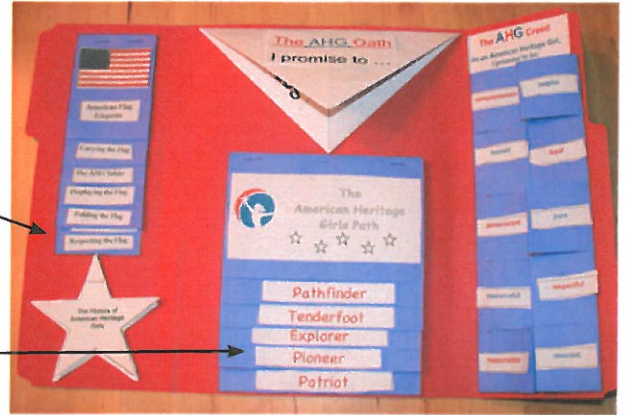


LAPBOOK INSTRUCTIONS

1. Create BLANK, foldable books ahead of time and give families a packet with the folder, copies of each necessary handout, and parent letter (see sample letter).

2. Begin by referring to the foldable titled American Flag Etiquette, which is a layered book with 6 layers. It is picture here, on the left flap.

3. The foldable in the middle, titled The American Heritage Girls' Path, is also a 6-layered book. In fact, you can make these two books at the same time, as the skinny one is just the remnant from the larger one.

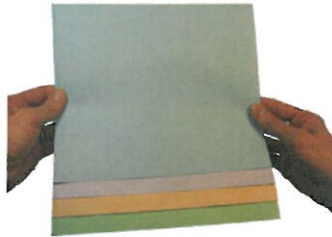


Sarah suggests making these two books (blank) ahead of time and giving them to the girls so all they have to do is cut and glue as indicated. Templates for these foldables can be found on the following pages.

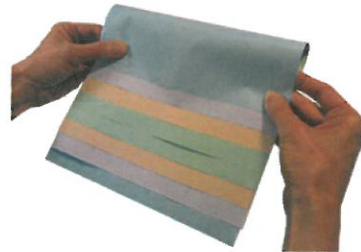
Directions for creating the layered book are from <http://foldables.wikispaces.com/Foldables>

How to make a Layered Look Book Foldable®

1. Stack four sheets of paper (8 1/2" x 11") together, placing each consecutive sheet around 3/4 of an inch higher than the sheet in front of it.

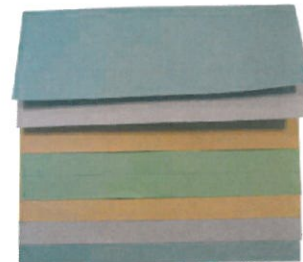
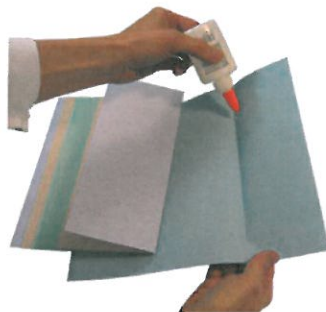


2. Bring the bottom of both sheets upwards and align the edges so that all of the layers or tabs are the same distance apart.



3. When all of the tabs are equal distance apart, fold the papers and crease well.

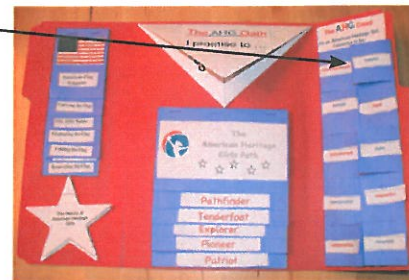
4. Open the papers and glue them together along the valley/center fold.



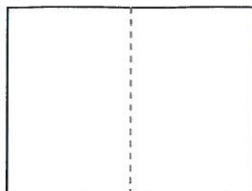
*Foldables are 3D Graphic Organizers created by Dinah Zike. www.dinah.com
The Foldable® in this activity is used with permission from Dinah-Might Adventures, LP

4. On the right side of the book inside is the AHG creed, the template for the Creed can be found on the following pages.

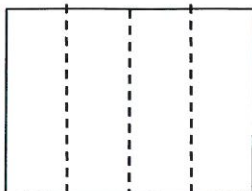
Directions for creating the Six Door Foldable seen here, were found at <http://members.cox.net/pvsciteach/scifold.htm>. Sarah again recommends supplying the blank book and having girls complete the cutting and glueing.



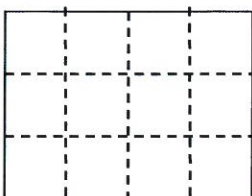
The Six Door



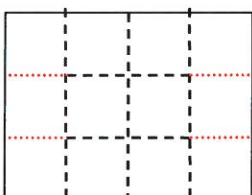
1. Fold an 8 ½ by 11 piece of paper in half the short way.



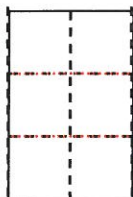
2. Now fold the paper into quarters like this.



3. Fold in thirds the long way.



4. Cut along the two folds at either ends of the paper.



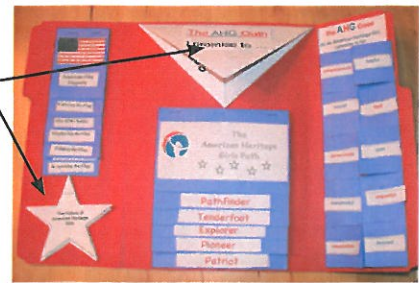
5. Fold all of the cut flaps in toward the center.



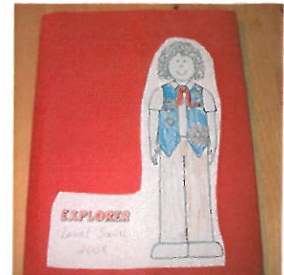
6. Fold the two side flaps in toward the center.

5. The template for the star on the left side can be found on the following pages. Sarah does not do any of this prep for the girls, as it's pretty self explanatory.

6. The one at the top on the middle panel is the AHG Oath (template found on following pages). For this, supply the girls a perfect square of paper and all them to fold as shown in the picture.



7. On the back of the book, have the girls color a picture their appropriate program level (templates on following pages).



8. On the front cover, girls can cut and decorate as they like with items from the front cover template (found on following pages). Information about the logo can also be included on the front cover, along with AHG's Mission Statement.



About the logo: The AHG symbol is comprised of three distinct elements: A girl, the white guiding star (or cross) and a red arc. The red arc is a representational element conveying the red stripe of the American flag. However, the strength of this symbol emanates from the white cross. The star and the girl are both rendered in white, representing purity.

The girl's attention and reach is directed to the cross. The blue field, signifying perseverance and justice, encompasses the girl and appears to be extending from the red arc, representing the valor and sacrifice necessary to extend the reign of justice. Note that the cross is central in all of the activity.

The cross can also be viewed as a star and refers to the historic, Constitutional foundation of our country as the guide for future national progress.

All elements are contained in a circle. Although an apparently simple sign, the circle is a universal symbol rich in meaning. The circle has neither beginning nor end portraying both a never ending cycle (of leadership, fidelity and growth under God's direction), and the hope of eternity.

Directions: Cut around dotted lines and glue logo over closed front flaps. When dry, cut through half of logo along flap opening, so that half of the logo is on each side. Cut out and glue mission statement where desired on front cover. Decorate the rest of the cover as desired, with stars, for example.

Dear AHG Parents:

The first award that a new American Heritage Girl earns is called the Joining Award. Your daughter will be working on various components of the Joining Award during her first couple months in the troop. As another tool to help her learn about AHG, we have created a file-folder book for her to complete.

All directions and materials are included in the book. You should only need scissors, a glue stick, white paper, and a stapler. The front and back covers can be decorated with markers, stickers, etc. as well as the enclosed cut-outs. We'd love to see her creativity!

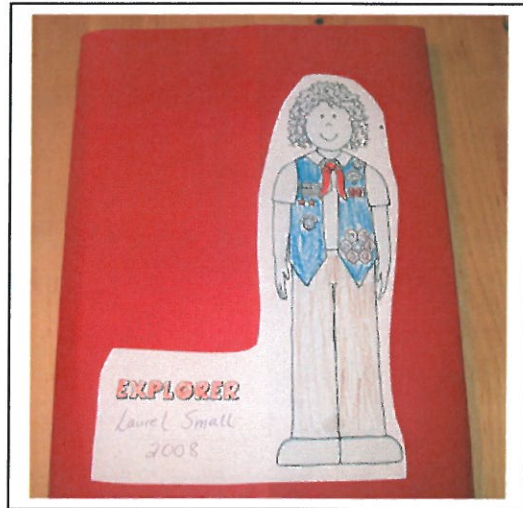
Please bring the completed lapbook with you at our Nov. 12 meeting. We will have a table at our Nov. 16 awards ceremony for lapbooks and for other badge projects. Girls will be receiving their Joining Award at the ceremony.

If you have questions about putting the book together, please call or email me (681-8423 or shc.small@gmail.com).

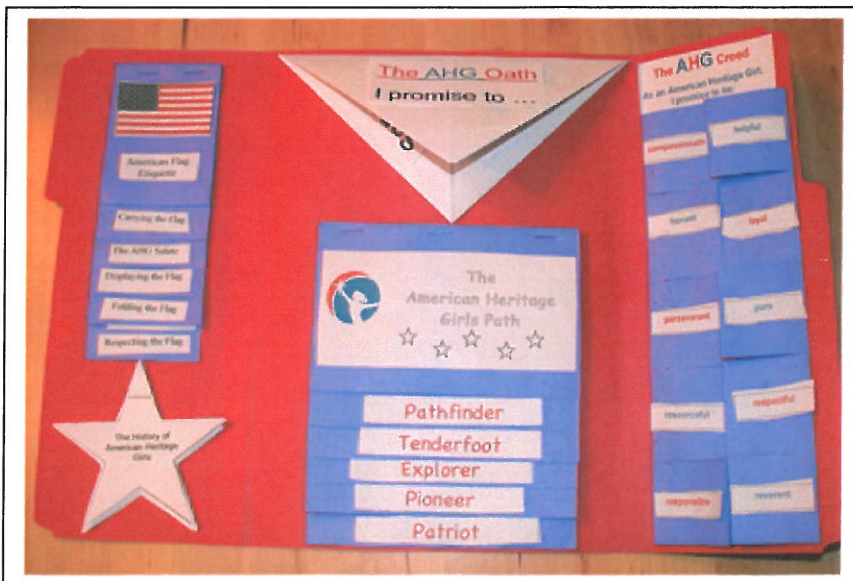
Have fun!



front cover



back cover



inside

Create elements as indicated in packet, then glue on in places indicated here in photos.

Flag Etiquette Flap Book

QuickTime™ and a
decompressor
are needed to see this picture.

American Flag Etiquette

Cut and glue on cover

Carrying the Flag

When carried in a procession, the flag should be to the right of the marchers. When other flags are carried, the flag of the United States may be centered in front of the others or carried to their right. When the flag passes in a procession, or when it is hoisted or lowered, all should face the flag and salute.

Carrying the Flag

Cut and glue on first page after cover, with title showing on tab

The Salute

The AHG Salute is made by raising 4 fingers on your right hand (bending back your thumb) and bringing that hand to just above your eyebrows. You give this sign when:

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

The AHG Salute

Cut and glue on second page, with title showing on tab

Displaying the Flag

When the flag is displayed:

- Where a number of flags of States or localities or pennants of societies are grouped the United States of America should be at the center and at the highest point.
- It should always be at the peak when flags are flown on the same pole.
- From a staff projecting horizontally the union of the flag should be placed at the peak of the staff.
- From a staff in a church or public auditorium, the flag of the United States of America should at the clergyman's or speaker's right as he faces the audience.

Folding the Flag

- (a) Straighten out the flag to full length and fold lengthwise once.
- (b) Fold it lengthwise a second time to meet the open edge, making sure that the union of stars on the blue field remains outward in full view.
- (c) A triangular fold is then started by bringing the striped corner of the folded edge to the open edge.
- (d) The outer point is then turned inward parallel with the open edge to form a second triangle.
- (e) The diagonal or triangular folding is continued toward the blue union until the end is reached, with only the blue showing and the form being that of a cocked (three corner) hat.

Displaying the Flag

Folding the Flag

Pledge of Allegiance

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.

The pledge says you are promising to be true to the United States of America!

Pledge of Allegiance



The American Heritage Girls Path



Cut and glue on cover page. Color as desired.



- * At least 5 years old and in kindergarten
- * Earns necklace beads for attendance and participation.
- * Receives Eliza Shirley Award at the end of the year!



Pathfinder

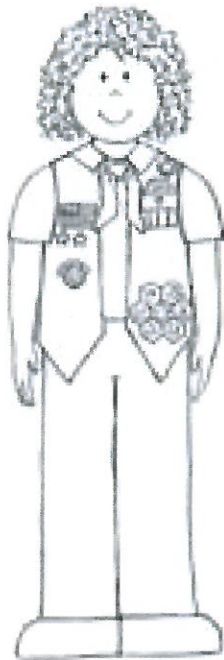
Cut out and glue on first page after cover. Glue picture box to underneath part. Glue "Pathfinder" showing on tab. Color t-shirt light blue and pants dark blue.



- * At least 6 years old and in grades 1st-3rd
- * Earns badges in any frontier.
- * Receives a service star for every 5 hours of service.
- * Can earn the Sacagawea Award at the end of 3rd grade!



Tenderheart



- * At least 9 years old and in grades 4th-6th
- * Earns badges in any frontier.
- * Receives a service star for every 10 hours of service.
- * Can earn the Lewis and Clark Award at the end of 6th grade!



Explorer

Cut out and glue on subsequent pages. Tenderheart: color pants blue and vest red.
Explorer: color pants khaki and vest blue.



- * At least 12 years old and in grades 7th-8th
- * Earns badges in any frontier.
- * Receives a service star for every 15 hours of service.
- * Can earn the Harriet Tubman Award at the end of 8th grade!
- * Takes on girl leadership positions



Pioneer



- * At least 14 years old and in grades 9th-12th
- * Earns badges in any frontier.
- * Receives a service star for every 20 hours of service.
- * Can earn the Dolley Madison Level Award
- * Can also earn the Stars and Stripes Award, AHG's highest honor!



Patriot

Cut out and glue on subsequent pages. Pioneer: color pants khaki and sash blue.
Patriot: same colors except color shirt red.

Creed 10-flap book. Glue book onto inside side panel when finished.

The **AHG** Creed

As an American Heritage Girl,
I promise to be:

compassionate

helpful

honest

loyal

perseverant

pure

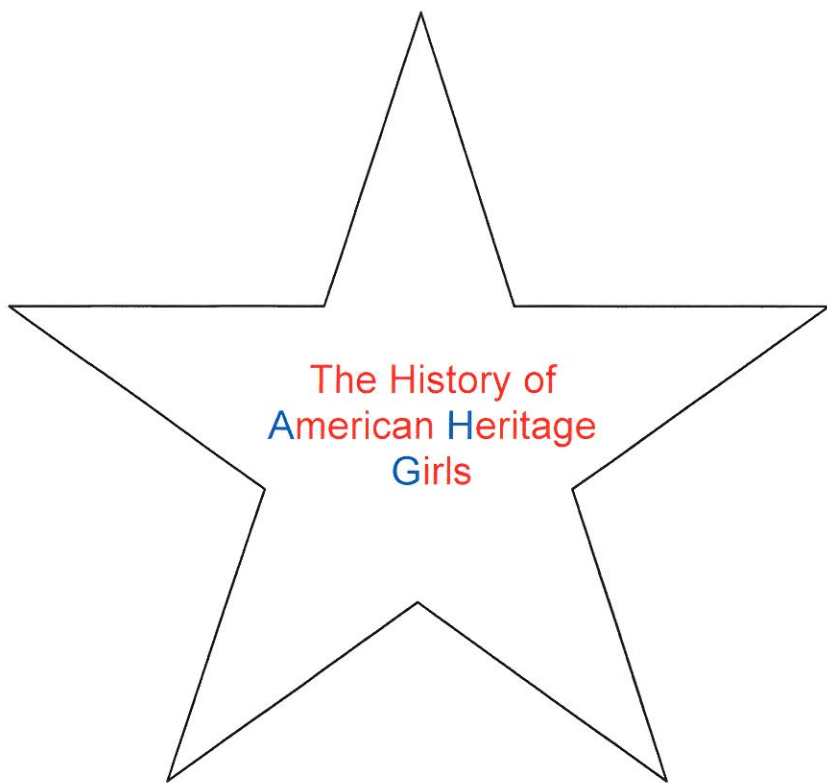
resourceful

respectful

responsible

reverent

Cut out title and place it on top of right-hand panel of folder when opened. Cut out and glue each point of creed on outside flap of creed flapbook, one to each flap. Open each flap and write inside what each quality means to you.



Directions: Cut out star and then 6 more stars of same size on white paper. Cut out and glue one text box for each page. (Trim around words as needed to fit text box on star.) Staple at top point of star and glue in book. Decorate as desired!

It was in 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.

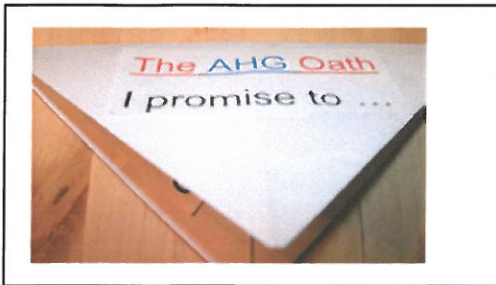
Since then AHG has
grown and grown,
and in 2003
we started
our own.

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

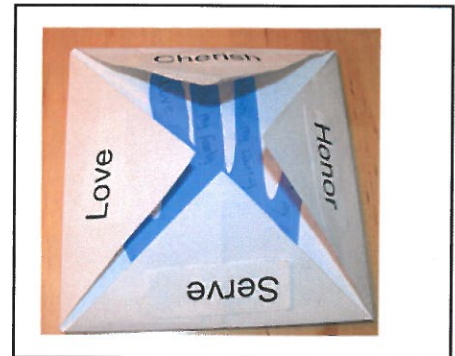
We're blessed to be part
of this wonderful group
and seek to always
glorify God
in our troop.

Directions for AHG Oath Book

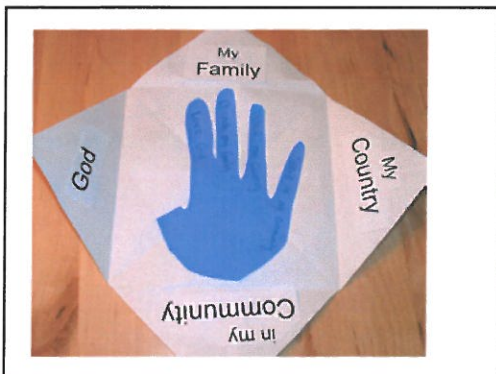
1. Cut out tags above.
2. Glue **AHG Oath I promise to ...** to outside of triangle. Open.



2. Glue words **Love, Cherish, Honor, Serve** each to one triangle point. Open.
Glue rest of words to match up with correct part of oath on reverse (inside) part of triangle) (Love – God, Cherish – family, Honor –country, Serve – community). Trim text boxes as needed to fit on triangles. See photo below.



3. Trace girl's right hand on blue paper and cut out. Fold thumb down. Glue hand onto middle of the oath book. This is the AHG Oath hand signal. If desired, write the four points of the oath on the fingers.



Fold back into triangle and glue to top middle of folder.

The AHG Oath

I promise to ...

Love

Cherish

Honor

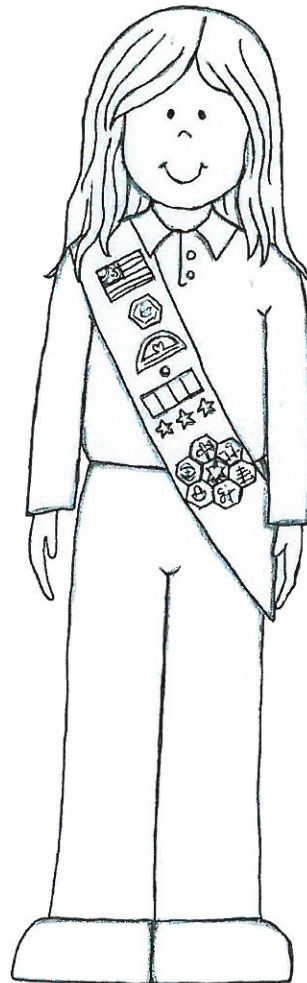
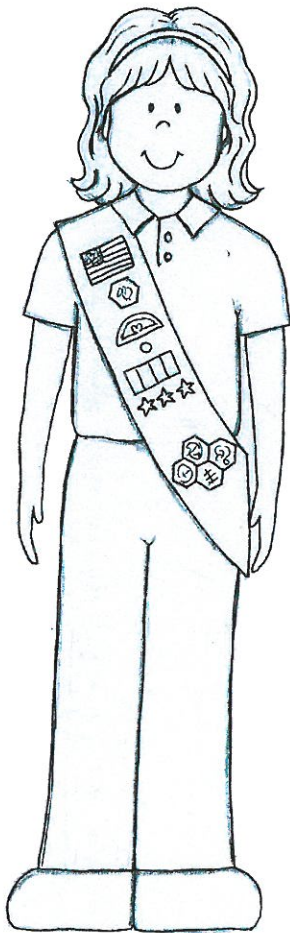
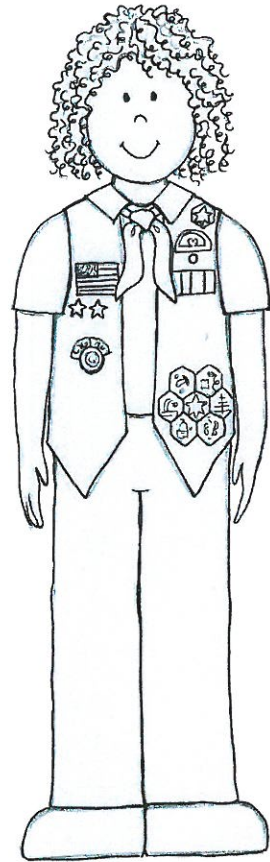
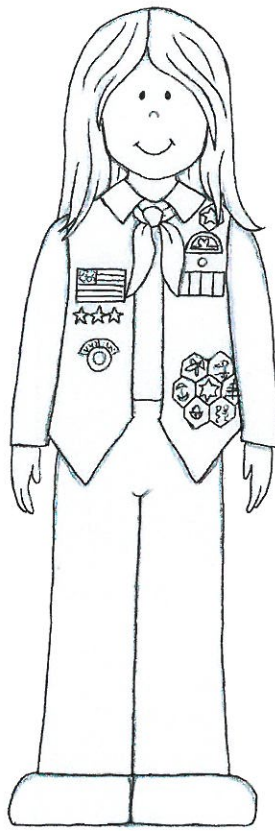
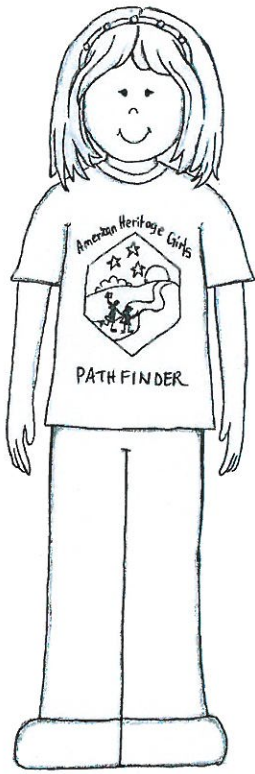
Serve

God

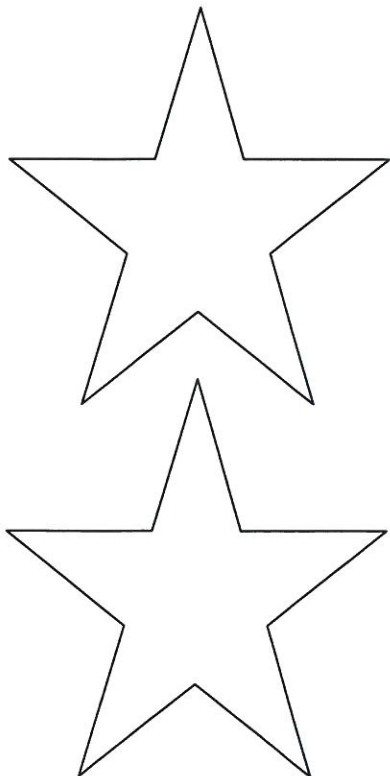
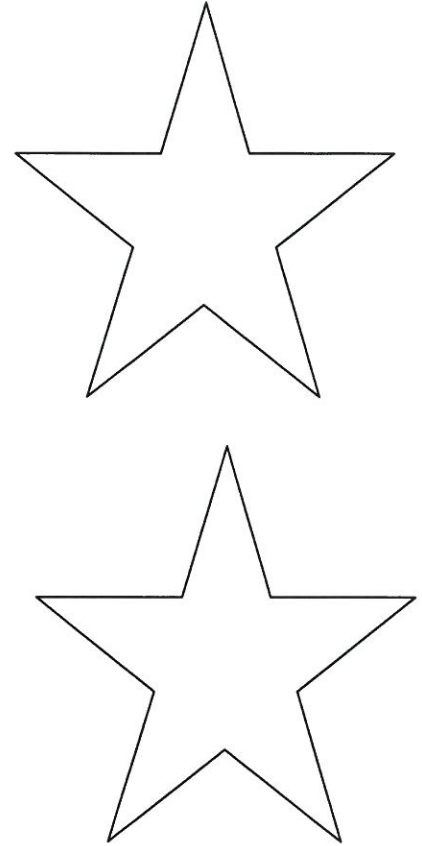
My
Family

My
Country

in my
Community



Cut out each and glue as desired on front cover. You can decorate front cover with stars if desired, too.



**“Building
women of integrity
through service to
God, family,
community and country.”**
~The AHG Mission