

American
Heritage Girls

**JOINING
AWARD
GUIDEBOOK**

*for Pathfinder,
Tenderhearts, and
Explorers*

Welcome to

AMERICAN HERITAGE GIRLS

We are so glad you are a member of our troop!

Before you can begin earning Tenderheart badges, you must first complete the requirements for your Joining Award. Earning this award will help you learn what it means to be an American Heritage Girl. The Joining Award badge will be worn in a special place on your Tenderheart Vest.

Pathfinders, Tenderhearts, and Explorers

Work with your leader or ask an adult family member to help you read through this guidebook and complete the exercises. Be sure to discuss the meaning of words you may not understand.

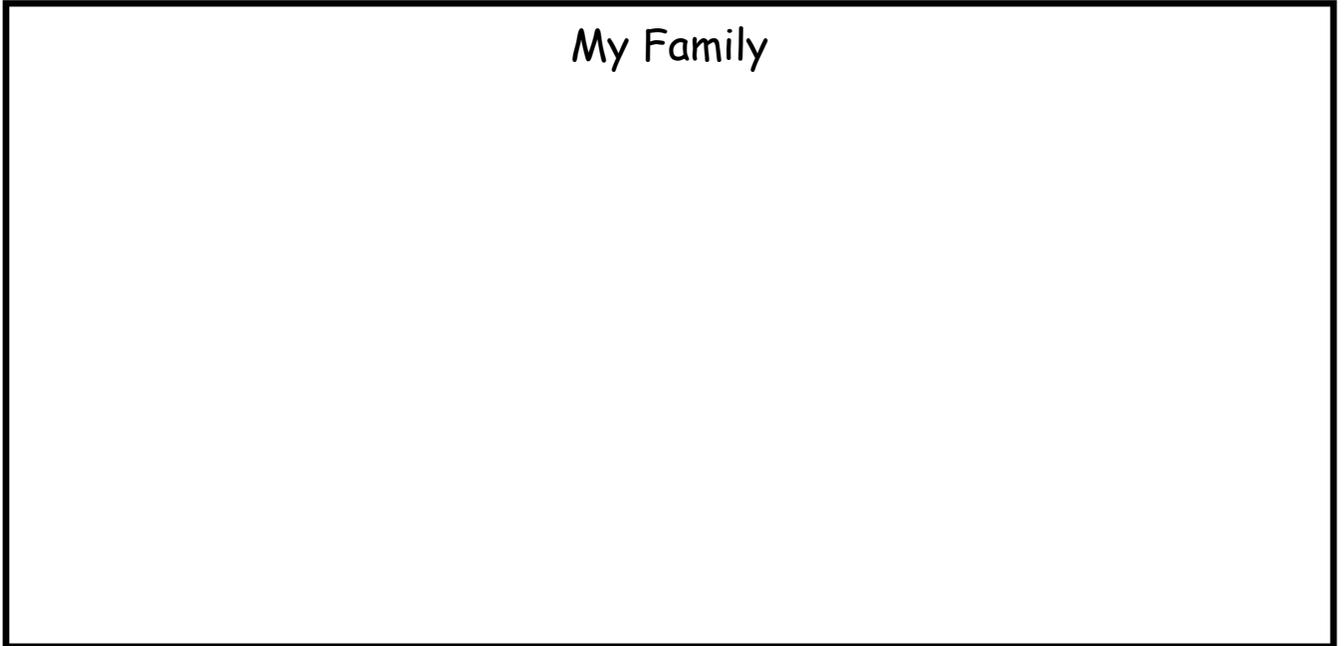
When you finish this guidebook, return it to your Unit Leader who will present you with your Joining Award!

Have fun!

All About **ME**

My Name _____

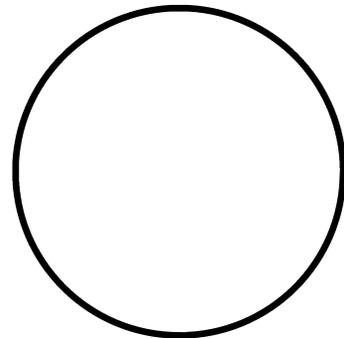
My Family



I Love...



My Favorite Color



My Favorite Food



The **AHG** Oath & Creed

Color the words LOVE, CHERISH, HONOR, and SERVE.

I promise to **LOVE** God,
CHERISH my family,
HONOR my country,
and **SERVE** in my community.

I have memorized the AHG Oath. Date: _____

Color the first letter in each word of the AHG creed.

As an American Heritage Girl I promise to be
Compassionate, **H**elpful, **H**onest, **L**oyal,
Perseverant, **P**ure, **R**esourceful,
Respectful, **R**esponsible, and **R**everent

Talk with an adult about the meaning of each of these words.

The Pledge of Allegiance

Memorize the Pledge of Allegiance and recite it to a leader or family member.

I pledge allegiance to the flag
of the United States of America,
and to the Republic for which it stands,
one nation under God,
indivisible, with liberty and justice for all.

I have memorized the Pledge of Allegiance. Date: _____

The **AHG** Mission Statement

“Building women of integrity through service to God,
family, community and country.”

Draw a picture of a way you can serve others.

The **AHG** Sign

The AHG Sign is made by raising four fingers on your right hand (bending back the thumb). This sign stands for the four parts of the AHG Oath.

You give the AHG Sign when you say the AHG Oath and Creed.

Trace your right hand on colored paper with your four fingers close together and your thumb out.

Cut out your traced hand.

Fold the thumb across the palm of the hand. This is the AHG Sign.

Glue your hand to this page on top of these directions.

The **AHG** Salute

The AHG Salute is made by raising four fingers on your right hand (bending back your thumb) and bringing that hand just above your right eyebrow.

You give the AHG Salute when:

- 1. You are in full AHG uniform and see the Flag pass by or move up the pole.*
- 2. You are in full AHG uniform and are in the Color Guard.*

The **AHG** Uniform

The AHG Uniform shows that you are a member of the American Heritage Girls. It should be worn to all troop meetings and when you are out representing the troop in our community. Color each girl's uniform to match her level.

Pathfinder

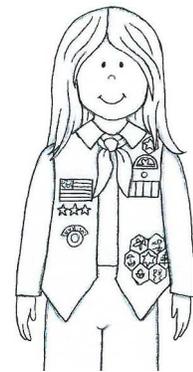
Official Pathfinder T-shirt (light blue)
Pathfinder Necklace
Navy skort or slacks



Kindergarten

Tenderheart

White Polo or Mock Turtleneck
Navy Neckerchief
Red Vest
Navy skort, skirt or slacks



1st, 2nd, 3rd

Explorer

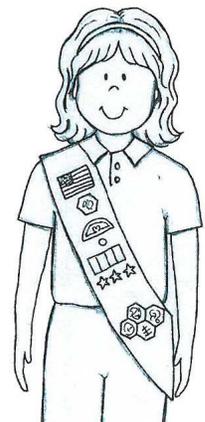
White Polo or Mock Turtleneck
Red Neckerchief
Navy Vest
Khaki skort, skirt or slacks



4th, 5th, 6th

Pioneer

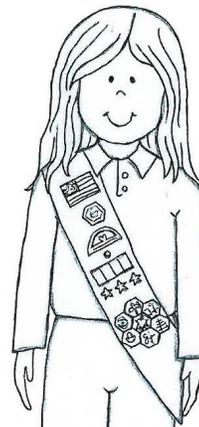
White Polo or Mock Turtleneck
Navy Sash
Khaki skirt or slacks



7th, 8th

Patriot

Red Polo or Mock Turtleneck
Navy Sash
Khaki skirt or slacks.



9th, 10th, 11th, 12th

The History of **AHG**

Read the following poem and circle the answers at the bottom.

It was the summer of '95,
That AHG first came alive.

Starting with 13 girls in Cincinnati,
Led by moms named Laurie and Patti,

AHG grew to 100 and more,
Who were determined to keep God as their core.

Since then AHG has grown and grown,
And in 2013 we started our own.

Now AHG is in almost every state,
And we all think it is really great!

We're blessed to be part of this wonderful group,
And seek to always glorify God in our troop.

How many girls were a part of the very first AHG troop?

5

13

33

In which year did our AHG troop begin?

1776

2000

2013

Flag Etiquette

Read this page and color the American Flag shown below.

Carrying the American Flag:

- *When carried in a procession, the flag should be at the right of the marchers.*
- *When other flags are carried, the American Flag may be centered in front of the others or carried to their right.*
- *Carry the flag aloft and flying free.*
- *Never dip the flag for anything or anyone.*
- *Never allow the flag to touch the ground.*

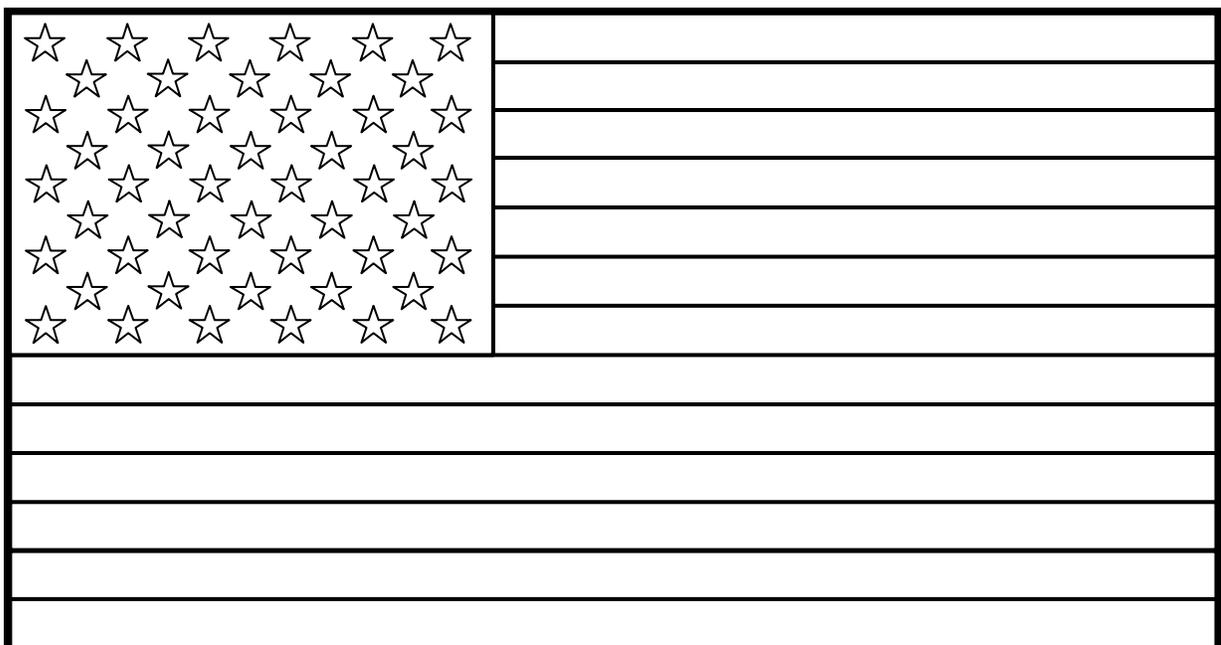
When to Salute the Flag:

- *You see it raised or lowered.*
- *You pass it or it passes you.*
- *Reciting the Pledge of Allegiance.*
- *During the National Anthem.*

How to Salute the Flag:

- *AHG Salute - when in full uniform.*
- *Hand Over Heart - when not in uniform.*

Color the Red Stripes and Blue Field on this American Flag

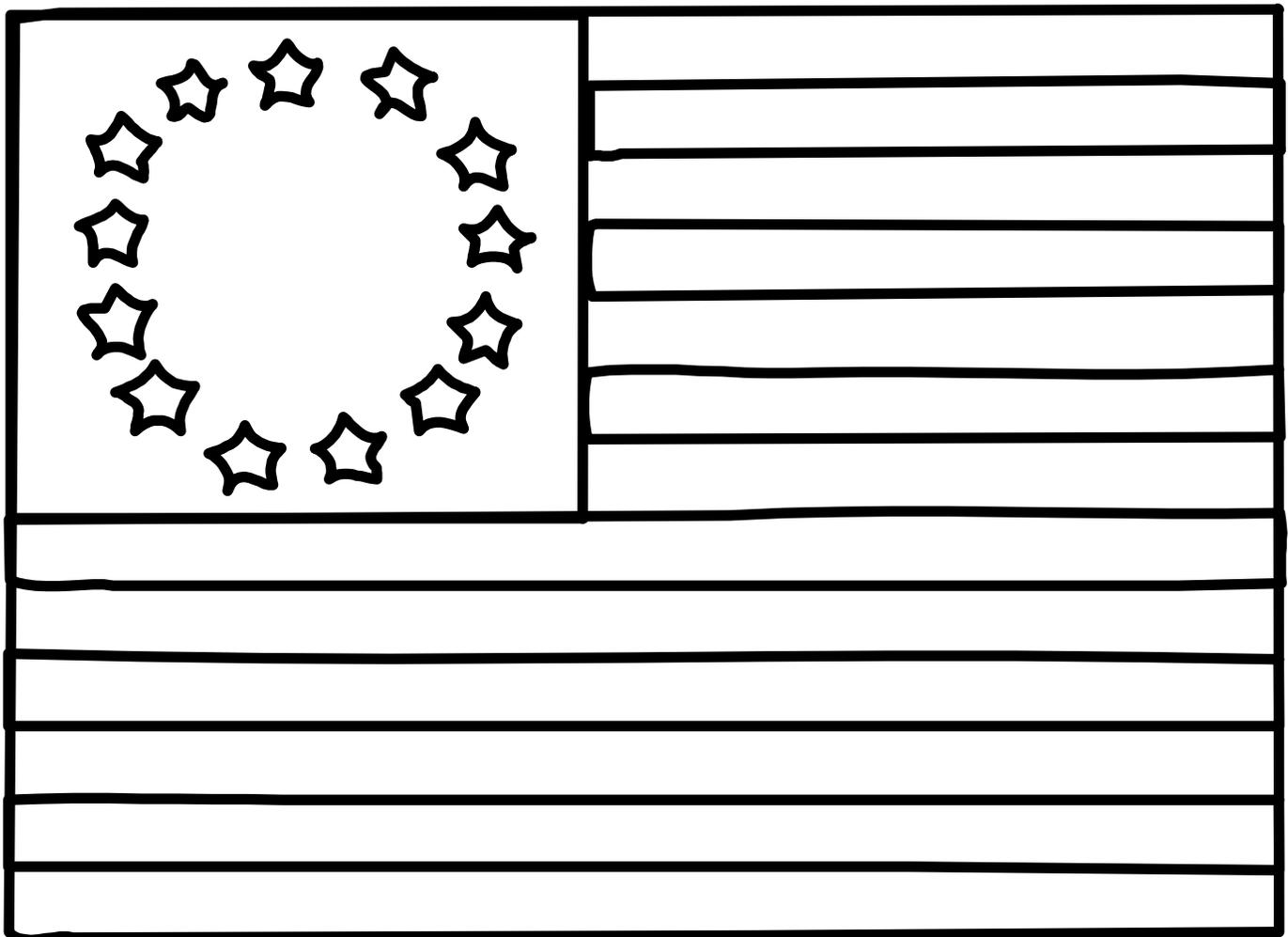


Betsy Ross Flag

The flag with 13 stars and 13 stripes is the Betsy Ross flag, an early design for the American flag. The Continental Congress passed the Flag Act of 1777, which established the flag's design during the American Revolutionary War:

- 13 stripes: Alternating red and white stripes to represent the original 13 colonies and their struggle for independence
- 13 stars: White stars in a blue circle in the canton to represent the new nation's birth and the idea that all colonies were equal
- Colors: Red for valor, white for purity, and blue for loyalty and vigilance

The flag's name comes from the story that Betsy Ross, an upholsterer and flag maker, created a flag of this design shortly after the act was passed. As the United States expanded westward, more stars were added to the flag for each new state, eventually reaching 50 stars by 1960



Troop Safety

Read this page and draw a picture in the box.

Buddy System:

The Buddy system is a great way to look after each other and keep you safe. You can keep track of what your buddy is doing and she can do the same for you. Never go anywhere alone. Always take a buddy.

If you Get Lost—S.T.O.P.

- **S**tay Calm—Stop what you are doing and stay where you are.
- **T**hink—Try and remember how you got to where you are.
- **O**bserve—Look around for familiar landmarks or clues about your location.
- **P**lan—If you are confident about your route, then retrace your steps.

If you have no idea where you are, stay put. Most likely people will start looking for you as soon as someone realizes you are missing.

Bullying:

Unfortunately, some of us might find ourselves facing a bully one day. Some bullies use hurtful words, others use physical violence. Both are very serious situations.

- Never try to handle a bully alone.
- Always go to a person with authority over the bully such as a teacher, principal, troop leader, or parent.
- Ignoring bullies does not make them stop. Only adult intervention and awareness can end the harassment.

Draw a picture of a way you can be safe.