### Personal Growth

1. Be in Grade 8 or its equivalent.
2. 
   a. Develop your devotional life by studying the Weekly Devotional Guide (weeks 40 – 52) and the book of John utilizing printed or electronic resources.
   b. Journal your thoughts by asking questions like:
      - “What did I learn about God?”
      - “What did I learn about myself?”
      - “How can I apply this to my life today?”
      - “What in this text is meaningful to me?”
      - “What is the theme in the verses I read?”
      You may journal through writing, drawing or electronic process.
3. 
   a. Memorize the Pathfinder Law.
   b. Illustrate your understanding of the Pathfinder Law in an interesting way.
4. Learn the meaning of the AY Emblem.

### Making Friends

1. Role-play the story of the Good Samaritan and think of ways you can serve your neighbors and carry out three of your ideas.
2. Fulfill requirements #1, #5, and #10 of the Family Life Honor.

#### Advanced for Making Friends

1. Complete Ranger requirements.
2. Complete the Family Life Honor, if not previously earned.

### Health and Fitness

1. Learn the value of divine power & rest by:
   a. For 5 consecutive days, spend eight minutes each day in a quiet spot (no electronics, books or distractions) and reflect on ways God has touched your life during the last 24 hours.
   b. Share what you liked and didn’t like about your quiet time with a friend or your group.
   c. Keep a sleep log for seven days.
   d. Find an article on how a lack of sleep affects the body and make a presentation about what you have learned (are you getting enough sleep?).
   e. Read these texts: Ex. 31:17; Ez. 20:20; Isa. 58:13 & 14; Matt. 12:11 & 12.
   f. Discuss with your group, How will I keep the Sabbath so it will be a meaningful experience in my relationship with God and positively impact my physical health?

#### Healthy and Fitness

1. Earn the First Aid Honor.
2. Complete the Basic Water Safety OR Beginner Swimming Honor, if not previously earned.

#### Advanced for Health and Fitness

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

### Nature Study

1. a. Read two articles from science that relate to the laws of nature.
   b. Review the story of the Ten Commandments.
   c. Perform three experiments, which demonstrate the natural laws of God (e.g. law of gravity, law of magnetism)
2. **Lichens/Shells** Make an “eternal garden.” OR Collect and identify 15 different shells and tell where they may be found.

#### Advanced for Nature Study

1. Complete Ranger requirements.
2. Insects/Wild Flowers
   - Collect and mount 15 species of insects representing at least six different orders. OR Draw, photograph or collect pictures of 20 kinds of wild flowers and identify correctly.
3. Complete a nature honor not previously earned. (Skill level 2 or 3)

### Outdoor Living

1. Complete requirements #1-11b of the Hiking Honor.
2. Earn the Camping Skills IV Honor.

### Honor Enrichment

1. Complete one honor at your skill level, not previously earned, in the area of Arts & Crafts or Household Arts. (Skill level 2 or 3)
2. Complete one honor at your skill level, not previously earned, in the area of Recreational, Vocational, or Outdoor Industries. (Skill level 2 or 3)