### Take Action

Explore how to turn your thoughts and passion into action!

<table>
<thead>
<tr>
<th>Your Choice</th>
<th>Your Voice</th>
<th>Your Action</th>
</tr>
</thead>
<tbody>
<tr>
<td>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.</td>
<td>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!</td>
<td>Be the change! Get involved in your community, take on a service activity or project, or tackle an issue head-on. Discover a variety of different activities you can do on your own, with friends or in your unit. Or, take your action one step further by creating an action plan or building a service project to address an issue you're passionate about. It’s your choice and your voice, so choose your action!</td>
</tr>
</tbody>
</table>

**Explore topics like:**
- Developing an Action Plan
- Finding Your Passion
- Advocacy
- Activism
- Literacy
- Poverty
- Shoreline Cleanup
- Hunger
### 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!

<table>
<thead>
<tr>
<th>Explore topics like:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ceremonies and Traditions</td>
</tr>
<tr>
<td>Cookies</td>
</tr>
<tr>
<td>Guiding History</td>
</tr>
<tr>
<td>WAGGGS</td>
</tr>
</tbody>
</table>

#### 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.

<table>
<thead>
<tr>
<th>Explore topics like:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Enjoying the Outdoors</td>
</tr>
<tr>
<td>Knots and Gadgets</td>
</tr>
<tr>
<td>Plant and Animal Identification</td>
</tr>
<tr>
<td>Survival Skills</td>
</tr>
</tbody>
</table>

#### 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.

<table>
<thead>
<tr>
<th>Explore topics like:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Guiding Fun and Games</td>
</tr>
<tr>
<td>Guiding Crafts</td>
</tr>
<tr>
<td>Guiding Songs</td>
</tr>
<tr>
<td>Campfires</td>
</tr>
</tbody>
</table>

### 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.

<table>
<thead>
<tr>
<th>Explore topics like:</th>
</tr>
</thead>
<tbody>
<tr>
<td>My Community</td>
</tr>
<tr>
<td>Roles, Rights, Responsibilities</td>
</tr>
<tr>
<td>Types of Communities</td>
</tr>
</tbody>
</table>

#### 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.

<table>
<thead>
<tr>
<th>Explore topics like:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Canadian Heritage</td>
</tr>
<tr>
<td>Citizenship</td>
</tr>
<tr>
<td>Diverse Canadian Mosaic</td>
</tr>
<tr>
<td>First Nations and Indigenous Peoples</td>
</tr>
</tbody>
</table>

#### 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.

<table>
<thead>
<tr>
<th>Explore topics like:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Environmental Issues</td>
</tr>
<tr>
<td>Equality and Inequality</td>
</tr>
<tr>
<td>Fair Trade</td>
</tr>
<tr>
<td>Global Issues</td>
</tr>
<tr>
<td>Human Rights</td>
</tr>
<tr>
<td>Peace and Conflict</td>
</tr>
<tr>
<td>Poverty</td>
</tr>
</tbody>
</table>
**Experiment and Create**
Explore how the world works and put your stamp on it!

**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.

- **Explore topics like:**
  - Astronomy
  - Chemistry
  - Forensic Science
  - Human Biology
  - Patterns in Nature
  - Weather

- **Explore topics like:**
  - Musical Expression
  - Physical Expression
  - Visual Expression

- **Explore topics like:**
  - Animation
  - Coding, Web Design and Programming
  - Engineering
  - Robotics

**Explore Identities**
Explore what makes you unique and appreciate difference in other people.

**Different Together**
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 topics like:**
  - Being Inclusive
  - LGBTQ+
  - Standing Up for Myself and Others
  - Tolerance, Acceptance and Belonging

**Gender Power**
Explore diversity in your unit and community, and discover the importance of being inclusive. Develop a greater awareness and openness to difference and create more meaningful connections within your community.

- **Explore topics like:**
  - Feminism
  - Gender Binaries
  - Girl Empowerment
  - Roles of Women in Society

**Being You**
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!

- **Explore topics like:**
  - My Values and Beliefs
  - Self-Esteem and Confidence
  - Body Confidence
### Build Skills

Explore the life skills you have now – and the skills you want to build.

#### Money Sense
Build the skills you need to make choices about your money. Activities in this theme will help you learn about budgeting, saving and spending, needs versus wants, foreign currency, interest, investments and money management.

**Explore topics like:**
- Budgeting
- Currency Awareness
- Money Management

#### Life Stuff
Develop the skills you need to thrive. Learn how to lead, develop your communications skills, navigate your way through time management, explore different jobs and careers, learn to write a resume or excel in a job interview, and test out setting and achieving personal goals.

**Explore topics like:**
- Entrepreneurship
- Planning My Future
- Time Management
- Leadership
- Media and Digital Literacy

#### How To:
Build the hands-on skills you need to take on projects and do it yourself. Busted bike? Flat tire? Hungry for homemade cookies? Want to be first-aid savvy? Start with the basics, then take your know-how to the next level.

**Explore topics like:**
- Be Safe
- Home Skills
- Fix it
- Responsibility

### Be Well

Explore what keeps you feeling good physically and mentally, and how they work together in your life.

#### My Mighty Mind
Build positive mental health skills you can use in your daily life, and explore self-care and how to support others in feeling strong and confident. Develop an awareness of and fight against mental health stigma, while learning more about your own emotions and feelings.

**Explore topics like:**
- Emotional World
- Finding Balance
- Finding Strength

#### My Physical Self
Develop an understanding of how your body works best, and learn to listen to the cues your body gives you about what it needs. Experiment with the many choices you have for keeping your body working and feeling good, and discover which ones work best for you.

**Explore topics like:**
- Active Living
- Body Care
- General Health
- Injury Prevention

#### My Healthy Relationships
Develop skills to help you navigate and strengthen the many different relationships in your life, in order to build and nurture positive, healthy relationships. Take a closer look at conflict and develop strategies to turn conflict into a constructive experience. Activities will also help you learn how to stand up against gender-based violence.

**Explore topics like:**
- Conflict Resolution
- Consent
- Relationships