

Companion

Personal Growth

- I. **Involvement** (Required)
 - A. Be age 11 or in grade 6, or its equivalent.
 - B. Be an active member of the AY Society or Pathfinder Club.
- II. **Commitment** (Required)
 - A. Repeat from memory the AY/Pathfinder Pledge and Law.
 - B. Read the **Happy Path** if not previously read.
- III. **Growth** (Required)
 - A. Earn the Companion Reading Certificate or the Junior Reading Certificate.*

Requirement: Do Sections I, II and III for the standard class requirements.
Do Sections I, II and III for the advance classes.

*See **Instructor's Manual** for qualifying requirements.

Spiritual Discovery

- I. **Scripture** (Required)
 - A. Memorize a Bible text for each of the following subjects: prayer, doctrine, behavior, salvation, relationships, promises/praise, great passages.*
 - B. Recite in order the names of the New Testament books of the Bible and know the four areas into which the books are grouped. Demonstrate your ability to find any given book.
- II. **Church Heritage** (Optional)
 - A. With your parents, read about the first vision of E.G. White. Discuss with them how God uses prophets to present His message to the church OR fulfill other options in the Instructor's Manual.*
- III. **Christian Heritage** (Optional)
 - A. Participate in a skit on the childhood of Jesus, and role-play before an audience.

Requirement: Do Sections I, and select either II or III for the standard class requirements.
Do Sections I, II and III for the advance classes.

*See **Instructor's Manual** for qualifying requirements.

Serving Others

I. One to One (Optional)

- A. Make a personal visit an elderly member of your church and follow it up with a thoughtful phone call, letter or card expressing joy in meeting him/her.

II. Group Witness (Optional)

- A. Participate in an outreach activity, and bring a non-SDA friend to participate or observe.

III. Community Outreach (Optional)

- A. With the help of 2 or 3 friends spend 6 hours working for your church, school or community.

Requirement: Select two of three selections for the standard class requirements. Do Sections I, II and III for the advance classes.

Making Friends

I. Building Relationships (Optional)

- A. Discuss the principle and demonstrate the meaning of respect for people of different cultures and gender.

II. Christian Lifestyle (Optional)

- A. Discuss and demonstrate respect table for your parents/guardian and what they provide for you.

III. Good citizenship (Optional)

- A. List 5 rules of flag courtesy and demonstrate how to fold a flag.
- B. Study and report orally on your nationality and draw your family tree.*.

Requirement: Select two of three selections for the standard class requirements. Do Sections I, II and III for the advance classes.

Health & Fitness

I. Health Principles (Optional)

- A. List and discuss 5 foods in each area: high in sugar, high in salt, high in saturated animal fat.
- B. List and discuss 5 prominent family health problems, and discuss areas of prevention for each.

II. First Aid/Safety (Optional)

- A. Complete the Basic First Aid Honor.**
- B. Study and practice "Home Safety".*

III. Fitness & Exercise (Optional)

- A. Discuss with a physical therapist or PE teacher the difference between aerobic and non-aerobic exercise.
- B. Complete one of the fitness tests for your age.*
 - President's Physical Fitness
 - Canadian Fitness
 - Health-Related Physical Fitness (for physically disabled)

Set goals and improve.

Requirement: Select two of three selections for the standard class requirements. Do Sections I, II and III for the advance classes.

*See **Instructor's Manual** for qualifying requirements.

See **AY Honor Handbook for requirements.

Youth Organization

I. Leadership (Optional)

- A. Plan and lead a devotional service for your unit, club or Sabbath School.
- B. Help your unit plan a half-day or 10-mile (16km) orienteering hike and lead out in the activity.

II. Club Awareness (Optional)

- A. Discuss with your counselor your involvement in the total Pathfinder Club program, **OR** for AY Societies, invite a Pathfinder expert to speak to your group.*

III. Pathfinder Programming (Optional)

A. Take part in and rate your club unit four of the following:

1. Induction
2. Club Meeting
3. Pathfinder Sabbath
4. Investiture Service
5. Quarterly Scheduling
6. Club Campout

Complete requirements 3 and 6 of the Drill and Marching Honor.**

Requirement: Select two of three selections for the standard class requirements. Do Sections I, II and III for the advance classes.

*See **Instructor's Manual** for qualifying requirements.

See **AY Honor Handbook for requirements.

Nature Study

I. Spiritual Lessons (Required)

A. Review the story of creation, and keep a 7-day outdoor log of your personal observations from nature in which each day focuses on those things that were created on that day.

II. Nature Appreciation (Optional)

- A. Animal Tracking - Make plaster cast of 3 different animal tracks.
- B. Trees, Shrubs and Cacti - Collect or obtain and identify the leaves of 15 different trees and 7 shrubs, **OR** photograph and observe at least 5 different kinds of cacti.

III. Nature Honor (Optional)

A. Complete a nature honor at your skill level, not a previously earned.**

Requirement: Do Selection I for the standard class requirements. Do Sections I, II and III for the advance classes.

See **AY Honor Handbook for requirements.

Outdoor Living

I. Outdoor Skills (Optional)

- A. Tie and know the practical use of 15 knots.
- B. Learn or review the safety rules for camping.*

II. Outdoor Activities (Optional)

- A. Earn Camping Skills #2 Honor.**

Requirement: Select I or II for the standard class requirements.
Do Sections I and II for the advance classes.

*See **Instructor's Manual** for qualifying requirements.

See **AY Honor Handbook for requirements.

Honor Enrichment

I. Arts, Crafts & Hobbies Household Arts

- A. Complete one honor at your skill level, not previously earned, in the area of art, craft, hobby, or household skills.**

II. Recreational & Vocational

- A. Complete one honor at your skill level, not previously earned, in the area of recreational skills, vocational studies, or outdoors industries.**
- B. Earn a Beginners Swimming Honor, if no previously earned.**

Requirement: This track is not required for the standard class requirements.
Do Sections I and II for the advance classes.

See **AY Honor Handbook for requirements.