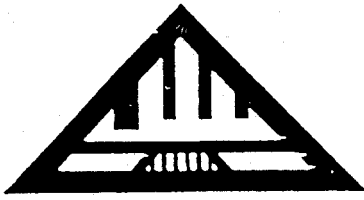
My Camp Fire leader: _____

My contact's phone number: _____

Names of Camp Fire group members: _____

Being a Wood Gatherer

Put your memories here!



The Adventure Program is for children in third, fourth and fifth grades. All children in the Adventure Program earn beads and emblems when they work on activities and projects. Each grade level in Camp Fire has a name.

Third Graders use the name Trail Seekers.

Fourth Graders use the name Wood Gatherers.

Fifth Graders use the name Fire Makers.

Wood Gatherer is the project for fourth graders on the Adventure trails. When you join Wood Gatherers, you receive an emblem that shows that your grade level. At the end of the year, if you have completed the requirements, you will receive the Wood Gatherer Award. You can decide to earn the award either by yourself or with your group. You will need an adult who can help you with the requirements. This can be a group leader, a parent or any other adult that wants to share the trails with you. If you decide not to work on the award, you still will be able to earn beads and emblems for doing activities and projects.

To earn your award you will travel along the Camp Fire trails, making “trail stops” along the way to learn more about yourself and Camp Fire. You will do fun and interesting projects, help out in your community, participate in your council’s product sale and do something out-of-doors. Each of these trail stops is an important part of your experience this year. The trail stop activities do not need to be done in any certain order, but they all need to be finished by the end of the school year. If you choose not to earn the Wood Gatherer Award, you can still do all the activities with your group. It will be fun, no matter what you choose.

The Wood Gatherer Award has eight trail stops that will take about nine months to complete. You must do all of these to earn the award.

WOOD GATHERER TRAIL STOPS

1. Learn the meaning of the Wood Gatherer’s Desire.
2. Complete one project from each of the five trails.
3. Help plan and participate in a service project.
4. Participate in your council’s product sale.
5. Participate in a camping or outdoor community event.
6. Know the story of Camp Fire.
7. Choose a name and design a symbolgram.
8. Serve in a Camp Fire leadership role.

Trail Stop 1: Learn the meaning of the Wood Gatherer’s Desire

The Wood Gatherer's Desire:

As firewood is brought from the forest
For the warmth and clear light to blaze skyward,
I will reach with my Camp Fire friends
For the heights that I know are within us.
I will strive to grow strong like the pine tree;
To be pure in my deepest desire,
To be true to the truth that is in me,
And follow the law of Camp Fire.

The Wood Gatherer's Desire is a poem. Can you figure out the meaning of the words? To help you understand the poem, look for the words that tell how your group can work together to achieve goals. Which words talk about goals you can set for yourself?

If you want to learn the Wood Gatherer's Desire, say it aloud until you know it by heart.

Using the space below, write down in your own words, what the Wood Gatherer's Desire means to you.

What the Wood Gatherer's Desire Means to Me. . .



Trail Stop 2: Complete one project from each of the five Adventure Trails

Your group will have fun doing projects together. There are 19 projects for Wood Gatherers to do. Look in the *Projects and Link-Ups* section of this book for a list of them. For the Trail to the Environment you also can work on “Progression-in-Outdoor Action.” The requirements are listed in Adventure Trails, the old version of the record book. You will also do advanced projects with your group. Look in the section *Advanced Projects* to learn more about them.

You will receive a certificate or a voucher for one bead for each meeting to show that you completed an activity. When you finish the project, you will receive a trail emblem, showing which trail the project was in.

Here are the projects that I did from each trail to earn the Wood Gatherer Award:

Trail to Knowing Me _____

Trail to Family and Community _____

Trail to Creativity _____

Trail to the Environment _____

Trail Stop 3: Help plan and participate in a service project

Helping in your community is an important, fun and worthwhile part of Camp Fire. You already may have done a service project for your council. As a Wood Gatherer, you can plan a service project with your Camp Fire group members.

One good way to get involved is to do Camp Fire’s “A Gift of Giving” project with your group. This project teaches you how to choose, plan and complete a project. Here are some ideas that might interest you. Can you think of others?

- Clean-up a park or playground near where your group meets.
- Recycle cans and give the proceeds to a local charity.
- Collect food, clothing or other needed items for homeless shelters or community food banks.
- Plan a holiday program or make holiday cards for a nursing home or senior center in your neighborhood. You could sing songs, play musical instruments or do a skit. If you make cards, deliver them in

person and arrange ahead of time for your group to hand them out to residents. Think about doing something for the center or nursing home on a regular basis.

- Find out from your council if there are council service projects you or your group could participate in.

Of course, you also can do a service project on your own without a group.

Here is what I did to help in the community:



Trail Stop 4: Participate in your Council's Product Sale

Your Camp Fire council or chapter supports your group in lots of ways. The council trains leaders, offers special events and activities, and represents you in the community where you live. These things cost money, and one of the ways the council raises the necessary funds is through the annual product sale. Camp Fire groups can help keep the council strong by selling the products that your council chooses. To earn the Wood Gatherer Award you must participate in the sale. Your group also could help advertise the sale in your neighborhood. Your Camp Fire contact will explain what is expected of you to complete this trail stop.

Date of my council's sale: _____ I sold: _____

Trail Stop 5: Participate in a Camping or Outdoor Community Event

Outdoor activities are a great part of Camp Fire's history. You have lots of choices of outdoor activities to complete this trail stop. Either with your group or as an individual, you can choose a camping or outdoor community event to be part of.

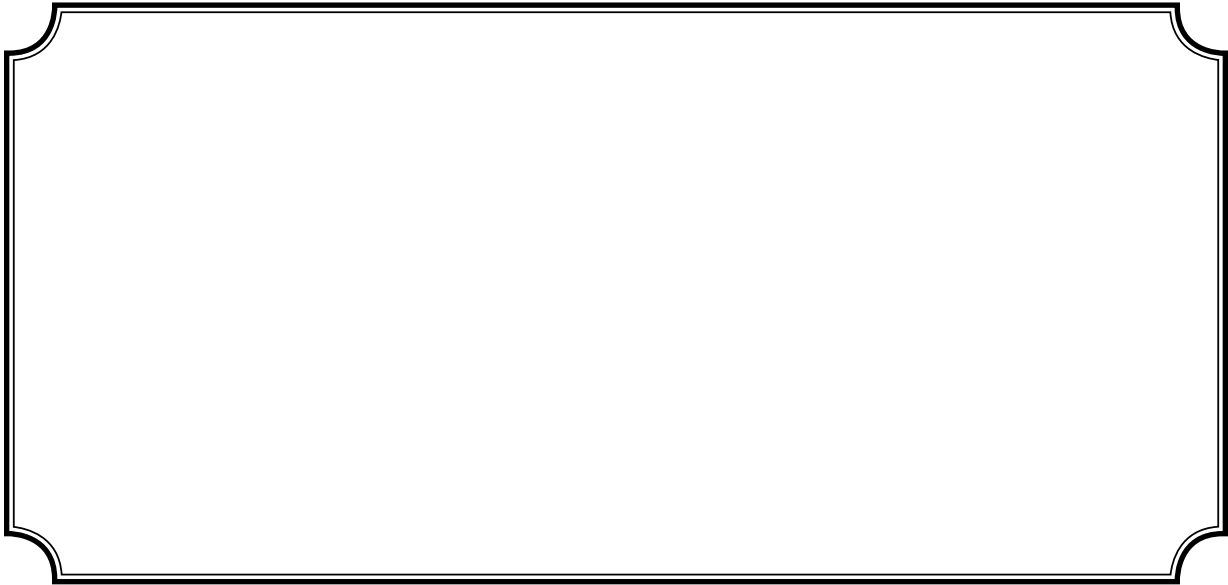


Here is what I did outdoors: _____

Date: _____

A memory of this project that I will keep

is:



Trail Stop 6: Know the story of Camp Fire.

Do you know the Camp Fire story? Do one of these activities to help you find out. Your group can make up your own activity to help you learn more about the Camp Fire story.

- Find members of your community who belonged to Camp Fire many years ago. Ask your leader to invite them to a meeting to talk to your whole Camp Fire group. Explain to them what Camp Fire is like now. Ask them to tell what it was like when they were members.
- Read all or part of *Wo-He-Lo, The Camp Fire History*. It is available through the Official Camp Fire Merchandise Catalog or through your council. Write, draw pictures or make a tape about what you learned.
- Write a skit about Camp Fire's founding. Use information you find in this book or in *Wo-He-Lo*. Do your skit for others.
- Celebrate the founding of Camp Fire in a special way. Your group could hold a special party on Camp Fire's birthday, March 17.
- Find out about the history of your Camp Fire council or the council camp.
- Talk to people who were a part of its beginning. Some councils have an emblem you can earn if you learn about the history of your council or local Camp Fire founders.

The activity I did about Camp Fire was _____

_____.

Date: _____



Here is what I found about Camp Fire:

Trail Stop 7: Choose a name and design a symbolgram

If you have been in Camp Fire before you probably already chose a special name. If you do not have a Camp Fire name, ask a Camp Fire leader or staff person what you can do to choose one. This can be found in the Trail Seeker Record book of Adventure.

My Camp Fire Name is: _____

Now it is time to create a symbolgram for your Camp Fire name. A symbol is a picture or design that stands for something else and helps people remember something easily. A symbolgram is a design made from several symbols, and it tells something about you. Symbols are used to say things, to communicate.

Symbols have always been a part of Camp Fire. The first members of Camp Fire, with the help of Charlotte Gulick, used symbols from Native American artwork for the names they chose for themselves.

Symbols are all around us. You see them at school, at church or in your neighborhood. Everyone knows what the “golden arches” mean. Can you think of symbols you see everyday?

Write one down here: _____

Look around you for symbols in your everyday life. Look at home and at school. Look in magazines and the newspapers. Watch for symbols on signs and draw the ones you like.

Look for new meaning in the things you see. Some symbols mean the same thing to many people. A heart can mean love. A fire usually means warmth. Other symbols have meaning only to a small number of people who share something, like the same culture.

When you think about objects such as trees, clouds or the sun, what ideas or qualities come to mind?

Here are some examples of objects that may be used as symbols. You will think of other things and other meanings.

Arrow: swiftness, skill, speed, sports, love, protection, accuracy

Bird: travel, beauty, happiness, songs, flying,
freedom, wisdom (owl), liberty or courage (eagle)

Cloud: flying, helping to grow, happy, future, mystery

Eye: seeking, understanding, appreciating, seeing
beauty, truth, intelligence, watchfulness

Fire: wisdom, warmth, home, remembrance,
friendship, understanding

Heart: generosity, love, sympathy, desire to do
something for others, health, creativity



Hand: helpfulness, service, friendship, artist, skill in
making things, protection, worship, welcome

Lightening: swiftness, action, power, energy, inspiration,
accomplishment

Mountain: strength, stillness, seeing far ahead, climbing
high, overcoming difficulties, challenge

Path: adventure, courage, friendship, hiking, exploring, travel, new experience

Rainbow: a promise, hopes, dreams, future, good luck

Star: dreams, the unknown, fame, leadership, success, good performance

Sun: light, life, goodness, happiness, warmth, protection, creation

Tree: shelter, food, protection, gracefulness, service, growth, strength,
endurance

Colors have meaning too. As you choose symbols, think about the colors you will use. Colors can make us think of ideas. Indians compared blue to troubles and defeat. The emperor of China wore blue to show his worship of the sky. In the United States, blue is one of the colors of the flag and often stands for loyalty or truth.

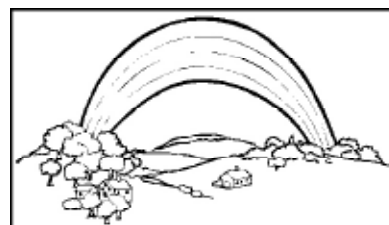
Here are some examples of meanings often given to colors. What do these colors make you feel like?

Red: life, fire, warmth, patriotism, liberty, love, courage, strength

Orange fire, flames, hospitality, pride, ambition, wisdom, religion

Yellow sun, light, wisdom, nature, goodness, happiness, energy

Green nature, sympathy, wealth, hope, life, youth, freshness, safety, growth, creation



Blue sky, day, sea, thinking, devotion, truth, justice, charity, loyalty, sincerity, love

Purple: power, spirituality, royalty, love of truth, loyalty, patience, humility, healing, dignity

Brown: earth, growth, warmth, security, bark, wildlife

Gold: mystery, majesty, riches, honor, wisdom, success, joy, long life

Silver: purity, truth, moon, wealth, romance, nighttime, faith

White: day, innocence, purity, perfection, wisdom, truth, simplicity

Black: might, dignity, sophistication, determination, night, humility, sorrow

Designing Your Symbolgram

Now you are ready to begin designing the symbols for your symbolgram. Use your imagination and have fun!

Think about some of the objects and colors that you would like to use from the examples above. Bring those ideas and any others you've collected to your group meet-

ing. Show your symbols to other group members and talk about all your ideas. One way to make your symbolgram is to use symbols that describe your Camp Fire name.

Write your name here: _____

What symbols could you use for your name? Draw some of your ideas in the



space below.

Here is another way to make a symbolgram. What is most interesting to you? Suppose you love nature and the outdoors. What do you like about it? Birds, trees, outdoor sports? Jot down some rough pictures of birds or flowers. Can you draw a symbol to show boating or hiking? Perhaps you like science, math or computers. Try drawing a microscope, a computer disk or a calculator.


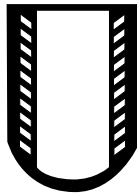
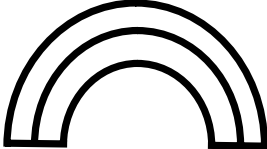
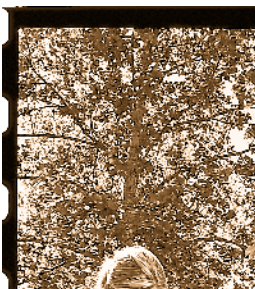
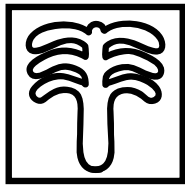

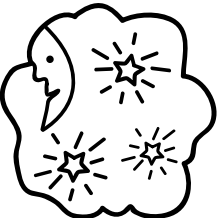
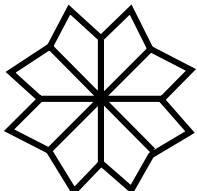
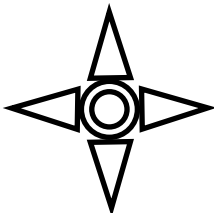

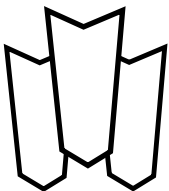

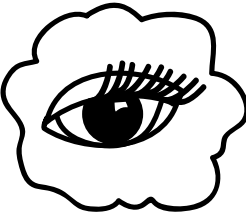

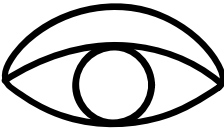
A third way to make your symbolgram is to make a list of things you like about yourself or that you do well. Are you a good friend or a good listener? Are you a helpful person? Are you an artist or do you love to sing? Do you really like a particular sport?

What pictures come to mind when you think of these things? Perhaps you could use an ear to symbolize being a listener. A hand could show helpfulness. Draw a baseball to show your favorite sport or a musical note or instrument to show your interest in music. Draw outlines of these pictures, or use the computer, if you'd like.


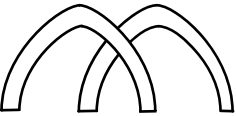

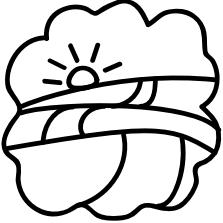
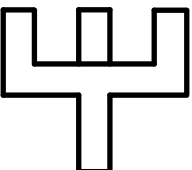
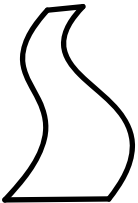
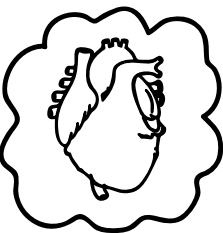
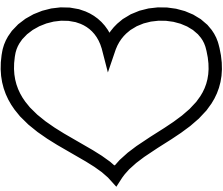
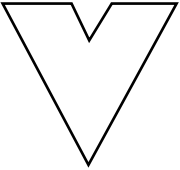
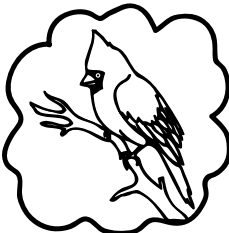

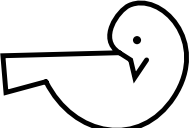
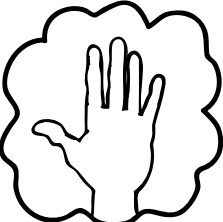


Drawing Symbols for Your Ideas

The charts on the next two page will help you begin drawing symbols for your ideas. The first column shows objects that could be used as symbols. The second column shows examples of symbols created for these objects. The third column shows how the details are removed to make the symbols. Lines are rounded or straightened. Parts of the object may be bigger or smaller. In the last column, you can try your

In the fourth column draw your own symbol for an object or an idea.

 <p>RAINBOW</p>	 <p>ARAPAHO</p>		
	 <p>UGANDAN</p>		
 <p>STAR</p>	 <p>UKRAINIAN</p>		
 <p>ARROW</p>	 <p>JAPANESE</p>		
 <p>EYE</p>	 <p>ALASKAN</p>		

In the fourth column draw your own symbol for an object or an idea.

 MOUNTAIN	 JAPANESE		
 PATH	 SOUIX		
 HEART	 APQIGAN		
 BIRD	 ALASKAN		
 HAND	 MEXICAN		



hand at drawing your own symbols for an object or idea.

As you draw the objects, keep in mind that you don't have to draw them as they appear in real life. In the style of the ancient Egyptians and Native American Indians, consider using symbols to try to capture the "feeling" of an object rather than its real-life appearance.

You can use shapes like circles, half circles, ovals, squares, rectangles, triangles and cones in your drawing. These simple shapes will help you keep your designs simple, too.

Put It All Together

Now that you've thought about:

the ideas about yourself that you want to show

the symbols you might use

the colors you might use

...you are ready to put it all together.

Hints for Finishing Your Symbolgram

- Draw your symbols on paper and cut them out.
- Use colored paper or color your symbols with crayons or markers.
- Experiment with different sizes, some large and some small.
- Overlap the symbols in different ways to see what looks good to you.
- Try different color combinations.
- Practice on scratch paper until you are satisfied.

When you have an arrangement you like, draw a picture of it or glue the pieces togeth-

My Symbolgram:

er. Then, draw your symbolgram in the box and color it in.

This is what the symbols in my symbolgram mean to me:

A Symbolic Picture of You

Your symbolgram is now an important part of you. Many Camp Fire members display their personal symbolgrams with their other awards. You can make it from felt or other bright fabrics and sew it on your vest, or use your symbolgram on stationery, school notebooks or backpacks.

Trail Stop 8: Serve in a Camp Fire Leadership Role

To earn the Wood Gatherer Award, you will need to learn more about the different kinds of leadership positions that are available in Camp Fire or another organization.

If your group has business meetings, group members can be in charge. Group officers might include a president, vice president, a recorder and a treasurer.

You can elect officers by voting or drawing names. Or, you could decide to take turns at the different jobs. This is a good way for everyone to learn about each office.



Officers can do their jobs for one month, three months, six months or even a whole year. That is up to you and your guide or leader.

What Officers Do:

President: The president leads the business part of the group meeting. As president,

you could conduct the business meeting like this:





Call the business meeting to order. (This tells everyone it's time to start.)

Ask recorder to take roll.

Ask recorder to read minutes of the last meeting.

If you have club funds and have a treasurer, ask treasurer to give a report of the group funds.

Lead discussion of business left over from last meeting (called "old business").

Lead discussion of new business.

Close the business meeting.

Vice President: It's the vice president's job to lead the business meeting if the president is absent. When the president is there, the vice president can help by leading discussion. The vice president also can have other jobs such as keeping track of who brings snacks or leading games.

Recorder: The recorder writes down everything that happens during the meeting. These notes are called minutes and help keep track of what was done at the meeting. Minutes are usually kept in a notebook as a record of the year.

MINUTES

Here's a form that can help you keep track of what happens.

The _____ Camp Fire Group met on _____ (date) at _____ (place).

Our president _____ (name) called the meeting to order.

Roll was taken, and these members were present: _____

_____ (names).

The minutes were read and accepted / corrected (circle one).

Our treasurer, _____ (name), reported that we had \$_____ in our name treasury.

We talked about these special activities: _____



These things need to be done before the next meeting: _____

Here is who will do them: _____

Our next meeting will be on _____

We need to discuss _____

Respectfully submitted, _____, Recorder

Treasurer: Some groups collect money from each person to do group activities and pay for group expenses. It is called a treasury. If your group has a treasury, it will need a treasurer. This is the person in charge of keeping the records of the group's money. If group members pay dues at each meeting, the treasurer collects this money. You will need a notebook to keep good records.

Here is a form you might want to use.

Treasurer's Report for the meeting _____ (date)

1. Cash on hand _____
2. New income _____
3. Total cash _____
(add 1 and 2 together)
4. Total expenses _____
5. Balance on hand _____
(subtract 4 from 3)

Submitted by _____, Treasurer

The cash on hand is what you already have. The new income might be from dues paid by members or from a money-making project. Expenses are what your group



pays for different things, such as supplies, bus fare for a field trip, etc. The balance on hand is what's left over after you pay expenses.

Chairperson: You might be a chairperson appointed by the president or by your leader. Or, you might take turns being in charge of different jobs or projects. You could volunteer to be chairperson to plan a special awards meeting. Or, you might be in charge of refreshments for a month of meetings.

Your group might decide on jobs different from the group offices you just read about. You could choose jobs that fit the activities you have at each meeting.

Here are some examples of other officers your group might have:

U.S. flag officer: carries the flag

Camp Fire flag officer: carries the Camp Fire flag

Pledge officer: starts Pledge of Allegiance

Handout officer: passes out supplies for activities

Clean-up officer: gets everyone to help with cleanup

Roll officer: checks that everyone is present

Dues officer: collects dues each week

Refreshments officer: helps prepare and cleanup refreshments

Song officer: leads songs and helps select songs to sing

However your group decides to handle group responsibilities, you will be learning important leadership skills while you're having fun in Camp Fire. You can work on the project *Learning to Lead* to complete the requirements for this trail stop.

Keep in mind that things you learn by being in charge in Camp Fire will help you be successful in the future. You also are learning things about working with people and getting things done that may help you run a business or succeed in your career when you grow up.

After you have completed your leadership position, fill in the space below.

Leadership role I served in: _____

Date: _____

What I learned: _____



After you have visited each trail stop and completed the requirement of each, you are ready to receive your Wood Gatherer Award. But there's more you can do that will prepare you for the next level of Camp Fire. By working on Projects and Link-Ups, as well as Advanced Projects you can continue to build on what you have learned. These things give you the chance to learn more about some of the topics that have been interesting to you.

I AM A WOOD GATHERER!

I received my Wood Gatherer Award on _____.

WORKING TOGETHER

There are many jobs to be done in a group. Some of the time you may be in charge of getting a job done. Whether you are being a leader or following a leader, you have important things to do.

Working together isn't always easy. Here are some ideas to help you work together in your group.

Checklist for being in charge:

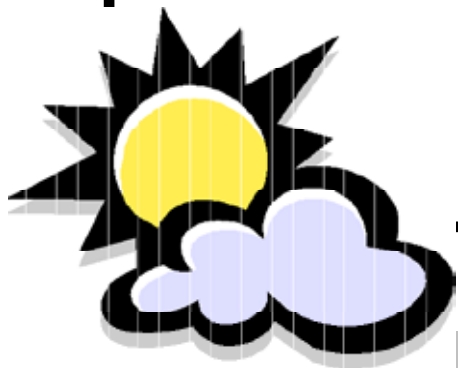
- Make sure all the jobs get done.
- Encourage others to do a good job.
- Show everyone you appreciate what they do.
- Make sure everybody gets a chance to talk.
- Listen carefully and try to understand what other people have to say.
- Make sure everyone is involved.
- Respect the ideas of others and different ways of getting jobs done.

When you're a member of the group, rather than the person in charge, you have an important job, too.

Checklist for members:

- Volunteer for jobs that need to be done.
- Do your job well and on time.
- Cooperate with the person in charge.
- Listen carefully to what is being said.
- Share your ideas.
- Ask questions if you don't understand.

Being a member of a group means you have to give and take a little. You may not always get to do what you want to do. **Group members won't agree on everything all the time. People do have different opinions. But remember, you can disagree with someone and still like that person!** Also remember to be patient with yourself and other Camp Fire friends as you learn to do new things.





PROJECTS

There are 19 projects for Wood Gatherers to complete, each related to one of the five Camp Fire trails.

Trail to Knowing Me

Values and Emotions

Circle of Feelings

Clowing Around

A Perfect Fit

Peer Proof

Behavior Balance

Thanks, But No Thanks

Cool-down Conflicts

Communicating with Everyone

Many Ways to Say It

Lessons in Language

Chat and Chew

Fitness

Get Physical

Obstacle Course

Muffin Science

Trail to Family and Community

My Family

Family of the Past

Family Present

He Has My Eyes!

Learning to Lead

Leadership Profiles

Jar Jams

Myths and Legends

Myths from Around the World

Mythmakers

A Gift of Giving

Reaching Out

What Needs to be Done?

Just Do It!

The Food We Eat

Imagine No Hunger

You Are What You Eat!

All Kinds of Bread

Trail to Creativity

Accidental Art

Wandering Ink Drawings

Baby Wipe Tie-Dye

Blots O'fun with Blottos

Creative Cupcakes

Improvise This!

Warm-Ups

Improvisational Exercises

Improv-Performance

Note Card Holder

Sand and Assemble

Stain and Finish

Out of the Ordinary

Real Dragons

"Real-life" Heroes

Walk a Mile

Trail to the Environment

Nature: Neat and Far

Who Am I! - Animal

Riddles

Blow Your Stack!

Window Garden

Gems and Rocks

Rocks, Rocks Everywhere

Birthstones - Everyone

Has One!

Rock Around the Clock

Good Earth

It's Garbage

Conservation Action

Pizza Pizazz

Trail to the Future

Basketball

Dribbling

Passing

SHoot the Hoops

Things That Fly

Wind and Wings

Paper Airplanes

Rolling Oats

Fun and Games

Glacier Breakers

It Takes a Team!

Here are some projects I would like to do:

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

Link-Ups

Chances are, you are involved in other activities besides Camp Fire. Having a lot of interests is a great way to learn about the things that you are good at and that might interest you in the future. Link-Ups offer you the opportunity to earn Camp Fire recognition for your other activities. To earn a Link-Up recognition, you will decide on an area like performing or creative arts or sports. A New Challenges Link-Up can be earned if you have a hobby or topic of special interest that you would like to explore. You could earn a New Challenges in leadership if you have a leadership position at school or another organization.

To do a Link-Up, you will make a plan for your project, set a goal and carry out your plan. You will keep a record of what you did and will share it with your Camp Fire friends to earn a Link-Up recognition. The following Link-Up projects are included here, followed by a planning sheet. You must complete the planning sheet for each Link-Up you earn. When it is completed, you will be eligible for recognition for each project.

Performing Arts
Creative Arts
New Challenges
Sports



Performing Arts

Do you take dance lessons? Belong to a musical or drama group which puts on public performances? Sing in a choir at your place of worship? Take piano or voice lessons? If music, dance or drama is part of your life, then you'll enjoy this Link-Up in Performing Arts.

Here's what you do:

1. First decide which of the performing arts you wish to work in. You may already take lessons or be a part of a performing arts group. Or, you might get involved in a performing art just for this project.



2. Make a plan for your project. Think about how much time you spend on this performing art. Plan to spend about 50 hours completing this project. This includes the time you spend taking lessons, practicing and performing.
3. With the help of an adult, set a goal for yourself. Your instructor or director can help you with this. What new skills do you want to learn? How much better do you want to become? Your goal will depend on what performing art you are involved in and what your skills are right now.
4. Decide how you will keep a record of what you do and learn. Your record may be a practice log or pictures of your performance. Or, you may record your performance on video or audio tape.
5. Carry out your plan. Learn, practice, perform and have fun. Talk about your progress with your instructor or director. Record what you do and learn.
6. Share what you are doing with your Camp Fire friends. You might demonstrate a new skill you've learned, invite them to a performance or just talk about your performing art.

Ask an adult like your leader, guide, instructor or parent to help you complete and carry out your plan. You can do more than one Link-Up project in a performing art if you wish. You might do one in a different performing art or set higher goals in the same performing art.

Creative Arts

Do you take drawing lessons? Are you learning how to take or develop photographs? Are you interested in pottery, weaving or sculpture? Any creative arts lessons you are taking outside of Camp Fire can become part of the Creative Arts Link-Up project.

Here's what you do:

1. First decide which of the creative arts you wish to work in. You may already take lessons or want to learn more about a particular art just for this project.
2. Make a plan for your project. Think about how much time you spend on this art. Plan to spend about 50 hours completing this project. This includes the time you spend taking lessons, working on your own or exhibiting work.
3. With the help of an adult, set a goal for yourself. Your art instructor can help you. What new skills do you want to learn? How much better do you want to become? Your goal will depend on what creative art you are involved in and what your skills are right now.
4. Decide how you will keep a record of what you do and learn. Your record may be pictures of you working at your art, or you may want to set aside space to display your artwork.
5. Carry out your plan. Learn more about your art and have fun. Talk about your progress with your instructor or director. Record what you do and learn.

6. Share what you are doing with your Camp Fire friends. You might demonstrate a new skill you've learned, invite them to view your artwork or just talk about your creative art.

Your leader, art instructor or parent can help you complete and carry out your plan. You can do more than one Link-Up project in a creative art if you wish. You might do one in a different creative art or set higher goals in the same creative art.

New Challenges

Are you taking a course in something of special interest to you? Do you have a hobby that you devote many hours to? Do you hold a leadership position? Then this New Challenges Link-Up is for you.

With the New Challenges Link-Up you can Link-Up your special interests that do not fit under the other Link-Up topics: Performing Arts, Creative Arts and Sports. Perhaps religious activities, a computer course, a science fair project or leadership training might be possible Link-Up topics.



Here's how to plan and do a New Challenges Link-Up:

1. First choose what topic area you want to work on. Talk to your leader. Together you can decide if the interest you have can become a Link-Up project. To do this, your interest should be something in which you can:
 - Set goals and improve skills
 - Practice, take lessons or compete
 - Have the opportunity to work with instructors or other experts
2. Make a plan for your project. Think how much time you spend on this interest. Plan to spend 50 hours to complete this project. This includes the time you spend taking lessons, practicing, using skills or competing.
3. With the help of an adult, set a goal for yourself. Your instructor, parent or a program specialist may help you with this. What new skills do you want to learn? How much more do you want to know? Your goal will depend on your interest and your skill right now.
4. Decide how you will keep a record of what you do and learn. Your record may be a daily log of the time spent in your interest or pictures taken of you doing activities related to your hobby.
5. Now carry out your plan. Learn, practice, compete and challenge yourself! Talk about your progress with your instructor or consultants. Record what you do and learn.
6. Share what you are doing with your Camp Fire friends. You might demonstrate skills, show pictures or talk about your experiences.

and carry out your plan. You can do more than one New Challenges Link-Up if you wish. You can learn more in a different interest area or set higher goals in the same interest area.

Sports

If you compete or take lessons in a sport, here's a Link-Up project just for you. Any sport will do – swimming, soccer, football, gymnastics, archery or others.

Here's what you do:

1. First, decide what sport you will work on. You may already be on a team or you may join a team or take lessons just for this project.
2. Now make a plan for your project. Think about how much time you spend on a sport. Plan to spend 50 hours to complete this project. This includes the time you spend taking lessons, practicing, performing and competing.
3. With the help of an adult, set a goal for yourself. Your coach or teacher can help you. What new skills do you want to learn? How much better do you want to become? How fast do you want to be? Your goal will depend on the sport you are involved in and what your skills are right now.
4. Decide how you will keep a record of what you do and learn. Your record may be in pictures taken of your performances.
5. Now carry out your plan. Learn, practice, compete and have fun. Talk about your progress with your teacher or coach. Record what you do and learn.
6. Share what you are doing with your Camp Fire group. You might demonstrate an easy skill, invite everyone to a game or just talk about your sport.

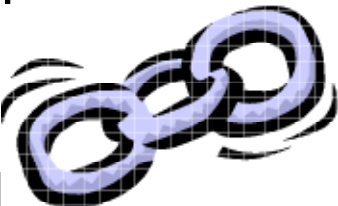


Your leader, teacher or coach can help you complete and carry out your plan. You can do more than one Link-Up project in a sport if you wish. Just keep setting you goals higher and higher. And you can Link-Up to more than one sport.

Camp Fire Link-Up Project Plan and Record

(Make a copy of this page if you want to do more than one Link-Up)

Here are some of the Link-Ups I would like to do:





Name of Link-Up: _____

I want to link up Camp Fire and _____

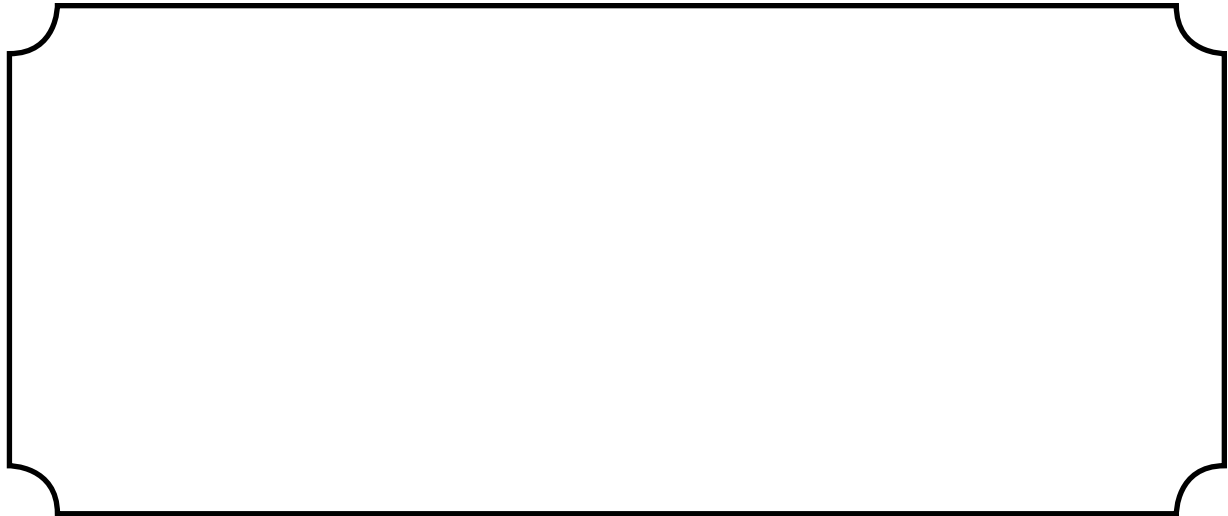
I am starting this project on _____

This is what I plan to do and for how long: _____

This is what I want to do to be better. This is my goal: _____

This is how I will keep a record of this project: _____

Here is a drawing, photograph or story of me doing my project:



This is how I shared my project with my Camp Fire friends: _____

I received my _____ Link-Up recognition on _____

Signature of adult who helped me: _____



Advanced Projects

By now you have discovered that Camp Fire projects are a fun way to learn something new and try something different. If you are ready to go further, try one of the Advanced Projects. Each year you are in Camp Fire, you take more of a part in planning what you do. Advanced Projects are a good place for you to practice your planning skills while you learn something new. Some of the projects have a requirement to complete before you begin.

You can do Advanced Projects by yourself, with your Adventure group, or with your family. You will follow five steps to complete each Advanced Project. They are the same steps you follow to plan and do almost anything. When you finish each step of an Advanced Project, you will receive recognition. It may be a certificate or beads or something else when the project is complete.

Here's what you need to do at each step of your Advanced Project:

Step 1	Step 2	Step 3	Step 4	Step 5
Find Out	Choose	Plan	Do	Celebrate

Find Out: You come up with lots of interesting ways to learn about something.

Choose: You choose what you want to do.

Plan: You get your plans together. You make decisions about who will do which jobs and when things will happen.

Do: You take action. What you planned happens.

Celebrate: Celebrate what happened. Talk about what you learned by sharing. Think about what went well and what might be improved. Plan a special way to share what you did with family and friends.

There are Advanced Projects on each Adventure trail. Read them all before you choose one. You may do as many as you wish. Each one is followed by a record sheet for you to keep track of what you did at each step.

CAMP CARE

Trail: Environment

Introductory project that must be completed: Progression in the Out-of-Doors, Fire Tender level

Find Out:

Tour your council camp or a site in your area where Camp Fire members often camp. Meet with the person in charge - camp director, ranger or landowner - to find out what is being done at the site to manage the land and preserve wildlife.

Date Completed: _____

Choose:

Ask the person in charge to point out specific problem areas on the campsite. With the help of this person, choose a way you can help in one of these problem areas. You might help maintain a trail, build a new fire circle, set out bird feeders, pick up trash along roadways.

Date completed: _____

Plan:

Make plans for your workday at camp. Set up a date and arrange transportation. Gather work tools. Set up a work schedule. Learn skills you might need.

Date completed: _____

Do:

Work at camp. Listen to and follow directions given by the person in charge. Give it your best effort. Complete all the assigned tasks.

Date completed: _____

Share, Celebrate, Reflect:

Ask the person in charge to meet with you and evaluate the work you did. Find out what you can do to help maintain the campsite each time you use it.

Date completed: _____

Signature of adult who helped me: _____





Advanced Project Record Sheet

I did the _____ Advanced Project on the Trail to
_____.

Here's What I Did to Complete Each Step:

Find Out _____

Choose _____

Do _____

Celebrate _____



STARS AND STORIES

Trail: Environment

Find Out:

Learn about stars from an expert. Visit an observatory to look at stars or meet with someone who owns a telescope. Be able to locate major constellations that appear in the sky during the time of the year you are completing this project. Know some of the major constellations that appear during other seasons. Have someone show you how to use a star map.



Date completed: _____

Choose:

Choose several constellations that are favorites of yours to learn more about and to tell others about. Be sure to choose ones that are seen in the sky during the time you are working on this project.

Date completed: _____

Plan:

Plan an evening of stargazing for friends or family. Learn more about the constellations you choose as favorites. Find out facts from books. Read legends told by people in different cultures about these constellations. Plan how to present this information to others.

Date completed _____

Do:

Have your stargazing event. Point out constellations. Tell the stories and legends you have learned.

Date completed _____

Share, Celebrate, Reflect:

Put together the legends and stories you learned about stars in a booklet. Donate your booklet as a resource to your council or camp library. Or, keep the booklet as part of your small group library.

Date completed _____

Signature of adult who helped me: _____



Advanced Project Record Sheet

I did the _____ Advanced Project on the Trail to
_____.

Here's What I Did to Complete Each Step:
Find Out _____

Choose _____

Do _____

Celebrate _____



ANIMALS IN DANGER

Trail: Environment

Find Out:

Find out the meanings of the words, “threatened,” “endangered” and “extinct” in reference to animals. Ask an expert in wildlife conservation to tell you why animals are threatened and become endangered or extinct. Or, visit a place where work is being done to protect endangered animals. Find out what you can do to help save animals in danger.



Date completed _____

Choose:

Choose a way that you can tell others about the problems of endangered animals and what they can do to help. You might make a display for school or a library, write and present a skit to other Camp Fire small groups on endangered animals or prepare a talk to be given at a Camp Fire event.

Date completed _____

Plan:

Get ready to tell others about endangered animals. Gather the information you need. Draw posters. Build your display or write and practice your speech or skit. Make arrangements to put up your display or present your skit or speech.

Date completed _____

Do:

Put up your display or make your presentation. Be prepared to answer questions.

Date completed _____

Share, Celebrate, Reflect:

Ask for evaluations from the people who saw your display or presentation. Find out what they know now about the problems of endangered animals and what they plan to do to help. Talk together as a small group about what you are going to do next to help save endangered animals.

Date completed _____



Signature of adult who helped me: _____

Advanced Project Record Sheet

I did the _____ Advanced Project on the Trail to
_____.

Here's What I Did to Complete Each Step:

Find Out _____

Choose _____

Do _____

Celebrate _____

STORIES ONSTAGE

Trail: Creativity

Find Out:

Find out how stories are told through plays by attending a live performance. Pay attention to scenery, costume and dialogue. If possible, meet with performers and directors to learn more about putting on a play.

Date Completed: _____

Choose:

Choose a story you would like to present in play form. Decide whether you will tell your story with live performers or puppets.

Date Completed: _____

Plan:

Plan your production. Rewrite the story into script form. Choose parts or make puppets for the different parts. Make costumes and sets. Practice together. Set a date for your performance and invite others.

Date Completed: _____

Do:

Give your performance for an audience.

Date Completed: _____

Share, Celebrate, Reflect:

Have a party for everyone involved in your performance. Celebrate the success of your show.

Date Completed: _____





Signature of adult who helped me: _____

Advanced Project Record Sheet

I did the _____ Advanced Project on the Trail to
_____.

Here's What I Did to Complete Each Step:

Find Out _____

Choose _____

Do _____

Celebrate _____





GET THE PICTURE

Trail: Creativity

Find Out:

Find out about telling stories through photos or videotape from an expert. Interview a videographer or photojournalist. Get tips on putting together a video or photo story. Visit a photography supply store or photo lab to learn about equipment or film processing.

Date completed: _____

Choose:

Choose a topic you would like to tell about with slides or photos. You might want to show what your Camp Fire group does. Or, focus on a camping trip or service project. Try to pick an interesting experience you think others would enjoy knowing about.

Date completed: _____

Plan:

Plan your slide show or photo story. Decide what pictures you will need to tell the story. Learn how to use camera equipment. Set up times to take your pictures and take them.

Date completed: _____

Do:

Assemble your slide show or photo story. Mount your photographs in an attractive way and write captions for them that help tell the story. Or put your slides in order on a slide tray and write a script to go along with them as you show them.

Date completed: _____

Share, Celebrate, Reflect:

Invite family members and friends to a special showing of your photo story or slide show. Or, display your photo story or slide show at a Camp Fire event. Talk about



how you put together your show.

Date completed: _____

Signature of adult who helped me: _____

Advanced Project Record Sheet

I did the _____ Advanced Project on the Trail to
_____.

Here's What I Did to Complete Each Step:

Find Out _____

Choose _____

Do _____

Celebrate _____





MUSIC MAKERS

Trail: Creativity

Find Out:

Find out about performing music for the public by attending a concert. Pay special attention to the staging and musical selections presented. If possible, talk to the director and performers about putting together a show.

Date completed: _____

Choose:

Choose places you think would welcome musical entertainment presented as a service by your Camp Fire group. You could perform at a nursing home, a hospital or a day care center. Contact the place or places you have chosen and discuss the possibility of presenting a show.

Date completed: _____

Plan:

Plan your musical performance. Choose music that will entertain your audience. Decide how you will introduce your group and what you'll say or do between songs. Select costumes and other props that might make your show more fun. Practice together until everyone is comfortable with his or her parts. Set up a performance time. Arrange transportation.

Date completed: _____

Do:

Put on your musical performance for an audience.

Date completed: _____

Share, Celebrate, Reflect:

Share the success of your show with others. Invite family members and friends to a special performance. Tell them about your service project. Offer to perform at Camp



Fire events or at other places such as hospitals or civic group meetings.

Date completed: _____

Signature of adult who helped me: _____

Advanced Project Record Sheet

I did the _____ Advanced Project on the Trail to
_____.

Here's What I Did to Complete Each Step:

Find Out _____

Choose _____

Do _____

Celebrate _____

**ADOPT A FRIEND**

Trail: Family and Community

Find Out:

Find out what kinds of services are available for a special group of people you wish to help. Visit agencies that offer help to older adults, children or disabled people. Find out what kind of additional service you might give to someone in need of help.

Date completed: _____

Choose:

Choose a way you can “adopt” someone and provide that person with some special service. You could “adopt” an older adult in your neighborhood. You could adopt children at a day care center. You could adopt a family at holiday time. Contact the person or people you plan to help.

Date completed: _____

Plan:

Plan how you are going to help your “adoptee”. Find out what your adoptee needs, such as food, clothing, entertainment or toys. Set up a schedule for visiting your adopted friend(s).

Date completed: _____

Do:

Provide your service for your adopted friend(s). Wear your Camp Fire uniform or T-shirt so that others know you belong to Camp Fire. Be friendly and cheerful. Make the people you are helping feel comfortable about the service you are giving.

Date completed: _____

Share, Celebrate, Reflect:

Think about continuing to give service to the person or group you adopted. Decide if



your service could fit into other Camp Fire activities. Talk about how you feel about meeting needs that other have.

Date completed: _____

Signature of adult who helped me: _____

Advanced Project Record Sheet

I did the _____ Advanced Project on the Trail to
_____.

Here's What I Did to Complete Each Step:
Find Out _____

Choose _____

Do _____

Celebrate _____

CHILDREN'S HOUR

Trail: Family and Community

Find Out:

Talk to a children's librarian to find out what kinds of books and stories preschool children enjoy. Look at books for preschool children to get ideas for art and stories. Visit a preschool, library or day care center, and watch a story hour presented by staff members.

Date completed: _____

Choose:

Choose a group of young children to entertain with a story hour. You could contact a near-by preschool or day care center. You could make arrangements to present a story hour at a local library. You could gather together neighborhood children.

Date completed: _____

Plan:

Plan your presentation. Select stories for the age group you are entertaining, or write and illustrate your own stories. Practice reading the stories aloud in an interesting manner. You might want to include other kinds of entertainment in your presentation. You could act out part of the story. You could have the children do sound effects to go along with the story.

Date completed: _____

Do:

Present a story hour to a group of children. You might donate the books you used or other good story books for children to a preschool, day care center or library.





Date completed: _____

Share, Celebrate, Reflect:

Write a letter or talk to an adult in charge of the group you worked with. Tell about your experiences and what you learned.

Date completed: _____

Signature of adult who helped me: _____

Advanced Project Record Sheet

I did the _____ Advanced Project on the Trail to
_____.

Here's What I Did to Complete Each Step:

Find Out _____

Choose _____

Do _____

Celebrate _____



COMMUNITY TOUR

Trail: Family and Community

Find Out:

Find out about interesting places to visit in your community. Contact tourist bureaus or travel agencies to get information about museums and historical sites. Visit several places that sound interesting to you. Collect informational brochures about these places.

Date completed: _____

Choose:

Choose a place or two you would like others to visit. Make your choice based on the information you gathered. Take into consideration the ages and interests of the people you will be taking on your tour. A tour for young children would be very different from a tour for adults.

Date completed: _____

Plan:

Plan your tour. Invite the people you want to come along and find out when they can go on your tour. Call to make arrangements for your visit. Ask for additional information about the place you are visiting. Arrange transportation. Pick out points of interest you want to highlight on your tour. Plan what you are going to say.

Date completed: _____

Do:



Take your guests on your tour. Keep a record of your visit by taking notes or photographs or collecting informational materials or other souvenirs or mementos.

Date completed: _____

Share, Celebrate, Reflect:

Put together a memory book of your tour for each of the guests you invited. Include photographs and mementos if you can in the booklets. Present them to the people you took on the tour.

Date completed: _____

Signature of adult who helped me: _____

Advanced Project Record Sheet

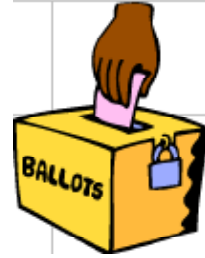
I did the _____ Advanced Project on the Trail to
_____.

Here's What I Did to Complete Each Step:

Find Out _____

Choose _____

Do _____



Celebrate _____

VOLUNTEERS FOR VOTES

Trail: Family and Community

Find Out:

Find out about an organization that is involved in registering and encouraging citizens to vote. You might talk to a representative from the League of Women Voters or NAACP. Learn how such an organization helps get voters registered. Or, find out more about election campaigns. Visit the headquarters of a candidate for public office or a group of people working to get an issue passed. Learn what campaign workers do to promote a candidate or issue.

Date completed: _____

Choose:

Choose a way you can help during election time. You could help register voters. You might volunteer to promote an issue that affects you, such as a school tax increase proposal. Or, you might volunteer time at an polling place on Election Day, entertaining young children while their parents vote.

Date completed: _____

Plan:

Plan your service project for election time. Learn the skills you need for the service you have chosen to do. If you are working in a campaign find out more about the issue. Practice answering questions about the issue. If you are helping out at a polling place by babysitting, find games and stories to use to entertain young children.

Date completed: _____



Do:

Do your volunteer election work. Wear your Camp Fire uniform so that the people you meet know you belong to Camp Fire.

Date completed: _____

Share, Celebrate, Reflect:

Talk about what you learned about the voting process. Tell why you think it is important for people to vote.

Date completed: _____

Signature of adult who helped me: _____

Advanced Project Record Sheet

I did the _____ Advanced Project on the Trail to
_____.

Here's What I Did to Complete Each Step:

Find Out _____

Choose _____

Do _____



Celebrate _____

IN THE NEWS

Trail: The Future

Find Out:

Find out how local news is collected and communicated to the public by visiting a local radio or television station or newspaper or magazine office. Learn where the ideas for news stories come from.

Date completed: _____

Choose:

Choose a method you'd like to use to communicate small group news. You might put together a newsletter or magazine, put a "radio" news show on tape or present a live or video taped "television" news show. Consider the talents of various group members and the kind of equipment you have available.

Date completed: _____

Plan:

Decide what news items will be included in your newsletter, magazine or broadcast. Learn necessary skills, such as interviewing people, operating a tape machine, writing news stories or scripts and laying out pages. Divide up tasks to be completed



among group members.

Date completed: _____

Do:

Write the articles for your newsletter or magazine and print it. Or, write a script and tape your radio or television broadcast.

Date completed: _____

Share, Celebrate, Reflect:

Distribute your newsletter or magazine to friends and family. Talk about what you did to put together the newsletter, magazine or show. Ask for opinions from others about your product.

Date completed: _____

Signature of adult who helped me: _____

Advanced Project Record Sheet

I did the _____ Advanced Project on the Trail to
_____.

Here's What I Did to Complete Each Step:

Find Out _____

Choose _____



Do _____



Celebrate _____

PARTY IN A PACKAGE

Trail: Family and Community

Find Out:

Visit a hospital, convalescent center or institution where people are receiving long-term care. Talk to the people who work there about the needs of the patients they care for. If possible, talk to some of the patients to find out what their interests are and what things they like to do.

Date completed: _____

Choose:

Choose who you would like to receive your party. You might want to give a birthday party to an older adult who no longer has any family to celebrate his or her birthday. You might decide to plan a party for children who must stay in the hospital over a holiday.

Date completed: _____

Plan:

Plan your party package. Contact the people in charge of the institution you select.



Choose a theme and plan decorations, party favors, food and games around your theme. Take into consideration physical restrictions and special diets of the people you are planning it for. Set up a time to deliver and give your packaged party.

Date completed: _____

Do:

Take the packaged party to the person (s) you chose. Set up and have fun with the special guests of your party. If possible, take pictures of the activities that are a part of the party. Be sure to clean up, too.

Date completed: _____

Share, Celebrate, Reflect:

Send letters to the people who were a part of your party. Tell how much you enjoyed sharing a party with them. Include photos you took at the party if you have them.

Date completed: _____

Signature of adult who helped me: _____

Advanced Project Record Sheet

I did the _____ Advanced Project on the Trail to
_____.

Here's What I Did to Complete Each Step:

Find Out _____

Choose _____



Do _____

Celebrate _____

COOKING WITH CAMP FIRE USA

Trail: Environment

Find Out:

Visit a restaurant or cafeteria to see food preparation and service in action. Observe people who prepare and serve food to find out what their jobs involve. Talk to the food service manager to learn about the business side of operating a restaurant or cafeteria.

Date completed: _____

Choose:

Choose a special occasion that your small group can celebrate by having a meal for special friends and family members. The occasion might be a holiday, a Camp Fire birthday party or the celebration of the end of a project. Make the special occasion



the theme for your meal.

Date completed: _____

Plan:

Plan ways to carry out your theme. Make up the menu and shop for ingredients. Set a date for your meal and send invitations. Make decorations. Practice cooking skills. Plan your table settings. Divide up serving jobs among group members.

Date completed: _____

Do:

Cook your meal and serve it to your guests. Make everyone feel welcome.

Date completed: _____

Share, Celebrate, Reflect:

Put together a booklet containing recipes for the items you served at your meal. Include your own "helpful hints" about preparing these foods, based on your own experiences. Give these booklets to people who were your guests at the meal. Make sure that all group members have a recipe book, too.

Date completed: _____

Signature of adult who helped me: _____

Advanced Project Record Sheet

I did the _____ Advanced Project on the Trail to
_____.

Here's What I Did to Complete Each Step:

Find Out _____

Choose _____





Do _____

Celebrate _____

FEELING GOOD

Trail: Self Discovery

Find Out:

Find out the meaning of the term “aerobic exercise.” Learn what kinds of sports are aerobic. Talk to a fitness specialist to learn about the benefits of regular aerobic activity.

Date completed: _____



Choose:

Choose an aerobic activity you would like to do. This might be running, kickboxing, swimming, bike riding, dancing, etc. Talk to a person who does this activity. Ask how to set up a schedule for regular aerobic exercise.

Date completed: _____

Plan:

Plan a schedule to do your aerobic activity. Set up times and places where you can participate. Find out what kind of special equipment you need for safety. Learn warm-up and cool-down exercises.

Date completed: _____

Do:

Follow your schedule for regular participation in an aerobic activity for a minimum of one month. Monitor and chart your heart rate. Record any improvements in endurance.

Date completed: _____

Share, Celebrate, Reflect:

Invite friends or family to a demonstration. Tell what you learned about aerobic activity. Demonstrate warm up and cool down exercises. Perform an aerobic exercise routine. Explain how to set up a personal plan for regular aerobic exercise.

Date completed: _____

Signature of adult who helped me: _____

Advanced Project Record Sheet

I did the _____ Advanced Project on the Trail to
_____.

Here's What I Did to Complete Each Step:

Find Out _____



Choose _____



Do _____

Celebrate _____

HIKES ON BIKES

Trail: Future

Find Out:

Find out about bike maintenance and bicycle safety. Visit a bike shop or invite an expert to a meeting. Learn basic bike maintenance skills such as changing a flat tire and adjusting the seat. Talk to a police officer or other knowledgeable person or read



about safe bike riding practices.

Date completed: _____

Choose:

Choose a place or places in your community where you could take a daylong bike hike.

Date completed: _____

Plan:

Plan when to go and what the route condition will be for the day's trip. Think about things such as traffic and road. Plan what to bring and what you'll do along the way. Go over safety rules. Practice riding bikes safely. Build up your bike riding endurance so that you'll be ready for the day's trip.

Date completed: _____

Do:

Go on your bike hike. Observe safety rules.

Date completed: _____

Share, Celebrate, Reflect:

Remember the fun you had on the bike hike. Put together a booklet about the bike hike that includes souvenirs and mementos you collected on the trip, photographs or drawings and stories of what happened.

Date completed: _____

Signature of adult who helped me: _____

Advanced Project Record Sheet

I did the _____ Advanced Project on the Trail to _____.

Here's What I Did to Complete Each Step:

Find Out _____





Choose _____

Do _____

Celebrate _____



WEATHER WISDOM

Trail: Future

Find Out:

Find out how the weather is forecast by visiting a National Weather Service station or the weather service department of a local news station. Talk to a professional meteorologist or the person who collects and presents the weather for a local news station. Find out what kind of weather information is collected and how it is interpreted.

Date completed: _____

Choose:

Choose what kinds of weather information you want to collect and record.

Date completed: _____

Plan:

Plan what kinds of devices you will need to collect your weather information. Find out how to make simple weather recording devices in books or from experts. Decide where you are going to set up your weather station and how long you are going to monitor it.

Date completed: _____

Do:

Make your weather recording device.

Date completed: _____

Share, Celebrate, Reflect:

Make posters that show the information about the weather you collected at your weather station.

Date completed: _____

Signature of adult who helped me: _____

Advanced Project Record Sheet

I did the _____
_____ Advanced Project on the Trail to _____

.

Here's What I Did to Complete Each Step:
Find Out _____



Choose _____

Do _____

Celebrate _____



TREASURES IN TRASH

Trail: Environment

Introductory project that must be completed:

Find Out:

Find out how waste products are recycled. Visit a glass, paper or aluminum recycling center. Watch or read about the processing of paper or metal scrap into usable product.

Date completed: _____

Choose:

Choose a way to get involved in recycling. You could sponsor a recycling drive among families or group members, pick up cans on road sides or in parking lots or offer to pick up newspapers and cans saved by neighbors.

Date completed: _____

Plan:

Plan your recycling promotion. Set dates for collecting cans or paper. Plan how you will transport what you collect. Tell people to save their recyclable items.

Date completed: _____

Do:

Collect recyclable materials from people you know or pick it up along roadsides, in parks or other places. Take what you collect to a recycling center.

Date completed: _____

Share, Celebrate, Reflect:

Use the money saved from the recycling center for a special celebration. Or, donate your money to a group that helps protect the environment.

Date completed: _____

Signature of adult who helped me: _____

Advanced Project Record Sheet

I did the _____
_____ Advanced Project on the Trail to _____
_____.

Here's What I Did to Complete Each Step:
Find Out _____



Choose _____

Do _____

Celebrate _____



BREAK INTO BUSINESS

Trail: Future

Introductory Project that must be completed:

Find Out:

Visit a small business to observe how it operates. Ask the person involved to explain what is involved in running a small business. You might learn about inventories, sales, personnel, profit and losses, insurance, taxes and advertising.

Date completed: _____

Choose:

Choose a business that your small group can operate. You might operate a refreshment stand, make a craft item to sell or offer personal services like house cleaning or yard work for a price. Check with your council office regarding fund raising.

Date completed: _____

Plan:

Plan your business operation. Decide how you are going to advertise to others what you have to sell. Purchase supplies you need, if any, and set the prices to cover the cost of supplies. Make your product or practice the skills you must have to provide a service.

Date completed: _____

Do:

Operate your business. Keep track of the money you make. Give friendly courteous service to your customers. Make sure everyone in the group has opportunities to work at different jobs.

Date completed: _____

Share, Celebrate, Reflect:

Balance your accounts. Did you make money or lose some? Hold a going-out-of-business party. Invite the people who helped you with your business venture.

Date completed: _____



Signature of adult who helped me: _____

Advanced Project Record Sheet

I did the _____ Advanced Project on the Trail to
_____.

Here's What I Did to Complete Each Step:

Find Out _____

Choose _____

Do _____

Celebrate _____



Wood Gatherer Reflection Form

What I Did _____

What was hard or easy? Explain how or why.

What was fun? Explain how or why.

How did it make me feel?

How can I use what I learned in Camp Fire, in school or at home?

What was the best part of this year? _____



Replay Pages

Project: _____

Dates: _____

What I did: *Write or draw what you did at the meeting in the space below.*

What I learned: _____

What do I want to remember about this project: _____



Replay Pages

Project: _____

Dates: _____

What I did: *Write or draw what you did at the meeting in the space below.*

What I learned: _____

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Replay Pages

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Dates: _____

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