

# So you're thinking about signing her up for Girl Guides...



# What's in it for her?

Guiding provides a safe, all-girl environment that invites girls to challenge themselves, to find their voice, meet new friends, have fun and make a difference in the world. Guiding offers the widest range of activities of any extracurricular activity for girls and young women, with opportunities to explore the arts, sciences, outdoor challenges, global awareness and so much more through enriching experiences that will stay with them for a lifetime. Girl Guides is an organization with over 100 years of history and a strong and growing future.



Unlike many after-school activities where the focus is determined by those in charge, Girl Guide programming is girl-centered to its core.



# There's no such thing as a typical meeting...

**Sparks** K-Grade 1

**Brownies** Grades 2-3

**Guides** Grades 4-6

**Pathfinders** Grades 7-9

**Rangers** Grade 10-CEGEP



From  
self-empowerment  
to  
team-building,

skill-building  
to  
international travel



and  
community projects  
to  
STEM and the outdoors

Guiding can be  
Anything girls want!





**Making treats for an animal shelter**

**Learning self-defense**

**Challenging each other to stand up against bullying**

**Putting on a puppet show for younger girls**

**Canoeing on a lake**

**Building a robot**

**Visiting a fire station**

**Planting trees**

**Learning first aid skills**

**Setting up a tent**

**Making a stop-action animation video**

**Learning to knit**

**Making superhero capes**

**Making craft kits for a children's hospital**

**Doing a science experiment**

**Going to see a play**

**Making a budget**

**Going for a walk in the community**

**Planning a Halloween party**

**Cooking a healthy meal**

**Writing a letter to a pen pal in Peru**

**Show-and-tell**

**Walking in a parade**

**Team-building games**

**Role-playing healthy relationships**

**Learning about Guiding in another country**

**Rock Climbing**

**Sewing sock puppets**



## **Vision**

A better world, by girls

## **Mission**

To be a catalyst for girls empowering girls.

## **Promise**

I Promise to do my best,  
To be true to myself, my beliefs and Canada  
I will take action for a better world  
And respect the Guiding Law

## **Law**

The Guiding Law challenges me to:  
be honest and trustworthy,  
use my resources wisely,  
respect myself and others,  
recognize and use my talents and abilities,  
protect our common environment,  
live with courage and strength,  
share in the sisterhood of Guiding.

**Girl Guides of Canada - Guides du Canada, Québec Council**

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**Girl  Guides**