



Wottelo

GUIDEBOOK

WORK · HEALTH · LOVE

The title "Wottelo" is written in a large, dark blue, hand-drawn style font. Below it, the word "GUIDEBOOK" is written in a smaller, dark blue, sans-serif font. At the bottom, the words "WORK · HEALTH · LOVE" are written in a dark blue, sans-serif font, with each word separated by a small white circle. The background of the entire page is a soft-focus illustration of a landscape with rolling green hills, a variety of trees, and a bright sky with clouds.

Special Thanks

Thank you to the councils and countless individuals who reviewed the WoHeLo curriculum and contributed valuable suggestions for its revision:

Camp Fire Snohomish County, Everett, Washington

Camp Fire Angeles, Long Beach, California

Camp Fire Orca, Tacoma, Washington

And a special thanks to **Camp Fire Central Puget Sound**, Seattle, Washington for their amazing work on the 2016 curriculum pilot project.



Table of Contents

WoHeLo

Letter by WoHeLo Recipient Maggie Bailey.....	4
Introduction.....	5
Eligibility & Timeline.....	6
Requirements.....	7
Guidebook Layout.....	9
Thrive{ology}.....	10
Inspiration.....	12

GETTING STARTED

Getting Started.....	16
WoHeLo Advisor.....	17
Declaration of Intent.....	18
Planning.....	20
Reflection.....	21

INNER-EXPLORATIONS

Introduction and Requirements.....	24
Work.....	25
Health.....	31
Love.....	37
Documenting Your Work.....	43

ADVOCACY PROJECTS

Introduction and Requirements.....	46
Service-Learning Process.....	48
Sample Action Planning Worksheet.....	52

REFLECT & CELEBRATE

Crossing the Finish Line.....	54
Declaration of Completion.....	55



A letter from 2018 WoHeLo Recipient Maggie Bailey:

I was introduced to Camp Fire through my mom. My mom was a Bluebird and was eager for me to share some of the same values and experiences she received from participating in Camp Fire. She started a club when I was three years old at my school, allowing me to learn basic humanly skills that aren't generally taught in a classroom. Personally, it was the crafts, field trips, and bonding with my friends that made me want to continue my journey at that age.

Always looking up to older members in our council, watching how they achieved so much while continuing their Camp Fire journey, and some achieving their WoHeLo Award, inspired me to want to work on my WoHeLo.

As I began working on my WoHeLo project, I realized that my Spark of serving others aligned with my Advocacy Projects. Because I loved what I was doing and the direction I took my project, it didn't seem like work. At times the self-reflections were overwhelming, but it was necessary to see all the time and hard work I was putting into my project. It became a part of my identity in understanding my real values and beliefs.

After presenting my finished product to my advisors, I felt such a sense of accomplishment because this was my first large project that expressed my true self. When I received my WoHeLo Medallion from my Leader, who is my loving Mom, my journey in Camp Fire became full circle. This was so special because I made so many people so proud, including myself.

Although working on a WoHeLo project seems like a daunting task at times, myself and many others can contest that it is worth some of the hardships that you will face. My advice is to read the material and choose activities where you have interest. It is so important to ask questions, be involved, and have confidence in your abilities.

WoHeLo,



Maggie Bailey
Camp Fire Inland Northwest Alumna
Camp Fire WoHeLo Award Recipient 2018
Camp Fire National Youth Advisory Cabinet



WoHeLo

So you're interested in working toward your WoHeLo Award?

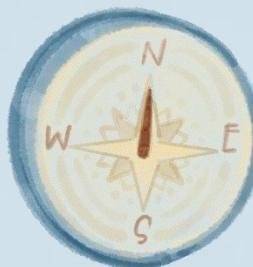
If you've been around Camp Fire for long enough, you'll see the word 'WoHeLo' quite a bit. That's because it means something incredibly important: WoHeLo stands for Work, Health, and Love. Those three values are the core principles of Camp Fire since we were founded in 1910 by Charlotte Vetter Gulick and her husband Dr. Luther Halsey Gulick.

The WoHeLo Award is the highest achievement for youth in Camp Fire. This prestigious award is open to teens in grades 11 and 12 and offers opportunities for personal development, leadership, and advocacy.

The award is earned by completing three years of intensive and highly individualized projects known as Advocacy and Inner-Explorations. WoHeLo recipients design their projects based on their interests, values, and goals.

Earning your WoHeLo isn't just the next step for you along your Camp Fire journey - completing the requirements takes hard work, dedication, motivation, creativity, determination, and discipline. Not all Camp Fire participants earn their WoHeLo Award. It is only for the few who are willing and able to put in the work.

Are you up for the challenge?

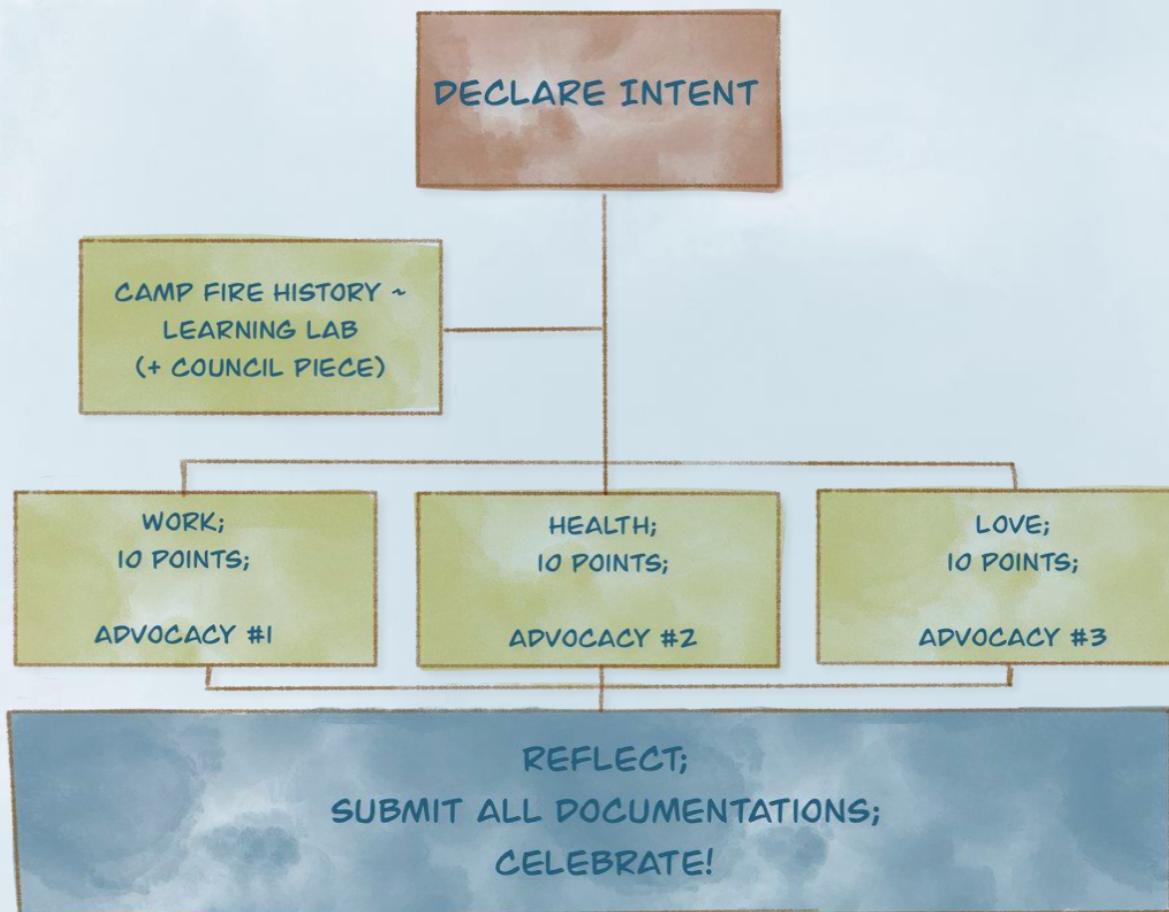


ELIGIBILITY & TIMELINE

Those in the 9th grade or higher may begin working toward the WoHeLo Award. It is recommended that all work be completed by the time you graduate from high school (so your achievement can go on your resume and applications).

It is not required to have participated in Camp Fire before beginning the WoHeLo Award. All activities are expected to be completed individually. That doesn't mean you have to do it alone – contact your local council to find out if there are other people working toward their award to share ideas.

In previous years, there were different paths you can take to earning your WoHeLo based on which Camp Fire program you are in. Now, it's all the same. As long as you're in the 9th grade or higher and complete the requirements listed below, you are eligible to receive your WoHeLo.



REQUIREMENTS

There are three components that make up the WoHeLo Award. You must fulfill the requirements in each category to be eligible to receive the award.

CAMP FIRE HISTORY: Learn more about the history of Camp Fire as a national organization and the impact councils have made on your community by completing the Camp Fire History and Vision Learning Lab course. Your council may have additional requirements to learn more about their history – check with your Spark Champion about that.

INNER-EXPLORATIONS: Complete activities in the three Inner-Explorations – Work, Health and Love. These Inner-Explorations feature hands on activities to consider your strengths, explore aspects of your community, and work on important skills to gain a better understanding of yourself and the world around you. Each Inner-Exploration activity is assigned a point value – you choose which activities to complete for a total of ten points.

ADVOCACY: Plan and implement three Advocacy projects. For each Advocacy project, you will select a social issue that is meaningful to you, write a mission statement and implement at least one action plan to address the issue. These service-learning projects are an opportunity for you to lead, teach serve and speak out.

COMPLETING YOUR WOHELO

You will earn your WoHeLo Award after completing the Camp Fire History course, earning 10 points in all three Inner-Explorations (Work, Health and Love), and facilitating three Advocacy projects. All of this work should take three years to complete.



It is not required that you complete your Inner-Explorations in this order. You can jump around and complete activities in whatever order works best for you. This is just a nice visual way to think about the road ahead.

Once you have completed all of your requirements, you will fill out the Declaration of Completion form and turn it into your council office. At that time, you should be gathering all documentation and reflecting on your experience.

CELEBRATING YOUR ACHIEVEMENT

Reflection is an essential component of Thrive{ology}* and allows us to look back on and learn from our experiences. Earning your WoHeLo may be one of the most challenging things you've ever done. So, once you've completed all of the requirements, it's important to celebrate all that you've accomplished!

How you choose to celebrate earning your WoHeLo Award is up to you. But it is required that you make something called a **Reflection** to document all of the hard work you've done. Your Reflection is the way you represent your Camp Fire journey.

Be sure to make your Reflection personal and meaningful to you. Some WoHeLo recipients choose to create a scrapbook full of pictures and memories. Others sew their emblems onto a homemade flag. It's your choice how you want to reflect on your experience and display your accomplishments. Your council office can also help come up with ideas. See page 21 for more information.

GUIDEBOOK LAYOUT

There are three guidebooks for WoHeLo – the main WoHeLo Guidebook (this one), the Inner-Exploration Activities, and the WoHeLo Advisor Book.



This book, the **WoHeLo Guidebook**, is your one-stop-shop for all resources related to your eligibility, requirements and timeline. It has answers to some FAQs (frequently asked questions), advice from WoHeLo recipients, and where to go for more information. In this guidebook, you'll also find resources related to the **Advocacy Projects**, including tips and tricks to brainstorming, planning, facilitating and reflecting on your service-learning projects.

While there is a short description of the Inner-Exploration activities in the WoHeLo Guidebook, the **Inner-Exploration Activities** book has all the information you need to complete your requirements. There are lesson plans to follow for each activity and a handy graph to track your progress.

The third guidebook is information for your **WoHeLo Advisor**. You should give this guidebook to your Advisor at the start of your journey so they can assist you along the way.

With these three guidebooks, you should have all of the information you need to complete your WoHeLo Award. But as always, your council is a great resource for any additional questions you may have.

THRIVE{OLOGY}

Before you begin, it's important to learn a little bit more about the ideas behind the WoHeLo Award. Camp Fire prides itself on creating powerful experience that change lives for the better.

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.*

The way we fulfil this promise is by utilizing a method called Thrive{ology}. Thrive{ology} has three important components that we know contribute to youth success: Thriving Indicators, Methods to Succeed, and Adult Champions. Read the brief description of each to learn more about each component.

THRIVING INDICATORS

Thriving indicators are qualities you need so you can be your best self. Some of the qualities include

Confidence: The belief in your ability to accomplish a goal

Purpose: A reason for being in the world

Empathy: Understanding other people's feelings

Inclusiveness: Accepting of others despite differences

Life Skills: Skills needed to accomplish goals and manage social situations

Conflict Resolution: Knowing how to work through disagreements

Love of Nature: Caring for the world around you.

METHODS TO SUCCEED

Methods to Succeed are outlooks and skills that help you develop Thriving Indicators. There are four:

Spark Discovery: Figuring out the things you do that makes you come alive. Sparks give you energy, motivation and purpose in life.

Growth Mindset: Having a growth mindset means that you believe that you can learn a new skill by putting in effort, taking calculated risks, and never giving up.

Goal Management: Being able to set a goal, create a plan, and adjust as needed is an important skill for the future.

Reflection: Looking back on your experience is how you achieve those "aha moments." It's important to learn from mistakes, realize why you were successful, figure out what you're proud of or determine what you want.

ADULT CHAMPIONS

Adult Champions are those relationships founded on mutual trust and respect that are vital to your success. It's important to recognize who your Adult Champions are and how they can help you on your journey. Adult Champions express care, challenge your growth, provide support, share power and expand possibilities.

THRIVE{OLOGY} AND WOHELO

Throughout your Camp Fire journey, you've been developing Thrive{ology} skills and qualities that you can take with you as you transition into adulthood. While working on the requirements for your WoHeLo, there will be opportunities to develop these skills and qualities even more. You'll also have the chance to dive deeper into the Methods to Succeed components in the Thrive{ology} section of the Inner-Exploration activities.

At the end of your Camp Fire journey, our hope is that you will have the essential skills and mindsets needed to help you navigate your future and keep on the path to thriving! We look to you to let us know what you gained from being a part of Camp Fire and working towards your WoHeLo award. Your "tales from trails" will help us understand if the journey did indeed prepare you and what we can do to improve future experiences for other Camp Fire youth. Be ready to give us feedback and voice your thoughts along the way!

INSPIRATION

WoHeLo Award recipients tell us it is the most rewarding experience they had during their time at Camp Fire. Receiving this award can be an impressive and important addition to job applications, college applications, interviews or resumes. But more importantly, by earning your WoHeLo, you join the ranks of dedicated and hard-working people throughout the last half century who demonstrate that they are stewards of the earth, citizens capable of leading and contributing, and part of a workforce ready for the future. Take a look at what these WoHeLo Award recipients have to say about their experience.



Asa Nugent, 2018 WoHeLo Recipient
from Camp Fire Patuxent (below)



"Definitely go for it," says Nikki McCann, 2019 WoHeLo Award recipient from Camp Fire Heart of California (above right, along with recipients Madeline McNeil and Isabella Magos). *"It teaches you what you can do and the power you really have."*



"I've always been very proud of my award and still even wear it as a necklace whenever possible"

-Jane Karen Phillips, 1970 WoHeLo Recipient



"Don't give up, make your goals attainable, and celebrate each goal that you meet."

-Barbara Moravec, 1993 WoHeLo Recipient, Mt. Hood council





GETTING Started

Before you jump into the work, there are a few things you should do to get ready.

- 1.** **Read through the entirety of the WoHeLo Guidebook.** You'll want to know what's expected of you before you start so you can make a plan that works for you.
- 2.** **Select your WoHeLo Advisor(s) and mentor(s).** These are the adult champions who will answer your questions, check-in on your process, and support you through the tough spots. You can read more about Advisors and Mentors on the next page.
- 3.** **Submit your Declaration of Intent.** This makes it official. The Declaration of Intent is a document that details the Advocacy Projects you're interested in, the Advisors you've chosen, your timeline, and your personal mission statement.

Once you've completed these three steps you may begin working on your Advocacy Projects and Inner-Explorations! Remember to document your work throughout your journey (more on that later).



WoHeLo ADVISOR

One of the first things you should do when deciding to pursue your WoHeLo is select an advisor who will help guide you on your journey. Your advisor should be someone that knows you and is familiar with the requirements for your local council. Meet with your advisor before you begin your work and regularly throughout the process. Your advisor can give you guidance, answer questions, connect you with people and resources to help, and check your work as it's completed.

While it's not required, many WoHeLo recipients saw success by choosing an Advisor who is a council staff person with experience working with candidates. Make sure your WoHeLo Advisor is someone you can contact throughout your experience and who you enjoy being around. McKenzie Napier, 2019 National YAC (Youth Advisory Cabinet) Chair and WoHeLo Recipient says,



"I had an advisor that I really enjoyed spending time with, so I looked forward to our check-in meetings. She had also advised several people in the past, so she was really familiar with the process and able to provide a lot of tips."

Once you've selected your WoHeLo Advisor, they will walk you through the process of creating your Declaration of Intent and help you get the ball rolling on your Inner-Explorations and Advocacy Projects.

TIPS FOR WORKING WITH YOUR ADVISOR

Relationships can be tricky. Working with your WoHeLo Advisor is no different. Here are some tips to making the relationship a success:

- **UNDERSTAND THEIR ROLE.** Is it your advisor's responsibility to make sure you're documenting all of your work? Are they supposed to tell you when things are due? These are important questions you should find out from your advisor during your first few meetings. Understanding their role in this process will help you get the most out of your relationship and time with them.
- **ASK FOR HELP.** There's a reason choosing an advisor is one of the requirements for your WoHeLo— they really can help! Don't be afraid to share your thoughts and feelings throughout the process and ask for their guidance. You're not alone on this journey.
- **LISTEN TO THEIR ADVICE.** Sometimes, it's easier said than done. If your advisor recommends a certain action, be sure to really listen to what they have to say and consider their advice.

DECLARATION OF INTENT

The Declaration of Intent is the formal notification to your council that you are beginning to work on your WoHeLo Award. Filing this declaration is important for your council so they know who the candidates are. The Declaration of Intent is equally important for you on your journey, so you have an understanding of the work ahead of you.

Fill out the WoHeLo Award Declaration of Intent form on the following page and turn it into your council. There are a few sections of the form to be mindful of:

- **YEAR EXPECTING TO RECEIVE AWARD:** Remember that it takes three years to work through all of the requirements for the award. Plan to receive your WoHeLo in three years.
- **MISSION STATEMENT:** Why do you want to work toward your WoHeLo? If you haven't asked yourself this yet, now is the time. Be sure to write a mission statement that explains your goals for the next three years and what you hope to accomplish. Be brief and specific.
- **ADVOCACY TOPIC:** This is where you will write down three topics you plan to address in your Advocacy Projects. Writing down a particular issue doesn't bind you to it – this is just to let your council know your intended plans. These topics can be broad (i.e. homelessness) or specific (i.e. a clothing drive). Flip to the Advocacy Project section of this guidebook for ideas.
- **MENTOR'S NAME:** Mentors aren't required but are recommended. While your Advisor is someone who should be connected to Camp Fire, your Mentor can be a different adult in your life that you look up to. A Mentor's job is to support you throughout your journey and make sure you're on the right path.

Your council may have additional requirements or forms to complete. Be sure to talk with your council office about the paperwork needed before beginning to work on your Advocacy Projects and Inner-Explorations.





Camp Fire WoHeLo Award

DECLARATION OF INTENT

NAME:

YEAR EXPECTING TO RECEIVE AWARD:

COUNCIL:

EMAIL:

SCHOOL & GRADE:

HOME ADDRESS:

PHONE NUMBER:

MISSION STATEMENT:

ADVOCACY TOPICS:

ADVISOR'S NAME:

ADVISOR'S EMAIL:

ADVISOR'S PHONE:

SIGNATURES

Applicant Signature

Date

Parent/Guardian Signature

Date

Advisor Signature

Date

PLANNING



"The most important thing is coming up with a concrete plan and timeline so that you don't have to stress about whether or not you're on track to finishing."

-McKenzie Napier, WoHeLo Recipient from Camp Fire Central Oregon

While there are strict requirements to receiving your WoHeLo, there are many paths you can take to achieve it. That means it's important to create a plan to keep you on the right track.

Before jumping into the Inner-Explorations and Advocacy Projects, take some time to plan out what these next three years will look like.

Here's a sample timeline:



Your timeline should have a little more detail than this. It's important to take into account when you expect you'll have time to work on the requirements, which Inner-Exploration activities you want to tackle, and what topics you want to explore in your Advocacy Projects.

To outline all of this information, it's recommended that you create a detailed planning chart to keep you on track. This process, known as project planning, can come in many forms – you can use websites dedicated to project planning (like [Trello](#)), monthly planners, or you can create your own.

THINGS TO CONSIDER:

- **BE SPECIFIC** – The more detailed your plan is the better. Be sure to add details such as goals, dates, times, documentation methods and more.
- **SPORTS, CLUBS, JOBS, OR OTHER COMMITMENTS** – Create your planning chart to reflect months where you're busy with other commitments. For example, if you know you'll be working at camp during the summers, plan to complete your Advocacy Projects during the schoolyear. Does basketball take up most of your time in the winter? Plan to get your work done before the season starts.
- **WHO CAN HELP?** Be sure to list people in your life who can help you with your various tasks. For example, as you're thinking of Advocacy Projects to complete, try to brainstorm community members you could contact.

REFLECTION

The process of reflection is one of Camp Fire's Methods to Succeed and is built into every activity in this guidebook. Being able to look back on your experience and self-reflect about successes, challenges and areas of growth is an important skill for now and in the future.

After you have completed all of the WoHeLo requirements, you are expected to turn in all of your documentation to your council's WoHeLo Advisory Committee. This collection of documentation is better known as a **Reflection**. Your Reflection can be in the medium of your choice – you can create a PowerPoint presentation, a binder filled with your documentation, a scrapbook with pictures and journal entries, or however else you choose to represent your experience.

Your Reflection must include the following:

- **DECLARATION OF INTENT**
- **LIST OF INNER-EXPLORATION ACTIVITIES COMPLETED** (with points totaling 10 each)
- **DOCUMENTATION OF INNER-EXPLORATION ACTIVITIES** (including any art you made, personality quizzes you took, pictures you snapped, and more)
- **DEBRIEF ON THE THREE ADVOCACY PROJECTS** (including the mission statement, planning charts, results, pictures, videos, testimonials, and more)
- **DECLARATION OF COMPLETION**

Don't be afraid to get creative and vulnerable with your Reflection – make it personal by adding your own unique flare to it and treat it like a diary by including your thoughts and feelings about your experience along the way.

Your Reflection is what you'll show people when they ask about your WoHeLo Award. Make sure it's something you'll be proud to show off.



INNER- *Explorations*

INNER-EXPLORATIONS

There are three Inner-Exploration categories, named after the three components of WoHeLo itself – **Work, Health and Love**. These three ideals were important to Charlotte Gulick as she and her husband were forming the camp where Camp Fire began. Charlotte said:



There were three things which I wanted the girls who came to my camp to have. Health was the first, for without it we are not of much use in the world. Work was the second, to learn how to make and do things with our hands and the third was Love. With Health, Work and Love, we have a perfect woman. The word WoHeLo is made from the first two letters of these three words.

While this quote is from a time when Camp Fire only served girls (Camp Fire became inclusive in 1975), we know that the ideals Charlotte spoke of are important to all young people regardless of gender identity. We also know that work, health, and love is personal and looks different for everyone (and looks different from when Charlotte said this in 1910).

POINTS SYSTEM:

- 1 point** – Usually takes one hour less to complete. Little or no preparation is required.
- 2 points** – More time commitment needed (3-10 hour) and involves making and executing a plan.
- 5 points** – Large time commitment (25+ hours) involves planning and goal setting.

To fulfill the requirements for the Inner-Explorations, you must complete several activities listed under each section. Each activity has a point value assigned (1 to 5) depending on the degree of difficulty, amount of commitment required or length of time it will take to complete. You must earn **10 points for each Inner-Exploration** (30 points total) by choosing activities that interest you.

In this guidebook, there is a brief description of each activity as well as where you can find it in the Inner-Exploration Activities Book. The Activities book has full, one-page lesson plan outlines to guide you through the activity.

Inner-Explorations can be completed in any order, although it is recommended that you start with Work. It's important to track each activity you complete and document your experience. Remember, to receive your WoHeLo Award, you have to turn in a Reflection that details all of your hard work (refer back to page 21). Instead of having to do it all at once, it's recommended that you document your work as you go.

Work

1	2	3	4	5	6	7	8	9	10
---	---	---	---	---	---	---	---	---	----

Activity	Date Completed	Points

In constructive work lay the roofs of true service to humanity and the real joy of living.

-Charlotte Gulick

Work is the first two letters in WoHeLo, and the value featured in this Inner-Exploration. Hard-work and determination are important skills to have as you journey through your education and career. But this section focuses on more than just how to be a hard worker – it features activities designed to reinforce goal management skills, encourage civic engagement and service, and cultivate a growth mindset as you continue to be a leader in your community.

You must earn **10 points** in the Work Inner-Exploration by completing the activities of your choice. Record the activity, date completed, point value and a reflection of your experience. Fill out the charts above (or create your own) to track your progress.

The following pages are lists of Work Inner-Exploration activities and a brief description of each. Find the full lesson plan in the Inner-Explorations Activity Book.

WORK INNER-EXPLORATION OBJECTIVES:

- Learn more about having a growth mindset (the belief that skills are developed through hard work)
- Evaluate qualities of successful leaders and develop personal leadership skills
- Build awareness of local and global needs and practice being more civically engaged
- Discover new goal management techniques and set goals for your future
- Practice skills that will help you with life after college

CIVIC ENGAGEMENT

Volunteer	Page 11	2 point
Identify and serve with a project or organization of your choice (1 point per hour; 3 points maximum).		

Call a Representative	Page 12	1 point
Identify a local issue that matters to you and contact a local representative to express your concern.		

Comparing Sources	Page 13	3 points
Compare and contrast the way a particular topic or issue is reported throughout media sources.		

Crafting an Issue Statement	Page 14	3 points
Write a one-page statement about an issue you are passionate about.		

Educating Yourself, Educating Others	Page 15	1 point
Educate yourself about a social or political issue that interests you.		

Online Civic Action	Page 16	1 point
Post a question or poll on your social media account about a current event.		

Start a Petition	Page 17	2 point
Identify an issue in your community, create a petition and gather signatures of people who support the cause.		

Community Service Organization	Page 18	5 points
Participate in a community service organization for one year (such as National Honor Society).		

LEADERSHIP

Facilitate a Debate	Page 19	4 points
Choose a topic to debate and invite friends and family to discuss it. Moderate the debate and choose a winner.		
Organize a Fundraiser	Page 20	5 points
Plan an event to support a cause and invite family and friends to donate.		
Run for a Leadership Position	Page 21	3 Points
Identify a position that you would like to hold in your school or community and run a campaign for the role.		
Leadership Quiz	Page 22	1 point
Complete a quiz on leadership styles. Discuss the results with your Advisor.		
Community Leader	Page 23	2 points
Research or interview a respected community leader. Learn about their path to leadership and what makes them a successful leader.		
Camp Leadership	Page 24	3-5 points
Complete a Counselor-In-Training (CIT) or similar camp leadership program. Points vary based on length of training.		
Leadership as a Coach or Tutor	Page 23	1-5 points
Commit to serve as a coach or tutor for at least several consecutive sessions, practices or evenings. Points vary based on length of coaching or tutoring.		
Student Leadership	Page 24	5 points
Take a leadership role on a committee or student body council for a one-year commitment.		

THRIVE{OLOGY}

CampFire.org	Page 27	2 points
Visit the Camp Fire website to learn more about Thrive{ology}.		

What's a Growth Mindset?	Page 28	1 point
Watch YouTube videos about growth mindset and reflect on times where your mindset helped you out in a situation.		

Dear Diary,	Page 29	2 points
Journal every day for a month to reflect on your experiences.		

SMART Goal Setting	Page 30	3 points
Learn the SMART way to set a goal and create some short-term and long-term goals.		

Learning Styles	Page 31	1 point
Take a quiz determining your learning style – visual, auditory, kinesthetic – and create a goal to incorporate this style into your life.		

There's an App for that!	Page 32	2 points
Download a goal management app and set a few short-term goals.		

#CampFireJourney	Page 33	2 points
Explore the Camp Fire program framework called The Camp Fire Journey and reflect on your Camp Fire experience.		

LIFE AFTER HIGH SCHOOL

Resume Building 101	Page 34	1 point
Learn how to write your own resume.		
The Cover Letter	Page 35	1 point
Write a sample cover letter to positively introduce yourself to prospective employers.		
College Visit	Page 36	2 points
Tour a college you're interested in attending.		
Career Quiz	Page 37	1 point
Take an online quiz to determine a career field that matches your interests.		
Professional Role Model	Page 38	3 points
Find a working professional with a career you are interested in pursuing or admire. Shadow them for a day to learn about the job.		

Health

1	2	3	4	5	6	7	8	9	10
---	---	---	---	---	---	---	---	---	----

Activity	Date Completed	Points

Health is fundamental.

-Charlotte Gulick

Health comes in many forms. In this Inner-Exploration, you will delve into important aspects of your physical health, your mental health, and the health of the environment. It is important to remember that "healthy" looks different for every person and every age. The way this Inner-Exploration deals with health isn't about how fast you can run the mile or anything like that – it's about exploring individual plans for improving your personal wellbeing.

You must earn **10 points** in the Health Inner-Exploration by completing the activities of your choice. Record the activity, date completed, point value and a reflection of your experience. Fill out the charts above (or create your own) to track your progress.

The following page is a list of Health Inner-Exploration activities and a brief description of each. Find the full lesson plan in the Inner-Explorations Activity Book.

HEALTH INNER-EXPLORATION OBJECTIVES:

- Explore the benefits of mental and physical health habits
- Incorporate healthy routines into your daily life
- Expand your awareness of risk factors, mental wellness, and other topics affecting personal wellness
- Examine factors that influence the health of your environment
- Create plans to improve the health of your local natural environment

MY MIND

#MentalHealthMatters	Page 41	1 point
Visit TeensHealth.org to learn more about mental health and create a piece of artwork to show that #MentalHealthMatters.		
Mood Tracker	Page 42	2 points
Track your mood for an entire week and reflect on your mental state each day.		
Meditation 101	Page 43	2 points
Download an app for meditation or find guided meditations on YouTube. Practice meditating every day for a week.		
Coping Box	Page 44	3 points
Create a box filled with stress-relieving and relaxing items to use when you feel anxious or stressed.		
Multiple Intelligence Quiz	Page 45	1 point
Take an online quiz to determine your intelligence style. Reflect on how these results can help shape your road ahead.		
Down the YouTube Rabbit Hole	Page 46	1 point
Watch one of several YouTube videos about people living with mental illnesses or disorders.		
Mental Health TED Talks	Page 47	1 point
Watch one of several TED Talks about mental illness and treatment.		
"Welcome to my TED Talk"	Page 48	4 points
Create your own TED Talk about something you've experienced and how you've learned and grown from it. End your video with advice for others going through a similar situation.		
Psychology Class	Page 49	5 points
Take a semester-long psychology class and document your experience.		

MY BODY

Fitness Class	Page 50	1-2 points
Take a one-hour fitness class that interests you. For an extra point, take a recurring class that lasts at least two months.		
Self-Defense Class	Page 51	1-3 points
Take a one-hour self-defense class and document what you've learned. For an extra point, take a recurring class that lasts at least two months.		
Body Acceptance	Page 52	1 point
Watch one of several YouTube videos on body acceptance and write your own body acceptance mantra.		
Meal Planning	Page 53	1-2 points
Plan a healthy meal for your family, including an ingredient list, recipes and a budget. For an extra point, prepare the meal and share with your family or friends.		
Participate in a Sport	Page 54	5 points
Play a club or varsity sport or dance for a full season. Participate in all practices and games or competitions for at least one season.		

MY ENVIRONMENT

Environmental Education Class	Page 55	5 points
Take a semester-long environmental education class and document your experience.		
Give Service, Go Outside	Page 56	2 points
Volunteer your time at a nonprofit that focuses on environmental stewardship.		
Leave No Trace	Page 57	2 points
Learn about the Seven Principles of Leave No Trace can help protect the outdoor places we love.		
Visit a National or State Park	Page 58	2 points
Get outside and visit a National or State Park with family or friends. Or, if you're unable, research a park and create a travel brochure about it.		
Plan a Camping Experience	Page 59	2 points
Plan a camping trip for you and your family or friends. Make a list of all of the things you'll need and find a campground nearby. (Note: You don't actually have to go on the trip if the resources aren't available).		
Sustainable Goal Setting	Page 60	1 point
Set short-term and long-term goals for you and your family to be more sustainable around the house.		



1	2	3	4	5	6	7	8	9	10
---	---	---	---	---	---	---	---	---	----

Activity	Date Completed	Points

Love was our highest law.

-Charlotte Gulick

Charlotte Gulick knew that love in all forms is incredibly important for development and growth. This section isn't just about romantic love (sorry, Romeo and Juliet) – these activities encourage you to explore self-love, community relationships, Sparks, passions and potential. You'll learn ways to cultivate a positive identity and navigate the tricky landscape of relationships.

You must earn **10 points** in the Love Inner-Exploration by completing the activities of your choice. Record the activity, date completed, point value and a reflection of your experience. Fill out the charts above (or create your own) to track your progress.

The following page is a list of Love Inner-Exploration activities and a brief description of each. Find the full lesson plan in the Inner-Explorations Activity Book.

LOVE INNER-EXPLORATION OBJECTIVES:

- Learn more about yourself to appreciate what makes you unique
- Complete goal setting activities related to your passions
- Delve into a Spark and master new skills
- Explore ways to strengthen your relationship with those around you
- Gain insight on healthy and unhealthy relationships and learn how to set boundaries

POSITIVE IDENTITY

Self-Portrait	Page 63	3 points
Use a form of artistic expression to explore yourself. Examples could include writing a short story, collection of poems, play, art installation, self-portraits, or music compositions. Share your finished project with others.		
Self-Collage	Page 64	1 point
Make a collage of words and images that represent you. Use any medium of your choice.		
Self-Compassion	Page 65	2 points
Research the concept of self-compassion and complete a related activity.		
#5yearoldselfie	Page 66	1 point
Find a picture of yourself from when you were young and post it to your social media account along with three positive things about your five-year-old self.		
Tell Your Story	Page 67	2 points
Everyone has a story – learn how others are telling theirs and try your hand at writing your own.		
Shared Identity	Page 68	2 points
Research a famous person you admire who holds a similar identity as you (age, race, gender expression, ethnicity, ability, culture, etc.) and create a presentation about them.		
Genderbread Person or Gender Unicorn	Page 69	1 point
Learn more about gender, sex, sexual orientation and more by researching the Genderbread Person or Gender Unicorn.		

MY RELATIONSHIPS

Defining Family	Page 70	1-2 points
Create a definition for family and think about what family means to you.		
Love Languages	Page 71	1 point
Take a quiz on your love language and encourage your friends, family and significant other to take the quiz as well.		
#loveis	Page 72	2 points
Watch YouTube videos about dating abuse and create an online campaign to educate others on the issue.		
Spark Champion	Page 73	1 point
Have a conversation with someone you consider a Spark Champion to learn more about them.		
Dating Through the Ages	Page 74	2 points
Talk to couples that have been together for a varying amount of time (less than a year, 10 years, more than 20 years) to gain insight on dating, relationships, partnerships and marriage.		
Cultural History	Page 75	2 points
Explore your family's culture and create a piece of art that reflects your family.		
Thank You for Your Friendship	Page 76	1 point
Write a thank you note for several of your friends (at least 3). In it, detail what you value about your friendship and how you plan to continue to work on your relationship.		
#TBT	Page 77	1 point
Go through a photo album from your childhood or your parents' childhood. With your family or friends, recreate an old photo.		
Developmental Relationships	Page 78	2-4 points
Download the Developmental Relationships Framework and create an activity around it for younger kids. (Optional) You can earn an extra two points for facilitating the activity with a group of younger kids.		

MY COMMUNITY

Defining Community	Page 79	1 point
Create a definition for community and create an art project about one of your community.		
Community Mapping	Page 80	1 point
Create a community map with the resources in your town or city.		
Day in the Life Video	Page 81	2 points
Create a 1-minute video highlighting clips from “a day in the life” of a person or place of your choice.		
Photojournalism	Page 82	3 points
Create a collection of photos about your community to tell a story.		
Cultural Potluck	Page 83	3 points
Create, plan and execute a cultural potluck gathering at least 5 different cultures and their families.		
Generations	Page 84	1 point
Volunteer at daycare center or a senior center. Record quotes or stories from your experience and reflect on the differences between generations.		
Community Event	Page 85	1-2 points
Attend a new or yearly event in your town or city, like an art fair or cultural celebration. Write a short story about your experience (1 point/event for a total of 2 events).		

MY SPARKS

Spark Art	Page 86	2 points
Create an art project that shows off your Sparks.		
Take a Class	Page 87	3-5 points
Take a multi-week or semester-long class that highlights one of your personal Sparks.		
How-To	Page 88	3 points
Create a how-to video, document, or activity explaining your Spark to others.		
Learn Something New	Page 89	3 points
Commit to learning a new skill or hobby and put in at least 10 hours of practice.		
Camp Activity	Page 90	1 point
Participate in any new camp activity that you've never done before for at least one hour.		

DOCUMENTING YOUR INNER-EXPLORATIONS



"Don't wait until the end to reflect, you will forget much of the emotion and thoughts of your experiences."

Maggie Bailey, 2018 WoHeLo Recipient

Documentation is an incredibly important requirement to earn your WoHeLo Award. With each Inner-Exploration activity you choose, you must find a way to document and reflect on your experience.

Remember, you're responsible for creating a Reflection to be turned into the WoHeLo Advisory Committee. Refer back to page 21 for more details!

Each Inner-Exploration lesson plan includes several reflection questions to ponder after you've completed the activity. Use these questions to document your work. Some lesson plans also include tips for documenting the activity.

Some activities are easier to document than others – for example, if you choose to create a self-portrait for the Health Inner-Exploration, you can easily include the portrait in your scrapbook, PowerPoint or other Reflection medium.

Some activities are more difficult to document – for example, if you choose to serve as a coach or tutor for the Work Inner-Exploration, there are several ways you can document your experience. You can take pictures of your team, record notes from each practice, or interview your teammates.

However you choose to document your work is up to you. Just remember that it will be reviewed by the WoHeLo Advisory Committee before you receive your award.



Advocacy PROJECTS

ADVOCACY PROJECTS

The advocacy component of the WoHeLo Award is an opportunity to explore issues and causes that are important to you. The goal of these projects is to make a significant impact in your community.

To fulfill this requirement, you must complete three Advocacy Projects of your choosing.

FIRST

Your first Advocacy Project must be Camp Fire-related. This can be anything from running a leadership conference for Camp Fire groups, designing a new resource for a program or camp, or serving on an advisory committee.

SECOND

Your second Advocacy Project must be one to benefit your community. This can be anything from working for a local non-profit, creating an on-going service project for a place of worship, or canvassing for a politician.

THIRD

Your third Advocacy Project can be either/or.

Here's a way to think about what kinds of Advocacy Projects you can plan:

LEAD

Take a leadership role. Assume responsibility for moving a group toward its goal over a given period of time. This could be accomplished by serving as a chairperson or president, conference organizer, council board member, local Youth Advisory Cabinet member or school or community leader.

TEACH

Impart a skill or knowledge to others. The teaching may be geared toward an individual or group over a specific period of time. Examples include teaching a seminar on leadership or creating a curriculum for a younger group.

SERVE

Give service or help to others. The service may be to an individual or organization over a period of time. Examples include working for ongoing service projects for schools, community groups or places of worship.

SPEAK OUT

Take public action and advocate on behalf of the issues you selected. This might include speaking for a public function or writing newspaper articles directed at groups of people.

The most important thing is to choose topics that are personally meaningful to you. As 1970 WoHeLo recipient Jane Karen Phillips put it,



Pick something you are really interested in and want to learn all you can about it.

MISSION STATEMENT

The Mission Statement is the formal summary of the aims and values of your work within the Advocacy. Each project should contribute in some way to your mission statement. It is an opportunity to tell others what you are doing, why it matters, and what you're hoping to achieve. In essence, your mission statement is your goal for the project. You must write one mission statement for each Advocacy Project. Keep your mission statement short and simple (only two or three sentences).

WHO CAN HELP?

Your advisor and mentors can help you narrow down or select an Advocacy, but ultimately the choice (and the work) is yours to pick. If you are currently in a Camp Fire group, your peers can assist in your project, however you should always be able to clearly identify your unique contributions to the project.

ADVOCACY PROJECT STEPS

No matter what you choose for the topic of your Advocacy Projects, you can follow these five steps:

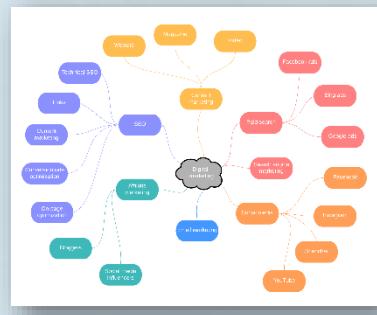
- 1. Brainstorm** Come up with several topic ideas.
- 2. Decide** Choose topics that are actionable and meaningful to you.
- 3. Plan** List the things you'll have to do to make this project a success.
- 4. Conduct** Conduct the service project.
- 5. Reflect** Think of what went well and what can be improved.

The following activities are suggestions of how to go about planning your Advocacy Project. They are not required, just recommended to help keep you on the right track. These activities are by no means exhaustive, meaning there are other techniques you can use to brainstorm, plan and reflect on your experience. Find a technique that works for you!

BRAINSTORM

A brainstorm is a meeting where a group of people all put forward as many ideas and suggestions they can think of on a certain topic. Brainstorming should be the very first thing you do when starting your Advocacy Project. Come up with a list of several topic ideas that you can turn into a service-learning project. You can brainstorm by yourself or enlist friends and family to help. Here are a few fun brainstorming techniques:

MIND MAPPING – Grab a large piece of paper and write down your goal in the middle (your goal can be “develop an Advocacy Project”). Expand on this goal by surrounding it with ideas that are a little more descriptive (i.e. “service”, “volunteer,” “teach,” “lead,”). Once your map has this first layer, add a second layer to each circle by writing down specific topics you are passionate about (i.e. “elementary education,” “LGBTQ+ issues,” “politics,” “cooking and baking,”). Connect these circles to the first level (i.e. “teach” and “LGBTQ+ issues”). Make another layer with more descriptions until your mind map is completely full of ideas.

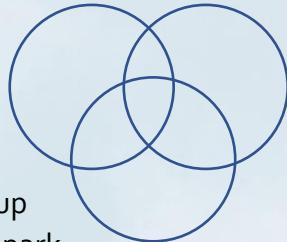


FRENZY – This is a way to quickly jot down your initial ideas and thoughts without overthinking and second-guessing yourself. Set a timer for two minutes and write down as many topic ideas as you can think of. Don’t worry if your idea seems silly, farfetched or impossible. There are no bad ideas in this activity – just jot down anything that pops into your head. Here are a few questions to get started:

- Who or what needs help?

- Complete the question: What's up with _____?
- What are some problems with the world?
- Complete the sentence: Why doesn't _____ exist?
- What are some resources available in your community?
- Complete the sentence: I wish my community _____.

PURPOSE COMPASS: Your purpose compass is a Venn diagram of three important attributes: your skills, your Sparks and passions, and needs you care about. Write down at least three skills, Sparks and needs in your Venn diagram. Transfer your ideas to sticky notes (one idea per note). Take one skill, one Spark and one need you care about and group them together to see if that sparks a project idea (i.e. skill: leadership, Spark: nature, need: mental health awareness, project: host a mindfulness retreat for students at your local camp).



DECIDE

Be sure to choose an Advocacy Project you're passionate about and want to commit a year of your time to. Decide what your goal for your project is, but make it a SMART one:

- **Specific:** Set real numbers with real deadlines ("I want to develop a leadership retreat for 10 middle schoolers in the spring").
- **Measurable:** Make sure your goal is trackable (Track the number of attendees and give them surveys about leadership before and after the retreat).
- **Achievable:** Work towards a goal that is challenging but possible (Plan a two-day retreat instead of a two-week excursion).
- **Realistic:** Be honest with yourself- you know what you are capable of with the resources at your disposal (You probably won't be able to get Selena Gomez to attend your retreat).
- **Timely:** Give yourself a deadline (Remember, it's recommended that you complete one Advocacy Project per year).

Once you've decided on your Advocacy Project, you can move onto the planning stage.

PLAN

Planning is the most important step of the service-learning process. This is when the real work starts – you'll be talking to community leaders, setting dates, reserving spaces, sending invites, collecting money, acquiring resources and more. Because all Advocacy Projects will look different, there is no one way to plan for it. Here are two that have worked for others:

ACTION PLANNING GUIDE: After you've set goals for yourself and the project, the next step is to create an action plan. The action planning guide walks you through the process of creating a vision statement, a goal statement, and objectives. It encourages you to look into the specifics of your project and record those details. See page 52 for a sample Action Planning Guide and the template.

TRELLO.COM: Trello is a free website that allows you to create tasks, set deadlines, and organize your thoughts. This is a great free resource for creating a detailed plan.

CONDUCT

Whatever Advocacy Project you choose to complete, be sure you're ready when it comes time to conduct it. Here are some helpful hints for the day-of:

- **Make a list and check it twice.** Write down the important things to bring or do during your Advocacy Project. Planning a teen leadership retreat at camp? Make a list of safety items, meals, and materials you can't forget to bring.
- **Ask for help.** The road to your WoHeLo is meant to be walked alone – but that doesn't mean you can't have helpers guide you along the way. Be sure to ask people to help out whenever possible and delegate tasks as you see fit.
- **Be flexible and be positive.** "The best-laid plans of mice and men often go awry." Sometimes, you can plan everything so perfectly, and things will still get messed up. That's ok! Be flexible when things go awry and try to come up with solutions on the spot (before panicking). Forget the plates at the dinner you planned? Don't panic, use napkins, and phone a friend to pick some up for you. Snowstorm ruin your volunteer plans? Contact everyone involved and reschedule for a later date.
- **Take lots of pictures and document your work.** Or assign a friend to take pictures for you. These photos, videos and quotes will be helpful in creating the Reflection you'll be turning into the WoHeLo Advisory Committee later on.

REFLECT

Once your Advocacy Project is complete (and before you move onto the next one), spend some time reflecting on what went well and what you would change if you could. Reflection is one of the most important steps in the service-learning process and can be a fun way to remember your experience. Here are a few engaging reflection techniques you can try:

ROSE, BUD, THORN – Think of your Advocacy Project like a flower with three parts – the pretty rose, the painful thorn and the exciting bud. For the rose, write down the positive take-

away from your experience. For the thorn, write down things that were challenging. And finally, for the bud, write down something that can grow from this experience. Look at your flower as a whole – don't just focus on the positives of negatives.

STOP, START, CONTINUE – Make a list of all of the practices, strategies, and techniques that didn't work (stop), that you'd like to try (start) and that worked well (continue). Use these lists to inform your planning for your next Advocacy Project.

REFLECT AND SKETCH – Sometimes it helps to translate experiences and feelings into pictures. Sketch each step of your Advocacy Project and use your creativity to create drawings or comic strips of what happened.

SIX ELEMENTS OF REFLECTION – Use these prompts to think of your experience in a new way. Answer the questions that relate to the six elements of reflection:

- **Significance:** What was the importance of the project you chose, planned, and executed? Did you discover something new about yourself during the process? Find any new interests or Sparks you'd like to pursue?
- **Process Recognitions:** What went well during the process? What contributed to your success? What needed some more work?
- **Strategies:** When you do a similar project like this in the future, what new strategy would you try? What strategy would you avoid?
- **Motivation:** How do you feel about the whole experience? Did you do what you set out to do, even if your goals changed throughout the process?
- **Analysis:** What have you gained from conducting a service-learning project? What have you learned from the community members you interacted with? How can this new knowledge assist you in other areas of your life?
- **Introspection:** What strengths did you bring to the service project? What was most difficult for you to do? What new skills have you gained? What are you better at now than you were before the project?

Sample Action Planning Worksheet

Vision Statement

A broad statement that embodies what you want your community to look like after your project is over.

Goal Statement

A specific statement of what will be different in your community after the service project. The goal should be concise, measurable, and action-based.

Objectives

Specific activities that will help you reach your goal.

Resources

What resources are available?

Obstacles

What obstacles need to be overcome?

Timelines

When do you need to finish the project by?

Success Factors

What is required if you are to be successful?



REFLECT &
Celebrate

CROSSING THE FINISH LINE

You will receive your WoHeLo Award once you've completed and documented the three main requirements:

1. Finish the Camp Fire History course on Learning Lab.
2. Earn 10 points in all three Inner-Exploration areas – Work, Health and Love.
3. Complete 3 Advocacy Projects for your community.

Remember that documentation is key – once you've completed and documented all three requirements, you are eligible to earn your WoHeLo.

The last step is to fill out the Declaration of Completion form and turn it into your advisor. This form summarizes all of the hard work you've done and allows you to share (or brag about) what you've accomplished over the past three years.

Along with this form, you will be expected to present a detailed description of your completed WoHeLo in whatever medium you choose (refer back to the **Reflection** section on **page 21**).

WOHELO ADVISORY COMMITTEE

Because the WoHeLo Award is prestigious, that means that not everyone who starts working toward the award will earn it. Before you're officially considered a recipient, a WoHeLo Advisory Committee will look over your work and evaluate whether you have fulfilled all requirements. If there are any requirements that need additional work, the committee will decide on whether or not you may be granted an extension.

WoHeLo Advisory Committees may look different in each council – be sure to ask your advisory about it when you turn in your Declaration of Completion.

CELEBRATION

When it's all done, celebrate.

– Barbara Moravec, 1993 WoHeLo Recipient, Mt. Hood council

Being a WoHeLo Award Recipient is a big deal – and a worthy cause for celebration. How you want to celebrate the culmination of three years of hard work and determination is up to you and your advisor. Many councils have a tradition of WoHeLo Ceremonies where that years' recipients will be recognized and celebrated - check with your advisor and council to see if there is something like that planned.



Camp Fire WoHeLo Award

DECLARATION OF COMPLETION

NAME:

DATE:

COUNCIL:

EMAIL:

SCHOOL & GRADE:

HOME ADDRESS:

PHONE NUMBER:

MISSION STATEMENT:

ADVOCACY TOPICS:

ADVISOR'S NAME:

ADVISOR'S EMAIL:

ADVISOR'S PHONE:

SIGNATURES

Applicant Signature

Date

Parent/Guardian Signature

Date

Advisor Signature

Date