

# *Rainbow Pledge Personal Progress*



*Keep your thoughts positive because your thoughts  
become your words. Keep your words positive  
because your words become your behaviors. Keep  
your behaviors positive because your behaviors  
become your habits. Keep your habits positive  
because your habits become your values.*

*Keep your values positive because your values  
become your destiny.*

*~ Gandhi ~*

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*This Personal Progress Book Belongs To:*

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*I'm Special*

*In all the world there is nobody like me.*

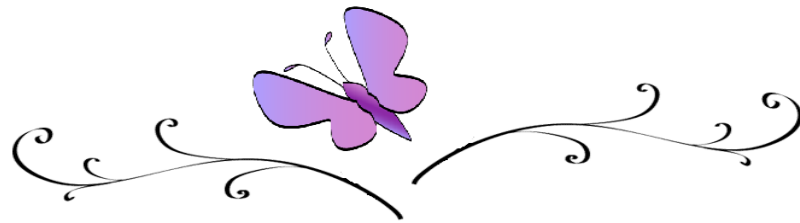
*Since the beginning of time, there has never been another  
person like me.*

*Nobody has my smile. Nobody has my eyes. Nobody has  
my hair, my hands, my voice. I'm unique.*

*I Am Special!*

your journal and explain why you chose the talents you did and how those talents make a difference in our lives. Share with your parents or other trusted adult.

- 6) Create a poster or art project illustrating a talent that you admire and why. Share this with your group.
- 7) Complete a skill project. This can be a piece of art, needlework, sewing, painting, drawing, crafts, dance, acting, public speaking, musical performance, or other display of talent. Share with your group, parent, or trusted adult.
- 8) Organize a talent show for your group.
- 9) Design your own project. Project must demonstrate the theme of talent, and must be approved by the Pledge Mother.



*Good Luck and Have Fun!*



This book is lovingly dedicated to all  
who may benefit from it.

*Youth neglected invites decay. Youth discovered and trained is the  
cement and steel in a new structure.*

~ Rev. Mark W. Sexon

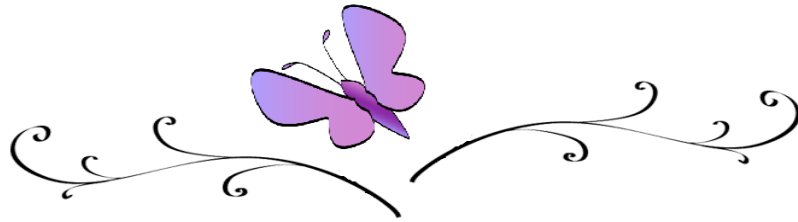


*Founder of the International Order of the Rainbow for Girls*

This book came about out of a desire to make Pledge a more active and enriching experience for all involved. The idea was to help the girls develop new interests, mold positive values, build self-confidence, and create lifelong learning experiences. All of this, to be done through interesting activities and interaction with parents, leaders and the members of each Pledge group. When a girl completes her Pledge experience, it is hoped that she will carry what she has learned into Rainbow, and that all of these experiences will contribute to a happy and successful life.

*If a child is to keep his inborn sense of wonder, he needs the companionship of at least one adult who can share it, rediscovering with him the joy, excitement and mystery of the world we live in.*

*~ Rachel Carson ~*



## **Dear Leaders & Parents,**

The Pledge Personal Progress Program is designed to provide activities of interest to the girls that will assist them in learning the lessons of Pledge, and developing their personal growth. These are purely optional activities for the girls which will give them the opportunity to earn certificates of award, and items to wear on their brag rags to show off and to remember their accomplishments.

Activity options are designed from fairly easy items to more challenging projects to reflect the needs, abilities, ages, and interests of all girls.

Leaders should choose those awards and activities which best fit the needs and interests of their group.

Remember, these are all *suggestions!*

## ***Talent***

*(learning that talent can exist in many forms, and developing and encouraging talents in yourself and others)*



***Quote: Your talent is God's gift to you. What you do with it is your gift back to God. ~ Leo Buscaglia***

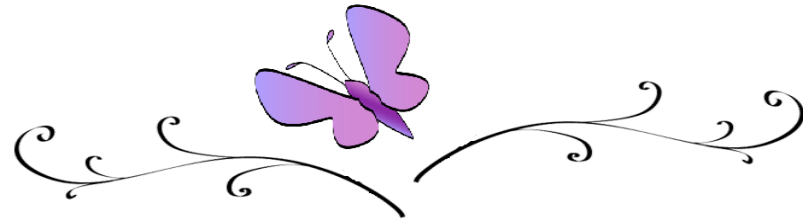
### **OPTIONS:**

- 1) Describe what you think “talent” is. Record this in your journal and share with a trusted adult.
- 2) Name a talent that you have, and explain how you can develop it. Record these thoughts in your journal and share with a parent or trusted adult.
- 3) Name a talent that you admire in others and why. Record in journal and share with a parent or trusted adult.
- 4) Recognize a talent in another person and tell them you appreciate it. Record this in your journal and share with a parent or trusted adult.
- 5) Create a list of talents or skills that may not always be seen as talent. Ex. Someone who can organize things well.....someone who can cut hair.....someone who cooks well.....someone who teaches well.....someone who can drive a car or truck well.....someone who can build things..... etc. Put this list in

- 4) Ask your teacher or other trusted adult where they went to college, find out about that college and make a poster to give them as a gift. Share this experience with a parent or trusted adult.
- 5) Design your own project. Project must demonstrate the theme of education, and must be approved by the Pledge Mother.

*"Like the caterpillars who will one day become butterflies, you have the magnificent potential to develop the powers within you and become greater than most of you dare to dream."*

*~ Barbara B. Smith ~*



### **Dear Girls,**

All the information needed to accomplish the program goals are provided in this book.

You must choose at least two items from each category to earn the award.

Items must be signed off on the checklist by the Pledge Mother, Assistant Pledge Mother, an advisory board member, parent, or other trusted adult.

It is our hope that you will have fun challenging yourself and learning as you work your way through this book, and that it will become a keepsake for you to look back on when you are older, and remember your time in Pledge.

## Education

(learning to appreciate the values of education and applying them in your life)

### The Pledge Promise



*I promise that I will trust in God knowing that He will guide and protect me.*

\*

*I promise to show love and respect toward my family and friends; kindness and understanding toward everyone I meet.*

\*

*I will be unselfish and share with those who do not have as much as I.*

\*

*I promise to honor my country and the American Flag.*

\*

*I promise to try to be an active Pledge member; and whenever possible, to attend the Rainbow activities to which I am invited.*

\*

*I promise to dedicate myself to a life of love and service so that when I reach the proper age, I will be ready to receive my petition for membership in the International Order of the Rainbow for Girls.*



*Tell me and I'll forget. Show me, and I may not remember. Involve me, and I'll understand.*

*~ Native American Saying ~*

Options:

- 1) Learn about an area of work or service that interests you. Talk to someone who works in that field and find out what that person's job responsibilities are, what training or education the person obtained to do the job, and what contributions this person's job makes to society. Record your findings in your journal and share with a parent or trusted adult
- 2) Pick a profession that interests you and find out what kind of education and training you need to do it. Record what you find out in your journal. Be sure to explain what you learned. Did it change your mind about it? Did it get you more excited? Share with a parent or trusted adult.
- 3) Make a list of colleges that you might want to attend someday. Note this in your journal. Be sure to explain why these schools appeal to you. Share with parent or trusted adult.

# Trust

(learning to develop trust in yourself, how to trust others, and becoming a trustworthy person)



*The glue that holds all relationships together - including the relationship between; the leader and the led is trust, and trust is based on integrity. ~ Brian Tracy*

## Options:

- 1) Find a trust building exercise and conduct it with your pledge group.
- 2) Find a good quote about trust, explain what it means in your journal and create an art project or poster for your wall. Share with your group, parents or trusted adult.
- 3) Pick someone you trust and write in your journal what makes this person trustworthy to you. Share this with your parents or trusted adult.
- 4) Draw a poster about the things YOU can do to make you a trustworthy person. Share with your groups, parent, or trusted adult.
- 5) Ask your parent, teacher or other trusted adult what they think trust is, why it is important, and who they trust. Record your thoughts in your journal. Share with parent or trusted adult.
- 6) Design your own project. Project must demonstrate the theme of trust, and must be approved by the Pledge Mother.

# Where Can I Find it?

## Index

|                                      |        |
|--------------------------------------|--------|
| Description of Reward Options.....   | p. 1   |
| Personal Progress Awards.....        | p. 1   |
| Memory Work Awards.....              | p. 2   |
| Other Special Awards.....            | p. 3   |
| Floor Work                           |        |
| Happiness                            |        |
| Perfect Attendance                   |        |
| Checklists.....                      | p. 4-5 |
| Award Requirements & Activities..... | p. 6   |
| Individual Worth.....                | p. 6   |
| Faith.....                           | p. 9   |
| Nature.....                          | p. 11  |
| Life.....                            | p. 13  |
| Friendship.....                      | p. 15  |
| Patriotism.....                      | p. 17  |
| Service.....                         | p. 19  |
| Good Character.....                  | p. 22  |
| Kindness.....                        | p. 24  |
| Charity.....                         | p. 26  |
| Trust.....                           | p. 27  |
| Education.....                       | p. 28  |
| Talent.....                          | p. 30  |

## Description of Award Options



*(Suggestion: a certificate and/or something for the brag rag may be awarded)*

## Personal Progress Awards

(Note: the first seven awards coincide with the colors of the Pledge Flower Petals)

**Individual Worth** (love and respect for yourself and others)

**Faith** (nurturing your own faith and encouraging others to do the same)

**Nature** (appreciating the beauties and benefits of the natural world we live in)

**Life** (celebrating the joys of life and all of its diversity)

**Friendship** (appreciating the importance and value of friendship in our lives)

**Patriotism** (Loving, appreciating, and celebrating your country, its history, traditions, and people)

**Service** (finding joy in giving of oneself to the service of others)

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## *Charity*

*(learning to develop the spirit of charity in our lives and encouraging it in those around us)*



*“True charity is the desire to be useful to others without thought of recompense”  
~ Emanuel Swedenborg ~*

Options:

- 1) Define what “charity” means to you. Record this in your journal and share with a trusted adult.
- 2) Describe an “act” of charity that you have seen or participated in. Record in your journal how this made you feel, and what you learned. Share with a parent, or trusted adult.
- 3) Explore a “public” charity, and make a report on it to your group and explain how you feel it benefits others.
- 4) Create an art project such as a poster to show acts of charity. Share this with your group.
- 5) If you were to create a “charity,” what would it be? Write in your journal what you think would be a good charity and why. Share with your parents, or a trusted adult.
- 6) Design your own project. Project must demonstrate the theme of charity, and must be approved by the Pledge Mother.

- 5) Commit to completing a special act of kindness once a week for a month. Write in your journal what you did, why you did it, and what happened when you did it. At the end of the month, explain what the project taught you about kindness. Share with your group, parent or trusted adult.
- 6) Note the acts of kindness that have been done to you. Think about how you felt, and acted towards those who were kind. Did those acts inspire you to be kind to someone in return? Record your thoughts about receiving kindness, and how it changes your life. Share this with your parent or trusted adult.
- 7) Design your own project. Project must demonstrate the theme of kindness, and must be approved by the Pledge Mother.

**Family** (appreciating your family and being an active part of it)

**Good Character** (developing the traits that will allow you to have a happy and successful life)

**Kindness** (developing the habits of kindness, towards yourself and others; learning to appreciate how to give and receive acts of kindness)

**Charity** (learning to appreciate and develop the spirit of charity in our lives and encouraging it in those around us)

**Trust** (learning to develop trust in yourself, how to trust others, and becoming a trustworthy person)

**Education** (learning to appreciate the values of education and applying them in your life)

**Talent** (learning that talent can exist in many forms, developing and encouraging talents in yourself and others)

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### **Memory Work Awards**

**7 Petals Award** – Suggestion: *lessons are equated to pearls of wisdom. For each of the petal lessons memorized they can receive a pearl button and when all seven are collected they receive a number 7. All sewn on a small felt patch which can be pinned on the brag rag*

**Flag salute Award** – *award given for memorization and/or performance of a flag tribute.*

Suggestion: *This may be a flag pin*

**Office Proficiency Awards** – awards given for proficiency in any of the memory work. (This can be earned for more than one office and for extra work such as the Rainbow Blossom Ceremony.)

Suggestion: perhaps a letter “P” on a small felt patch.

### Other Special Awards

**Floor Work Award** – given to girls who demonstrate that they know how to walk and turn corners properly. To be given as a special recognition at the discretion of the Pledge Mother.

**The Happiness Award** – given as a special recognition for acts of kindness. Nominations for this award should be submitted by, or to, the Pledge Mother. Other girls, parents, advisory board members or other adults can all nominate a girl for this special recognition. (can be received more than once)

**The Perfect Attendance Award** – given once a year for a pledge girl who has come to all of the meetings, all service related activities, and all official functions such as the district OV for the past year. (note: This award could be given per term instead of per year, which would provide more opportunity to earn the reward.)



*Note – The ideas presented here, are just that; ideas. Leaders should feel free to design and administer these and other awards as they think are appropriate for their groups.*

## *Kindness*

*(developing the habits of kindness, towards yourself and others; learning to appreciate how to give and receive acts of kindness)*



*If someone listens, or stretches out a hand, or whispers a kind word of encouragement, or attempts to understand a lonely person, extraordinary things begin to happen. ~ Loretta Girzartis ~*

Options:

- 1) Plan and complete a personal service project that helps a family member or neighbor. Maybe you could weed a flower bed, or sweep a driveway, or rake leaves. You could do the dishes, pick up after a sibling, or take out the garbage. After completing the project, discuss how it made you feel and what you learned. Record this in your journal.
- 2) Observe acts of kindness that you see around you for a week. Record them. Record what you learned in your journal and share with a parent or trusted adult.
- 3) Write a poem or story about kindness. Record in your journal and share with your group, parent or trusted adult.
- 4) Read and discuss the parable of the Good Samaritan (see Luke 10:30–37).

- 5) Find a quote on good character that you like, and record this in your journal. Be sure to explain what the quote means and why you felt it was important. Share this with a parent or trusted adult.
- 6) Make a poster about an important character trait.
- 7) Read the book, "Charlotte's Web," and record in your journal what you learned about the importance of good character. Answer the following questions: What do you think Charlotte would write in her web about you? What would you like/hope she would write about you?
- 8) Design your own project. Project must demonstrate the theme of good character, and must be approved by the Pledge Mother.



**Checklists:**

*Each of these categories can be signed off towards completion of the requirements. Please provide the number of the activity completed, then initial and date the boxes to get the credit.*

*Note: only those awards needing sign offs have a checklist. The other awards are given at the discretion of the Pledge Mother.*

**Personal Progress Awards**



|          | Individual Worth | Faith | Nature | Life | Friendship | Patriotism | Service |
|----------|------------------|-------|--------|------|------------|------------|---------|
| <b>1</b> |                  |       |        |      |            |            |         |
| <b>2</b> |                  |       |        |      |            |            |         |

|          | Good Character | Kindness | Charity | Trust | Education | Talent |
|----------|----------------|----------|---------|-------|-----------|--------|
| <b>1</b> |                |          |         |       |           |        |
| <b>2</b> |                |          |         |       |           |        |

## Special Awards

Check off, then sign and date any of these categories as they are completed.



|                    | Open/Close | Initiation | Blossom Ceremony | Majority | Flag Tribute |
|--------------------|------------|------------|------------------|----------|--------------|
| Red petal          |            |            |                  |          |              |
| Orange petal       |            |            |                  |          |              |
| Yellow petal       |            |            |                  |          |              |
| Green petal        |            |            |                  |          |              |
| Blue petal         |            |            |                  |          |              |
| Indigo petal       |            |            |                  |          |              |
| Violet petal       |            |            |                  |          |              |
| Spring             |            |            |                  |          |              |
| Chaplain           |            |            |                  |          |              |
| Trust              |            |            |                  |          |              |
| Happiness          |            |            |                  |          |              |
| Kindness           |            |            |                  |          |              |
| Pledge Sister      |            |            |                  |          |              |
| Assoc. Pledge Sis. |            |            |                  |          |              |
| Monitor            |            |            |                  |          |              |

## Good Character:

(developing the traits that will allow you to have a happy and successful life)



*Reputation is what men and women think of us; character is what God and angels know of us.*

~ Thomas Paine ~

Options:

- 1) Select a positive character trait that you would like to understand better (for example, honesty, integrity, trustworthiness, etc.). Find information on the trait you choose and then prepare a five-minute talk or poster presentation on the subject to present to your family, or to your pledge group. Be sure to include how you can apply this trait in your own life.
- 2) Make a list of things that are uplifting and virtuous. Discuss with a parent or leader how you can seek after these things. Record your findings in your journal.
- 3) Write in your journal how you can be a better person by developing good character.
- 4) Explain how adversity can build character. Record your thoughts in your journal.

- 7) Think about the importance of obeying and honoring your parents and learning how to work. Record what you have discovered in your journal and share with your group, parents, or other trusted adult.
- 8) Write a letter to your parents, or your grandparents telling them what you appreciate and respect about them.
- 9) Make a list of things you can do to help strengthen your family and make a happy home. Share the list with your parents and or leader.
- 10) Design your own project. Project must demonstrate the theme of family, and must be approved by the Pledge Mother.

## *Personal Progress Activities*

*To complete a category, girls must complete at least two items from the list. Items can be checked off by the Pledge Mother, Associate Pledge Mother, advisory board member, parent, or other trusted adult.*

*While girls can work on these activities on their own, leaders can also choose to do group projects that allow all participants to complete requirements towards an award.*

### *Individual Worth*

*(love and respect for yourself and others)*



*People are like stained glass windows. They glow and sparkle when it's sunny and bright, but when the sun goes down their true beauty is revealed only if there is a light from within. ~unknown~*

Options:

- 1) Make a list of your hopes and dreams for your future. Include pictures if you want. Share it with your parents or other adult.
- 2) Build others and make them feel of worth by acknowledging them. Some examples:
  - a) Write anonymous "Positive Posties" (notes) to others in the group. Ex: "I like the way you always smile whenever you say hello." "I like that you always help clean up without being asked." "I like the way you always know your parts" "I like the way you wear your hair." The notes can also be given just

someone feel good. "I'm sure glad you are here today."  
Or "Thanks for being you." Copy them into your journal. ex: "Penny always has good things to say about everyone." Then write down how this project made you feel. Write what you have learned about the worth of individuals and how your own confidence grows when you build others. Share this with your parents or other adult.

b) Give a special "just because" card to someone. Record your experience in your journal. Include how you felt, and how the recipient reacted. Share with parents or other trusted adult.

c) Choose someone you think needs some special attention to make them feel better about themselves. Talk to your parents or a trusted adult about how they think you can help to improve their self-esteem. Maybe they are good at doing something, and they can help you. Maybe they have a talent that they can share. Record in your journal what you decided to do, and why. Then, record how the project made you and your friend feel. Share this with your parents or a trusted adult.

- 3) Ask someone to write down your positive qualities and paste them into your journal.(parents or other family members, teachers, church leaders, friends, etc.)
- 4) Make a list of the qualities you like in a person. Choose one quality to develop in yourself. Discuss how showing respect and kindness strengthens you, your family, and others. Record your conclusions in your journal and share them with your group or an adult.

## *Family:*

*(appreciating your family and being an active part of it)*



*"The strength of a nation derives from the integrity of the home." ~ Confucius*

### Options:

- 1) Create a family tree poster and share it with your group.
- 2) Write a poem about your family, record it in your journal and share it with your group, parents or other trusted adult.
- 3) Develop a list of basic supplies your family will need in case of an emergency. Prepare a poster explaining what you found out about emergency preparedness and share it with your pledge group.
- 4) Plan a family fun day or night. Plan the activity/activities, plan and make refreshments.
- 5) Learn a special family story about a family member or ancestor, make a poster to illustrate and retell the story, and then share it with your group.
- 6) List five things you can do to help around your home. Record this in your journal and share with your parents or other trusted adult.



# Faith

*(nurturing your own faith and encouraging others to do the same)*



*Faith is the strength by which a shattered world shall emerge into the light.*

*~Helen Keller ~*

## Options:

- 1) Memorize a hymn or song of faith. Share it with your group if you wish, or with your parents or trusted adult
- 2) Memorize a favorite scripture or saying about faith. Share it with your group, parents or trusted adult.
- 3) Tell about a religious holiday or custom you celebrate. Be sure to use pictures or visual aids. Share it with your group, parents, or trusted adult.
- 4) Make an art work out of your favorite scripture, spiritual quote, or saying. Share it with your group if you wish, or with your parents or trusted adult.
- 5) Write a tribute to faith and share it with your group, parent, or trusted adult.
- 6) Create your own hymn or song of faith and perform it for your group, parent or trusted adult.
- 7) Interview someone you feel to be a person of great faith and ask them how it makes a difference in their life. Write down
- 9) Discuss what it means to be a good citizen and how your actions can affect others. Record this in your journal and share with your group, parents, or other trusted adult.
- 10) Write a thank you letter to a serviceman. This can be someone you know, or not. Record how you felt doing this in your journal and share with your parents or other trusted adult.
- 11) Design your own project. The project must demonstrate the theme of patriotism, and must be approved by the Pledge Mother.

## ***Patriotism:***

*(Loving, appreciating, and celebrating your country, its history, traditions, and people)*



***How little do my countrymen know what precious blessings they are in possession of, and which no other people on earth enjoy! ~Thomas Jefferson***

Options:

- 1) Memorize a flag tribute and present it to your pledge group.
- 2) Give a flag tribute at a meeting or other event.
- 3) Write down the events that inspired the writing of the Star Spangled Banner. Share this story with your group.
- 4) Learn a patriotic song and teach it to your group.
- 5) Create a poster telling why you love America and share it with your group, parent, or trusted adult.
- 6) Write a poem about America, record it in your journal, and share it with your group, parents, or trusted adult.
- 7) Make a poster about a service member who you know, family or friend, and share it.
- 8) Memorize the preamble to the Constitution. Recite it and explain what it means to you. You can share this with your pledge group, parent, or other trusted adult.

what you learn, and share it with the group, a parent, or trusted adult.

- 8) Make a poster about, or write a page about the positive qualities of any faith that interests you. Share it with your group, parents, or trusted adult.
- 9) Participation in programs, celebrations, awards or rites of your own faith. This can consist of an explanation of what you have done and why it is important to you. Record this in your journal. This can be signed off by a parent or congregational leader.
- 10) If you participate in a program thru your church, girl scouts, or other organization which offers an award program for faith, and you complete the requirements to earn this award, explain why this award was important to you and what you learned in the process. Record this in your journal. This can be signed off by a parent, group leader, or congregational leader
- 11) Design your own project. Project must demonstrate the theme of faith, and must be approved by the Pledge Mother.

## *Nature:*

*(appreciating the beauties and benefits of the natural world we live in)*



*Everybody needs beauty as well as bread, places to play in and pray in, where nature may heal and give strength to body and soul. ~ John Muir ~*

### Options

- 1) Plant flowers or vegetables, take pictures as it/they grow and make a poster showing the progress from seed or plant to flower or food. Share this with your group.
- 2) Go to a farmer's market with an adult, choose some items and use them in a meal. Take before, during preparation and after pictures and tell about your experience. Can be recorded in your journal and shared with your group or a trusted adult.
- 3) Visit a farm, zoo, nature center, or park, etc. and then report on your visit...maybe take pictures or make a poster to share with your group.
- 4) Write a poem, or create an art project about something you love in nature. Share this with your group, parents, or trusted adult.
- 5) Report on a family trip or experience such as camping, going to the Grand Canyon or etc. Share this with your group.
- 6) If you have farm animals, make a presentation telling about them. If you help care for them, explain what you do. Explain why these animals are important and what caring for them teaches you. Share this with your pledge group, or record your results in your journal and share with a trusted adult.
- 7) Design your own project. The project must demonstrate some aspect of the theme of friendship, and must be approved of by the Pledge Mother.

# Friendship

*(appreciating the importance and value of friendship in our lives)*



*To have a friend and be a friend is what makes life worthwhile. ~ Unknown*

Options:

- 1) Write a poem or short speech on what friendship means to you, and share it with your group.
- 2) Give a special friend a card just to say thank you for being a friend! Write about this experience in your journal. Explain how you felt, and what you learned and share with a parent or trusted adult.
- 3) Make a poster demonstrating the qualities of real friendship and share it with your group.
- 4) Create an art project using a quote on friendship.
- 5) Write an essay about your best friend and explain why that friendship is so important to you. You can share this with your friend, your pledge group or trusted adult.
- 6) Make a new friend! Record this experience in your journal and share with a trusted adult.

- 7) If you have pets, explain about proper care for your pet/pets. This can include food, grooming, medical care, play time, and training. Share with your group or, record in your journal and share with a trusted adult.
- 8) Conservation is an important part of learning to respect and take care of the world we live in. Explain what you feel is important about conservation, and how you can contribute. Record in your journal and share with your group, parent, or trusted adult.
- 9) Contribute to the wild life in your area by creating a bird feeder, bird house, or other project. Record your experience in your journal and share with your group, parent, or trusted adult.
- 10) Discover if there are any endangered species living in your area and make a report about them. Share this with your group, parent or trusted adult.
- 11) Design your own project. Project must demonstrate the theme of an appreciation of the natural world, and must be approved by the Pledge Mother.

