

Discovery Badge Reflection Sheet for Guides

I worked on my _____ discovery badge.

Step 1: I **connected** with...

Step 2: This is what I **did**...

Step 3: I **shared** by...

What was the best part?



Pocket Guide to Discovery Badges for Guides

Are you itching to explore what you love? Excited to discover new interests? If so, discovery badges are just right for you.

Discovery badges are a special set of badges that Guides can do solo, with an adult helper or as a unit. They're completely optional – try one or earn them all – it's totally up to you! Choose a badge and have fun exploring and sharing what makes you unique.

My name:

My unit:



How Do I Earn a Discovery Badge?

Step 1: **Connect** with a woman who's a leader or role model in an area that matches the badge you want to earn. You can talk with her about:

- What you want to learn about, try, and/or do for this badge
- What she does in this area and how she got started
- Your plan for this badge (asking her advice on how to make that happen)

You can connect in person, by email or on the phone. Remember to always have a caring adult with you when you're meeting someone new. You could also watch a video or read about a role model (for example, a woman in history) instead.

Step 2: **Make** or **do** something related to the discovery badge to practice your skills or build some new ones! Check out the next page for ideas. For more examples, log in to the program platform (experience.girlguides.ca) and search for the discovery badge by name.

Step 3: **Share** what you did or created with others. You could share with your unit or another unit you know of, a trusted adult or the role model who inspired you, or some friends in or outside of Guiding. After you've shared, let your Guider know what you did so they can help you track it on the program platform. If it helps, use the Discovery Badge Reflection Sheet at the back of this guide to share your experience.



Guides will spend about 3-6 hours completing a discovery badge.

What Discovery Badges Can I Earn?

| Discovery badge | I want to... | I could... |
|---|---|---|
|  Volunteer | Help a cause I care about and make a difference (big or small)! | Run a book drive for my local library! |
|  Leader | Help others work together and use what they're good at to reach new goals. | Plan an activity for my unit and lead it! |
|  Artist | Be creative and express my ideas through drama, dance, visual art, music, creative writing and more! | Use new painting techniques to make a card and mail it to someone I love. |
|  Planet Protector | Take action and make green choices to help keep our planet healthy, now and in the future. | Clean up a local beachfront. |
|  Animal Helper | Help creatures and critters stay safe and happy – from the furry and feathery to the smooth and scaly! | Plan a pollinator garden for my community or build a bee habitat. |
|  Inventor | Come up with new ideas, solve problems and make things better. | Turn one of my ideas into a prototype or model. |
|  Foodie | Explore my passion for food and learn more about it. I want to make food, eat food and discover new flavours! | Use my favourite ingredient in a new way. |
|  Maker | Try some tinkering and get hands-on to build, craft and make things that are uniquely my own. | Create a funky keychain with wood or using a 3D printer. |
|  Adventurer | Explore new and exciting places all over the map to create unforgettable memories! | Learn some animal tracking skills and head outside to try them out. |
|  Experimenter | Try new things and see what happens by diving into science, technology, engineering and math! | Do a chemistry experiment with baking soda and vinegar. |
|  Mindful Mover | Find out different ways to get moving and power up my mind and body. | Try doing morning stretches every day for a week. |
|  Girl Champion | Be a champion for myself and others and work towards equality for all. | Write a story showing equality in action! |
|  Camper | Go camping and build the skills to thrive and survive outside, no matter the season! | Build a shelter that keeps out the rain or snow. |



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