

# 150 Ways To Live Your Promise Project

## Introduction

The goal of this project is to learn about our diverse country and how we can live our promise every day. We encourage units, councils and Guilds to participate in the project.

## Project Requirements

**Sparks and Brownies:** Complete 2 of the sections

**Guides:** Complete 3 of the sections

**Pathfinders and Rangers:** Complete all 4 of the sections

## Section #1: Active Living

- As a group or individual, participate in 150 minutes of active living every week for the 2016/2017 Guiding year. This can be any type of physical activity you enjoy or you can try out new activities.
- OR: as a unit participate in a virtual 5K walk or run. Using a pedometer or phone app, log your distance in one week and bring this to your unit. See if all your unit was able to do 5K in the week.

## Section #2: To Do My Best

- Earn all three of the Canada Turns 150 Alberta Provincial Program Challenges
  - These are Exploring Canada, Species at Risk and the Alberta Arts Challenge
  - The challenge requirements can be found on the Alberta Provincial website ([www.girlguides.ca/ab](http://www.girlguides.ca/ab))

## Section #3: Take Action for a Better World

- Participate in a service project in your community.
- AND: collect money for the Canadian World Friendship Fund (CWFF). All funds must be sent to your area so they can go on to help our fellow Guiding members around the world. If you raise at least \$5 per member you can earn your CWFF crest (available for purchase through the Provincial Office).

## Section #4: To be True to Myself, My Beliefs and Canada

- We live in a great country – what makes you proud to be Canadian? Have a Canada night with your unit to spread the word about this great country we share.

## Program Tie-Ins

**Sparks:** *The World Around Me* keeper – additional activities; *Going Outside* keeper – Outside Active Games; *Being Healthy* keeper – Move to the Beat and Additional Activities

**Brownies:** *Key to My Community* – Proud to be Canadian; *All About Canada* interest badge; *Key to Active Living*; *Go For It* interest badge; *Community Counts* interest badge

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**Guides:** *Community Service Badges; You in Guiding – Learn about WAGGGS #3; You in Guiding – Be Involved in Your Community #3; Discovering You – Stay Fit and Healthy #4; Fitness Fun interest badge; Endangered Species interest badge*

**Pathfinders:** *Broaden Your Horizons #8; Lending a Hand #5, #6; Active Living; Community Service Award*

**Rangers:** *Global Awareness #18; Healthy Living #2, #5*

If you are participating in the full project and wish to order a commemorative t-shirt for use on Canada Day 2017 – 150 years celebration, these shirts will be ordered and available by end of April. Shirts will be red in color with white design.

Watch your email from your Area, check the Alberta Council website, or contact your area commissioner for ordering details. Available NOW.



**150 ways to Live Your Promise Project**

**Girl Guides of Canada, Alberta Council**

**Canada Day 2017**