



PRINCESS AND EXPLORER AWARD REQUIREMENTS

The requirements are designed to be easily achievable for the first level. Moms and Dads can help, but not do it all. Above the 1st level, there are three categories of awards from which to choose. These are Mental, Physical and Crafts. It is appropriate to note that the 1st, 2nd and 3rd levels of Federation Achievement Awards are intended to coincide with your child's 1st, 2nd, and 3rd years as a Princess/Explorer in the program.

Beads - One red bead is awarded each PATHFINDER and parent for attendance at a regularly scheduled meeting (two per month - one meeting in the home and one outdoor activity). At each sixth (6th) meeting a white bear claw is awarded in lieu of a bead. Children can also earn colored beads through our Character Development program. A clear bead should be given when a child demonstrates **Caring**, a blue bead for **Honesty**, a yellow bead for **Respect**, and a green bead for **Responsibility**.

FIRST LEVEL AWARDS AND REQUIREMENTS

Merit Stars are awarded based on the requirements listed below, with no definite order required. The stars are placed around the large Compass Award on the back of your vest.

MERIT REQUIREMENTS

1. Know and repeat before the circle all of the real and nicknames of each Circle Member.
2. Repeat all 7 aims of the Adventure Guides program before the circle.
3. Complete two handicraft projects together. The projects will be presented to the circle upon completion.
4. Complete a two mile walking hike together. This can be a circle outing or at a Campout. A report should be made at a circle meeting telling the members the interesting things observed.
5. Complete an overnight camping trip together. (Recommended as a circle outing, NOT Fall or Spring Campouts.)
6. Arrange a night off for mom/dad. Parent and child will plan, purchase, cook and serve dinner. Mom/Dad are not allowed in the kitchen. After serving dinner, parent and child do the dishes. Mom/Dad writes a short review of the experience to the Legend Keeper.
7. Awarded when you have attended three Federation sponsored functions, i.e. campout, skate party, swim party, etc.
8. This is an open merit award. Each circle should determine what obligation must be completed to earn a star.



SECOND LEVEL AWARDS AND REQUIREMENTS

Merit Stars are awarded based on the requirements listed below, with no definite order required. The stars are placed around the large Compass Award on the back of your vest.

MERIT REQUIREMENTS - PHYSICAL

1. Explorer/Princess swim at least 50 feet, float or tread water for 2 minutes and learn rescue techniques.
2. With a parents help, Explorer/Princess will demonstrate pressure points to stop bleeding and demonstrate first aid for a snake bite.
3. Learn one custom from another culture and present it at circle meeting.
4. Do a physical fitness program daily for 30 days with Explorer/Princess working up to at least 25 sit-ups, 12 push-ups, and running in place for three minutes.
5. Plant a garden containing at least 3 different plants.
6. Rig a fishing line with hook, float and sinker, and catch at least one fish.
7. Go horseback riding with dad/mom and report to the circle.
8. Go jog with dad/mom three times a week for 3 weeks working up to a mile.
9. Row a boat or paddle a canoe at least 100 yards. Practice using boat safety rules and report to the circle giving rules.
10. Make at least one hunting or fishing trip with dad/mom making a report to the circle.
11. Overnight camping trip and/or hike three miles. These can be done alone or with circle. Federation campouts do not count.
12. Night off for mom/dad - plan and prepare meal and clean up.
13. Take a bike ride with dad/mom for three miles.
14. Jump rope three times a week for 3 weeks working up to two minutes.

MENTAL

1. Learn and describe 3 fresh water fish found in our area and draw or find a picture of each, making a report to the circle.
2. Learn and describe 3 wild animals in our area and draw or find a picture of their tracks making a report to the circle.
3. Know 5 trees in Georgia and make a leaf display of the trees making a report to the circle.
4. Visit another circle with parent, and report to the circle about your visit.

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5. Using at least 5 different signs, tell a story in sign language to your circle.
6. Name the health and service departments of your local government.
7. Name the 9 major planets and using a compass show the directions - north, south, east and west.
8. With dad/mom, help research and write a short paper (50-100 words) on the history of an American Indian or a circle.
9. Using safety rules, Explorer/Princess must build an outdoor fire using only material found in the forest. Matches may be used to start the fire.
10. Spend 1/2 day (work day) with your dad/mom learning what he/she does at work. Make a report to the circle.
11. With parent's guidance, Explorer/Princess conducts daily family devotional for one week.
12. Prepare a display of 6 or more different rocks and identify before the circle.
13. Visit two points of interest in the southeast and either get brochures or make a short report and send to your Adventure Guide Outfitter.

CRAFTS

1. Make a birdhouse or feeder (this can be a plastic container with bird seed in it, etc.). Put outside and watch for birds and report on birds using the birdhouse or feeder over a one week period.
2. Make a homemade bow and arrow that will shoot. Learn and report the safety rules to the circle.
3. Make a homemade kite that will fly and fly it.
4. Build a family bulletin board and display it to the Circle at your next meeting.
5. Make a weather station containing a weather vane, thermometer, and rain gauge. Make observations over a two week period and give a report to the circle.
6. Develop a personal collection and present it to the circle.
7. Demonstrate outdoor cooking to your Circle.
8. Make candles and use for circle meeting.
9. Do a sand painting design, bead design or leather design.
10. Using clay found in Georgia, mold and decorate a bowl, vase or article usable in the home.
11. Build a model from a kit or original materials.

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12. Make a photo display from photos taken by Explorer/Princess of wild creatures and animals.
13. Make a knot display board showing 5 different kinds of knots, giving usage. Be able to tie and explain each knot.
14. Make a photo display of two of your circle meetings and place on a poster which can be used at the Y.
15. Create a poster to recruit new members into our Adventure Guide Program. Bring to your Adventure Guide Outfitter.

THIRD LEVEL AWARDS REQUIREMENTS

COMMUNITY SERVICE awards will be given for participation in one or more of the following activities or similar ones approved by the other members of the circle:

1. Attend a service club meeting, and make an oral report to the circle.
2. Participate in a community clean up of some kind.
3. Visit and report on a hospital or home for the elderly.
4. Make a report on at least five community services, describing what is done, who does it, who supports it, etc.
5. Participate in a fund-raising activity.

Other parts of the third year awards may be earned by:

- Explorer/Princess may complete no more than two previously untried items from the second year awards list.
- Explorer/Princess must prepare and execute an overnight camping trip including meals, etc., for the circle.
- Explorer/Princess must plan and execute a four-mile hike for the circle.