### Advanced for Health and Fitness

1. Complete Explorer 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. Review the Genesis account of the flood.
2. Read a book about fossils and the biblical flood.
3. Study at least three different fossils: explain their origin and relate them to breaking God’s laws.

### Advanced for Nature Study

1. Complete Explorer requirements.
2. Weather/Ferns: Record and graph the weather for two weeks at 12-hour intervals. Include temperature, moisture, cloud formation and wind direction. OR Draw or photograph 10 kinds of ferns, and identify correctly.

### Advanced for Nature Study

1. a. Review the Genesis account of the flood.
   b. Read a book about fossils and the biblical flood.
   c. Study at least three different fossils: explain their origin and relate them to breaking God’s laws.
2. Stars:
   a. Be able to identify in the sky: the North Star, Big Dipper, Little Dipper, and Orion.
   b. Explain the spiritual significance of Orion as told in Early Writings, p. 41.

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**Personal Growth**

1. Be in Grade 7 or its equivalent.
   b. Journal your thoughts by asking these questions:
      * “What did I learn about God?”
      * “What did I learn about Myself?”
      * “How can I apply this to my life today?”
   You may journal through writing, drawing or electronic process.
3. a. Memorize the Pathfinder Pledge.
   b. Illustrate your understanding of the Pathfinder Pledge in an interesting way.
4. Learn the meaning of the Pathfinder Emblem.

**Spiritual Discovery**

1. Learn how to use a Bible concordance by selecting two topics and/or words to discover how it is used in the Bible.
2. Memorize one Bible text (not previously learned) for each of the following subjects:
   - Prayer
   - Doctrine
   - Behavior
   - Salvation
   - Relationships
   - Promises/Praise
   - Great Passages
3. Be familiar with the community services in your area and give assistance for at least four hours.
4. Participate in at least two church programs for a total of four hours.

**Advanced for Spiritual Discovery**

1. Complete Explorer requirements.
2. Complete the exploration of the early Christian church in the book of Acts to the mission expansion of the Seventh-day Adventist Church up to 1950.
3. Study and discuss one of the following life issues with your Explorer group and an adult:
   - Abuse, TV & Movie Theaters, Reading.
   - Give two reasons why physical fitness is important.
   - Explaining the relationship between proper diet, exercise, and weight control.
   - Explaining the benefits of fresh air and sunshine.
   - A & B fulfill requirement #7 of the Christian Grooming and Manners Honor.

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   b. Journal your thoughts by asking these questions:
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   - Great Passages
4. a. Learn about eight missionaries (at least four continental) who served during the Seventh-day Adventist mission expansion (1900 to 1950).
   b. On a world map, plot their country of service.
   c. Make a presentation about your favorite missionary.

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   - Explaining the relationship between proper diet, exercise, and weight control.
   - Explaining the benefits of fresh air and sunshine.
   - A & B fulfill requirement #7 of the Christian Grooming and Manners Honor.

**Health and Fitness**

1. Learn the value of exercise, fresh air & sunshine, by:
   a. Giving two reasons why physical fitness is important.
   b. Explaining the relationship between proper diet, exercise, and weight control.
   c. Explaining the benefits of fresh air and sunshine.
   (A & B fulfill requirement #7 of the Christian Grooming and Manners Honor)
2. Earn the Basic Rescue Honor.
3. Complete the Basic Water Safety OR Beginner Swimming Honor, if not previously earned.

**Making Friends**

1. Participate in a panel discussion or skit on peer pressure and its role in your decision making.
2. Fulfill requirements #1, #11, #12 and #14 of the Christian Grooming and Manners Honor.

**Advanced for Making Friends**

1. Complete Explorer requirements.
2. Complete Christian Grooming and Manners Honor, if not previously earned.