

Companion

Companion			Initials
Personal Growth	Do all 3 sections	I. Involvement	
		a. be in the sixth grade	
		b. be an active member	
		II. Commitment	
		a. Know the AY Pledge and Law	
		b. Read "Finding the Right Path"	
		III. Growth	
		a. Earn the junior reading certificate	
Spiritual Discovery	Complete section 1 and section 2 or 3	I. Scripture	
		a. Learn memory verses	
		b. Recite the books of the New Testament, and tell how they are grouped	
		II. Church Heritage	
		a. discuss E.G. White's first vision	
		III. Christian Heritage	
		a. Participate in a skit on the childhood of Jesus	
Serving Others	Complete 2 of 3 sections	I. One to One	
		a. visit an absent member	
		II. Group Witness	
		a. Make a new acquaintance and bring a non-member to participate in an activity	
		III. Community Outreach	
		a. spend 6 hours working for you church, school, or community	
Making Friends	Complete 2 of 3 sections	I. Building Relationships	
		a. Discuss respect for people of other cultures and gender	
		II. Christian Lifestyle	
		a. Discuss and demonstrate respect for parents	
		III. Good Citizenship	
		a. List 5 rules of flag courtesy	
		b. Study and report on your nationality	

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Health and fitness	Complete 2 of 3 sections	I. Health Principles
		a. Discuss health principles
		b. Discuss 5 prominent family health problems that are related to diet
		II. First Aid and Safety
		a. Earn the Basic First Aid Honor
		b. Study and practice home safety
		III. Fitness and Exercise
		a. Have a physical exam b. complete fitness exam
Youth Organization	Complete 2 of 3 sections	I. Leadership
		a. plan and lead out in a devotional
		b. Take a 10 mile orienteering
		II. Club awareness
		a. discuss your involvement with the club
		III. Pathfinder Programming
		a. Take part in four Pathfinder events
		b. Drilling & Marching Honor #3 & #6
Nature Study	Complete Section I	I. Spiritual lessons
		a. Review the story of creation
		II. Nature appreciation
		a. make a plaster cast of 3 animal tracks
		b. Collect the leaves of 15 trees and 7 shrubs
		III. Nature Honor
a. Earn an Nature Honor		
Outdoor Living	Complete Section I or II	I. Outdoor Skills
		a. learn 15 knots
		b. learn or review camping safety rules
		II. Outdoor activity
		a. Earn Camping Skills #2 honor
Honor Enrich	Not Required for standard class	I. Arts, Crafts, Hobbies, & Household Arts
		a. complete one honor
		II. Recreation, Vocational, Outdoor Industries
		a. complete one honor
		b. earn the Beginners Swimming Honor