Activity: Stick to the Plan
Resource: The Guides Program Cheat Sheet

Take Action
Explore how to turn your thoughts and passion into action!

Your Choice
Taking action and getting involved in service and volunteering is at the core of Guiding, but what are you most passionate about? Have your interests changed over time? Explore local, community and global issues and discover the ones you care about most.

Your Voice
Are you an advocate? Do you want to take action? Connect to the causes you’re passionate about, and discover your individual and collective power to make change. It’s your voice – learn how you want to use it.

Your Action
Be the change! Get involved in your community, take on a service activity or project to address an issue you’re passionate about. Find your voice and act. Be the change you want to see in the world. If you’re interested in your local, community and global issues, take action! Discover your power to make change and discover your individual and collective power to make a difference.

Explore topics like:
- Hunger
- Climate Change
- Poverty
- Literacy
- Advocacy
- Activism
- Literacy
- Poverty
- Hunger
- Shoreline Cleanup
- Advocacy
- Activism
- Literacy
- Poverty
- Hunger

A Guide to the Girl Program
Activity: Stick to the Plan
Resource: The Guides Program Cheat Sheet

Guide Together
Explore what it means to be part of Guiding in Canada and the global Guiding Movement.

Our Story
Discover the Guiding Promise and Law, Guiding ceremonies, taste (and sell!) cookies and learn about the World Association of Girl Guides and Girl Scouts, world centres and other member organizations. Plan your meetings and build your Guiding experience at every branch level!

Camping and the Great Outdoors
Explore and appreciate everything the natural world has to offer while you build your camping and outdoor skills. Pitch your tent and learn about knots and gadgets, waterproof bedrolls, orienteering and outdoor survival.

Spirit of Guiding
Come together and embrace the sisterhood within your unit. In this theme, you might run a themed meeting, plan a campfire singalong, make a trader or just be silly while enjoying Guiding games, crafts and fun challenges.

Explore topics like:
• Ceremonies and Traditions
• Cookies
• Guiding History
• WAGGGS

Explore topics like:
• Enjoying the Outdoors
• Knots and Gadgets
• Plant and Animal Identification
• Survival Skills

Explore topics like:
• Guiding Fun and Games
• Guiding Crafts
• Guiding Songs
• Campfires

Connect and Question
Explore your connections with others in each of the communities you're a part of – from your unit to your global neighbourhood.

Local Communities
Connect with people, places, and things in the communities that surround you. Discover how different communities work and the different roles people play. Learn about community services and engagement. Find your place and space within your own communities, and develop your own sense of community.

Canadian Connections
Discover what connects our diverse Canadian mosaic from coast to coast to coast. Explore Canadian heritage and discover amazing women from Canada who have made and continue to make history. Find out what connects us from community to community, and explore what citizenship means in Canada.

World Stage
Become a citizen of the world! Develop your global connections by exploring big picture issues that affect everyone worldwide. Understand the difference between equality, equity, and inclusion; learn about social and environmental issues, and develop your capacity to connect and question at a global level.

Explore topics like:
• My Community
• Roles, Rights, Responsibilities
• Types of Communities

Explore topics like:
• Canadian Heritage
• Citizenship
• Diverse Canadian Mosaic
• First Nations and Indigenous Peoples

Explore topics like:
• Environmental Issues
• Equality and Inequality
• Fair Trade
• Global Issues
• Human Rights
• Peace and Conflict
• Poverty
**Activity: Stick to the Plan**

**Resource: The Guides Program Cheat Sheet**

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### Science Lab

- Explore the sciences – from biology, chemistry and physics, to geology, weather and forensics!
- Ask questions, try something new, design experiments, test hypotheses and get a little messy as you discover how the world works.

### Art Studio

- Discover art for art’s sake and experiment with your own creative vision. Whether you’re a budding artist or just having fun, discover your self-expression through visual arts, drama, movement, music and more.

### Design Space

- Innovate and create! Activities in this theme will equip you with the skills you need to tinker with machines, build robots, code programs, and re-think recycling, as you push the limits of your imagination.

### Different Together

- Explore what makes you unique and appreciate difference in other people.
- Explore your personal identity, values and beliefs, and develop your confidence and self-esteem. Learn how to block out peer pressure, media messages, and negativity on your way to nurturing your true self.

### Gender Power

- Explore girl empowerment and feminism, and discover the power in being who you are. Learn about the barriers girls and women face, whether at school, work or in your community and build the skills you need to tear them down!

### Being You

- Explore your personal identity, values and beliefs, and develop your confidence and self-esteem. Learn how to block out peer pressure, media messages, and negativity on your way to nurturing your true self.

### Being Power

- Explore your personal identity, values and beliefs, and develop your confidence and self-esteem. Learn how to block out peer pressure, media messages, and negativity on your way to nurturing your true self.

### Explore Identities

- Explore what makes you unique and appreciate difference in other people.
- Explore your personal identity, values and beliefs, and develop your confidence and self-esteem. Learn how to block out peer pressure, media messages, and negativity on your way to nurturing your true self.

### Explore Identities

- Explore what makes you unique and appreciate difference in other people.
- Explore your personal identity, values and beliefs, and develop your confidence and self-esteem. Learn how to block out peer pressure, media messages, and negativity on your way to nurturing your true self.

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**Explore the Senses**

- Explore how the world works and put your stamp on it!