

OWN CHOICE Discuss with your Leader how you would like to challenge yourself under the heading. Date	ENJOYING THE OUT-OF-DOORS Do ONE of the following:— 1. Try solar cooking.	Date	Signature	THINKING FOR YOURSELF (Continued) 2. Make up an activity for your Patrol after reading about the life of Lord Baden Powell, and the	Date	Signature
KEEPING THE PROMISE AND LAW 1. (a) Compile a selection of prayers, quotations or poems suitable for personal or unit meditation. (b) Help to plan and take an active part in a Guides' Own.	Understand what ecology means. Plan and undertake a re-cycling campaign. Begin an outdoor hobby such as rock collecting, star gazing, bird watching, etc. Show evidence of your hobby to your Patrol.			origins and history of Guiding. 3. With your Patrol, organise and present an interesting programme on Australiana to include Aboriginal folk lore, bush ballad or poem and whatever else you choose.		
2. (a) Choose a law you find hard to keep and challenge yourself to improve. (b) Take your Promise out into the community by having a courtesy campaign or organise an anti-litter campaign, or similar, or learn about and/or care for animals.	4. Follow an orienteering course that takes you to at least eight check points. 5. Be able to identify three cloud types and explain simply about their formations. Observe and record types of clouds, wind direction and temperature over a period of 2 weeks.			EXPLORING THE ARTS Do ONE of the following:— 1. Read a book of Australian modern fiction recommended by your teacher or librarian.		
GIVING SERVICE Do ONE of the following:— 1. Learn and be able to throw a lifeline accurately a distance of at least 12 metres. 2. Practice with your Patrol to cope with a simulated emergency situation, e.g. room on fire, electrical fault, first aid etc. 3. Gain a badge from the Service Emblem. 4. Own Choice.	6. Own Choice: THINKING FOR YOURSELF Do ONE of the following:— 1. Learn the design and meaning of the Australian Coat of Arms, your State flag and your local or State Coat of Arms, then make up an activity for your Patrol.			2. Listen to at least 4 contrasting types of music and tell which you enjoyed and why. 3. Join or start a music or drama group and participate in a performance. 4. Attend a live performance at a theatre. 5. Write and/or present a short play with your Patrol or other friends. 6. Own Choice:		

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Find out about the World Health Organisation and one of their current projects; AND Do ONE of the following:— (a) Challenge another Patrol from your own or another Unit to an organised sporting activity. (b) Organise a keeping-fit to music activity for the unit.			Do ONE of the following: 1. Choose a developing country where there are Guides. Find out about living conditions in that country. 2. Carry on correspondence with a penfriend from					
(c) Gain the Health badge. (d) Own Choice: BECOMING A HOMEMAKER Do ONE of the following:— 1. Grow at least 4 herbs or vegetables. Start a file of recipes which would use these herbs or vegetables.			another country, exchanging at least 2 letters, and share one with your Patrol.					
			3. Learn about the ethnic groups which make up					
			your community. Ask to attend one of their special events.					
			Using a tape recorder, interview an interesting person in your community for about 5 minutes.					
2. Prepare and paint a piece of furniture.								
3. Learn how to use and care for a sewing machine. Make a simple article.								
Plan and purchase the stores for a weekend Patrol Camp within a budget.			Participation and Attendance over a twelve month period.					
5. Own Choice.	Sept.							
					8R6/82			