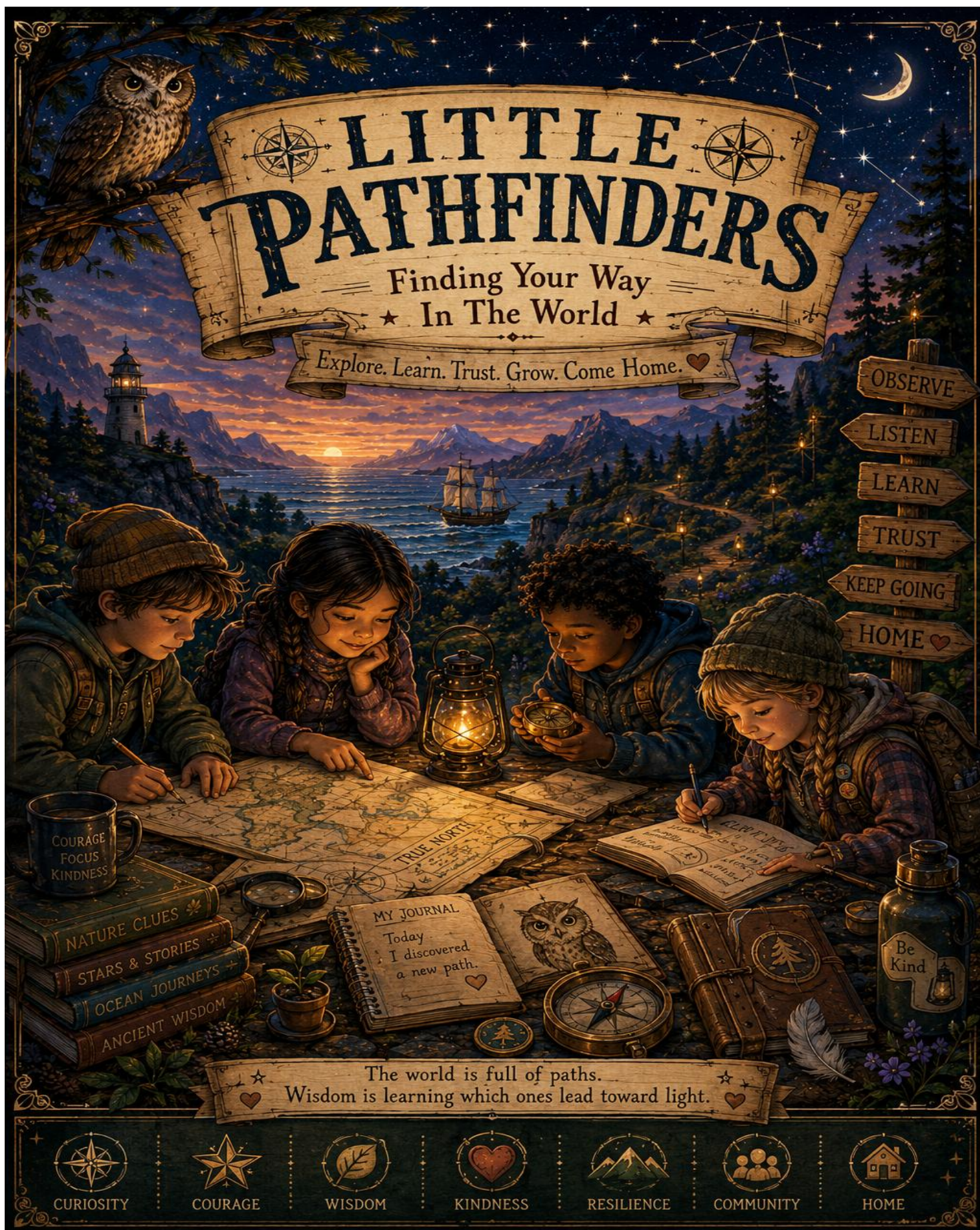




INTRODUCTION

WHAT IS A LITTLE PATHFINDER?

A Little Pathfinder is someone who:

- explores the world with curiosity
- learns from nature
- pays attention to clues
- stays calm during challenges
- helps others along the way
- trusts wisdom and kindness
- keeps learning
- finds their way even when the path feels uncertain

Pathfinders understand:

- ✦ every path teaches something
- ✦ every choice leads somewhere
- ✦ wisdom grows through experience
- ✦ courage is built step by step

THE PATHFINDER PROMISE

I will:

- ☐ Stay curious
 - ☐ Learn from the world around me
 - ☐ Help others when I can
 - ☐ Stay calm during difficult moments
 - ☐ Trust wisdom over fear
 - ☐ Listen carefully
 - ☐ Keep learning from mistakes
 - ☐ Always try to find my way with kindness
-

SECTION 1 — TRUE NORTH “Knowing What Guides You”

TRUE NORTH

Knowing What Guides You

Long ago, travelers used compasses to help guide them across forests, mountains, deserts, and oceans.

The compass needle always pointed
NORTH.

Even when storms appeared, darkness fell, or trails disappeared, the compass helped travelers stay on course.

But people also carry another kind of compass—
an **inner compass.**

This compass helps guide the choices we make every single day.

North is not just a direction...
it is a reminder
to stay aligned
with what
matters most.

THE COMPASS BASICS



The needle always points North.

This helps people find their way.

You can follow North to help find your bearings.

Your Inner Compass Helps Guide:



KINDNESS

Treat others with care and respect.



HONESTY

Tell the truth, even when it's hard.



COURAGE

Do what is right, even when you're scared.



WISDOM

Think, learn, and make good choices.



INTEGRITY

Be the same person in every situation.

THINK ABOUT IT

When the world feels confusing or noisy...

slow down and listen to your inner compass.

PAUSE

BREATHE

REFLECT

CHOOSE

True North is not just on a map...
it is in your heart.

Let it guide you on every path you choose.

PATHFINDER TIP

Check your compass often.
Make sure your choices still lead you toward who you want to be.

Your inner compass helps guide:

❤️ kindness

🕒 honesty

⭐ courage

🌲 wisdom

🤝 integrity

Sometimes the world can feel confusing or noisy.

That is when slowing down and listening to your inner compass matters most.

PATHFINDER QUESTIONS

What qualities help guide YOU?

☐ Kindness

☐ Courage

☐ Honesty

☐ Patience

☐ Wisdom

☐ Helping Others

☐ Curiosity

☐ Responsibility

What helps YOU feel grounded?

SECTION 2 — READ THE LAND “Nature Leaves Clues”

READ THE LAND

Nature Leaves Clues

Long before maps and GPS, pathfinders learned to read the land around them. Nature is always giving us clues if we slow down and pay attention.

Observe. Connect. Understand. Navigate.

Look closely.
Nature whispers
all the time.

LOOK FOR THESE SIGNS

NATURE'S CLUES

Trees
Branches grow more on the south side.

Moss
Moss grows thicker on the north side of trees and rocks.

Sun
The sun rises in the east and sets in the west.

Wind
Wind shapes trees, grass, and clouds.

Water
Water always flows downhill.

Animals
Animal trails often lead to food, water, or shelter.

Clouds
Clouds can show changes in weather.

LITTLE OBSERVER CHALLENGE

Go outside and see what clues you can discover!

- ☐ Find moss on a tree or rock
- ☐ Look for animal tracks
- ☐ Notice the wind direction
- ☐ Watch the clouds
- ☐ Find flowing water
- ☐ Observe the sun's path
- ☐ Listen to the sounds around you
- ☐ Draw what you discover

JOURNAL PROMPT

What clues did you find today?
What did they tell you?

LISTEN

OBSERVE

LEARN

TRUST

MOSS
THICKER ON
NORTH SIDE

ANIMAL
TRACKS
TELL A
STORY

MOSS ON NORTH SIDE
In the Northern Hemisphere, moss grows thicker on the shaded north side.

TREE GROWTH
Trees grow more branches on the south side where there is more sunlight.

SUN & SHADOWS
The sun moves across the sky. Shadows can help you know the time and direction.

WIND DIRECTION
Watch the way trees lean, leaves move, or winds shape the land.

FLOWING WATER
Rivers and streams flow downhill and lead to larger bodies of water.

ANIMAL CLUES
Tracks, scat, nests, and trails can tell you what animals do and where they go.

CLOUD WATCHING
Clouds can show if fair weather is coming or if storms are near.

THINK LIKE A PATHFINDER

The more you practice noticing, the better you become at understanding the world around you.

Pay attention today.
It could guide you tomorrow.

Every path
begins with
a single
observation.

WATCH

LISTEN

NOTICE

UNDERSTAND

NAVIGATE

TRUST YOUR PATH

SLOW DOWN. LOOK CLOSELY. NATURE IS ALWAYS TEACHING. ♥

Long before phones or modern maps, people learned how to navigate by carefully observing the world around them.

Pathfinders learned to notice: 🌲 tree growth, 🪨 moss on rocks, 🌬️ wind direction, 🌅 sunrise and sunset 🐾 animal trails, 💧 flowing water

Nature often leaves clues for those willing to slow down and pay attention.

The more carefully people observed, the more confidently they could navigate.

LITTLE OBSERVER CHALLENGE

Go outside and look carefully around you.

Can you spot:

- ☐ animal tracks
 - ☐ bird nests
 - ☐ wind movement
 - ☐ tree patterns
 - ☐ moss or plant growth
 - ☐ cloud shapes
 - ☐ flowing water
-

THINK ABOUT IT

Why is paying attention an important skill?

Can you tell which direction is North based on what's around you?

SECTION 3 — FOLLOW THE STARS “Even In Darkness, There Are Guides”

FOLLOW THE STARS

★ Even In Darkness, There Are Guides ★

SINCE THE BEGINNING...

For thousands of years, travelers looked to the stars to find their way.

Sailors crossed oceans. Explorers discovered lands. Adventurers followed the night sky when roads disappeared.

The stars don't move around like the sun and planets. That makes them steady guides.

THE NORTH STAR

The North Star (Polaris) stays almost in the same place in the sky. It shows the way NORTH.

CONSTELLATIONS

Constellations are patterns made by connecting stars. Different cultures saw different shapes in the same stars.

THE BIG DIPPER

ORION

CASSIOPEIA

WHY STARS HELP

- ★ They are far away so they stay in place.
- 🌍 They can be seen at night anywhere in the world.
- 🚢 They helped people navigate oceans, deserts, and forests.
- 💡 They remind us that even small lights can guide big journeys.

NIGHT NAVIGATION TIPS

- ★ Find the North Star.
- ★ Use the Big Dipper to help locate it.
- ★ Face North, and the rest of the directions fall into place.

Practice makes you more confident!

Sometimes life feels dark or uncertain. Look for your stars—things that are true, steady, and good. Let them guide you.

New Moon Waxing Crescent First Quarter Waxing Gibbous Full Moon Waning Gibbous Last Quarter Waning Crescent

STARGAZER ACTIVITY

- ☐ Go outside at night
- ☐ Find the moon
- ☐ Look for constellations
- ☐ Find the North Star
- ☐ Draw what you see
- ☐ Sit quietly and wonder

What did you discover?

MIGHTS THAT GUIDES

Stars are not clude YOU during difficult moments?

WISDOM

KINDNESS

TRUTH

HOPE

FAMILY

FRIENDS

FAITH

COURAGE

Hold on to your lights. They will help you find your way.

The owl sees what others might miss. Be still. Be quiet. Look up. The answers are always there.

For thousands of years, travelers looked to the stars for guidance.

Sailors crossing rough oceans often searched for: ★ the North Star, 🌙 moon phases, ✨ constellations

The stars helped travelers navigate even during dark nights far from shore.

People learned: **small lights can guide big journeys.**

Sometimes life may feel uncertain too.

During difficult moments, people can still look for:

- wisdom
- kindness
- truth
- hope
- people who care about them

Even small lights can help guide us forward.

STARGAZER ACTIVITY

- ☐ Look at the night sky
- ☐ Find the moon phase
- ☐ Look for constellations
- ☐ Watch for shooting stars
- ☐ Draw the stars you see
- ☐ Sit quietly and observe

WONDER QUESTION

What helps guide YOU during difficult moments?

SECTION 4 — MAP READERS “Every Path Tells A Story”

WHAT IS A MAP?

A map is a drawing that shows us where things are. It helps us plan, explore, and find our way.

MAP READERS

★ Every Path Tells A Story ★

Good pathfinders know maps are tools... but the adventure is still up to **YOU**.

OWL WISDOM

A map can show you the way, but your choices write the story.

MAPS HELP US:

- Plan Routes
- Find Landmarks
- Explore New Places
- Stay Safe
- Tell Stories

MAP BASICS

TITLE

Tells what the map is about.

PINE RIDGE TRAIL MAP



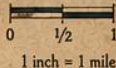
COMPASS ROSE

Shows direction. North is always at the top.



SCALE

Shows distance on the map.



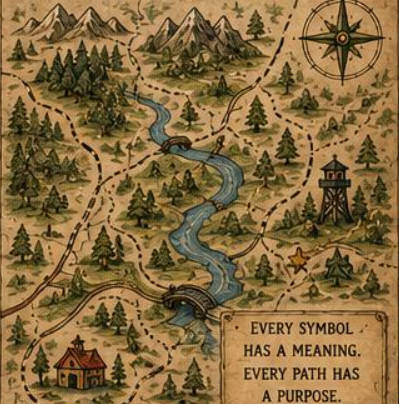
LEGEND (KEY)

Explains the symbols on the map.



MAP SYMBOLS KEY

- Mountains
- Forest
- Water
- Road
- Trail
- Bridge
- Campground
- Lookout
- Town
- Point of Interest



EVERY SYMBOL HAS A MEANING. EVERY PATH HAS A PURPOSE.

READING A MAP

1 FIND NORTH

Use the compass rose to find which way is north.



2 FIND WHERE YOU ARE

Look for landmarks like rivers, roads, or mountains.



3 CHOOSE YOUR PATH

Follow trails or roads to reach your destination.



4 CHECK AS YOU GO

Make sure you are still on the right path as you travel.



LANDMARKS HELP

Landmarks are natural or man-made things that help us know where we are.



PLAN • PREPARE • EXPLORE

PLAN

Study the map. Pick your route. Know your goal.



PREPARE

Pack what you need. Check the weather. Be ready.



EXPLORE

Enjoy the journey. Be curious and aware.



REFLECT

What did you see? What did you learn? What's your story?



Maps don't walk the path for you... but they help you make wise choices.

DRAW YOUR OWN MAP

Create a map of a place you know or a place you dream of exploring!



REMEMBER...



Look Carefully



Think Wisely



Trust Yourself



Help Others



Keep Exploring

Every map is different. Every journey is unique. Every path teaches something new.

YOU are the adventurer. **YOU** are the author of your own story.

MAP READER TIPS

- Keep your map dry.
- Fold it carefully.
- Use it with your compass.
- Pay attention to details.
- Ask questions.
- Never stop learning.



Maps help people: 🗺️ plan routes, 🏠 find landmarks, 🌐 explore new places, 🌲 discover trails

Good pathfinders know that maps are tools. But maps do not walk the journey for us.

Every explorer still has to:

- make choices
- solve problems
- learn from mistakes
- keep moving forward

Life works the same way.

DRAW YOUR PATH

Draw a map of:

- your neighborhood
- your favorite trail
- your dream adventure
- your community

SECTION 5 — ROUGH WATERS “Storms Do Not Last Forever”

ROUGH WATERS

★ Storms Do Not Last Forever ★

Every great pathfinder faces storms. What matters most is how we navigate through them.

STORMS WE FACE

Life can bring all kinds of rough waters:

- BIG FEELINGS**
Worry, fear, sadness, and anger
- HARD DAYS**
When things don't go as planned
- MISTAKES**
We all make them. They help us learn.
- CHALLENGES**
School, friendships, changes, and more
- THE UNKNOWN**
Not knowing what comes next.

The sea will get choppy.
The winds will howl.
But strong pathfinders know how to keep going.

STAY THE COURSE

When the journey gets tough, remember these truths:

- ★ Storms are temporary.
- ★ You are stronger than you think.
- ★ You don't have to face it alone.
- ★ Every storm you get through builds more courage.

Keep your eyes on your True North.

LESSONS ROUGH WATERS TEACH US

- RESILIENCE**
Bouncing back makes you braver.
- PATIENCE**
Storms take time to pass.
- WISDOM**
Hard moments teach powerful lessons.
- EMPATHY**
Understanding others makes us kinder.

You don't have to control the storm... but you can control how you respond.

SAILOR'S STRATEGIES

What experienced navigators do during storms:

- ☙ Stay calm.
- ☙ Work together.
- ☙ Trust your training.
- ☙ Secure what matters.
- ☙ Focus on the next right thing.

WHEN IT FEELS TOO BIG...

- ⚓ **PAUSE.** It's okay to stop and breathe.
- ⚓ **REACH OUT.** Ask for help.
- ⚓ **REMEMBER.** You are not alone.
- ⚓ **KEEP GOING.** One step at a time.

REFLECTION TIME

Think about a time you faced something hard. What helped you?

What are some things you can do to prepare for future storms?

What gives you hope?

CALM WATER TOOLKIT

Use these tools to help you stay steady:

 TAKE DEEP BREATHS	 TALK TO SOMEONE	 GO OUTSIDE
 WRITE OR DRAW	 REST & RECHARGE	 PRAY OR REFLECT
 HELP SOMEONE	 FOCUS ON ONE STEP	 REMEMBER YOU MATTER

AFTER THE STORM...

The sea becomes calm again.
The clouds part.
The sun returns.
And you realize... you made it through.

You are stronger.
You are braver.
And the best part?
You are still becoming.

THE STORM IS REAL.
BUT SO IS YOUR STRENGTH.
KEEP GOING, LITTLE PATHFINDER.

Storms do not define you. Your courage does.

COURAGE
FOCUS
FAITH

Sailors navigating oceans sometimes faced: 🌩️ storms 🌊 giant waves 🌫️ fog ⚡ uncertainty

During storms, experienced navigators learned:

- stay calm
- work together
- trust knowledge
- avoid panic
- focus on the next step

Life can sometimes feel stormy too.

Everyone faces:

- difficult days
- mistakes
- fears
- uncertainty

But storms eventually pass.

And every challenge can help build:

- 💡 resilience
- 💡 patience
- 💡 wisdom
- 💡 courage

CALM WATER TOOLKIT

What helps YOU feel calm during difficult moments?

- ☐ Talking to someone
 - ☐ Taking deep breaths
 - ☐ Spending time outside
 - ☐ Drawing or writing
 - ☐ Resting
 - ☐ Prayer or reflection
 - ☐ Helping others
 - ☐ Quiet time
-

SECTION 6 — YOUR INNER COMPASS “The Most Important Direction Comes From Within”



YOUR INNER COMPASS

The Most Important Direction Comes From Within

A compass helps you find direction in the world.

Your inner compass helps you make choices that guide your heart.

WHAT IS AN INNER COMPASS?

It is the part of you that knows what is right, even when no one is watching.

It whispers.
It nudges.
It guides.

It helps you choose what is kind, true, and meaningful.

IT GROWS STRONGER WHEN YOU PRACTICE:

- HONESTY**
Speak the truth.
- KINDNESS**
Choose to care.
- COURAGE**
Do what is right, even when it's hard.
- EMPATHY**
Think about how others feel.
- INTEGRITY**
Be the same person in every situation.
- GRATITUDE**
Notice the good.
- SELF-TRUST**
Believe in your choices and your heart.

YOUR INNER COMPASS CAN HELP YOU NAVIGATE:

- YOUR CHOICES**
What you decide matters.
- YOUR WORDS**
Kind words build trust.
- YOUR ACTIONS**
Small actions create big impacts.
- YOUR RELATIONSHIPS**
Treat others with respect and understanding.
- YOUR DREAMS**
Follow what lights you up in a good way.

When you listen to your inner compass, you feel peace, confidence, and clarity.



My choices shape my path.

My heart knows the way.

Trust Yourself

INNER COMPASS CHECK

Before you make a choice, ask yourself:

IS IT KIND?	IS IT TRUE?	WILL I FEEL PROUD?	DOES IT HELP OTHERS?	IS IT MY BEST SELF?
Does this choice show kindness to myself and others?	Is this choice honest and in line with my values?	Will I feel good about this choice tomorrow?	Does this choice bring light or help someone?	Does this choice reflect the person I want to be?
☐	☐	☐	☐	☐

♥ If your heart feels heavy, pause. Recheck your compass.

WHEN YOU FEEL LOST...

- Stop and take a breath.
- Quiet the noise.
- Listen to your heart.
- Think about what matters.
- Choose your next right step.

You don't have to see the whole path. Just take the next step forward.

REAL LIFE EXAMPLES

- A FRIEND IS BEING MEAN.**
Your inner compass might say: Choose kindness, not joining in.
- YOU FIND SOMETHING THAT ISN'T YOURS.**
Your inner compass might say: Do the right thing and return it.
- SOMETHING IS HARD BUT IMPORTANT.**
Your inner compass might say: Keep trying. You can do hard things.
- YOU NEED TO MAKE A CHOICE.**
Your inner compass will help you decide what aligns with your values.

You have a compass
no one else has.
It is your heart.
Trust it.

JOURNAL PROMPT

Think of a time when you listened to your inner compass. What happened? How did it feel? What did you learn?

PATHFINDER PROMISE

I will listen to my inner compass.
I will choose with kindness.
I will act with courage.
I will be true to myself.
I will help light the way for others.

YOUR COMPASS.
YOUR JOURNEY.
YOUR CHOICES.
YOUR STORY.

INNER COMPASS REMINDER

- LISTEN**
to your heart.
- TRUST**
yourself.
- CHOOSE**
with kindness.
- SHINE**
your light.

A compass helps travelers find direction.

But your inner compass helps guide:

❤️ choices

★ actions

🌍 relationships

🕒 decisions

Sometimes people may pressure us to:

- follow crowds
- ignore our instincts
- act unkindly
- make poor choices

That is why listening to your inner compass matters.

Your inner compass grows stronger when you practice:

✨ honesty

✨ kindness

✨ courage

✨ empathy

✨ integrity

INNER COMPASS QUESTIONS

Does this choice feel kind?

Does this choice help others?

Would I feel proud of this choice tomorrow?

Your inner compass teaches us to listen from within, what does your compass say?

SECTION 7 — THE OWL'S WISDOM "Slow Down. Look Carefully. Trust Yourself."



OWL WISDOM

Slow Down. Look Carefully. Trust Yourself.

OWL WISDOM REMINDS YOU TO:



SLOW DOWN

Pause. Take a breath.



OBSERVE CAREFULLY

Look closely. Notice details.



STAY CALM

Quiet your mind.
Stay steady.



THINK WISELY

Use your mind before
you act.



TRUST WHAT YOU KNOW

You already have more
wisdom than you think.

THE WISE OWL

In stories, a wise owl appears
when pathfinders feel uncertain.



The owl doesn't rush.
The owl doesn't worry.

The owl simply reminds you
of the wisdom you already
carry inside.

Wisdom is not loud.
It is quiet. It is steady.
It is always watching
within you.



OWL WISDOM ACTIVITY

When you feel unsure, try this:



☐ Find a quiet place.



☐ Take a deep breath.



☐ Look around you.



☐ Notice what others miss.



☐ Ask good questions.



☐ Listen to your heart.



☐ Trust that you will know
what to do next.



OWL OBSERVATIONS



Silent Flight
feathers soften
the sound

Wide Vision
owls can see
almost all
around them

Sharp Focus
see what
matters most

FEATHERS OF WISDOM



Patience

Clarity

Courage

Insight

Kindness

Perseverance

LESSONS FROM THE OWL



The owl sees in the dark.
You can find understanding
even in confusing times.



The owl listens more
than it speaks.
Listening helps you learn.



The owl is patient.
Good things happen
when you are patient
with yourself.



The owl is prepared.
Being ready helps you
feel confident.



The owl trusts its instincts.
Your instincts are part of
your inner wisdom.



NATURE JOURNAL

BIRD TRACKS & SIGNS

ANIMAL WISDOM

OWL WISDOM AFFIRMATIONS

I trust myself.
+ I am calm and steady.
+ I notice what matters.
I make wise choices.
+ I am learning every day.
+ I believe in my journey.
I have everything
+ I need inside me.



The owl doesn't give you the answers.
that you can find them yourself.

You are wiser than you think.
You are your own best guide.

Pathfinders sometimes shared stories about a wise owl who appeared beside uncertain trails.

The owl did not speak loudly.

It simply reminded travelers to:

-  slow down
-  observe carefully
-  stay calm
-  think wisely
-  trust what they know

Some believed the owl only appeared when travelers were learning to trust themselves.

The owl became a symbol of:

-  wisdom
-  patience
-  quiet courage
-  careful observation

OWL WISDOM ACTIVITY

When you feel uncertain, try:

- ☐ slowing down
- ☐ taking a deep breath
- ☐ observing carefully
- ☐ asking questions
- ☐ listening quietly
- ☐ thinking before reacting

What do you think about yourself? Are you kind, courageous, helpful?

SECTION 8 — FINDING HOME “No Matter How Far You Wander...”



Pathfinders sometimes traveled: 🌲 through forests 🌊 across oceans ★ beneath stars 🏔 over mountains

But no matter how long the journey became, many travelers shared one important truth:

Home matters.

Home can mean: 🏠 family ❤ belonging 🔥 community 🌍 peace 🧭 knowing yourself

Sometimes finding your way home means: reconnecting, learning who you are, remembering what matters most. No matter how lost someone may feel, there is always a path forward.

LITTLE PATHFINDER BADGES

- ☐ 🧭 Compass Keeper
 - ☐ ★ Star Guide
 - ☐ 🌲 Trail Reader
 - ☐ 🦉 Wisdom Watcher
 - ☐ 🌊 Storm Navigator
 - ☐ 🗺 Wayfinder
 - ☐ ❤ Inner Compass Keeper
 - ☐ 🏠 Home Finder
-

FINAL MESSAGE

The world is full of paths.

Some are easy.

Some are difficult.

Some feel uncertain.

But wisdom grows when we:

- ✦ stay curious
- ✦ keep learning
- ✦ trust kindness
- ✦ observe carefully
- ✦ help others
- ✦ keep moving forward

And no matter how far the journey takes us,
we can still learn how to find our way home.

✦ Keep exploring, Little Pathfinder. 🧭 🌲 ★ 🦉