

*Keepers
of the
Faith Girls*

Companion Notebook

to

The Keepers of the Faith Girls
Handbook

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Introduction

Welcome to the Companion Notebook for the Keepers of the Faith Girls Handbook. This notebook contains a place to perform and store many of the activities for requirements that would otherwise require extra papers, binders, notebooks, etc. Not only can it be done right here, there is a specified, easy-to-find place to do it! This notebook does not replace the handbook or contain the instructions for each skill. It only lists each requirement for a skill that instructs the child to do work in the companion notebook.

The organization of this notebook parallels the Keepers of the Faith Girls Handbook. When you come across a skill in the handbook that mentions completing a requirement in a notebook, there should be a section in this notebook with plenty of room for the young person to complete that requirement. Simply find the skill name in the Table of Contents in the notebook or in the index to find the page number of that skill.

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Keepers Girls

Companion Notebook

Spiritual Life Skills
Category

Missionary

Things to Learn

1. Read at least three books on missionaries. Write the answers to the following questions for each book.

Book 1

What is the book title? _____

Who is the author? _____

Who is the subject of the book? _____

Name a character trait exemplified by the missionary? _____

Write a short essay on something you learned from the missionary's life.

Book 2

What is the book title? _____

Who is the author? _____

Who is the subject of the book? _____

Name a character trait exemplified by the missionary? _____

Write a short essay on something you learned from the missionary’s life.

- 3. *“But I say unto you, Love your enemies, bless them that curse you, do good to them that hate you, and pray for them which despitefully use you, and persecute you;” —Matthew 5:44.*

Jesus tells us to pray for our enemies. Yes, even for those who are unkind to us, or who take advantage of us. Write down any names of people who you think might be your enemy.

This may just be someone who has been unfair or unkind to you. Pray for this person regularly during this six month period. After this six month period, notice if there have been any changes in your relationship with the person. Even if God does not change this person’s heart, you very likely will have much more peace in your own heart regarding this person.

Month	1	2	3	4	5	6
Prayer						

Enemies and whether they change

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Companion Notebook

Personal Skills
Category

Dorcas

Things to Learn

1. Read the story of Dorcas in Acts 9:36-42, and answer the following questions:

(1) What are good works? _____

(2) What are almsdeeds or deeds of alms? _____

(3) What did Dorcas make? _____

(4) What do you think that she did with those things? _____

(5) Do you think she made a profit from them? Explain your answer. _____

(6) Many believed in the Lord because of this simple widow. Why? _____

(7) What can you do for “good works”? Name at least three things. _____

(8) What can you do for alms? Name at least three things. _____

(5) Explain what behavior is appropriate in public places such as a church or a restaurant.

(6) Write a short paragraph explaining the importance of punctuality and how it pertains to etiquette.

(7) Write a short paragraph explaining why good etiquette is as important in the home and with family as it is out of the home and with strangers.

(2) Explain the benefits of stretching before and after you exercise.

(3) List five different stretches you can do before exercising.

- 1) _____
- 2) _____
- 3) _____
- 4) _____
- 5) _____

(4) List ten different exercises that you could do on a regular basis.

- 1) _____
- 2) _____
- 3) _____
- 4) _____
- 5) _____
- 6) _____
- 7) _____
- 8) _____
- 9) _____
- 10) _____

(5) Explain how each exercise that you listed will benefit your body.

- 1) _____

2) _____

3) _____

4) _____

5) _____

6) _____

7) _____

8) _____

9) _____

10) _____

(6) Create an exercise routine from your list of exercises that you can perform at least three times a week.

(7) Perform your exercise routine with stretching before and after it three times a week for two months.

	Month 1			Month 2		
Week 1						
Week 2						
Week 3						
Week 4						
Week 5?						

(8) Name three recreational activities that provide a good exercise workout.

- 1) _____
- 2) _____
- 3) _____

Health

Things to Learn

1. Complete the following:

(1) What is nutrition?

(2) Name the five basic food groups.

1) _____

2) _____

3) _____

4) _____

5) _____

(3) Explain the importance of vitamins and minerals in our diets.

(4) List five common vitamins our bodies use daily.

1) _____

2) _____

3) _____

4) _____

5) _____

- (5) Explain how our bodies benefit from consuming the proper amount of each of these five vitamins.

- (6) List five common minerals our bodies use daily.

- 1) _____
- 2) _____
- 3) _____
- 4) _____
- 5) _____

- (7) Explain how our bodies benefit from consuming the proper amount of each of these five minerals.

- (8) List ten “healthy” foods (those rich in vitamins and minerals) that our diets should include to keep us healthy and strong.

- 1) _____
- 2) _____
- 3) _____
- 4) _____
- 5) _____
- 6) _____
- 7) _____
- 8) _____
- 9) _____
- 10) _____

(9) List ten common “unhealthy” foods that we should limit in our daily diets.

- 1) _____
- 2) _____
- 3) _____
- 4) _____
- 5) _____
- 6) _____
- 7) _____
- 8) _____
- 9) _____
- 10) _____

(10) Why is the proper amount of sleep important?

(11) Why is it important to eat a well-balanced diet of healthy food?

(12) God listed many dietary laws in the Bible. List five of them.

- 1) _____
- 2) _____
- 3) _____
- 4) _____
- 5) _____

2. Keep track of your daily diet every day for one month. At the end of the month look over your lists. Can you classify your diet as “healthy”? If you can, that is wonderful! You are doing your part to be a faithful steward of your health.

Day 1

Breakfast _____

Lunch _____

Dinner _____

Snacks _____

Day 2

Breakfast _____

Lunch _____

Dinner _____

Snacks _____

Day 3

Breakfast _____

Lunch _____

Dinner _____

Snacks _____

Day 4

Breakfast _____

Lunch _____

Dinner _____

Snacks _____

Day 5

Breakfast _____

Lunch _____

Dinner _____

Snacks _____

Day 6

Breakfast _____

Lunch _____

Dinner _____

Snacks _____

Day 7

Breakfast _____

Lunch _____

Dinner _____

Snacks _____

Day 8

Breakfast _____

Lunch _____

Dinner _____

Snacks _____

Day 9

Breakfast _____

Lunch _____

Dinner _____

Snacks _____

Day 10

Breakfast _____

Lunch _____

Dinner _____

Snacks _____

Day 11

Breakfast _____

Lunch _____

Dinner _____

Snacks _____

Day 12

Breakfast _____

Lunch _____

Dinner _____

Snacks _____

Day 13

Breakfast _____

Lunch _____

Dinner _____

Snacks _____

Day 14

Breakfast _____

Lunch _____

Dinner _____

Snacks _____

Day 15

Breakfast _____

Lunch _____

Dinner _____

Snacks _____

Day 16

Breakfast _____

Lunch _____

Dinner _____

Snacks _____

Day 17

Breakfast _____

Lunch _____

Dinner _____

Snacks _____

Day 18

Breakfast _____

Lunch _____

Dinner _____

Snacks _____

Day 19

Breakfast _____

Lunch _____

Dinner _____

Snacks _____

Day 20

Breakfast _____

Lunch _____

Dinner _____

Snacks _____

Day 21

Breakfast _____

Lunch _____

Dinner _____

Snacks _____

Day 22

Breakfast _____

Lunch _____

Dinner _____

Snacks _____

Day 23

Breakfast _____

Lunch _____

Dinner _____

Snacks _____

Day 24

Breakfast _____

Lunch _____

Dinner _____

Snacks _____

Day 25

Breakfast _____

Lunch _____

Dinner _____

Snacks _____

Day 26

Breakfast _____

Lunch _____

Dinner _____

Snacks _____

Day 27

Breakfast _____

Lunch _____

Dinner _____

Snacks _____

Day 28

Breakfast _____

Lunch _____

Dinner _____

Snacks _____

Day 29

Breakfast _____

Lunch _____

Dinner _____

Snacks _____

Day 30

Breakfast _____

Lunch _____

Dinner _____

Snacks _____

Hygiene

Things to Learn

1. Complete the following:

(1) What are bacteria?

(2) What is a virus?

(3) What is a fungus?

(4) God also stressed personal cleanliness in the Bible. Read Leviticus 15:1-5. God knew that invisible things like germs and bacteria could not only make a person sick, but could also infect others. Write down three things a person should do if she has an “issue” or “running sore” in her body.

1) _____

2) _____

3) _____

(5) Why is it important to bathe frequently?

(6) How often should we wash our hair?

(7) Why is it important to brush our teeth?

(8) Describe how to care for your nails on both your hands and feet.

Proverbs 31 Study for Girls

Things to Learn

2. *“Who can find a virtuous woman? for her price is far above rubies,”* (10).

(1) *Who can find a virtuous girl?* Explain what “virtuous” means.

3. *“The heart of her husband doth safely trust in her, so that he shall have no need of spoil,”* (11).

(1) *The heart of a girl’s father will trust in her.* Explain what “trust” means.

(2) Can your father trust you? _____

4. *“She will do him good and not evil all the days of her life,”* (12). Complete the following:

(1) What does “do him good” mean?

(2) How can you do your father “good” now?

5. “*She seeketh wool, and flax, and worketh willingly with her hands,*” (13).
Complete the following:

(1) How do you seek to work willingly with your hands?

(2) What is a willing spirit?

(3) Why is it important to have a willing spirit?

6. “*She is like the merchants’ ships; she bringeth her food from afar,*” (14).
Complete the following:

(1) Merchants’ ships traveled a long way to bring good things such as food to people. They went out of their way for people. How can you go out of your way to bring or make good things for your family? List three ways.

1) _____

2) _____

3) _____

(2) From your list, select one thing and do it three times, or do each thing once for your family. List what you did.

1) _____

2) _____

3) _____

(3) Prepare and serve one dinner to your family. What did you make?

8. *“She considereth a field, and buyeth it: with the fruit of her hands she planteth a vineyard,”* (16).

(1) This woman was a busy woman. She was always working to benefit her family. As a girl, what types of productive things can you do to benefit your family? List three things.

1) _____

2) _____

3) _____

(2) From your list, select one thing and do it three times, or do each thing once for your family. List what you did.

1) _____

2) _____

3) _____

9. *“She girdeth her loins with strength, and strengtheneth her arms. She perceiveth that her merchandise is good: her candle goeth not out by night,”* (17-18).

(1) It requires strength to be an industrious, hardworking woman, and this woman worked longer than eight hours in a day. In fact, this verse says she worked after dark. What work can you be doing for your family after dinner? List three things.

1) _____

2) _____

3) _____

11. *“She stretcheth out her hand to the poor; yea, she reacheth forth her hands to the needy,”* (20).

This Proverbs 31 lady cared about others. She used her resources to reach out and bless others. What resources do you have with which you could bless others? For example, can you fill a basket with a few baked goods to give to an elderly widow? Can you make a garment to give to a poor little child in your church fellowship? Can you make a get well card for someone who is sick?

(1) Make three things from your resources to bless others. List what you did.

1) _____

2) _____

3) _____

- 12. ☐ *“Her husband is known in the gates, when he sitteth among the elders of the land,”* (23).

This is interesting because we learn that her husband was well known, not her. She was doing an excellent job managing his home, so that he, as the head and leader of a well-run home, was freed to do his job. And that is our job as girls and women—to be doing our job well so the boys and men can do their job!

- (1) What extra job or jobs can you do around your home for your father that will be a help to him?

- 13. ☐ *“She maketh fine linen, and selleth it; and delivereth girdles unto the merchant,”* (24).

Because she was such a skilled, industrious worker in her home, she had materials that she could bring to a merchant who would sell them.

- (1) This is an important time for you to learn to work hard and learn skills which may increase the profit of your home in the future. Can you think of three things that a girl could learn now which she could use later in life to increase the economy of her home?

1) _____

2) _____

3) _____

- 14. ☐ *“Strength and honour are her clothing; and she shall rejoice in time to come. She openeth her mouth with wisdom; and in her tongue is the law of kindness,”* (25-26).

A Proverbs 31 woman is a woman of great moral character possessing knowledge and wisdom. When she speaks, it is with the law of kindness. Answer the following:

- (1) What do you think the law of kindness is?

(2) How can you put the law of kindness into effect in your life?

15. *“She looketh well to the ways of her household, and eateth not the bread of idleness,”* (27).
As we have learned from the previous verses in Proverbs 31, this woman was busy all the time.

(1) Look over your daily schedule. Do you have idle time for just fooling around? If you do, why not learn how to turn that idle time into profitable time? List three changes that you will need to make to be busy doing good things.

1) _____

2) _____

3) _____

16. *“Her children arise up, and call her blessed; her husband also, and he praiseth her. Many daughters have done virtuously, but thou excellest them all,”* (28-29).

(1) Why do you think her husband and children praised her so highly?

17. *“Favour is deceitful, and beauty is vain: but a woman that feareth the LORD, she shall be praised,”* (30).

“Fear of the Lord” is the key to this woman’s life. *“The fear of the LORD is the beginning of knowledge: but fools despise wisdom and instruction,”* —Proverbs 1:7.

Complete the following:

(1) What is “fear of the Lord”?

(2) List and memorize seven Scriptures about “fear of the Lord.”

1) _____

2) _____

3) _____

4) _____

5) _____

6) _____

7) _____

Keepers Girls

Companion Notebook

Serving Others
Category

Community Service

Things to Learn

1. It is helpful to take some time learning about your community. The more you learn about your community, the easier it will be to find ways to serve it. As you conduct research about your community, try to answer the following questions.

(1) What are the best things about living in your community?

(2) What are the worst things about living in your community?

(3) What needs are present in your community?

(4) What are some of the businesses in your neighborhood or community?

(5) What do these businesses manufacture or what services do they provide?

(6) What organizations are present within the community that are trying to address various needs?

(2) List three things that can be recycled.

- 1) _____
- 2) _____
- 3) _____

(3) Compose a list of six actions that you personally can take to help keep your environment clean.

- 1) _____

- 2) _____

- 3) _____

- 4) _____

- 5) _____

- 6) _____

Friends

Things to Learn

1. Search the Bible and find five Scriptures that talk about friends. Write the Scriptures down.

(1) _____

(2) _____

(3) _____

(4) _____

(5) _____

6. *"I am a companion of all them that fear thee, and of them that keep thy precepts,"* —Psalm 119:63. Explain what this verse means to you. Is this verse true about you?

- 7. *“By this we know that we love the children of God, when we love God, and keep his commandments,”* —1 John 5:2. This is one of the most important verses in the Bible regarding friends. In fact, it is a test verse of sorts. It is a test of our love for our friends.

(2) Answer the following questions about 1 John 5:2.

1) How do we know that we love our friends?

2) Can we love our friends without loving God?

3) How do we show our love for God?

4) How do we show our love for our friends?

Grandparents

Things to Learn

1. There is one very godly grandmother mentioned in the Bible. Name her and explain why she was considered godly.

3. Do something special for your grandparents on their birthdays. Write down what you did.

Grandmother 1 _____

Grandfather 1 _____

Grandmother 2 _____

Grandfather 2 _____

4. Ask a grandparent for his or her favorite Bible verse. Copy the verse down and memorize it.

Hospitality

Things to Learn

1. Complete the following:

(1) What does “grudging” mean?

(2) Why is it important to have hospitality without any “grudging”?

(3) List three ways to make a church visitor welcome.

1) _____

2) _____

3) _____

(4) List three ways to make a guest in your home feel welcome.

1) _____

2) _____

3) _____

4. Find three Scripture verses which mention hospitality. Write them out and memorize them.

(1) _____

(2) _____

(3) _____

Love

Things to Learn

1. Read I Corinthians 13. Write each verse and tell in your own words what it means. Next, write a short paragraph on each verse explaining how it can apply to your life.

Verse 1

What it means

How it can apply to my life



Verse 2

What it means

How it can apply to my life



Verse 3

What it means

How it can apply to my life



Verse 4

What it means

How it can apply to my life



Verse 5

What it means

How it can apply to my life



Verse 6

What it means

How it can apply to my life



Verse 7

What it means

How it can apply to my life



Verse 8

What it means

How it can apply to my life



Verse 9

What it means

How it can apply to my life



Verse 10

What it means

How it can apply to my life



Verse 11

What it means

How it can apply to my life



Verse 12

What it means

How it can apply to my life



Verse 13

What it means

Verse 5 _____

Verse 6 _____

Verse 7 _____

Verse 8 _____

Verse 9 _____

Verse 10 _____

(2) Write ten ways to show God's love to others.

1) _____

2) _____

3) _____

4) _____

5) _____

6) _____

7) _____

8) _____

9) _____

10) _____

(3) Read I John 4. Write what you learned about love.

4. Write the names of your immediate family members. Under each name, list six ways you can show that person your love for him or her.

Father

(1) _____

(2) _____

(3) _____

(4) _____

(5) _____

(6) _____

Mother

(1) _____

(2) _____

(3) _____

(4) _____

(5) _____

(6) _____

Sibling 1 _____

(1) _____

(2) _____

(3) _____

Love

Serving Others

(4) _____

(5) _____

(6) _____

Sibling 2 _____

(1) _____

(2) _____

(3) _____

(4) _____

(5) _____

(6) _____

Sibling 3 _____

(1) _____

(2) _____

(3) _____

(4) _____

(5) _____

(6) _____

Sibling 4 _____

(1) _____

(2) _____

(3) _____

(4) _____

(5) _____

(6) _____

Sibling 5 _____

(1) _____

(2) _____

(3) _____

Love

Serving Others

(4) _____

(5) _____

(6) _____

Sibling 6 _____

(1) _____

(2) _____

(3) _____

(4) _____

(5) _____

(6) _____

5. Complete the following:

(1) Compose a list of at least twelve people who are relatives or with whom you are familiar (for example: friends, neighbors, or people at church).

(2) For each name, list at least one kind thing you can do for each of the twelve people listed. Do one kind thing for each person.

Name 1 _____

Kind act _____

Name 2 _____

Kind act _____

Name 3 _____

Kind act _____

Name 4 _____

Kind act _____

Name 5 _____

Kind act _____

Name 6 _____

Kind act _____

Name 7 _____

Kind act _____

Name 8 _____

Kind act _____

Name 9 _____

Kind act _____

Name 10 _____

Kind act _____

Name 11 _____

Kind act _____

Name 12 _____

Kind act _____

- 6. This last requirement is to do something two times for someone special. The Bible tells us to love our enemies. We often feel that people may have feelings of enmity toward us when they do something that hurts us or wrongs us. Pick out someone whom you feel may have hurt you or wronged you, and do two things out of love for that person. List what you did.

Name _____

Kind act 1 _____

Kind act 2 _____

Special Needs

Things to Learn

1. Read one non-fiction book about special needs, which could include physical handicaps such as blindness, deafness, learning disabilities, or a crippling disease. List the title and author, and write a short paragraph on what you learned from the book.

Title _____

Author _____

2. Search the Bible for five Scriptures concerning the special needs of people. Copy each passage, and write in your own words what occurred in each passage.

Passage 1 _____

In your words _____

Passage 2 _____

In your words _____

Passage 3 _____

In your words _____

Passage 4 _____

In your words _____

Passage 5 _____

In your words _____

- 3. Read one biography about an individual who had a special need. List the title and author, and write a paragraph about what you learned from it.

Title _____

Author _____

- 4. Spend at least thirty minutes on three different occasions doing a service-oriented activity for a person with special needs. Examples may include reading to a blind person or cleaning for a physically limited individual. Record your service.

Service 1 _____

Service 2 _____

Service 3 _____

Tea Party

Things to Learn

1. Complete the following:

(1) List three important etiquette rules to follow when hosting a tea party.

1) _____

2) _____

3) _____

(2) List three important etiquette rules to follow when attending a tea party.

1) _____

2) _____

3) _____

(3) Describe the following teas: black, green, oolong, herbal, flavored.

Black _____

Green _____

Oolong _____

Herbal _____

Flavored _____

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Around the Home
Category

5. Complete the following:

(1) Explain the difference between chemical fertilizers and natural fertilizers.

(2) Explain how chemical fertilizers can be harmful to plants and to the people who eat the plants.

(3) Explain two ways to naturally fertilize a garden.

Method 1 _____

Method 2 _____

(4) Explain what composting means.

(5) Explain what cold-weather crops mean. Name three cold-weather crops.

Crop 1 _____

Crop 2 _____

Crop 3 _____

(6) Explain what cool-weather crops mean. Name three cool-weather crops.

Crop 1 _____

Crop 2 _____

Crop 3 _____

(7) Explain what warm-weather crops mean. Name three warm-weather crops.

Crop 1 _____

Crop 2 _____

Crop 3 _____

(8) Explain what soil pH is.

(9) Name three crops which grow best in acidic soil.

Crop 1 _____

Crop 2 _____

Crop 3 _____

(10) Name three crops which grow best in alkaline soil.

Crop 1 _____

Crop 2 _____

Crop 3 _____

(11) Name three crops which grow best in a neutral soil.

Crop 1 _____

Crop 2 _____

Crop 3 _____

(12) Generally we think of bugs as being bad, but there are some bugs which are really good for our gardens. Name two of them and explain why they are our helpers when it comes to our gardens.

Bug 1 _____

Bug 2 _____

8. Write a brief paragraph telling what you learned from gardening.

Laundry

Things to Learn

5. Complete the following:

(1) Some detergents are formulated for particular uses. Explain the differences.

(2) Explain when to use bleach or whitener.

(3) Explain when to use a fabric softener.

Keepers Girls

Companion Notebook

Culinary Arts
Category

Menu Planning

Things to Learn

4. Complete the following:

(1) How much did it cost to feed your family each day?

Sunday _____

Monday _____

Tuesday _____

Wednesday _____

Thursday _____

Friday _____

Saturday _____

(2) Can you think of any way that you could have saved money on your menu by making or doing something differently?

Bread Baking

Things to Learn

1. Complete the following:

(1) How does yeast work?

(2) How does sourdough work?

(3) Why does bread need to rise?

(4) What does kneading do?

(5) What is gluten?

Muffin Baking

Things to Learn

1. Complete the following:

(1) What are some different leavening agents that are used in muffins?

(2) What is the difference between a muffin and a cupcake?

Candy Making

Things to Learn

1. Complete the following:

(1) What is carmelization?

(2) What is inversion?

(3) What is the Maillard Reaction?

(4) What is an interfering agent?

Ice Cream Making

Things to Learn

5. Complete the following:

(1) Why do you add eggs to an ice cream base?

(2) Does your ice cream maker use salt to help freeze the ice cream? If it does, explain why.

Canning

Things to Learn

1. Complete the following:

(1) What are three types of food that you can preserve with the water bath method?

(2) What are five types of food that require the pressure canning method?

(3) What does the term raw pack mean?

(4) What does the term cold pack mean?

(5) What does the term hot pack mean?

(6) What is headspace?

Dehydrating

Things to Learn

1. Complete the following:

(1) What are three basic ways of drying food?

(2) Name three foods that you can dehydrate, and the temperatures recommended with which to dry them.

(3) Where should you store dried foods?

(4) How do you know when a food has been dried enough?

(5) How do you reconstitute a dried food?

(6) Name some ways to use dried foods.

Freezing

Things to Learn

1. Complete the following:

(1) What types of food are suited for freezing?

(2) What are some examples of food that are not suitable for freezing?

(3) How do you prevent freezer burn?

(4) How do you defrost food safely?

(5) How and why do you blanch food?

Jelly Making

Things to Learn

1. Complete the following:

(1) What is pectin? What does it do?

(2) What is a jelly?

(3) What is a jam?

(4) What is a marmalade?

(5) What is a fruit butter?

Keepers Girls

Companion Notebook

Creative Skills
Category

Needle Punching

Things to Learn

2. Explain why grain is important when transferring a pattern to your fabric.

4. Complete the following:

(1) How are different fabrics stabilized for punch needle embroidery?

(2) What is tweeding?

(3) What is color blending?

(4) What is shading?

(5) What is clipping?

(6) What is shearing?

(7) What is blocking?

Photographer

Things to Learn

1. Create a display board or digital slide show on a computer made up of twenty-four images. For each picture, list the lighting, positioning, camera settings, filter, lens, and any other preparation or equipment that was used for the shot.

Picture 1
Lighting _____
Positioning _____
Settings _____
Filter _____
Lens _____
Equipment _____

Picture 2
Lighting _____
Positioning _____
Settings _____
Filter _____
Lens _____
Equipment _____

Picture 3
Lighting _____
Positioning _____
Settings _____
Filter _____
Lens _____
Equipment _____

Picture 4
Lighting _____
Positioning _____
Settings _____
Filter _____
Lens _____
Equipment _____

Picture 5
Lighting _____
Positioning _____
Settings _____
Filter _____
Lens _____
Equipment _____

Picture 6

Lighting _____

Positioning _____

Settings _____

Filter _____

Lens _____

Equipment _____

Picture 7

Lighting _____

Positioning _____

Settings _____

Filter _____

Lens _____

Equipment _____

Picture 8

Lighting _____

Positioning _____

Settings _____

Filter _____

Lens _____

Equipment _____

Picture 9

Lighting _____

Positioning _____

Settings _____

Filter _____

Lens _____

Equipment _____

Picture 10

Lighting _____

Positioning _____

Settings _____

Filter _____

Lens _____

Equipment _____

Picture 11

Lighting _____

Positioning _____

Settings _____

Filter _____

Lens _____

Equipment _____

Picture 12

Lighting _____

Positioning _____

Settings _____

Filter _____

Lens _____

Equipment _____

Picture 13

Lighting _____

Positioning _____

Settings _____

Filter _____

Lens _____

Equipment _____

Picture 14

Lighting _____

Positioning _____

Settings _____

Filter _____

Lens _____

Equipment _____

Picture 15

Lighting _____

Positioning _____

Settings _____

Filter _____

Lens _____

Equipment _____

Picture 16

Lighting _____

Positioning _____

Settings _____

Filter _____

Lens _____

Equipment _____

Picture 17

Lighting _____

Positioning _____

Settings _____

Filter _____

Lens _____

Equipment _____

Picture 18

Lighting _____

Positioning _____

Settings _____

Filter _____

Lens _____

Equipment _____

Picture 19

Lighting _____

Positioning _____

Settings _____

Filter _____

Lens _____

Equipment _____

Picture 20

Lighting _____

Positioning _____

Settings _____

Filter _____

Lens _____

Equipment _____

Picture 21

Lighting _____

Positioning _____

Settings _____

Filter _____

Lens _____

Equipment _____

Picture 22

Lighting _____

Positioning _____

Settings _____

Filter _____

Lens _____

Equipment _____

Picture 23

Lighting _____

Positioning _____

Settings _____

Filter _____

Lens _____

Equipment _____

Picture 24
Lighting _____
Positioning _____
Settings _____
Filter _____
Lens _____
Equipment _____

- 2. Explain each of the Terms to Know as to how it affects a photograph, and how it may be affected by some of the other terms, either when shooting with a film camera or a digital camera. Have your explanations checked by someone who is knowledgeable about photography.

Focal length _____

Angle of view _____

Aperture _____

F-stop _____

Depth of field _____

Filters _____

Shutter speed _____

ISO number _____

Light source _____

Golden rectangle _____

Rule of thirds _____

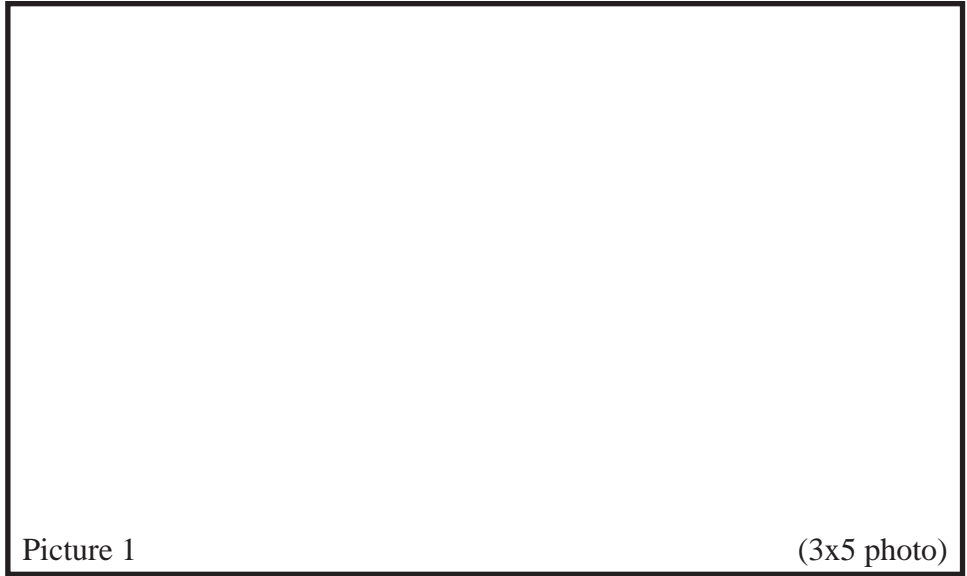
Lenses (explain types) _____

Photography

Things to Learn


5. Shoot one roll of ISO 100 film (film camera), or at least 12 photos using the ISO 100 setting (digital camera). Experiment and record your camera settings (shutter speed and aperture setting) for each picture and compare how they turned out.

Camera Settings



Picture 1 (3x5 photo)

Camera Settings

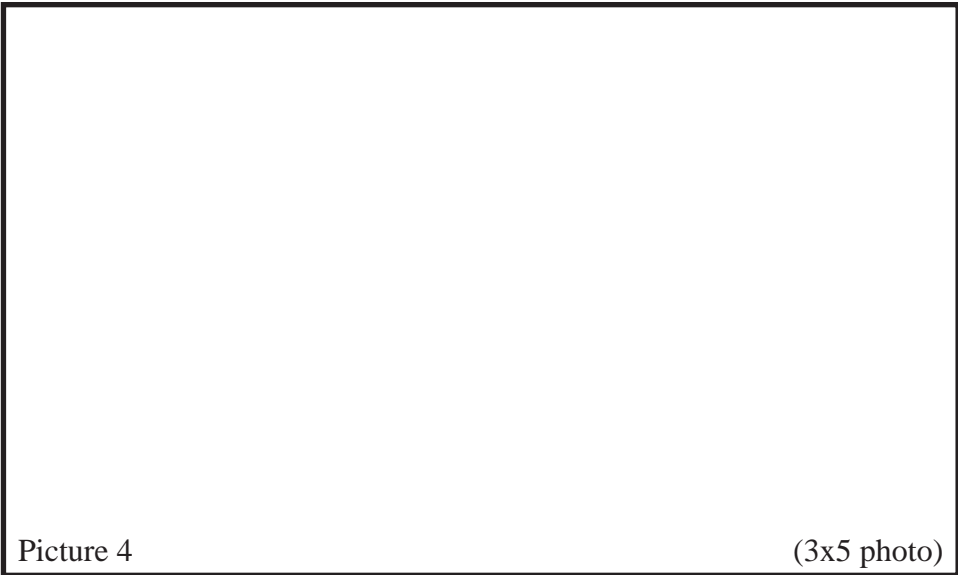


Picture 2 (3x5 photo)

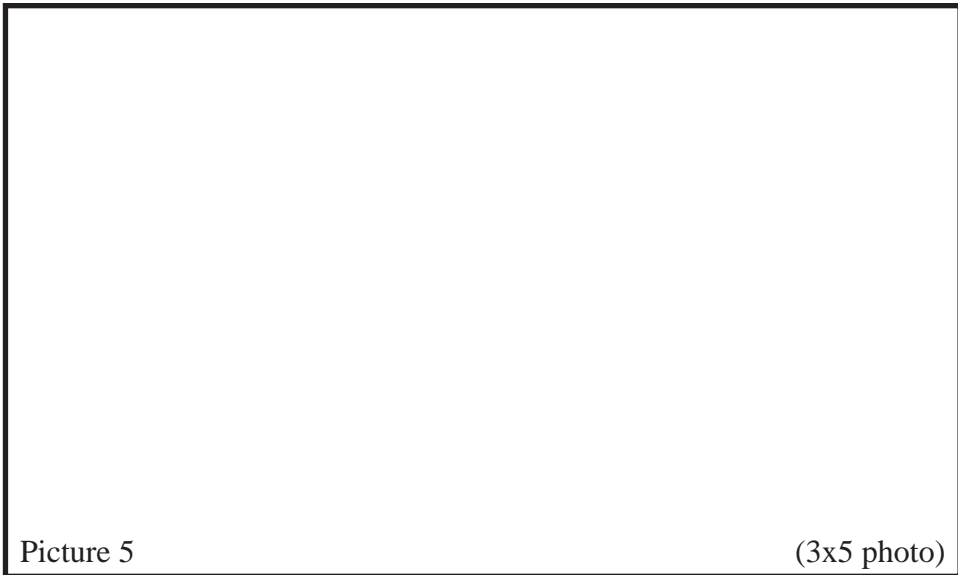
Camera Settings



Camera Settings



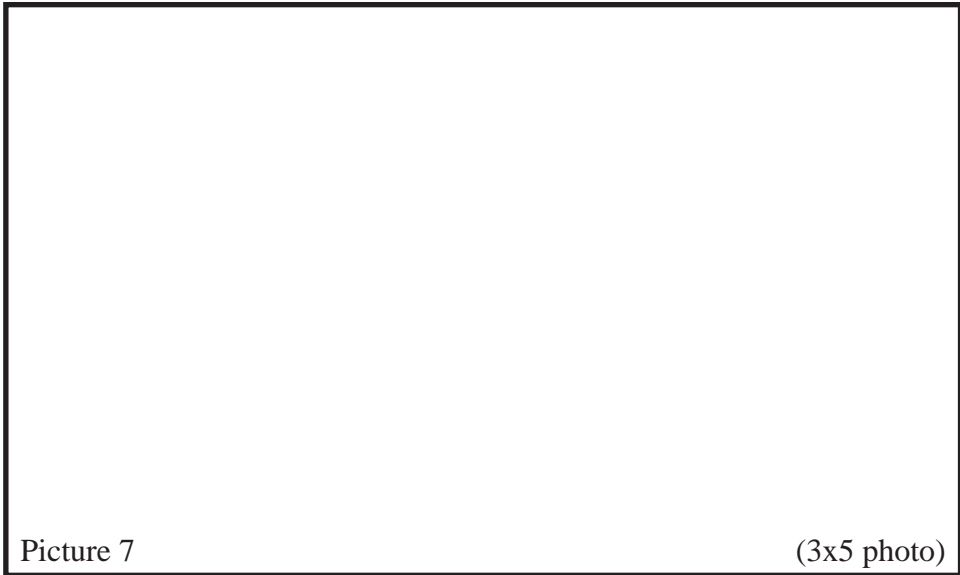
Camera Settings



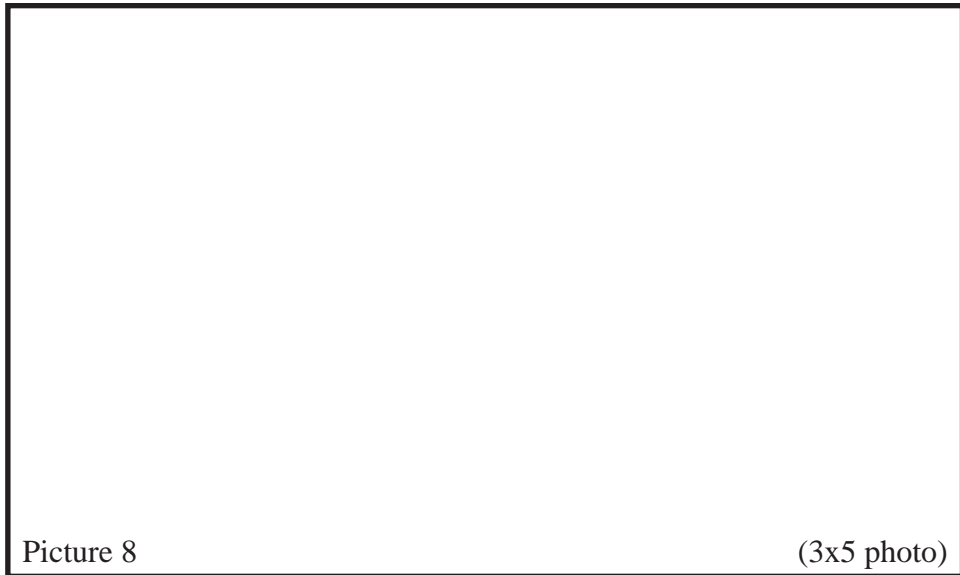
Camera Settings



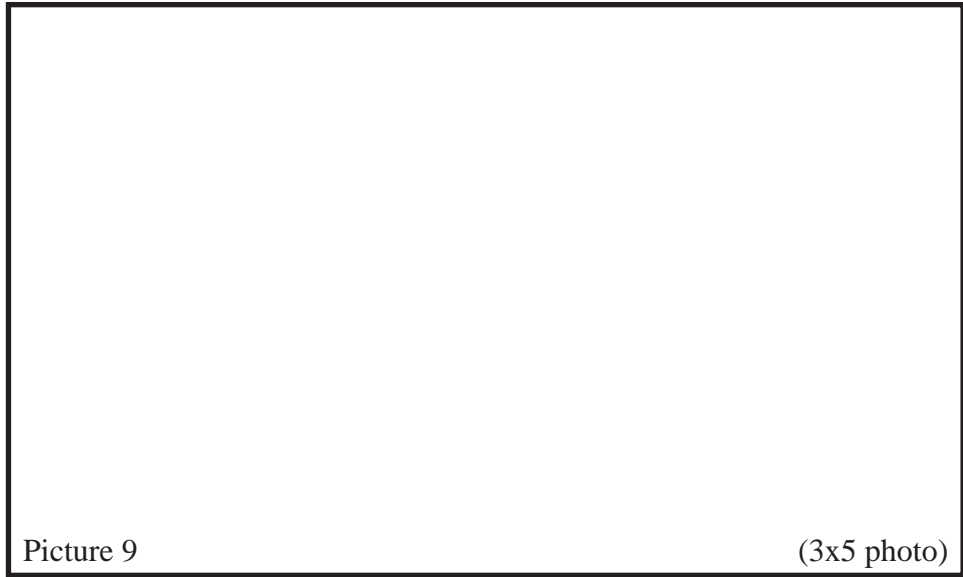
Camera Settings



Camera Settings



Camera Settings



Picture 9

(3x5 photo)

Camera Settings



Picture 10

(3x5 photo)

Camera Settings



Picture 11

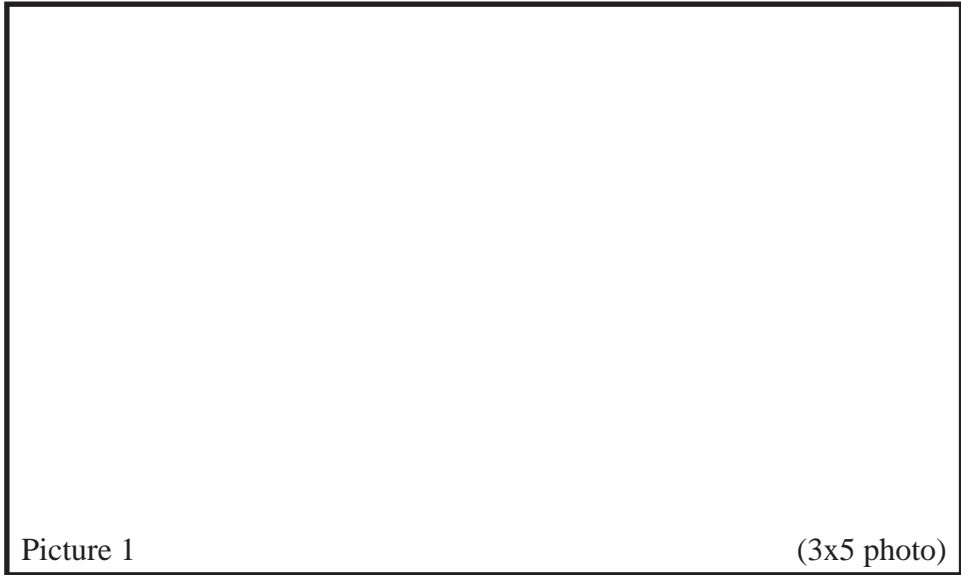
(3x5 photo)

Camera Settings



6. Shoot one roll of ISO 200 film (film camera), or or at least 12 photos using the ISO 200 setting (digital camera). Experiment and record your camera settings (shutter speed and aperture setting) for each picture and compare how they turned out.

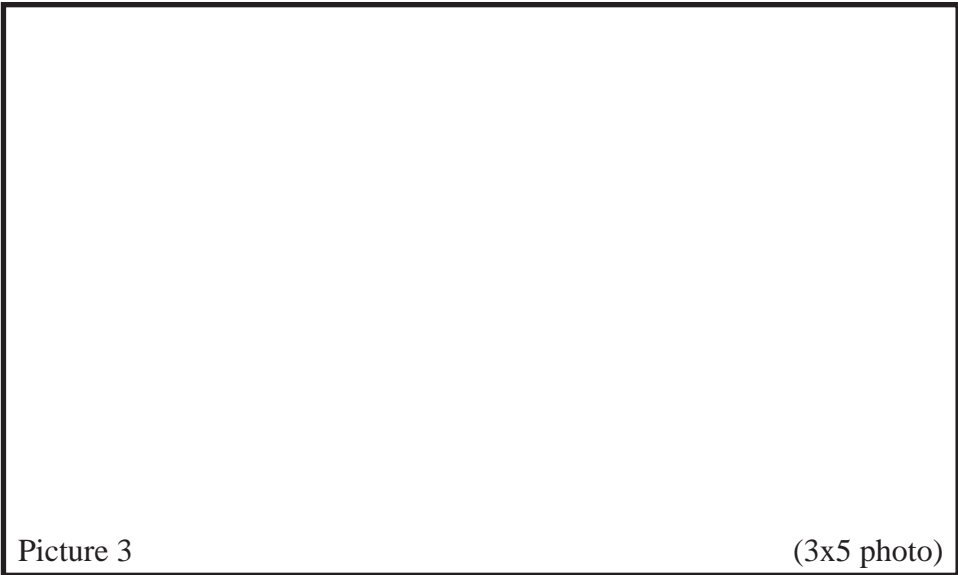
Camera Settings



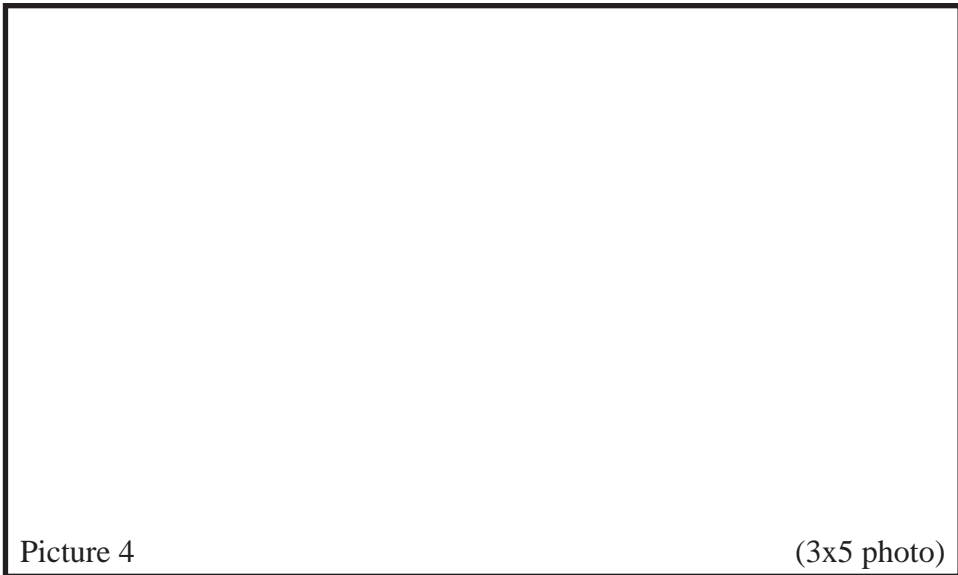
Camera Settings



Camera Settings



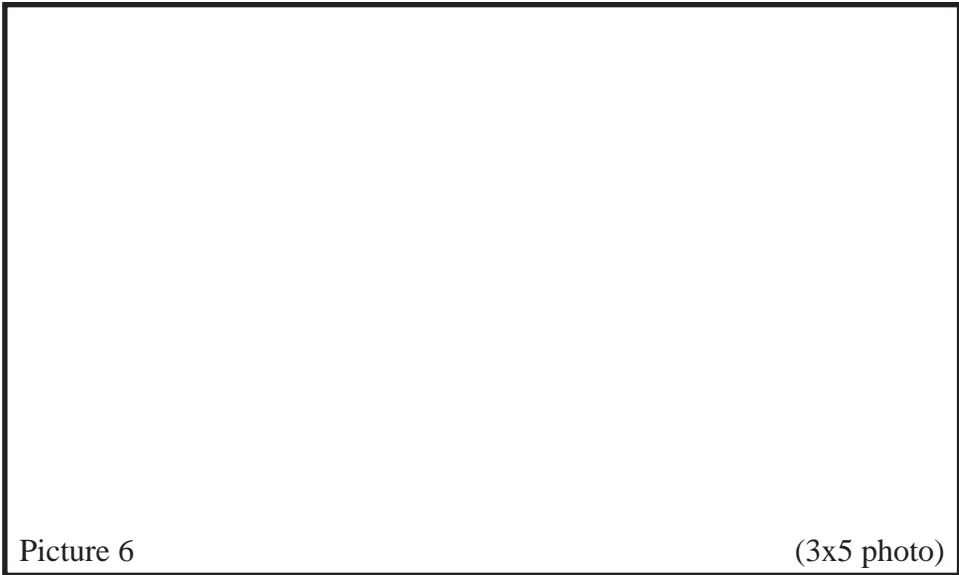
Camera Settings



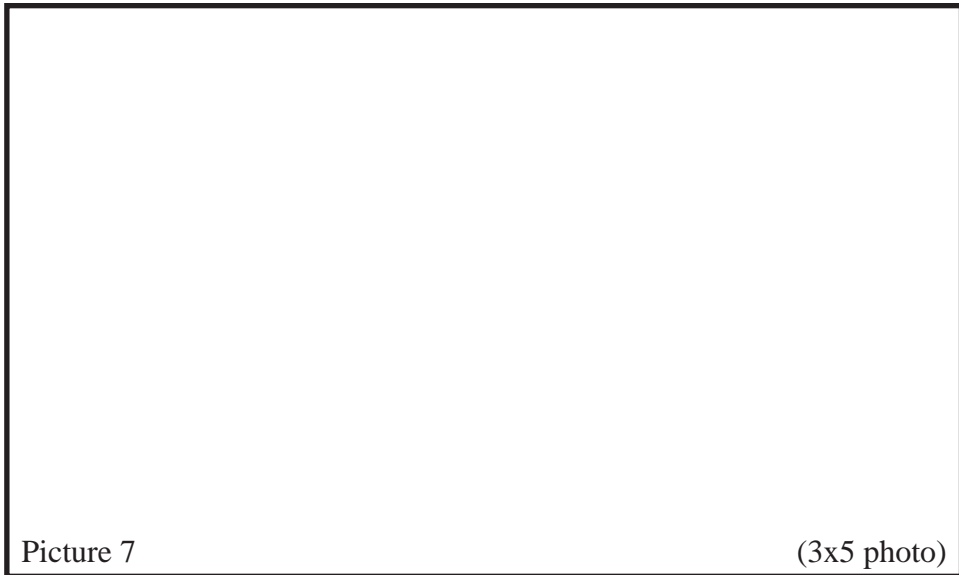
Camera Settings



Camera Settings



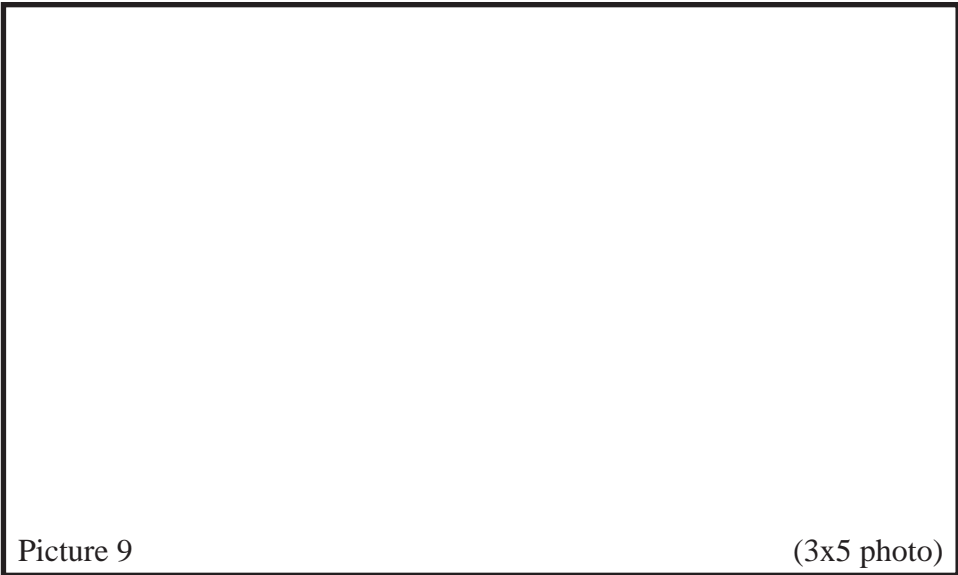
Camera Settings



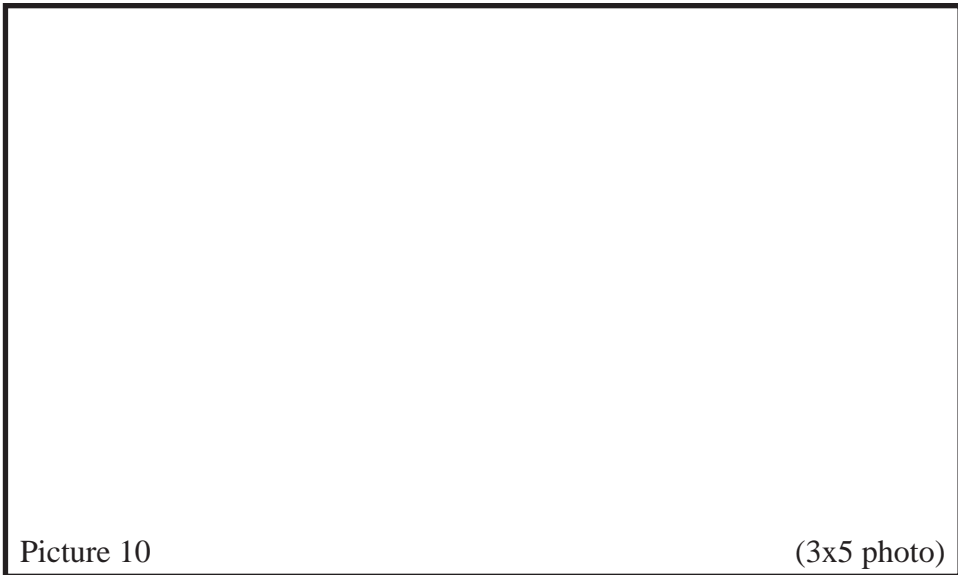
Camera Settings



Camera Settings



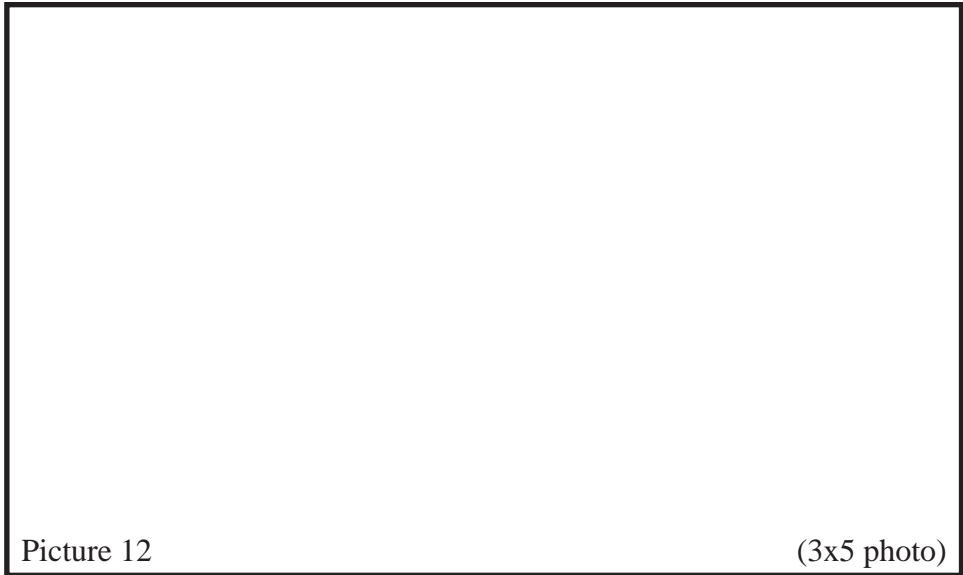
Camera Settings



Camera Settings



Camera Settings



- 7. Shoot one roll of ISO 400 film (film camera), or or at least 12 photos using the ISO 400 setting (digital camera). Experiment and record your camera settings (shutter speed and aperture setting) for each picture and compare how they turned out.

Camera Settings



Camera Settings



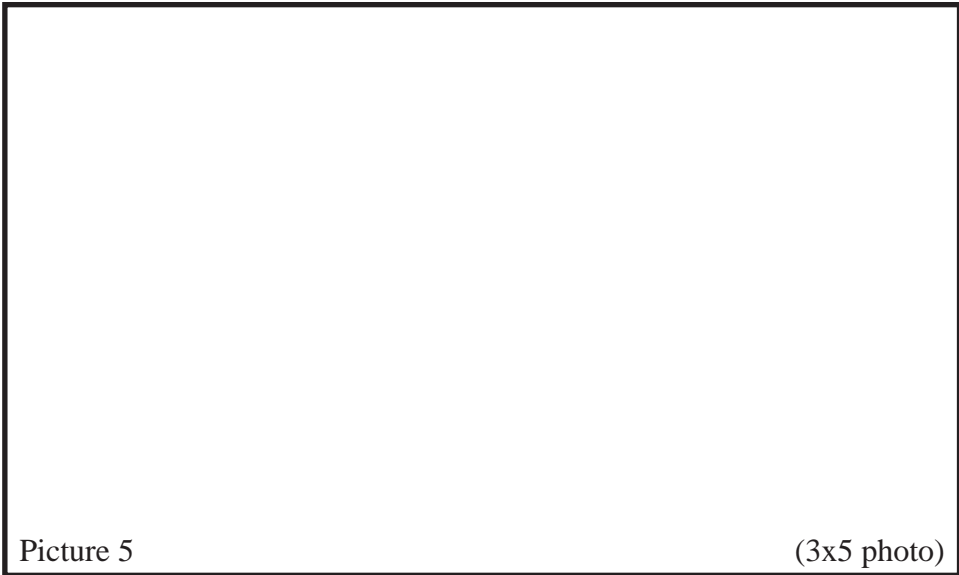
Camera Settings



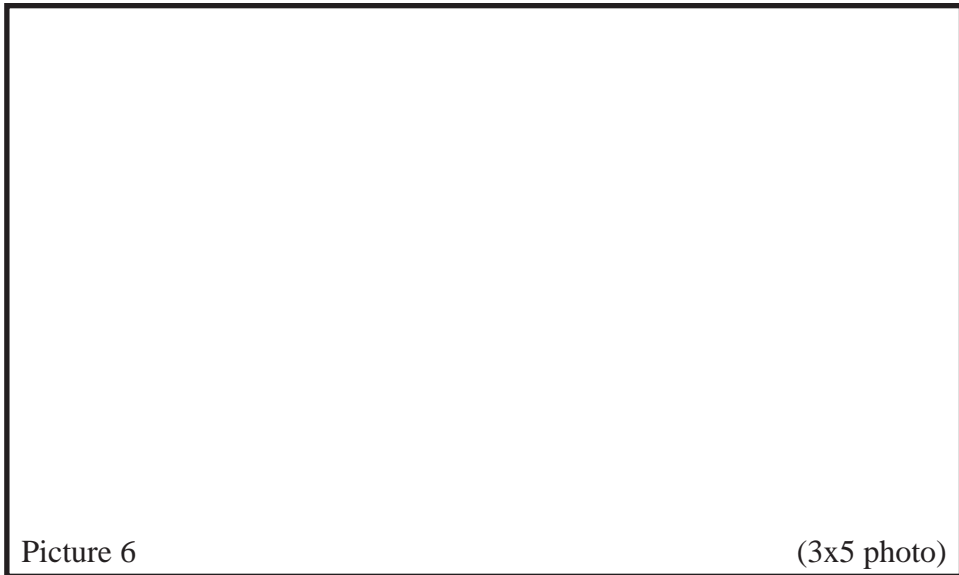
Camera Settings



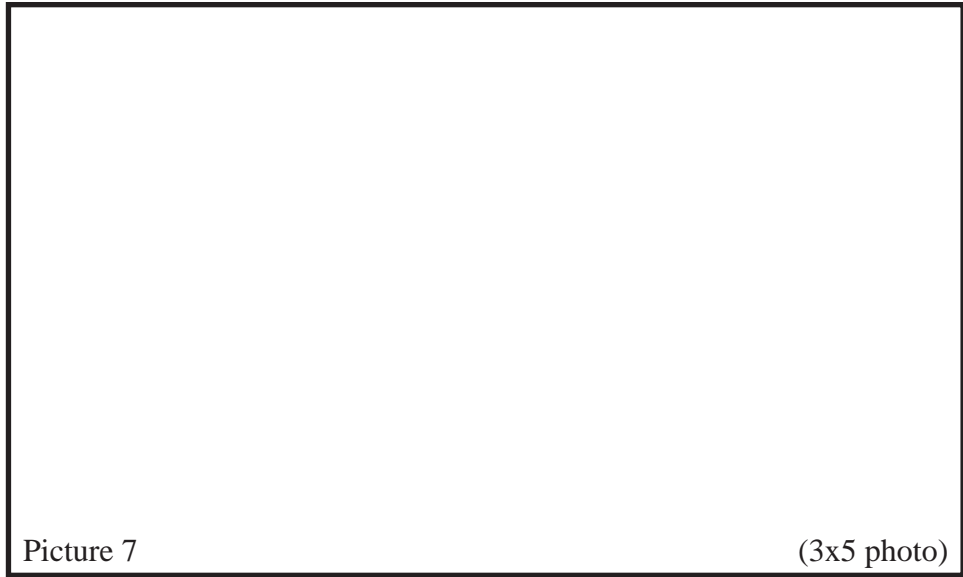
Camera Settings



Camera Settings



Camera Settings



Camera Settings



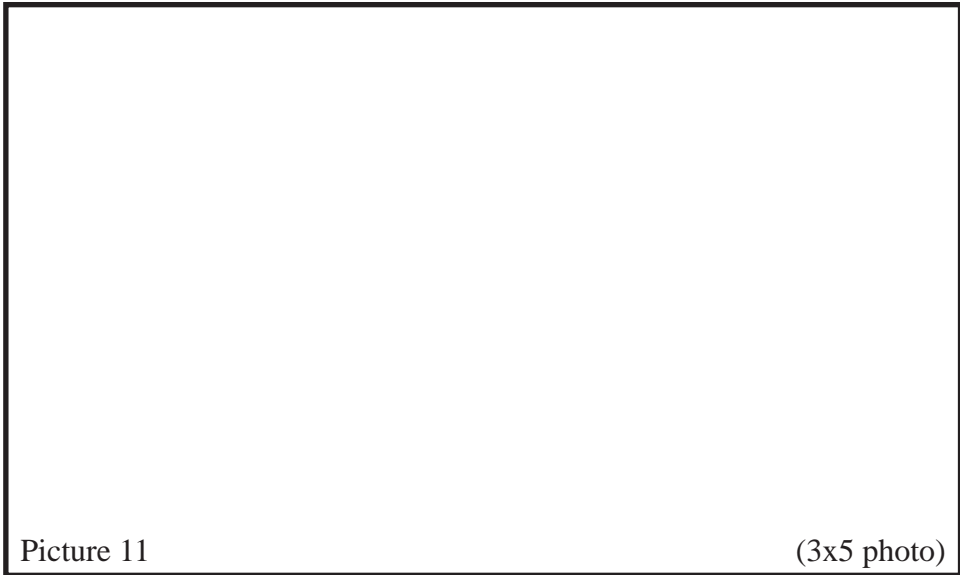
Camera Settings



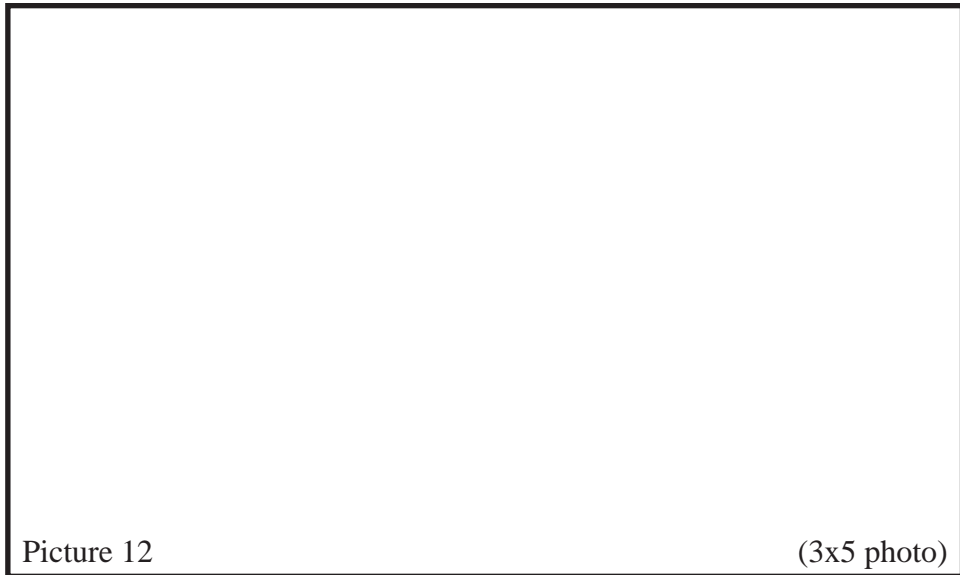
Camera Settings



Camera Settings



Camera Settings



Sewing

Things to Learn

2. Complete the following:

(1) Describe some of the familiar types of different fabrics available today, their uses, and how to care for them (washing instructions).

Fabric 1 _____

Uses _____

Washing instructions _____

Fabric 2 _____

Uses _____

Washing instructions _____

Fabric 3 _____

Uses _____

Washing instructions _____

Fabric 4 _____

Uses _____

Washing instructions _____

(2) Explain the different kinds of interfacing and when to use them, and with which fabrics.

Spinning

Things to Learn

1. Complete the following:

(1) What is scouring? _____

(2) What is carding? _____

(3) What types of fibers are used for making ropes and strong cords? _____

(4) What types of fibers are used for making cloth? _____

(5) List the two main types of spinning wheels and describe their differences.

Keepers Girls

Companion Notebook

Scholarship Studies
Category

Biography

Things to Learn

1. Read ten biographies. From each biography list the following: subject (person), title, author, and five useful lessons you learned.

Biography 1 Date _____

Subject _____
Title _____
Author _____
Lessons
1. _____

2. _____

3. _____

4. _____

5. _____

Biography 2 Date _____

Subject _____
Title _____
Author _____
Lessons
1. _____

2. _____

3. _____

4. _____

5. _____

Biography 3 Date _____

Subject _____
Title _____
Author _____
Lessons
1. _____

2. _____

3. _____

4. _____

5. _____

Biography 4 Date _____

Subject _____
Title _____
Author _____
Lessons
1. _____

2. _____

3. _____

4. _____

5. _____

Biography 5 Date _____

Subject _____
Title _____
Author _____
Lessons
1. _____

2. _____

3. _____

4. _____

5. _____

Biography 6 Date _____

Subject _____
Title _____
Author _____
Lessons
1. _____

2. _____

3. _____

4. _____

5. _____

Biography 7 Date _____

Subject _____
Title _____
Author _____
Lessons
1. _____

2. _____

3. _____

4. _____

5. _____

Biography 8 Date _____

Subject _____
Title _____
Author _____
Lessons
1. _____

2. _____

3. _____

4. _____

5. _____

Biography 9 Date _____

Subject _____
Title _____
Author _____
Lessons
1. _____

2. _____

3. _____

4. _____

5. _____

Biography 10 Date _____

Subject _____
Title _____
Author _____
Lessons
1. _____

2. _____

3. _____

4. _____

5. _____

- 2. Read five biographies (stories) of people in the Bible. Record the following information: list the subject (person), title, author, and five useful lessons you learned.

Biography 1 Date _____

Subject _____
Title _____
Author _____
Lessons
1. _____

2. _____

3. _____

4. _____

5. _____

Biography 2 Date _____

Subject _____
Title _____
Author _____
Lessons
1. _____

2. _____

3. _____

4. _____

5. _____

Biography 3 Date _____

Subject _____
Title _____
Author _____
Lessons
1. _____

2. _____

3. _____

4. _____

5. _____

Biography 4 Date _____

Subject _____
Title _____
Author _____
Lessons
1. _____

2. _____

3. _____

4. _____

5. _____

Biography 5 Date _____

Subject _____
Title _____
Author _____
Lessons
1. _____

2. _____

3. _____

4. _____

5. _____

Literature

Things to Learn

1. Read 25 books selected from the following categories:
 - (1) Biography—3 books
 - (2) Nature & Science—1 book
 - (3) History—1 book
 - (4) Poetry—1 book
 - (5) Cooking—1 book
 - (6) Crafts—1 book
 - (7) The remainder of books can be your personal choice within the realm of good Christian literature.

Book 1 Date _____

Title _____		
Category _____	Author _____	_____

Book 2 Date _____

Title _____		
Category _____	Author _____	_____

Book 3 Date _____

Title _____		
Category _____	Author _____	_____

Book 4 Date _____

Title _____		
Category _____	Author _____	_____

Book 5 Date _____

Title _____		
Category _____	Author _____	_____

Book 6 Date _____

Title _____		
Category _____	Author _____	

Book 7 Date _____

Title _____		
Category _____	Author _____	

Book 8 Date _____

Title _____		
Category _____	Author _____	

Book 9 Date _____

Title _____		
Category _____	Author _____	

Book 10 Date _____

Title _____		
Category _____	Author _____	

Book 11 Date _____

Title _____		
Category _____	Author _____	

Book 12 Date _____

Title _____		
Category _____	Author _____	

Book 13 Date _____

Title _____		
Category _____	Author _____	_____

Book 14 Date _____

Title _____		
Category _____	Author _____	_____

Book 15 Date _____

Title _____		
Category _____	Author _____	_____

Book 16 Date _____

Title _____		
Category _____	Author _____	_____

Book 17 Date _____

Title _____		
Category _____	Author _____	_____

Book 18 Date _____

Title _____		
Category _____	Author _____	_____

Book 19 Date _____

Title _____		
Category _____	Author _____	_____

Book 20 Date _____

Title _____		
Category _____	Author _____	_____

Book 21 Date _____

Title _____		
Category _____	Author _____	_____

Book 22 Date _____

Title _____		
Category _____	Author _____	_____

Book 23 Date _____

Title _____		
Category _____	Author _____	_____

Book 24 Date _____

Title _____		
Category _____	Author _____	_____

Book 25 Date _____

Title _____		
Category _____	Author _____	_____

Poetry

Things to Learn

3. Define the following terms as they relate to poetry:

Verse _____

Rhyme _____

Couplet _____

Stanza _____

Meter _____

Quatrain _____

Rhyme Scheme _____

5. A limerick is usually a humorous poem with five lines. The rhyme scheme is a-a-b-b-a. Write your own limerick in the proper format. An example is given below.

*There once was a young man named Jason
Who was told he really must hasten.
While washing his clothes,
He stepped on his toes
And fell with a splash in the basin.*

6. A sonnet has a more complicated format than most poems and requires much more work. It is composed of fourteen lines, which contain three quatrains and a couplet. In each quatrain, the first and the third lines rhyme, and the second and the fourth lines rhyme. The two lines of the couplet also rhyme. Write your own sonnet on a topic of your choice, following the correct format.

Scholarship

Things to Learn

3. Complete the following:

(1) Look up and write the definitions of ten new words that you encountered in your reading.

1) _____

2) _____

3) _____

4) _____

5) _____

6) _____

7) _____

8) _____

9) _____

10) _____

(2) Look up in a thesaurus the same ten words which you looked up in the dictionary, and beside each word write another word which also can be used for it. Write the second word's definition from the dictionary so that you know its exact meaning.

1) Original word _____ Alternate word _____

2) Original word _____ Alternate word _____

3) Original word _____ Alternate word _____

4) Original word _____ Alternate word _____

5) Original word _____ Alternate word _____

6) Original word _____ Alternate word _____

7) Original word _____ Alternate word _____

8) Original word _____ Alternate word _____

9) Original word _____ Alternate word _____

10) Original word _____ Alternate word _____

(3) Look up three things in an encyclopedia that you encountered in your reading and about which you would like to know more. Write a paragraph about each one.

1) _____

2) _____

3) _____

- (4) Have someone read two Bible verses and copy them down. Find their location (book, chapter, verse) using a concordance.

Verse 1 Reference _____

Verse 2 Reference _____

4. Write a short paper explaining “Fear of the Lord.” Use a concordance to find three verses for the paper.

- (1) Use a thesaurus to find substitutes for two words in your paper and replace them with the new ones.

Original word _____ Alternate word _____
 Original word _____ Alternate word _____

- (2) Use a dictionary to make sure that your substitutions are accurate.

States

You may duplicate for multiple states as needed.

Things to Learn

1. Complete the following:

(1) How large is the state, and in what section of the US is it located?

(2) Describe the terrain of the state, and list its natural geography.

(3) What is something that the state produces?

(4) In what year did the state join the United States? _____

(5) How did the state get its name?

(6) Describe the state flag.

(7) What is the nickname of the state and its state flower?

Nickname _____

Flower _____

Keepers Girls

Companion Notebook

Special Knowledge
Category

Citizenship

Things to Learn

1. Complete the following:

(1) What is the Constitution? _____

(2) Why is the Constitution so important? _____

(3) Who were some of the writers of the Constitution? _____

(4) What is the Bill of Rights? _____

(5) List the Bill of Right's ten amendments.

1) _____

2) _____

3) _____

4) _____

Citizenship

Special Knowledge

5) _____

6) _____

7) _____

8) _____

9) _____

10) _____

(6) What are the voting requirements in the United States? _____

(7) Why is it important to vote? _____

(8) What is naturalization? _____

(9) What are the requirements to become a U.S. citizen? _____

Computers

Things to Learn

1. Define the following terms:

(1) CPU _____

(2) Boot-up process _____

(3) RAM _____

(4) Operating system _____

(5) USB drive _____

(6) CD-DVD drive _____

(7) Hard drive _____

(8) Virus, worm, rootkit _____

2. Explain the difference between software and hardware.

3. Explain what a programming language is.

CPR

Things to Learn

2. Describe the three basic parts of CPR.

(1) _____

(2) _____

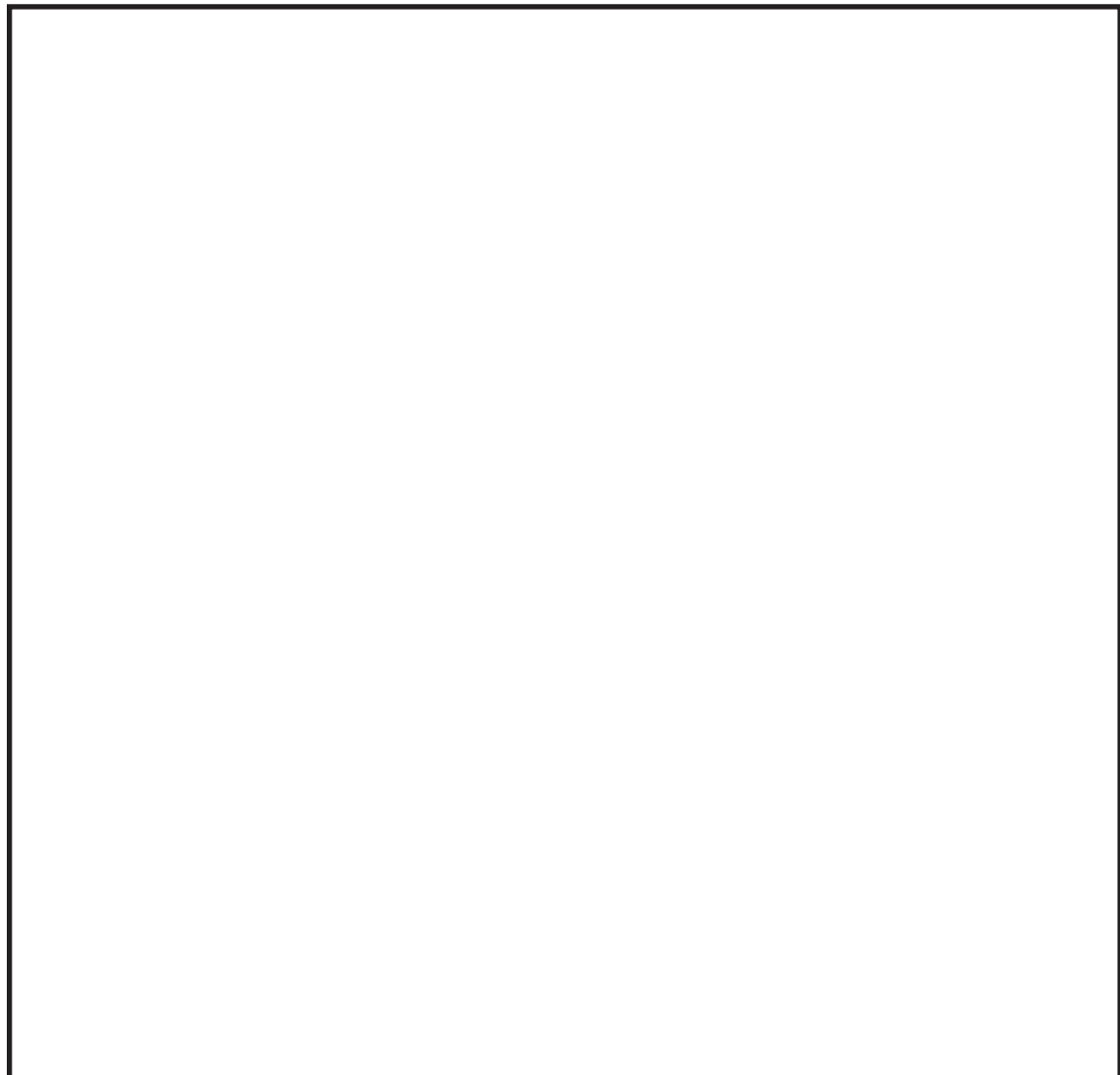
(3) _____

Fire Safety

Things to Learn

1. Explain how many smoke detectors should be installed in a home and where they should be installed.

3. Draw up a fire escape plan for your home, including the proper exit route from each part of your home and a rendezvous point for all family members.



F
i
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E
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p
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P
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a
n

- 4. The word “fire” is found many times in the Bible. In several occurrences, “fire” is linked to our tongues, or the words of our mouth. Copy the verses from your handbook and write a short paragraph explaining the meaning of each.

Verse 1

Explanation

Verse 2

Explanation

Genealogy

Things to Learn

3. Write the answers to the following questions.

(1) Who was the great-grandmother of King David? _____

(2) Noah had three sons. What was the son's name who was an ancestor of Abraham?

(3) How many generations removed was Noah from Adam? _____

Keepers Girls

Companion Notebook

Music Arts
Category

Singing

Things to Learn

1. List five of your favorite Christian hymns and/or spiritual songs, their authors, and why each song is special to you.

Song 1

Title _____
Author _____
Special because _____

Song 2

Title _____
Author _____
Special because _____

Song 3

Title _____
Author _____
Special because _____

Song 4

Title _____
Author _____
Special because _____

Song 5

Title _____
Author _____
Special because _____

Keepers Girls

Companion Notebook

Artistic Skills
Category

Pottery

Things to Learn

1. Explain the following methods:

The Pinch Method _____

The Coiled Method _____

The Slab\Molding Method _____

2. Complete the following:

(1) How does a pottery wheel work?

(2) What is throwing?

(3) What is greenware?

(4) What is bisqueware?

(5) How is glaze used?

(6) Why do you kiln dry pottery?

Keepers Girls

Companion Notebook

Nature Studies
Category

Birds

Things to Learn

1. Gather information on the nests, songs, and habits of ten birds.

Bird 1

Name of Bird _____
Nest _____

Songs _____

Habits _____

Bird 2

Name of Bird _____
Nest _____

Songs _____

Habits _____

Bird 3

Name of Bird _____
Nest _____

Songs _____

Habits _____

Bird 4

Name of Bird _____
Nest _____

Songs _____

Habits _____

Bird 5

Name of Bird _____
Nest _____

Songs _____

Habits _____

Bird 6

Name of Bird _____
Nest _____

Songs _____

Habits _____

Bird 7

Name of Bird _____
Nest _____

Songs _____

Habits _____

Bird 8

Name of Bird _____
Nest _____

Songs _____

Habits _____

Bird 9

Name of Bird _____
Nest _____

Songs _____

Habits _____

Bird 10

Name of Bird _____
Nest _____

Songs _____

Habits _____

3. Write the answers to the following:

(1) Name five unusual facts about birds.

1) _____

2) _____

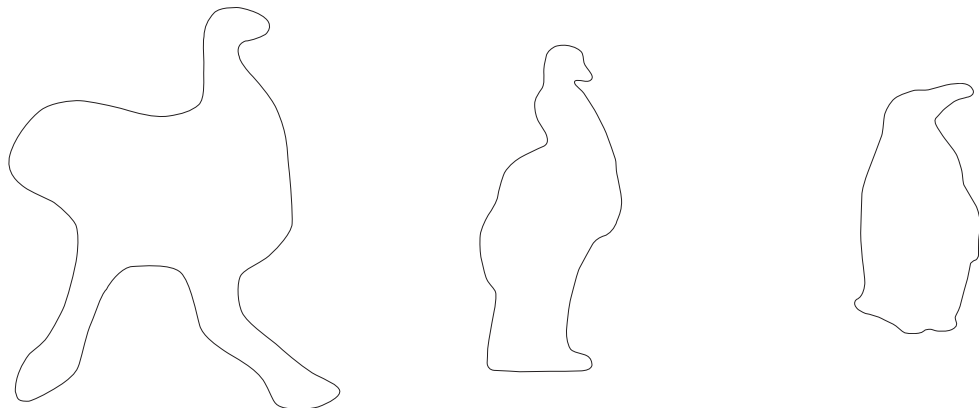
3) _____

4) _____

5) _____

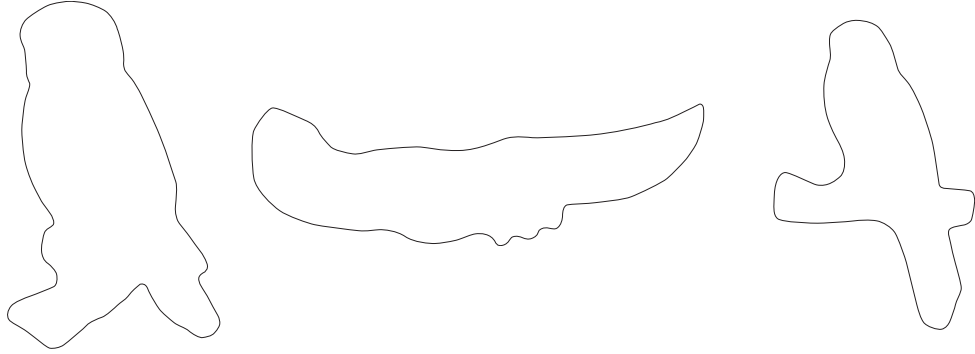
(2) Name three birds that cannot fly. Optional—place the correct sticker in the outline from Birds Set 1 sticker sheet by KOF.

Bird 1 _____ Bird 2 _____ Bird 3 _____



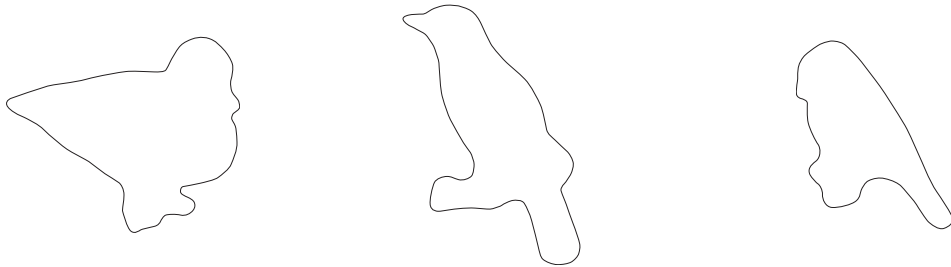
(3) Name three predatory birds. Optional—place the correct sticker in the outline from Birds Set 1 sticker sheet by KOF.

Bird 1 _____ Bird 2 _____ Bird 3 _____



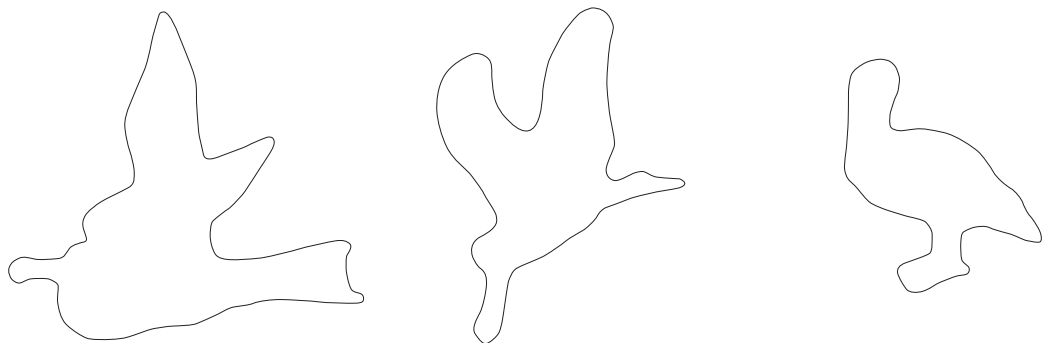
(4) Name three migratory birds. Optional—place the correct sticker in the outline from Birds Set 1 sticker sheet by KOF.

Bird 1 _____ Bird 2 _____ Bird 3 _____



(5) Name three birds that fish for food. Optional—place the correct sticker in the outline from Birds Set 1 sticker sheet by KOF.

Bird 1 _____ Bird 2 _____ Bird 3 _____



Butterflies

Things to Learn

1. Write the answers to the following:

(1) List the four life stages of a butterfly.

(2) List the three main body parts of a butterfly.

(3) What are the two antennae used for?

(4) What is the proboscis used for?

(5) With what are the wings covered?

- 2. Find and identify five different butterflies in your area. Study about these butterflies and learn what plants and flowers they like to eat. What habitat does each butterfly like? *Its habitat is its home environment. A home environment will be the place it can find food, sleep, sun, etc.* What time of day will you see each butterfly?

Butterfly 1

Name of butterfly _____
Date sighted _____
Time sighted _____
Locations _____
Habitat _____
What it likes to eat _____

Butterfly 2

Name of butterfly _____
Date sighted _____
Time sighted _____
Locations _____
Habitat _____
What it likes to eat _____

Butterfly 3

Name of butterfly _____
Date sighted _____
Time sighted _____
Locations _____
Habitat _____
What it likes to eat _____ _____

Butterfly 4

Name of butterfly _____
Date sighted _____
Time sighted _____
Locations _____
Habitat _____
What it likes to eat _____ _____

Butterfly 5

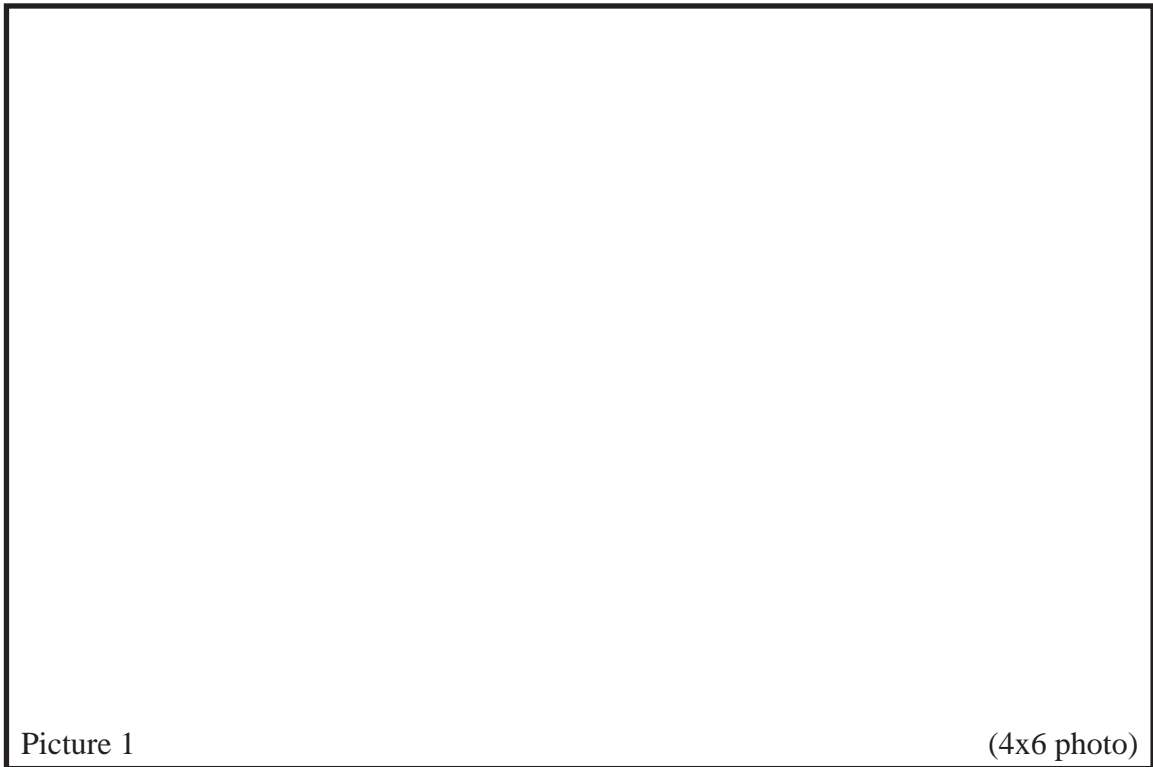
Name of butterfly _____
Date sighted _____
Time sighted _____
Locations _____
Habitat _____
What it likes to eat _____ _____

Flowers

Things to Learn

- Collect pictures of ten different flowers and place them in your notebook.
 Write down any interesting facts about these ten flowers.
 For each of the ten flowers, write down the amount of sun it needs and how frequently it should be watered. Also, note whether it is an annual or perennial flower.

Flower 1 _____



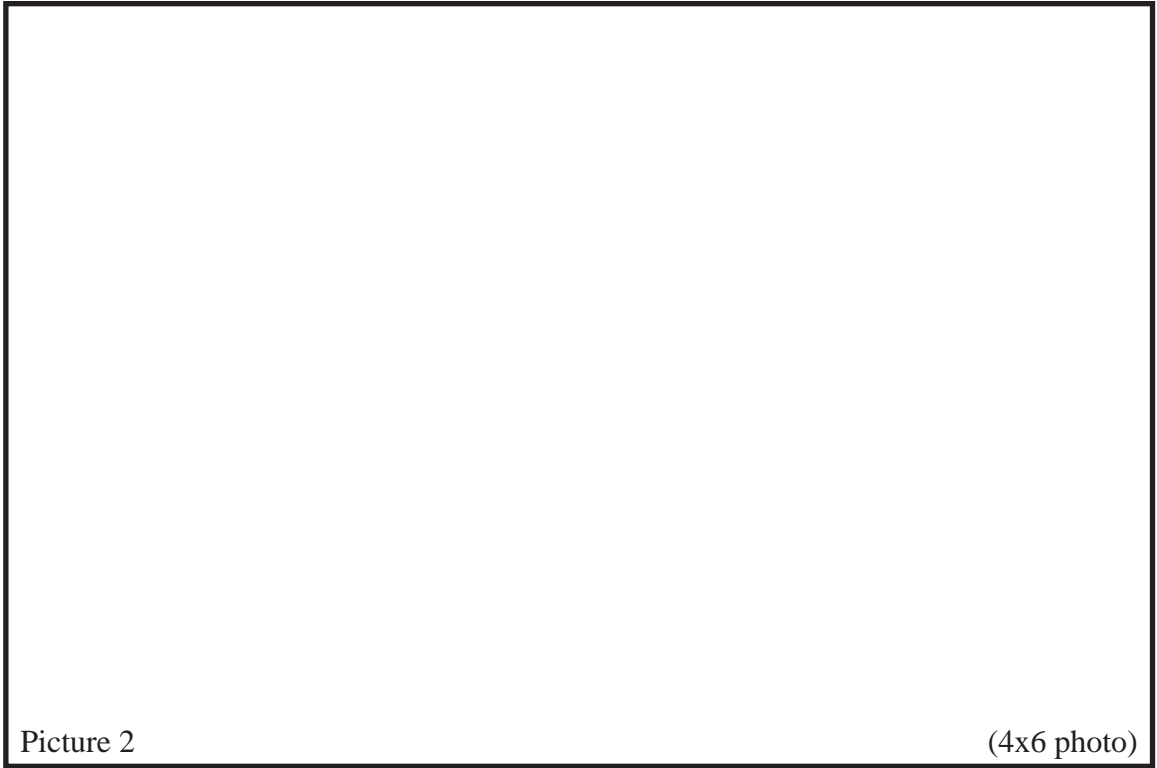
Picture 1 (4x6 photo)

Facts _____

How much sun is needed? _____

Annual or perennial? _____

Flower 2 _____



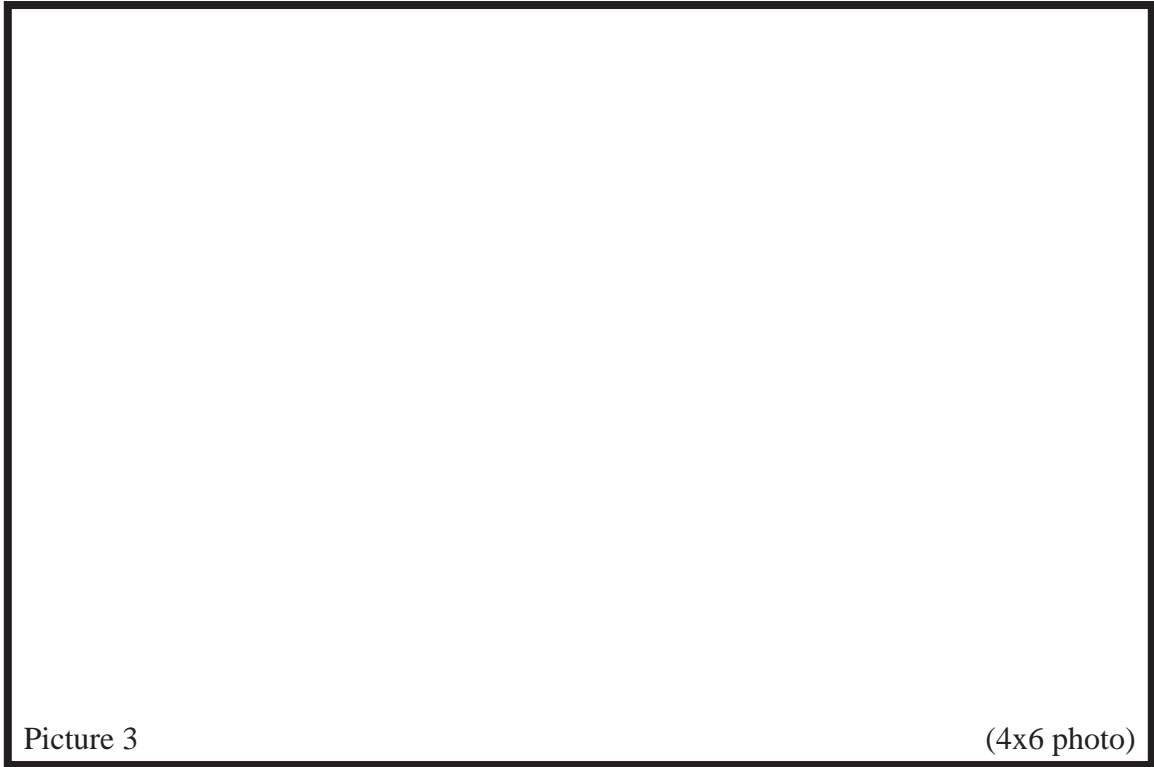
Facts _____

How much sun is needed? _____

How frequently should it be watered? _____

Annual or perennial? _____

Flower 3 _____



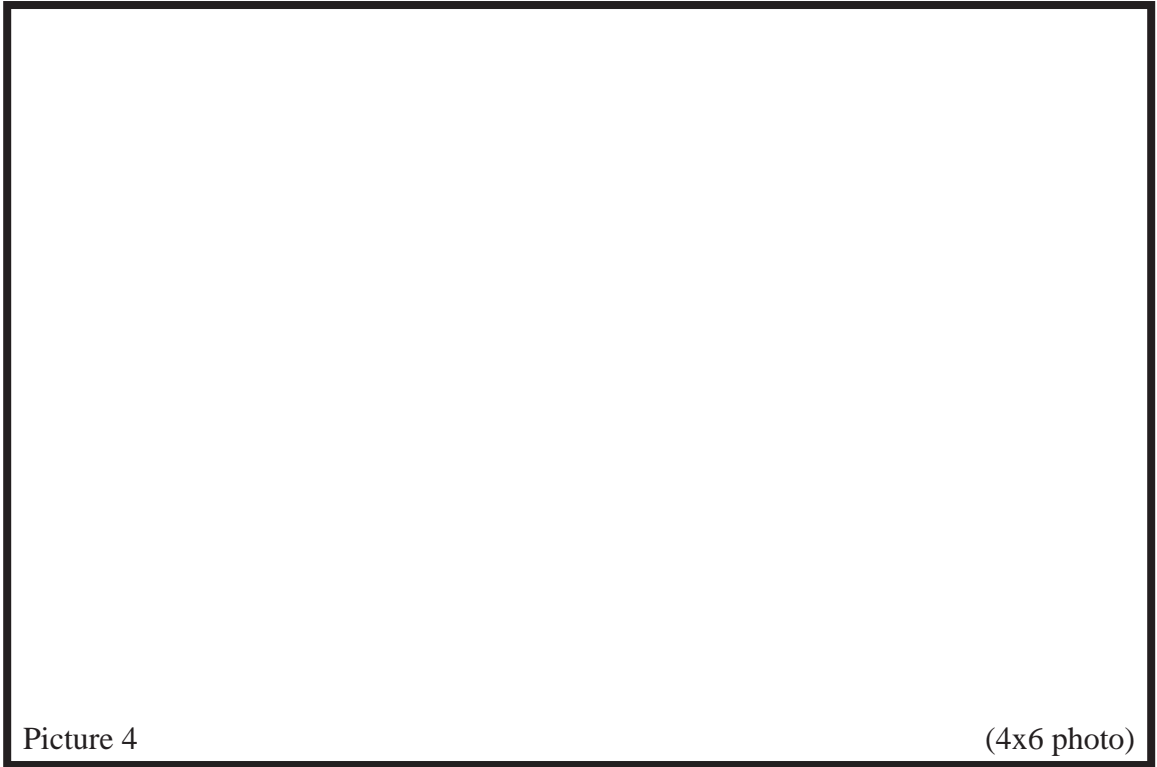
Facts _____

How much sun is needed? _____

How frequently should it be watered? _____

Annual or perennial? _____

Flower 4 _____



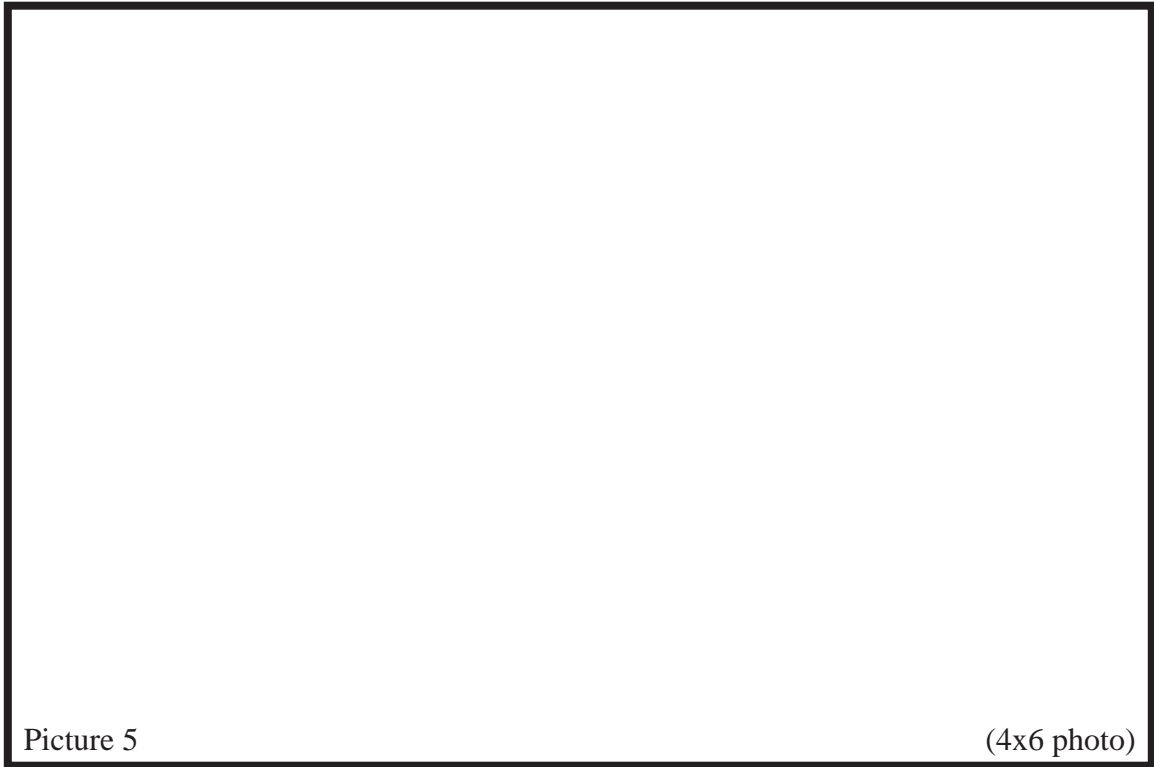
Facts _____

How much sun is needed? _____

How frequently should it be watered? _____

Annual or perennial? _____

Flower 5 _____



Facts _____

How much sun is needed? _____

How frequently should it be watered? _____

Annual or perennial? _____

Flower 6 _____



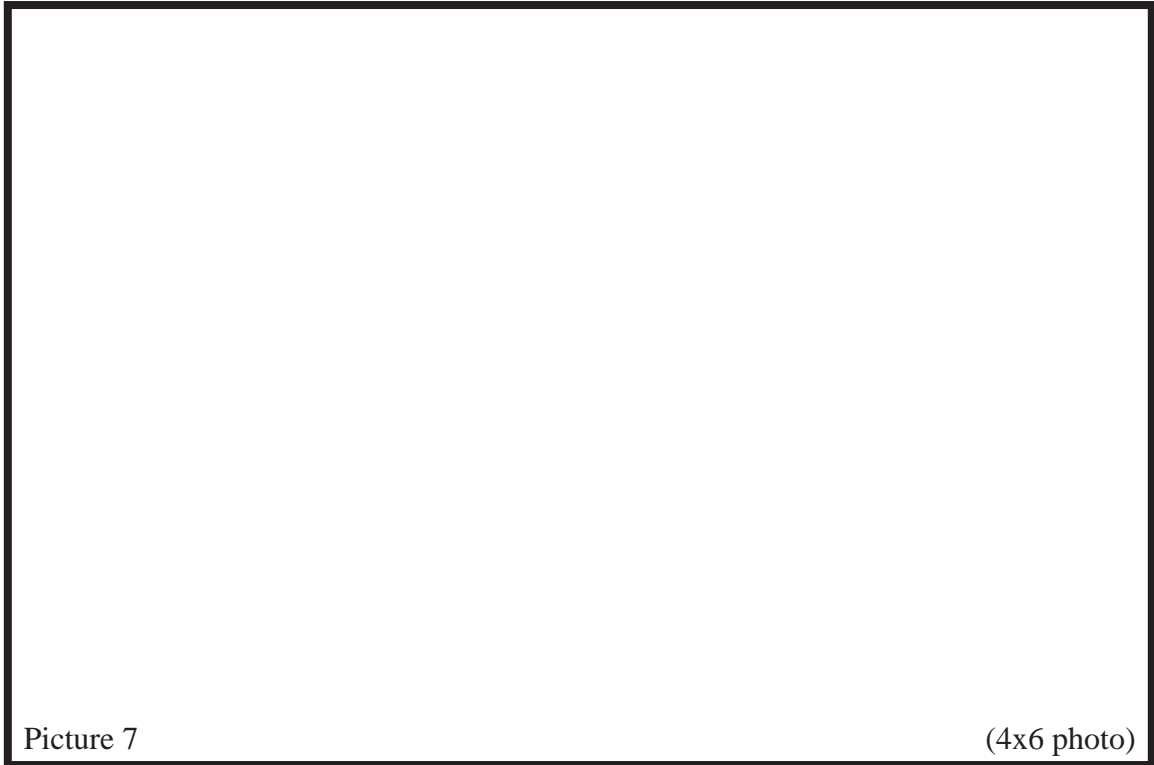
Facts _____

How much sun is needed? _____

How frequently should it be watered? _____

Annual or perennial? _____

Flower 7 _____



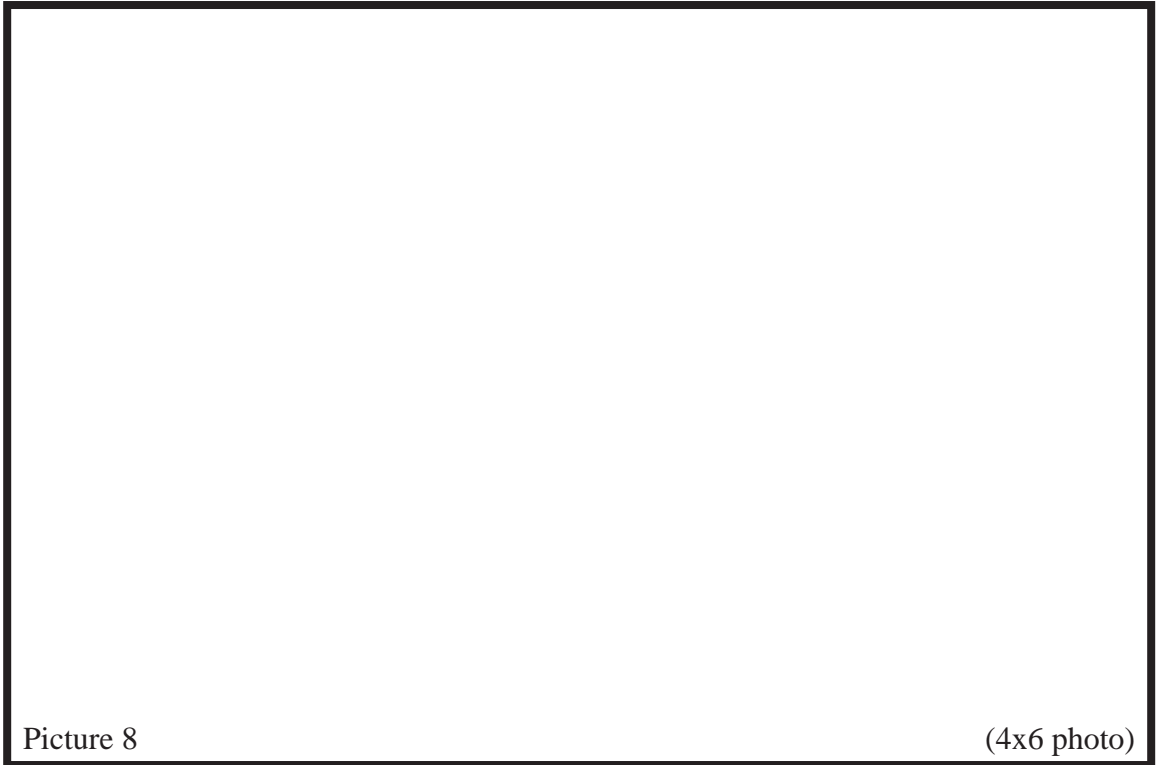
Facts _____

How much sun is needed? _____

How frequently should it be watered? _____

Annual or perennial? _____

Flower 8 _____



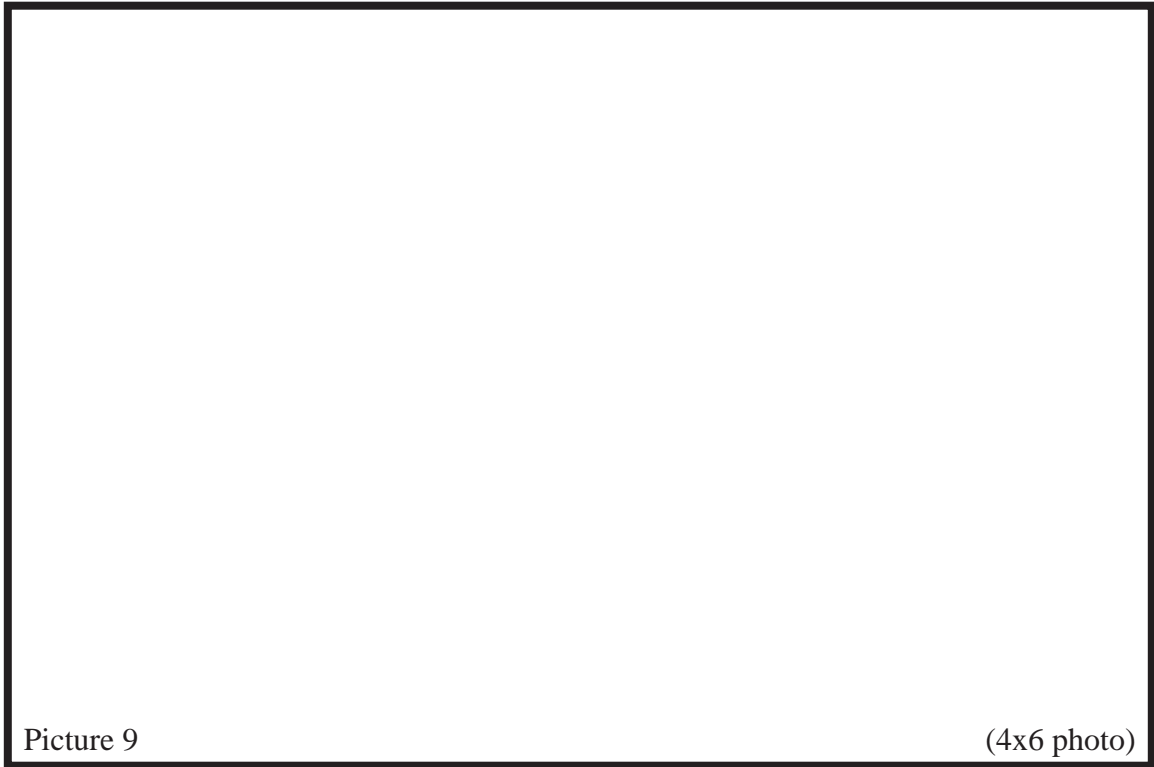
Facts _____

How much sun is needed? _____

How frequently should it be watered? _____

Annual or perennial? _____

Flower 9 _____



Facts _____

How much sun is needed? _____

How frequently should it be watered? _____

Annual or perennial? _____

Flower 10 _____



Facts _____

How much sun is needed? _____

How frequently should it be watered? _____

Annual or perennial? _____

2. Write the answers to the following:

(1) Explain how to prune a plant.

(2) Explain why plants need fertilizer.

(3) Explain how to divide an overgrown houseplant.

Insects

Things to Learn

1. Write the answers to the following:

(1) List the three main body parts of an insect.

(2) List three insects that are good for gardens. Explain how they benefit a garden.

Insect 1 _____

Benefit _____

Insect 2 _____

Benefit _____

Insect 3 _____

Benefit _____

(3) List five insects in the Bible, and give the Bible reference for them.

Insect 1 _____

Reference _____

Insect 2 _____

Reference _____

Insect 3 _____

Reference _____

Insect 4 _____

Reference _____

Insect 5 _____

Reference _____

2. List five insects that live around your home, and give the pertinent information about them.

Insect 1

Name of insect _____
Description _____ _____
Habitat _____
Life Span _____
What does it eat? _____ _____

Insect 2

Name of insect _____
Description _____ _____
Habitat _____
Life Span _____
What does it eat? _____ _____

Insect 3

Name of insect _____
Description _____ _____
Habitat _____
Life Span _____
What does it eat? _____ _____

Insect 4

Name of insect _____
Description _____ _____
Habitat _____
Life Span _____
What does it eat? _____ _____

Insect 5

Name of insect _____
Description _____ _____
Habitat _____
Life Span _____
What does it eat? _____ _____

3. Write a short paragraph on one lesson you learned about God through studying insects.

Trees

Things to Learn

1. Collect pictures of ten trees. Give a description of each tree. Note if this tree is mentioned in the Bible.

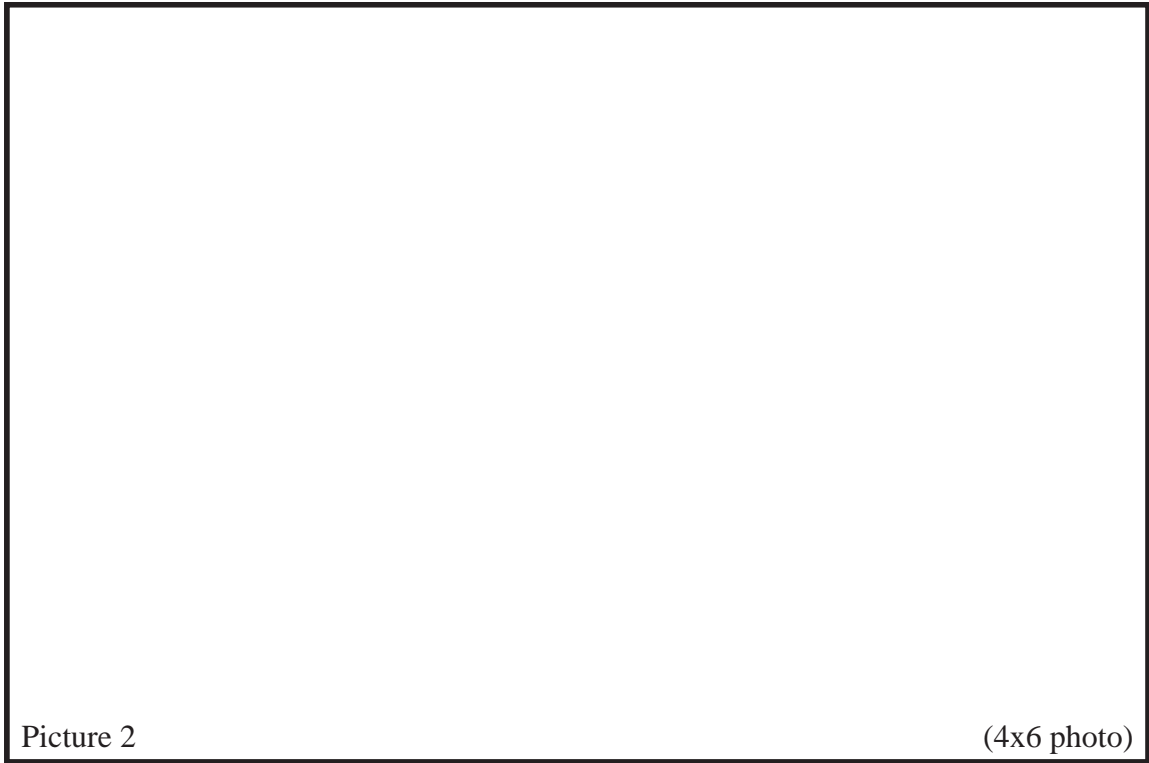
Tree 1 _____

Picture 1		(4x6 photo)
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Description _____

Mentioned in the Bible? If yes, give the reference. _____

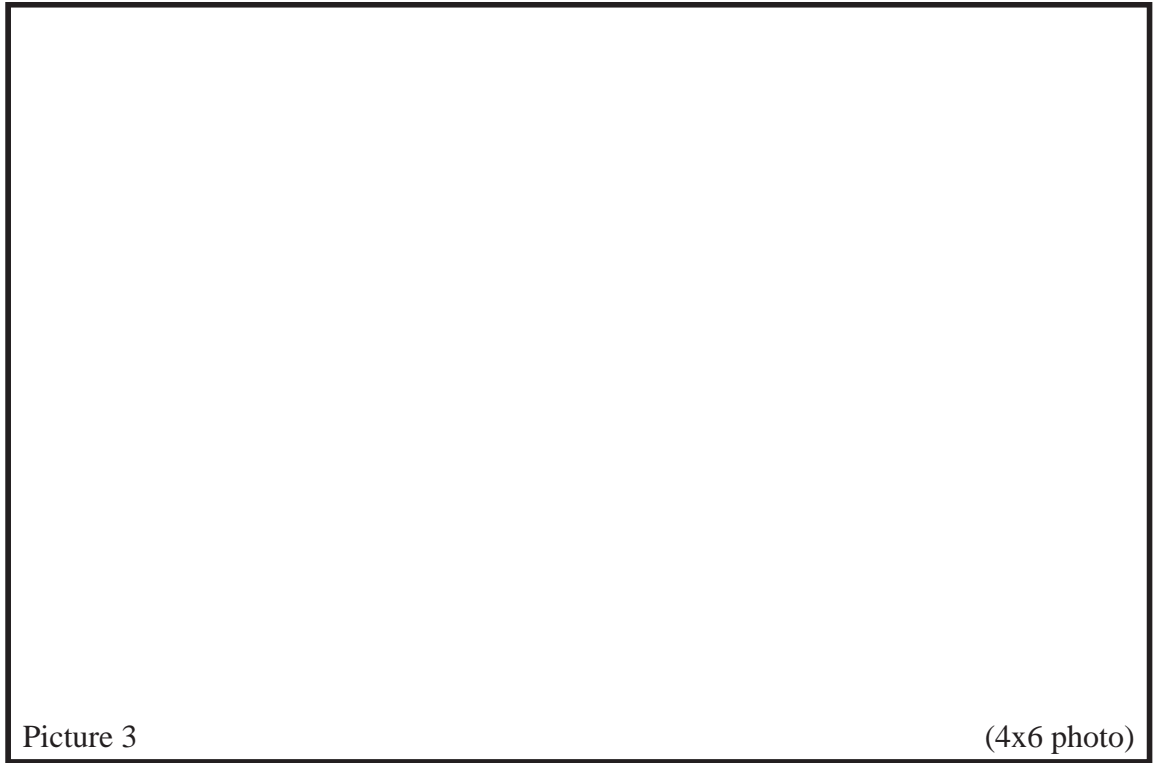
Tree 2 _____



Description _____

Mentioned in the Bible? If yes, give the reference. _____

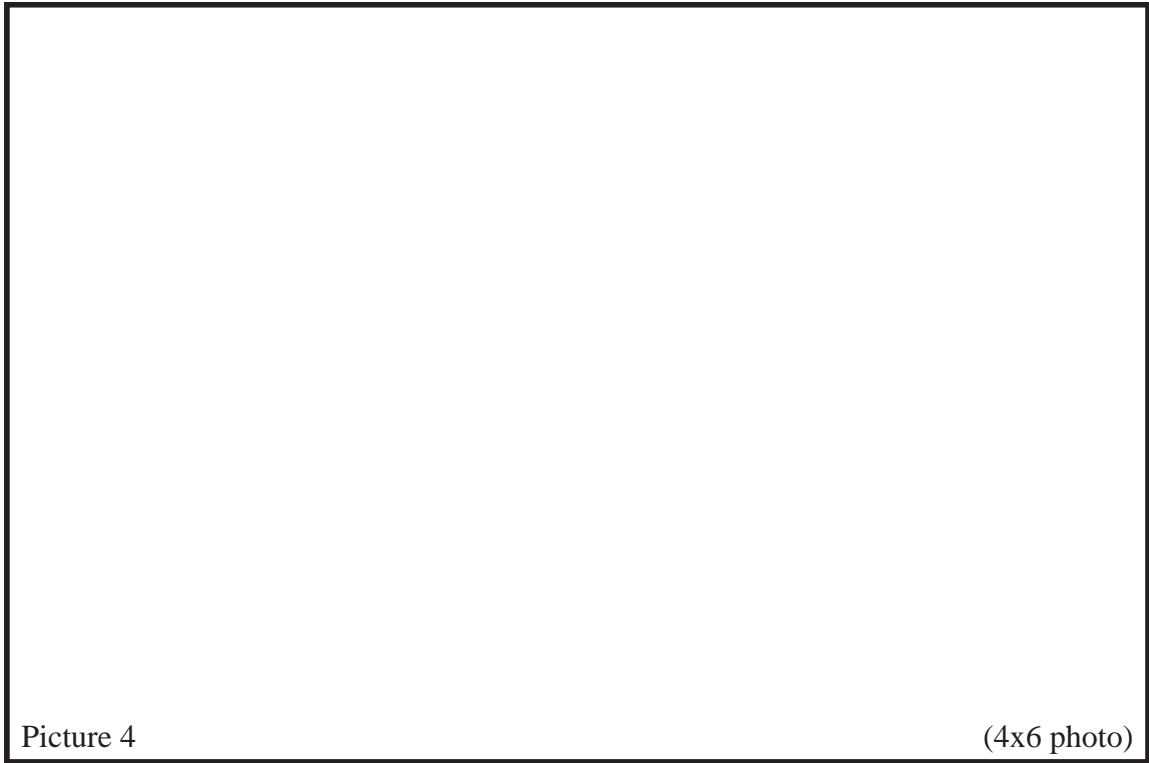
Tree 3 _____



Description _____

Mentioned in the Bible? If yes, give the reference. _____

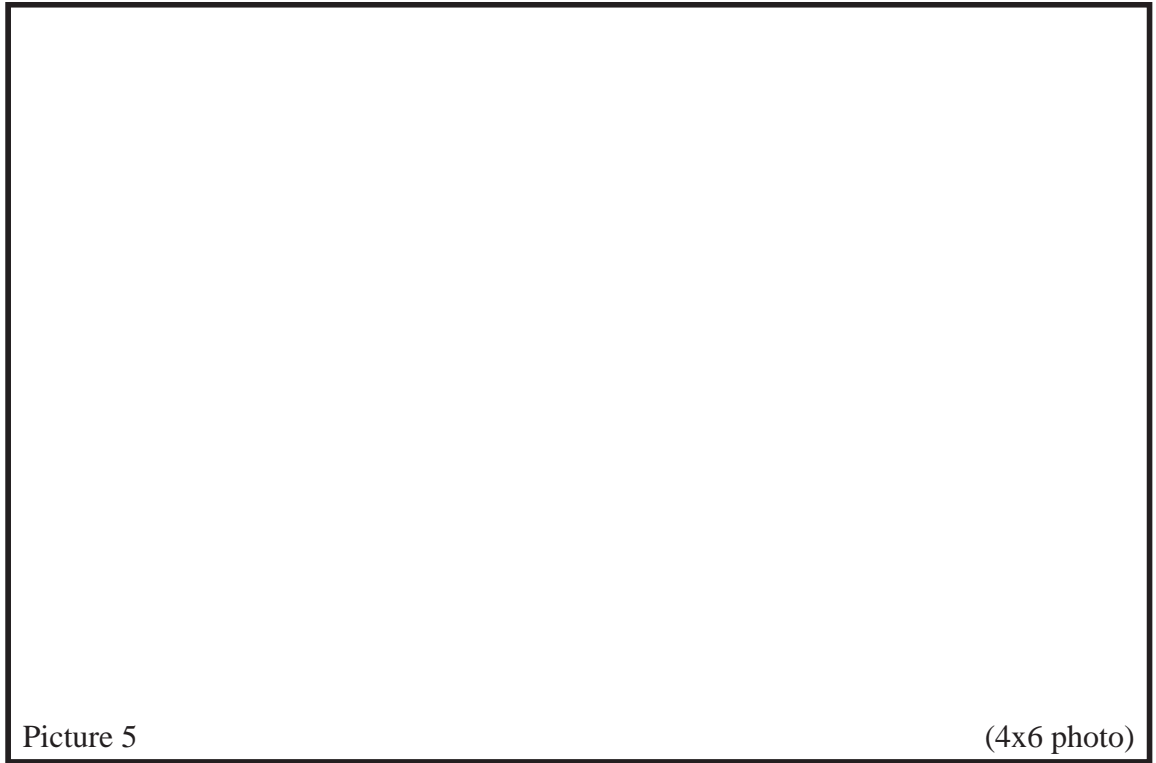
Tree 4 _____



Description _____

Mentioned in the Bible? If yes, give the reference. _____

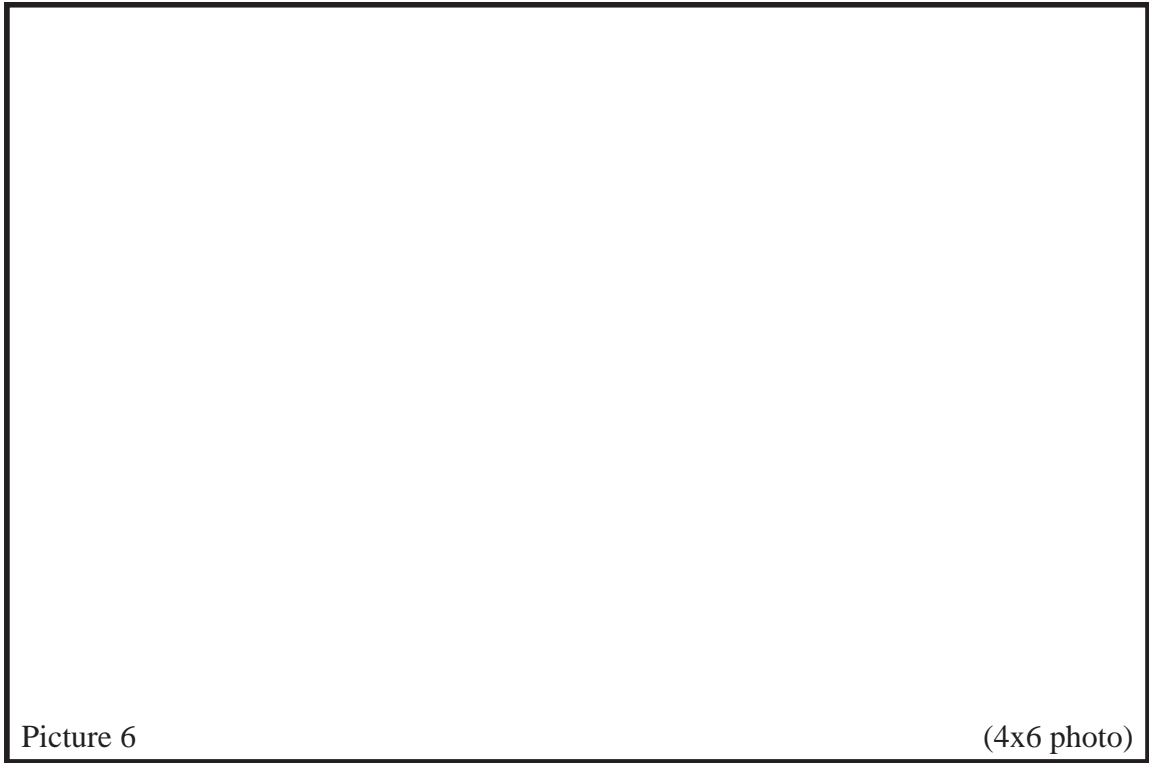
Tree 5 _____



Description _____

Mentioned in the Bible? If yes, give the reference. _____

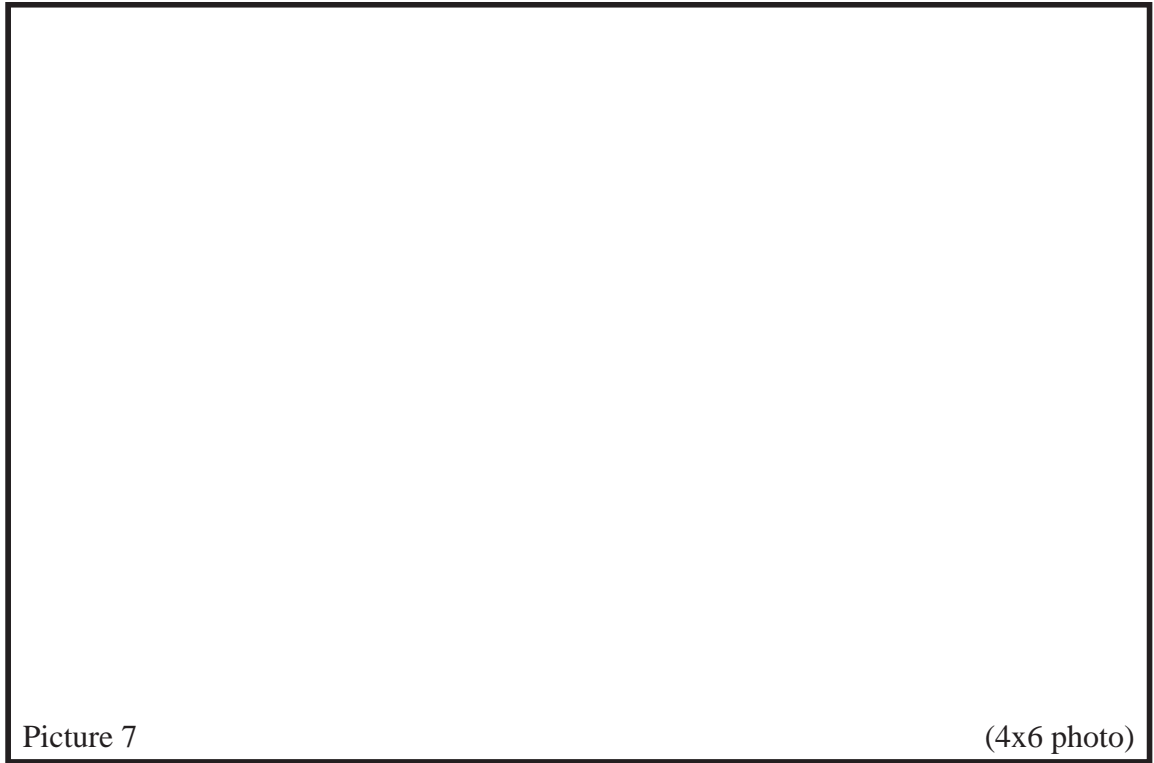
Tree 6 _____



Description _____

Mentioned in the Bible? If yes, give the reference. _____

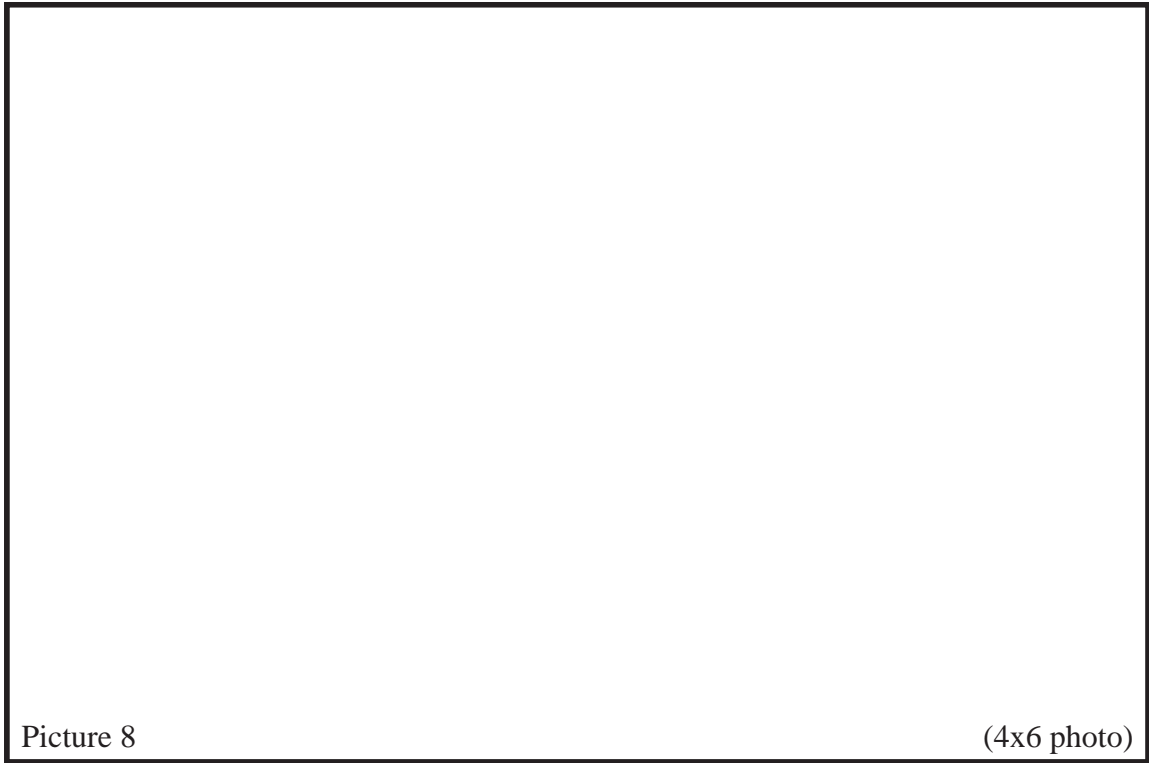
Tree 7 _____



Description _____

Mentioned in the Bible? If yes, give the reference. _____

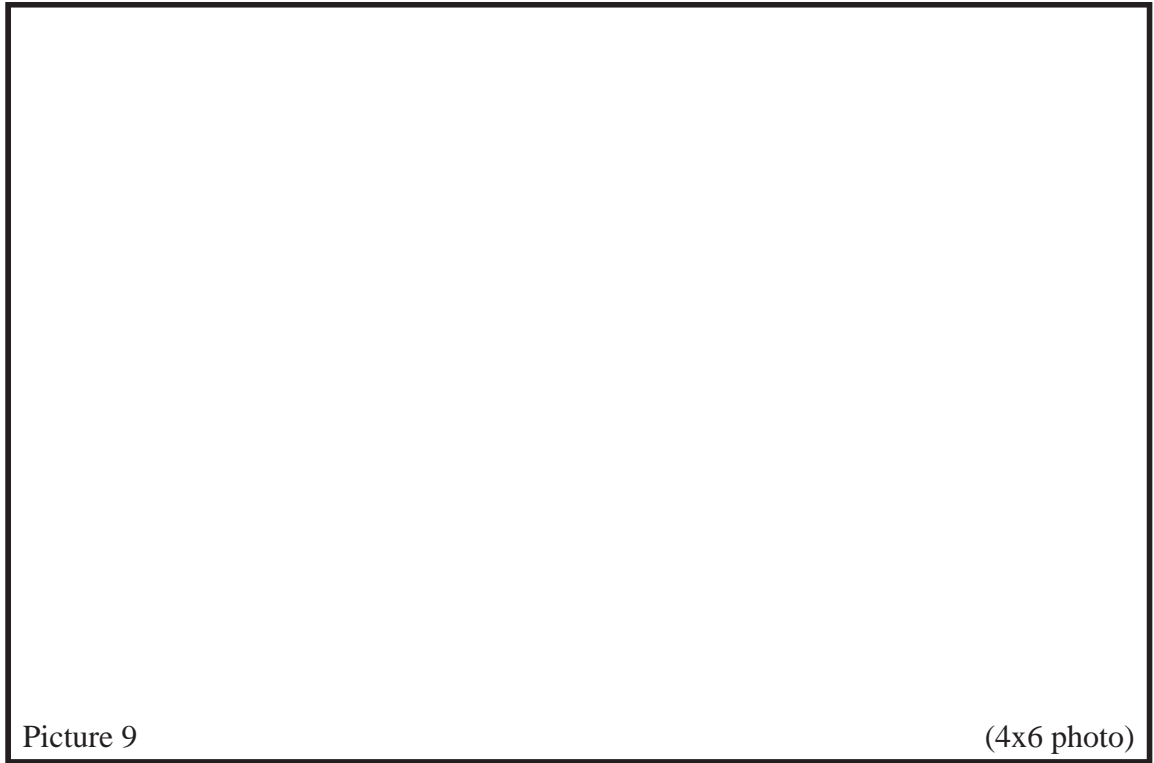
Tree 8 _____



Description _____

Mentioned in the Bible? If yes, give the reference. _____

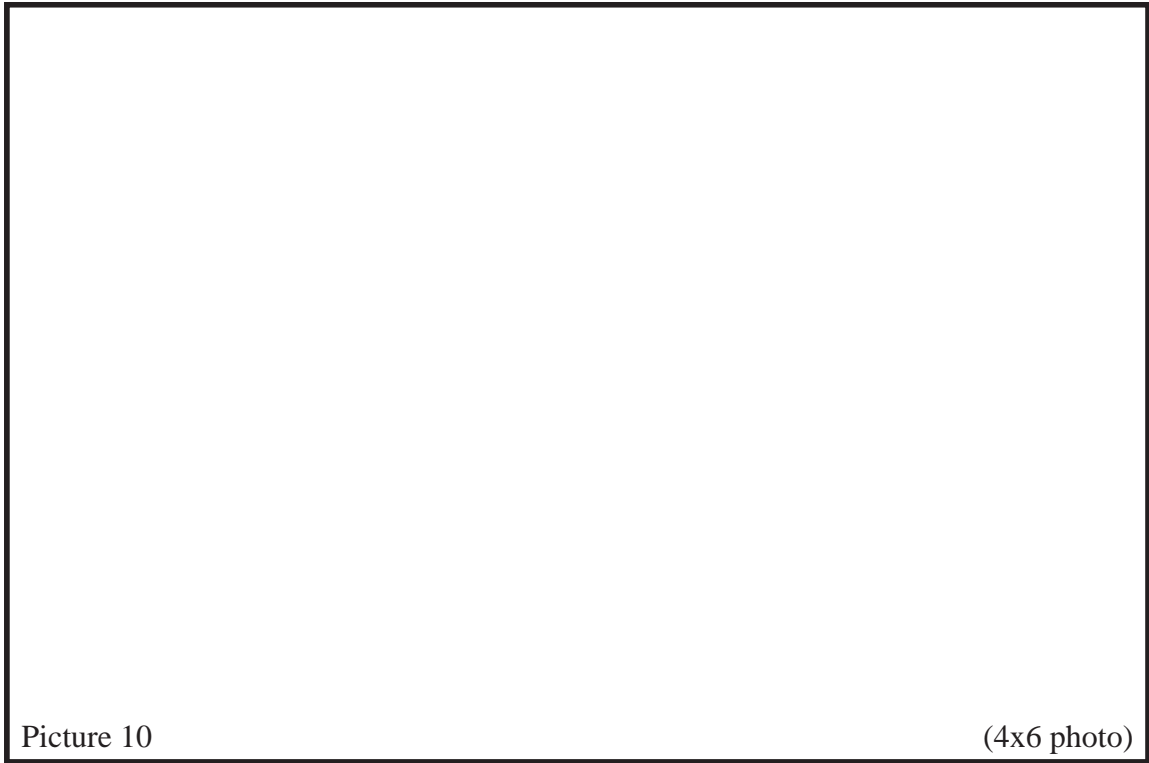
Tree 9 _____



Description _____

Mentioned in the Bible? If yes, give the reference. _____

Tree 10 _____

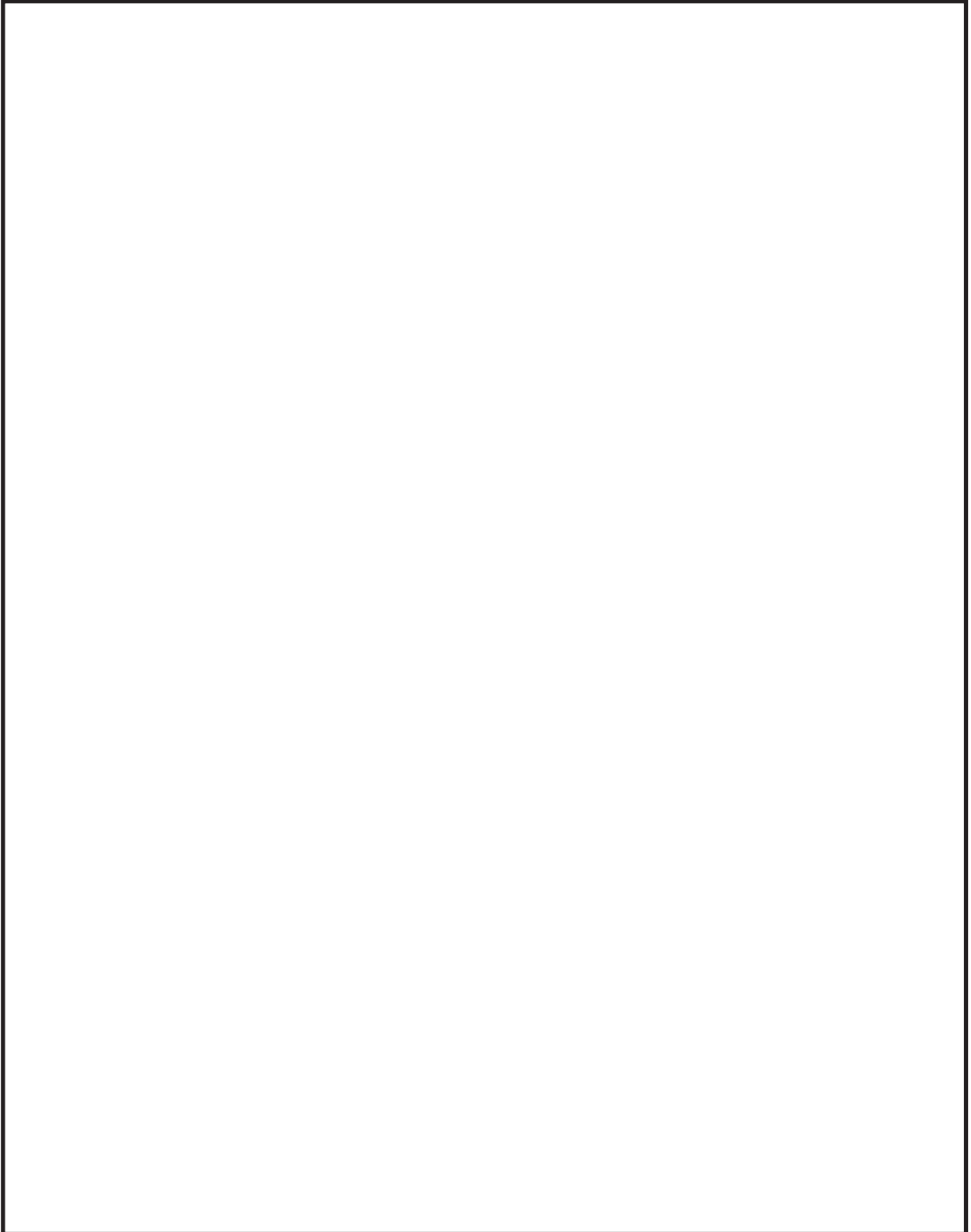


Description _____

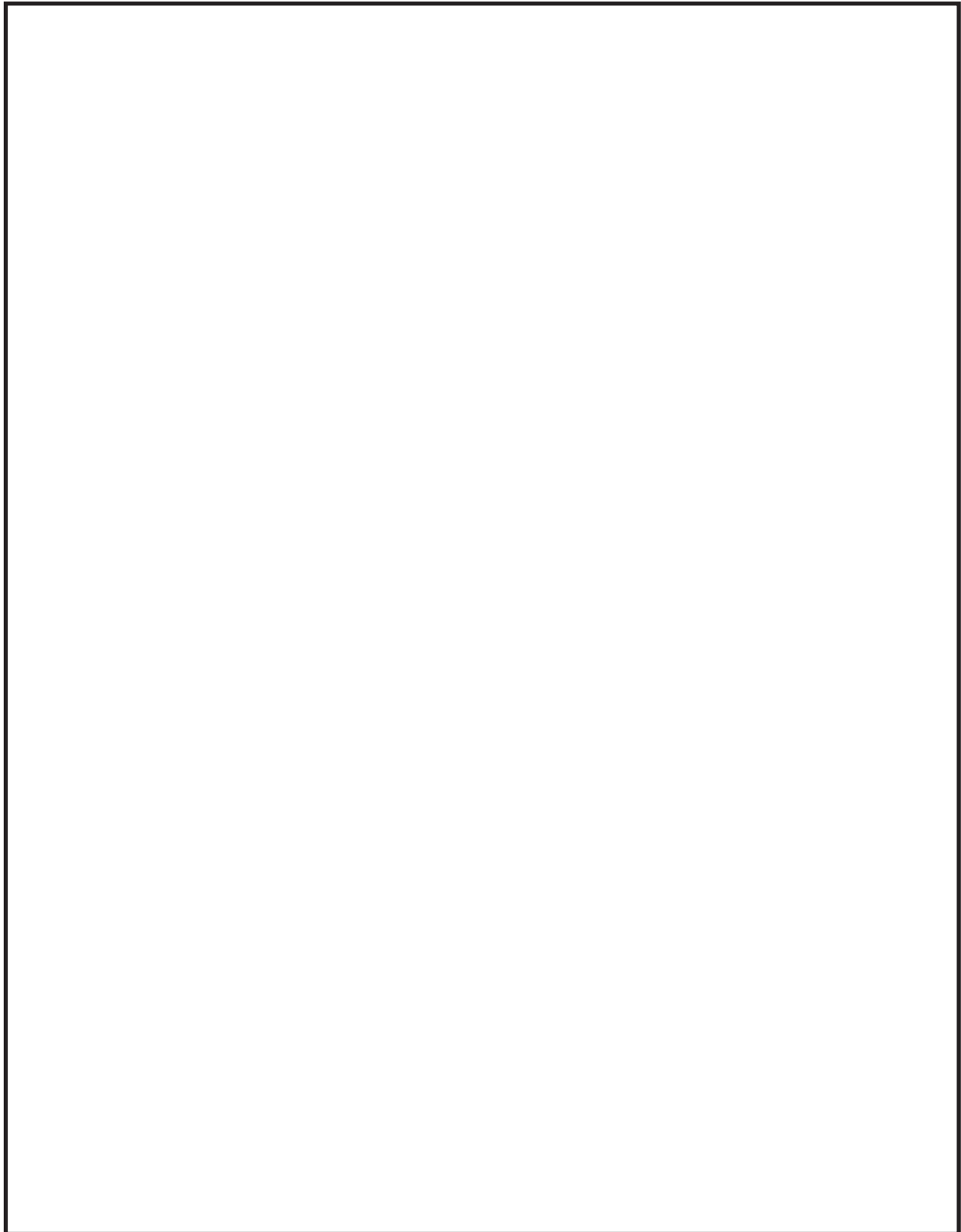
Mentioned in the Bible? If yes, give the reference. _____

2. Collect a leaf or draw a picture of a leaf from each of the ten trees.

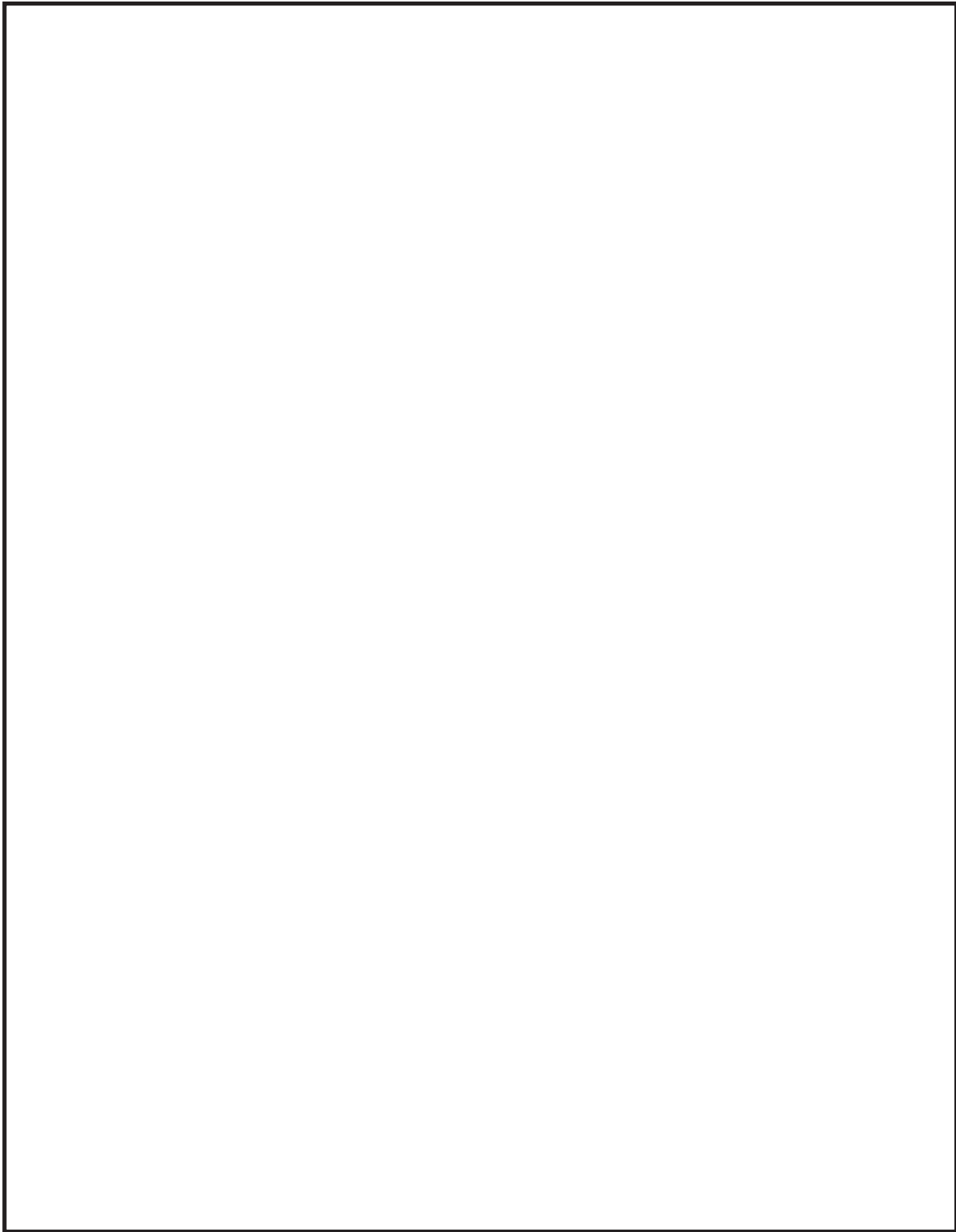
Leaf 1 _____



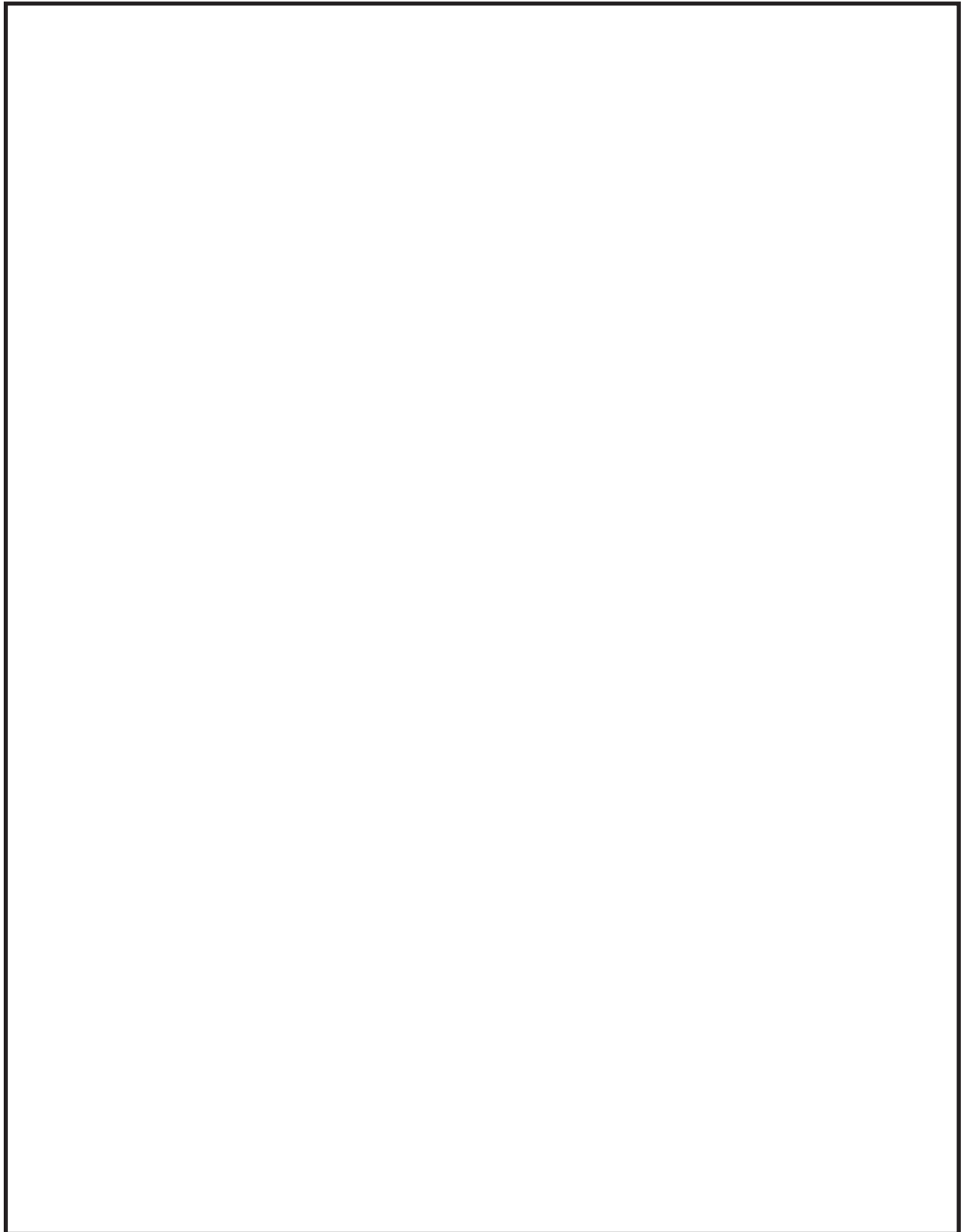
Leaf 2 _____



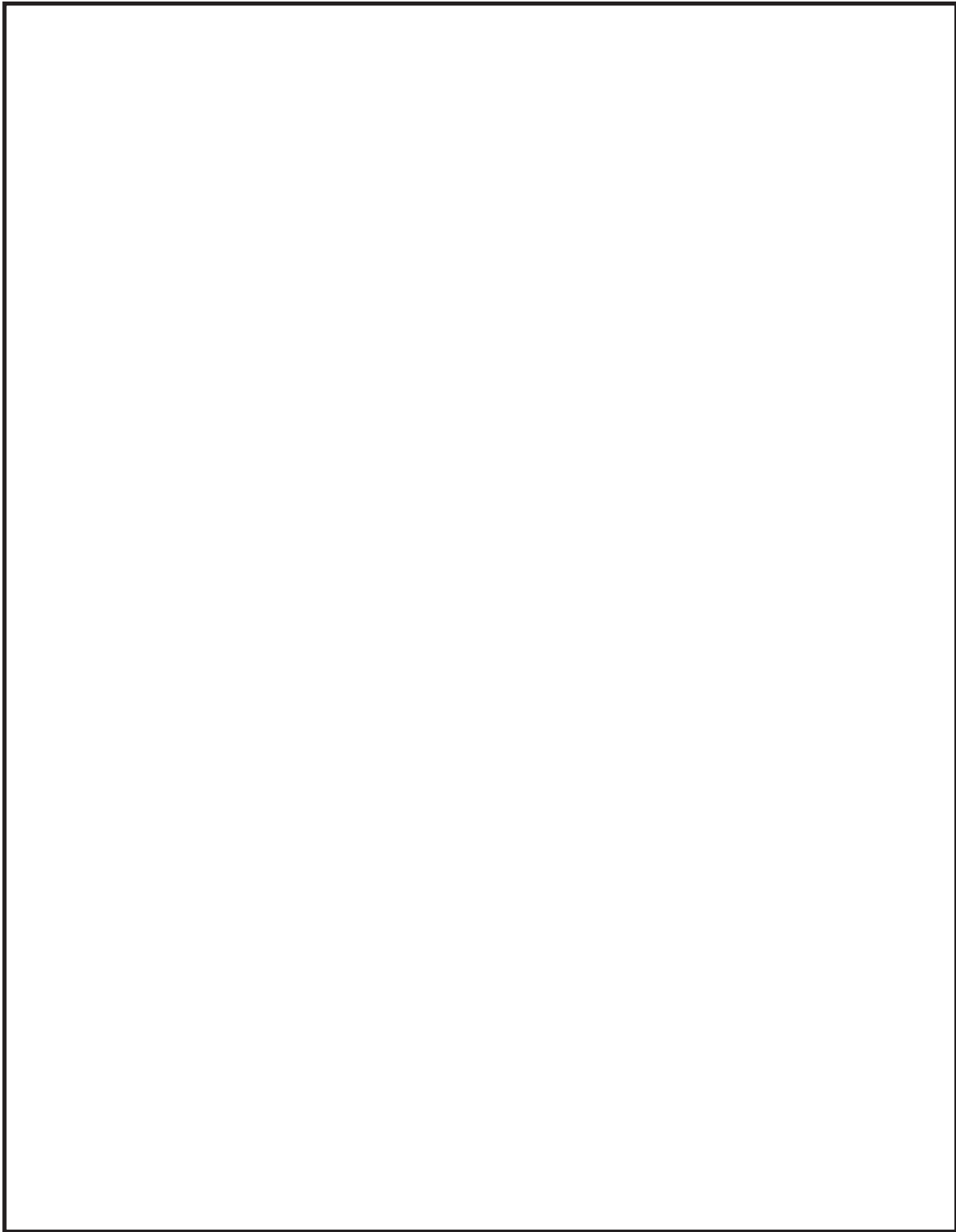
Leaf 3 _____



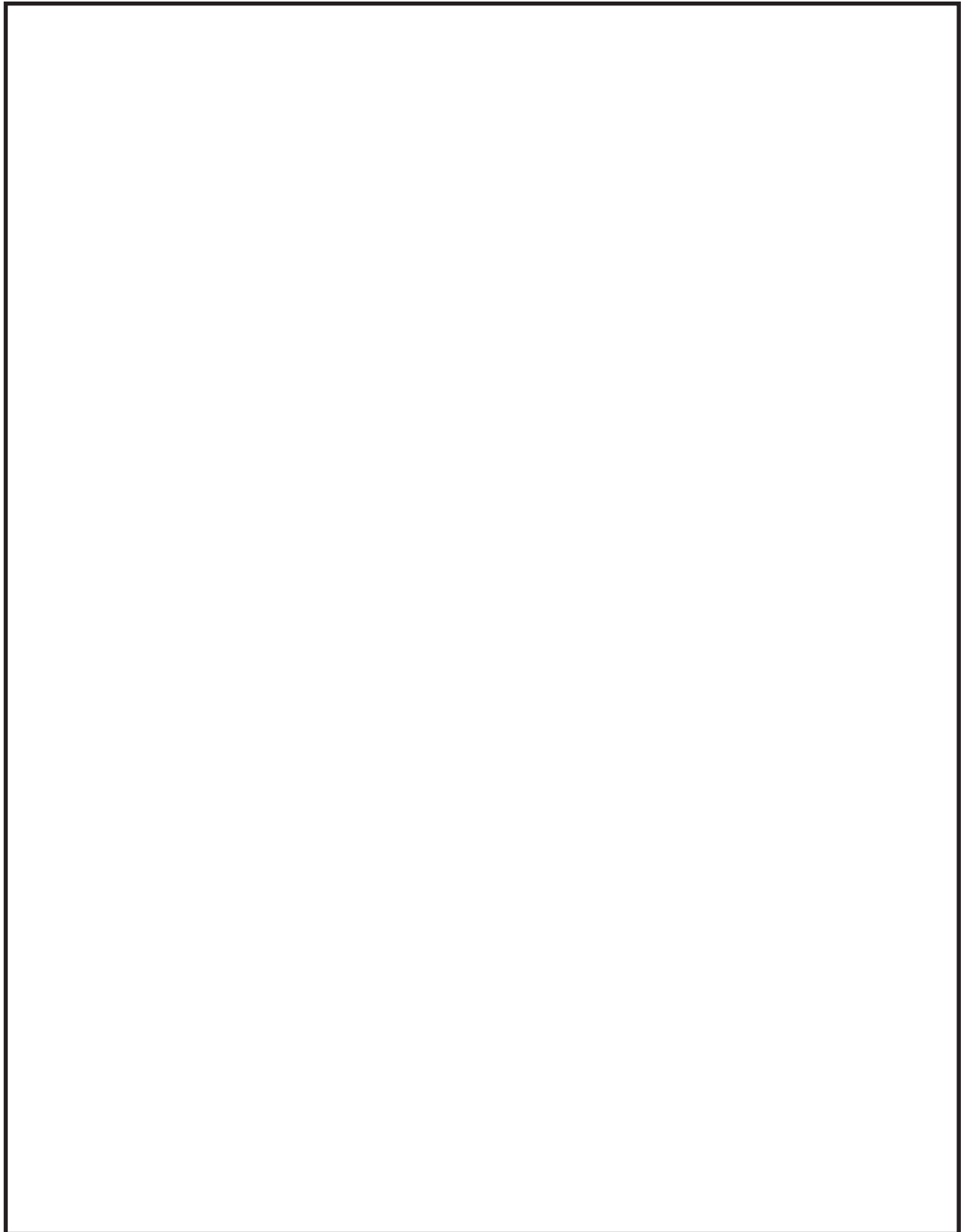
Leaf 4 _____



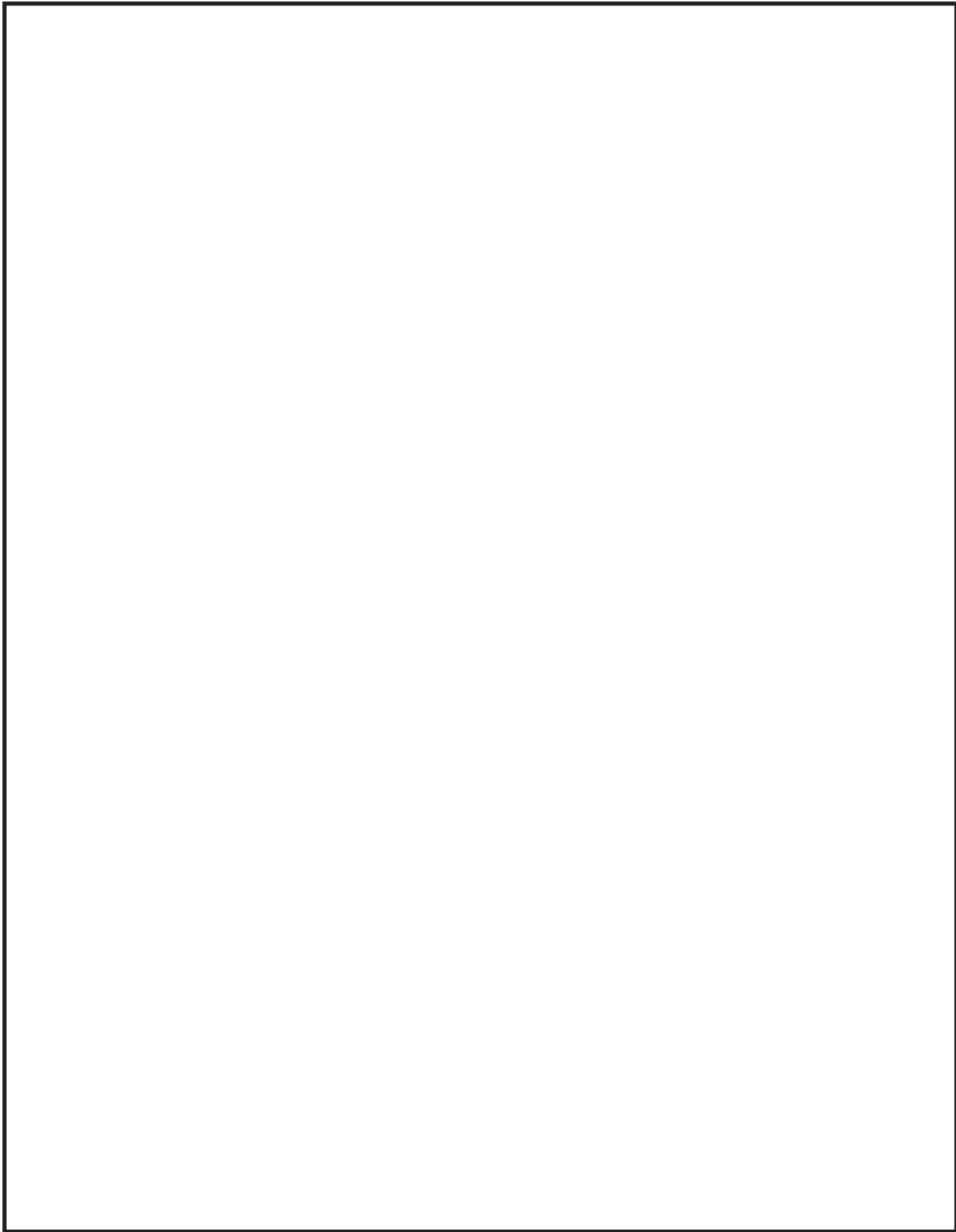
Leaf 5 _____



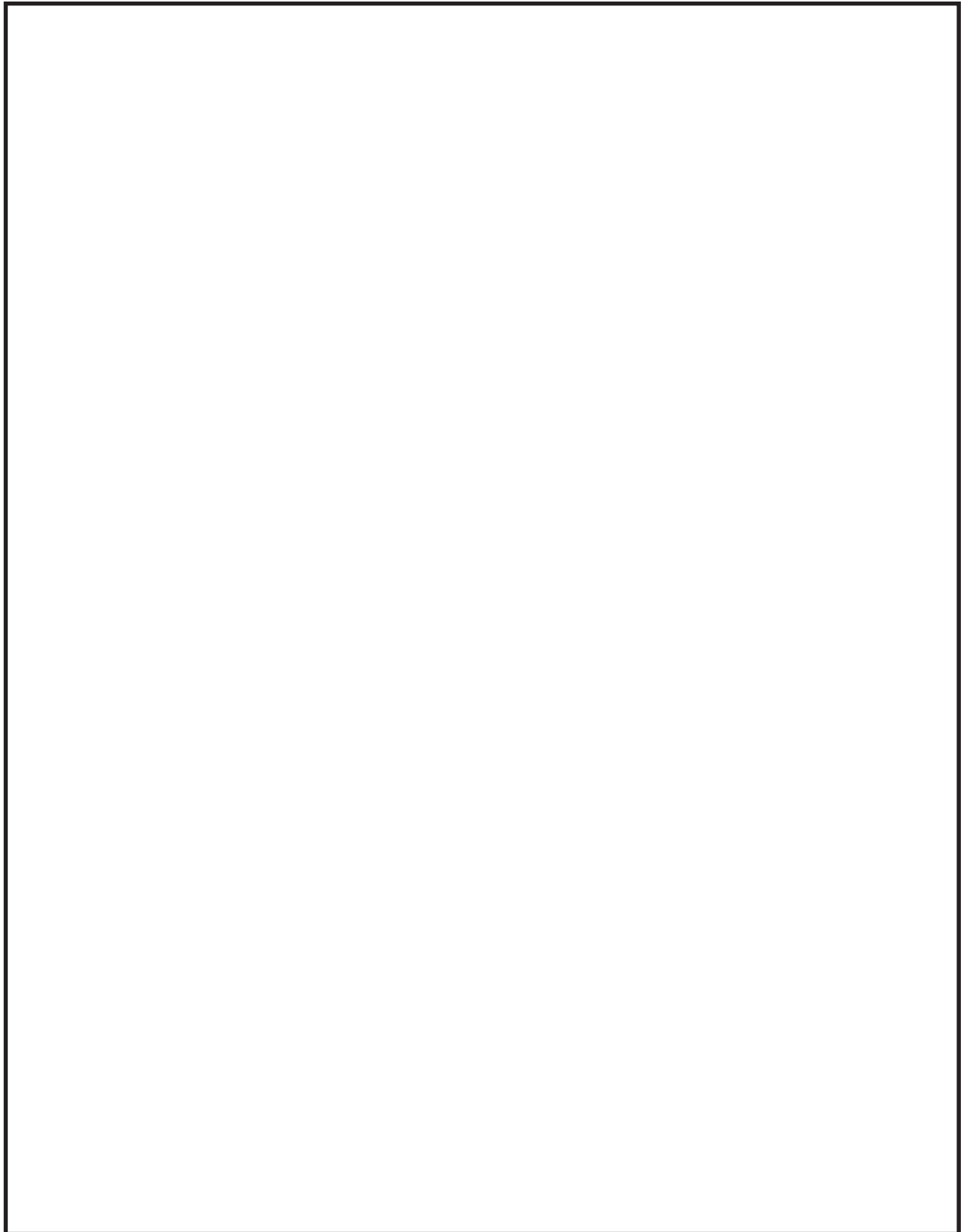
Leaf 6 _____



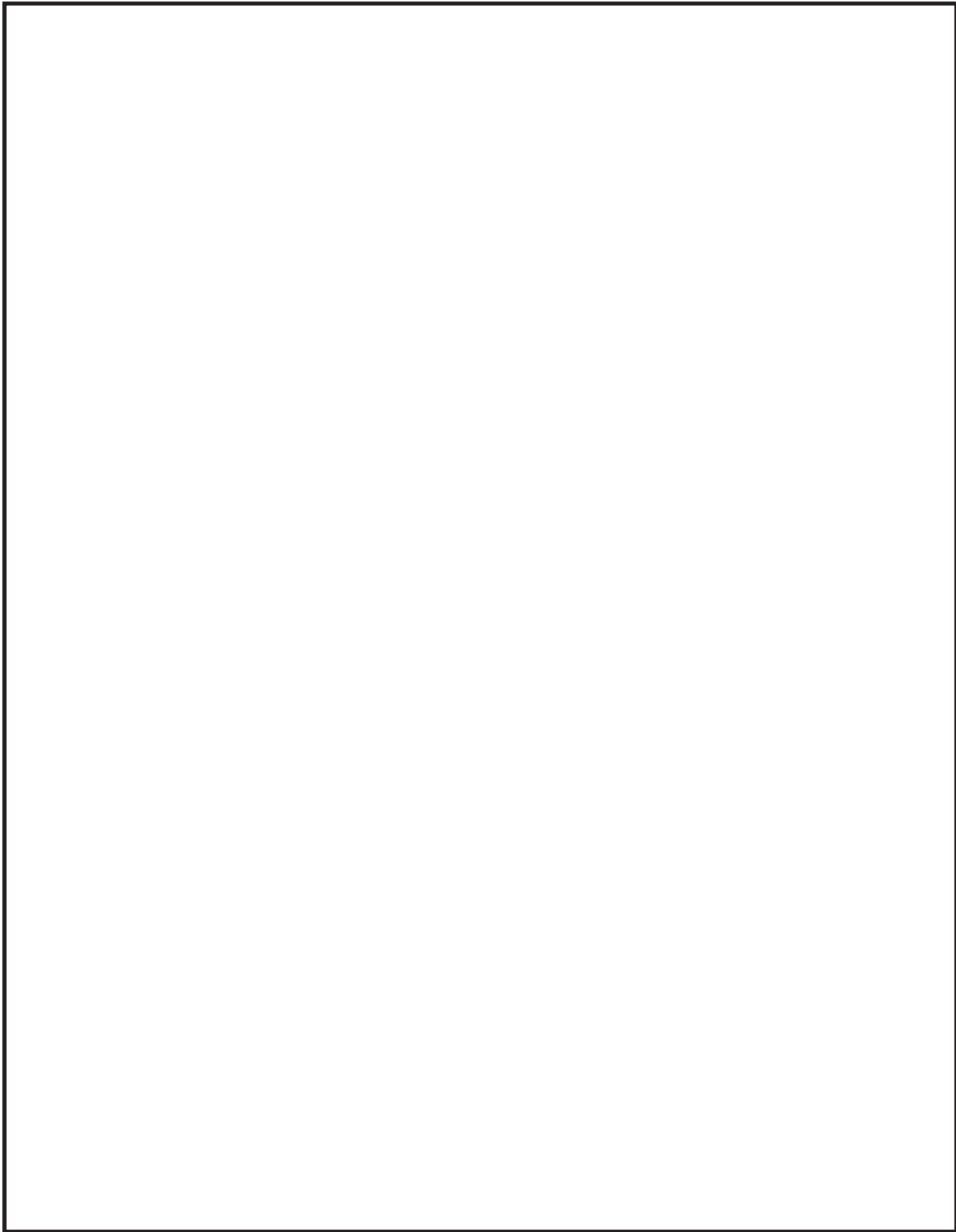
Leaf 7 _____



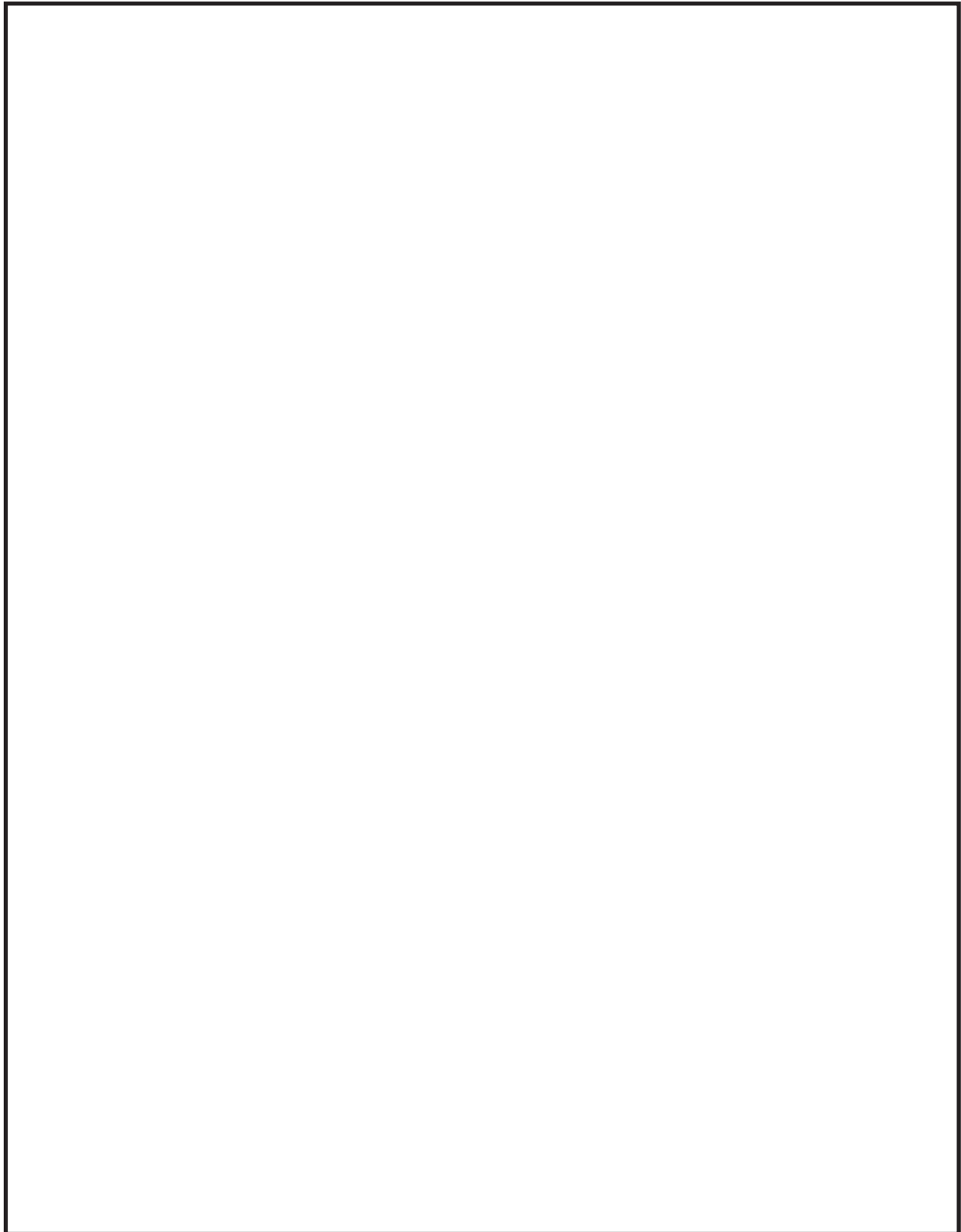
Leaf 8 _____



Leaf 9 _____



Leaf 10 _____



4. Write the answers to the following:

(1) Name four trees used primarily for lumber.

(2) Name seven trees that bear food.

(3) Write the definition of coniferous.

(4) Name three coniferous trees.

(5) Write the definition of deciduous.

(6) Name six deciduous trees.

(7) Name five trees listed in the Bible and give the Scripture reference.

(8) *“She is a tree of life to them that lay hold upon her: and happy is every one that retaineth her,”* —Proverbs 3:18. How is wisdom a tree of life, and why is it important to retain her?

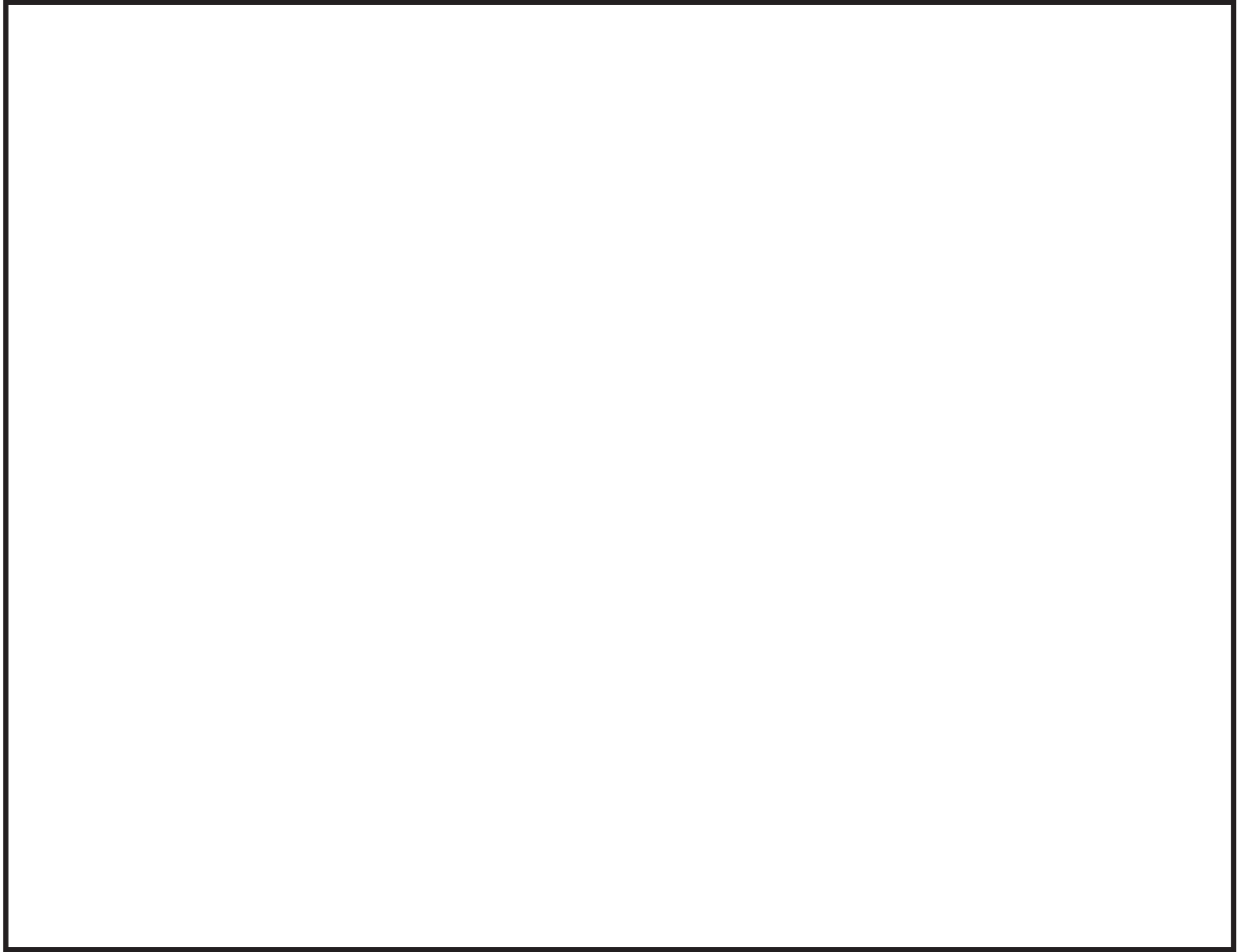
(9) *“The fruit of the righteous is a tree of life; and he that winneth souls is wise,”* — Proverbs 11:30. What kind of fruit is this verse talking about? Why is the fruit of the righteous person a tree of life?

Wildflowers

Things to Learn

1. Make a collection of ten wildflowers found in your area. You can either press them, photograph them, or draw and color them. Answer the following questions about each flower you have collected.

Wildflower 1



What is the name? _____

Where did you find it? _____

How many petals does it have? _____

Do the flowers grow alone, in pairs, in groups, or in tight clusters? _____

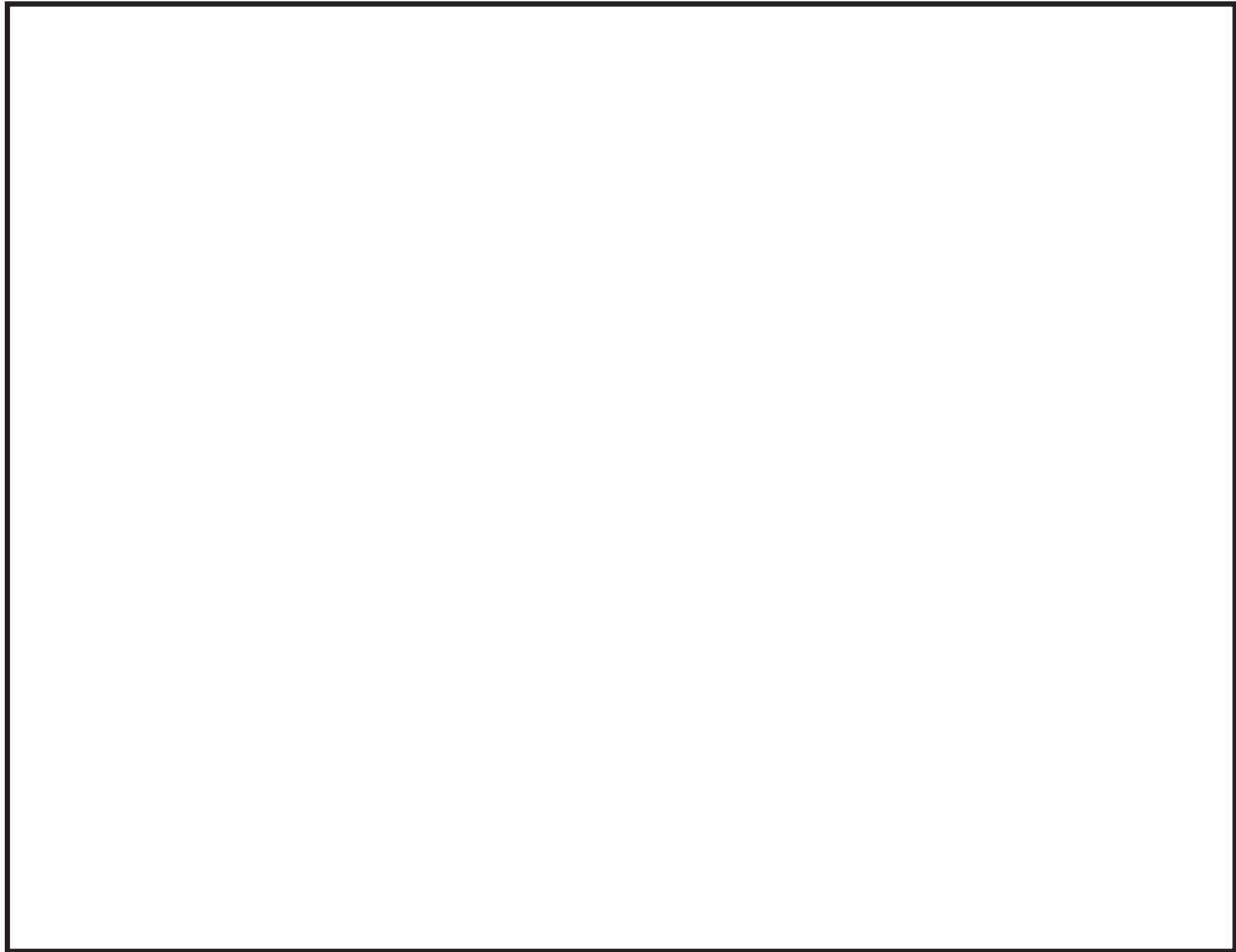
What color are the flowers? _____

Are the leaves opposite each other, or are they staggered? _____

Are the leaves smooth or hairy? _____

How tall is the plant? _____

Wildflower 2



What is the name? _____

Where did you find it? _____

How many petals does it have? _____

Do the flowers grow alone, in pairs, in groups, or in tight clusters? _____

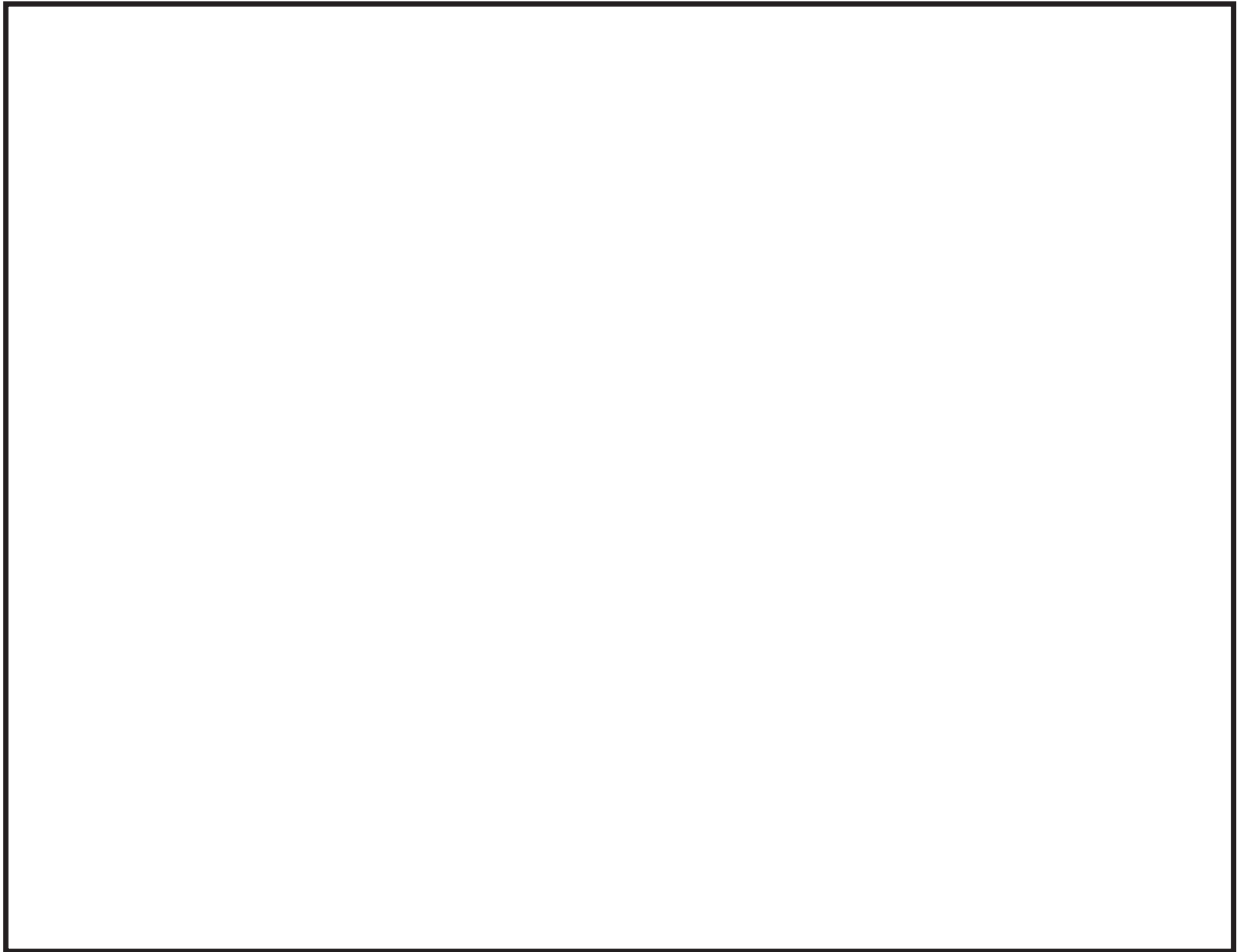
What color are the flowers? _____

Are the leaves opposite each other, or are they staggered? _____

Are the leaves smooth or hairy? _____

How tall is the plant? _____

Wildflower 3



What is the name? _____

Where did you find it? _____

How many petals does it have? _____

Do the flowers grow alone, in pairs, in groups, or in tight clusters? _____

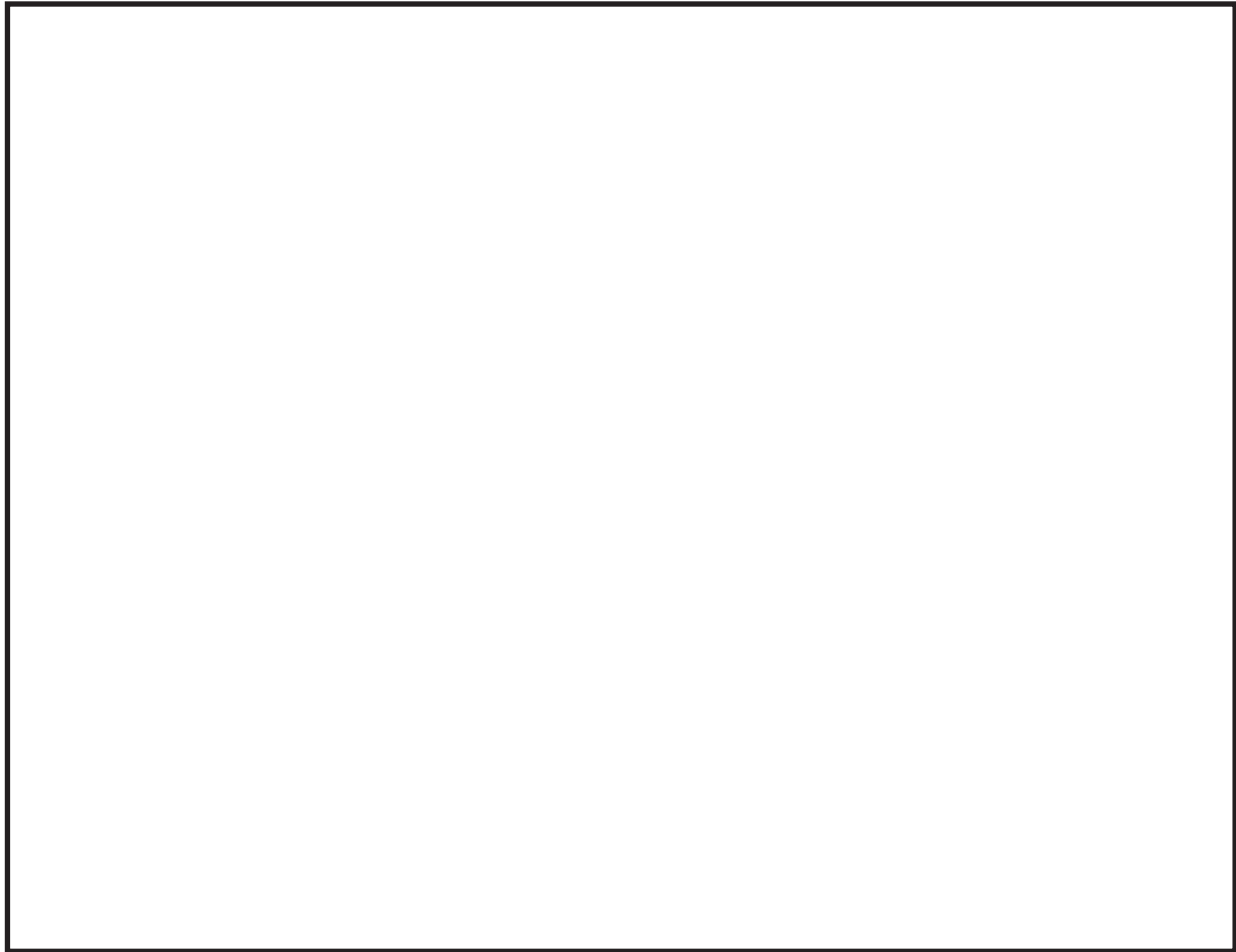
What color are the flowers? _____

Are the leaves opposite each other, or are they staggered? _____

Are the leaves smooth or hairy? _____

How tall is the plant? _____

Wildflower 4



What is the name? _____

Where did you find it? _____

How many petals does it have? _____

Do the flowers grow alone, in pairs, in groups, or in tight clusters? _____

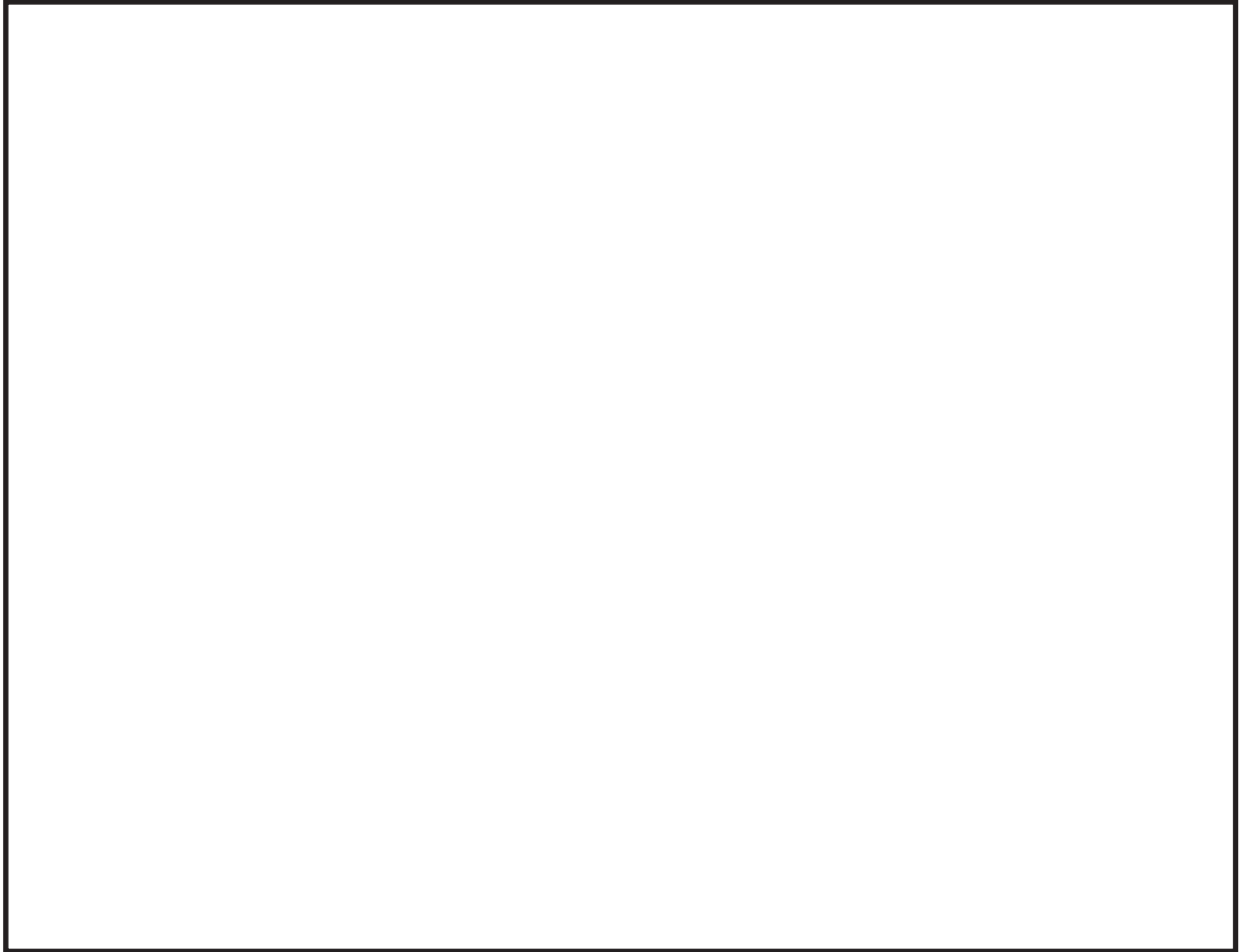
What color are the flowers? _____

Are the leaves opposite each other, or are they staggered? _____

Are the leaves smooth or hairy? _____

How tall is the plant? _____

Wildflower 5



What is the name? _____

Where did you find it? _____

How many petals does it have? _____

Do the flowers grow alone, in pairs, in groups, or in tight clusters? _____

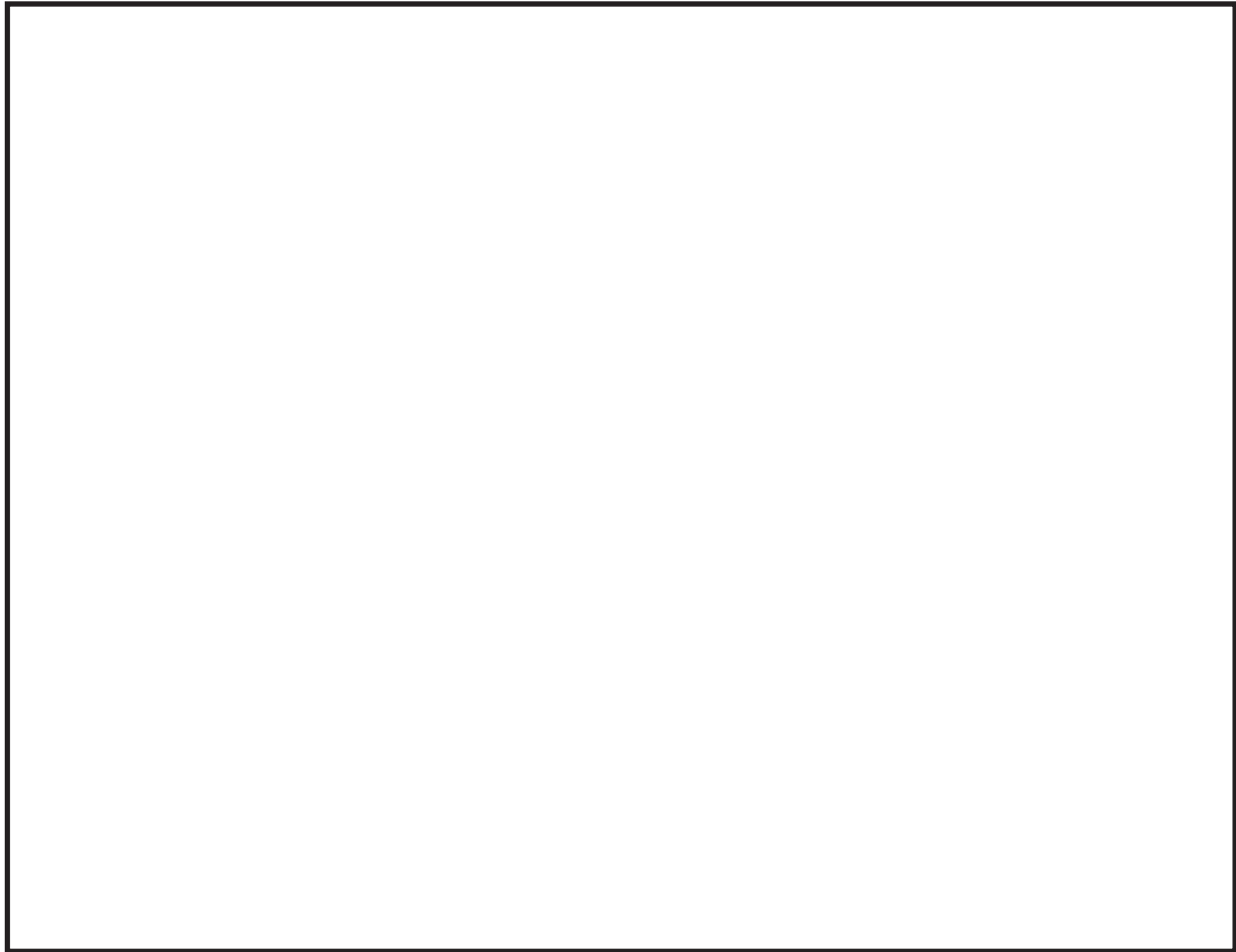
What color are the flowers? _____

Are the leaves opposite each other, or are they staggered? _____

Are the leaves smooth or hairy? _____

How tall is the plant? _____

Wildflower 6



What is the name? _____

Where did you find it? _____

How many petals does it have? _____

Do the flowers grow alone, in pairs, in groups, or in tight clusters? _____

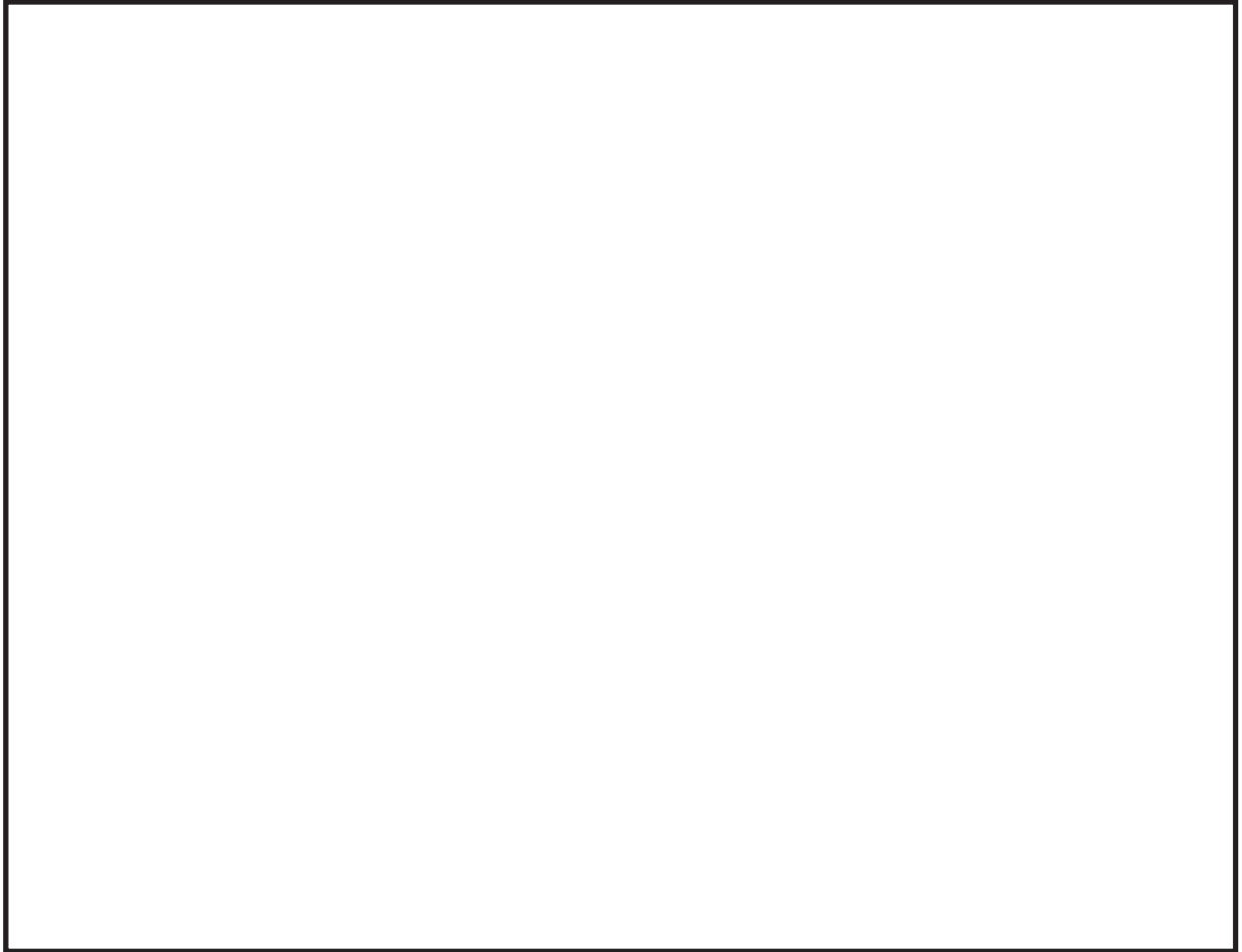
What color are the flowers? _____

Are the leaves opposite each other, or are they staggered? _____

Are the leaves smooth or hairy? _____

How tall is the plant? _____

Wildflower 7



What is the name? _____

Where did you find it? _____

How many petals does it have? _____

Do the flowers grow alone, in pairs, in groups, or in tight clusters? _____

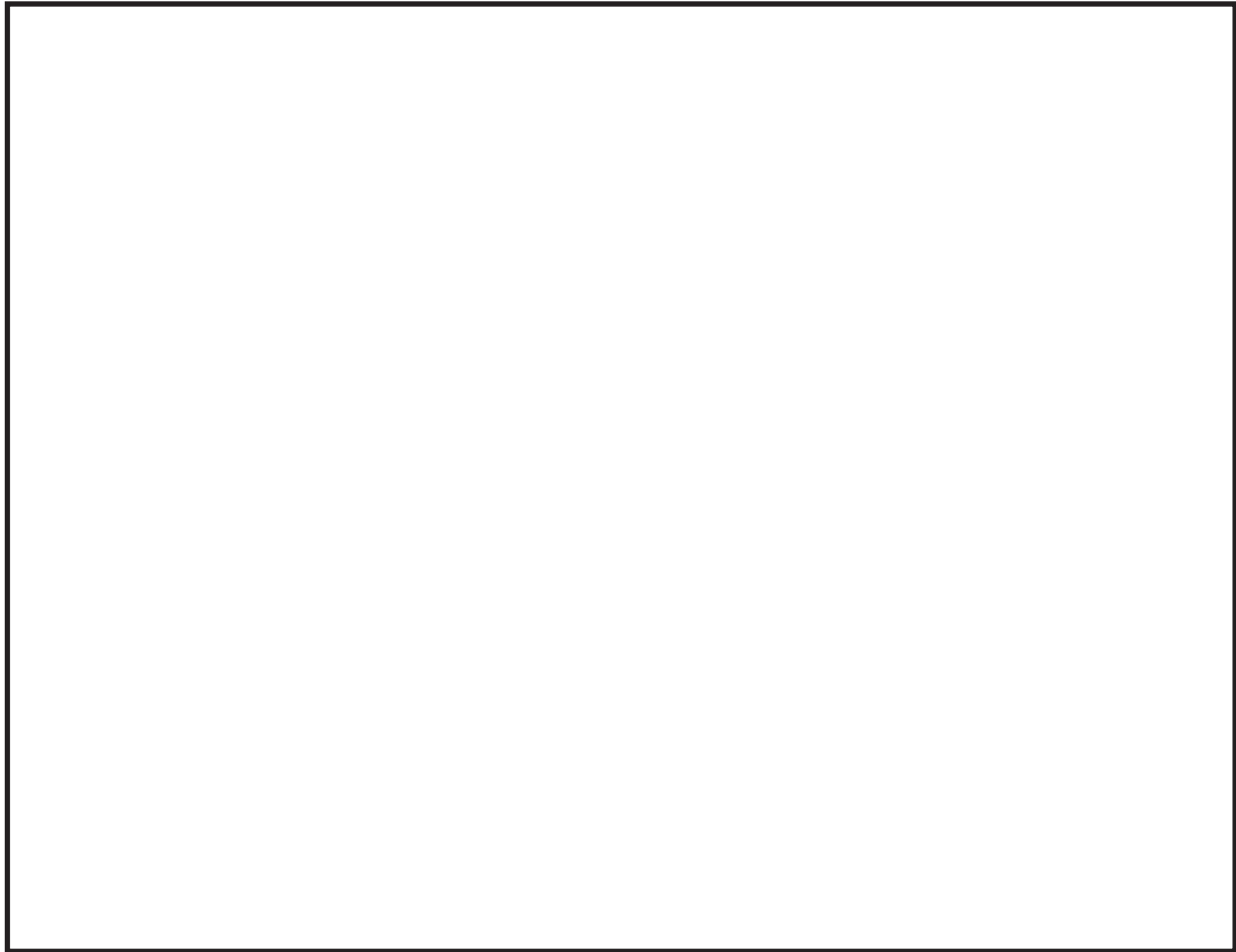
What color are the flowers? _____

Are the leaves opposite each other, or are they staggered? _____

Are the leaves smooth or hairy? _____

How tall is the plant? _____

Wildflower 8



What is the name? _____

Where did you find it? _____

How many petals does it have? _____

Do the flowers grow alone, in pairs, in groups, or in tight clusters? _____

What color are the flowers? _____

Are the leaves opposite each other, or are they staggered? _____

Are the leaves smooth or hairy? _____

How tall is the plant? _____

Wildflower 9



What is the name? _____

Where did you find it? _____

How many petals does it have? _____

Do the flowers grow alone, in pairs, in groups, or in tight clusters? _____

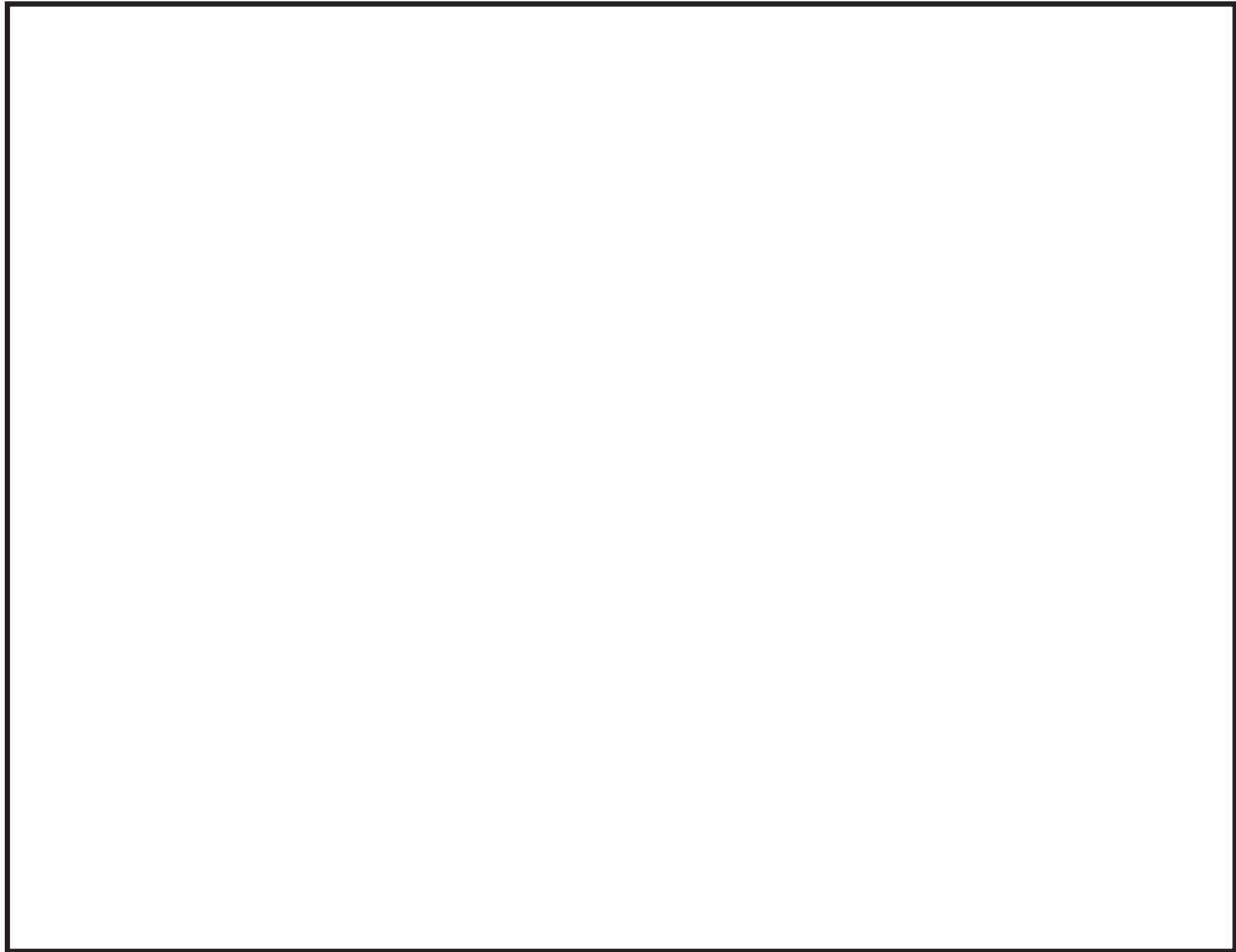
What color are the flowers? _____

Are the leaves opposite each other, or are they staggered? _____

Are the leaves smooth or hairy? _____

How tall is the plant? _____

Wildflower 10



What is the name? _____

Where did you find it? _____

How many petals does it have? _____

Do the flowers grow alone, in pairs, in groups, or in tight clusters? _____

What color are the flowers? _____

Are the leaves opposite each other, or are they staggered? _____

Are the leaves smooth or hairy? _____

How tall is the plant? _____

Nature Study Topics

Things to Learn

1. Select a topic of study, and complete the following:

What is the topic? _____

What were your resources for information gathered? _____

What is your topic's scientific classification? _____

List ten things pertaining to your topic.

(1) _____

(2) _____

(3) _____

(4) _____

(5) _____

(6) _____

(7) _____

(8) _____

(9) _____

(10) _____

Keepers Girls

Companion Notebook

Caring for Pets and Farm Animals
Category

Aquarium

Things to Learn

1. Complete the following:

(1) What is the difference between a freshwater and saltwater aquarium?

(2) Name three types of fish that you can put in a freshwater aquarium?

(3) Name three types of fish that you can put in a saltwater aquarium?

(4) How do you add a new fish to existing fish in an aquarium?

(5) What should you do if a fish gets sick or dies?

(6) How do you test and adjust the pH of the water in your aquarium?

Farm Animals

Things to Learn

Complete the following requirements for each type of animal or bird listed. Completion of the requirements for a specific type would count for that award. Completion of three or more would qualify for the Master Farmer award.

- | | | | |
|--|-------------------------------|--------------------------------|----------------------------------|
| <input type="checkbox"/> Master Farmer | | | |
| <input type="checkbox"/> Chickens | <input type="checkbox"/> Cows | <input type="checkbox"/> Ducks | <input type="checkbox"/> Geese |
| <input type="checkbox"/> Goats | <input type="checkbox"/> Pigs | <input type="checkbox"/> Sheep | <input type="checkbox"/> Turkeys |

1. Complete the following for _____.

(1) What type of food can the animal or bird eat?

(2) What types of minerals do they need in their diet?

(3) Why do they need certain types of food and minerals?

(4) What are the signs of sickness they will exhibit?

- Chickens
- Goats

- Cows
- Pigs

- Ducks
- Sheep

- Geese
- Turkeys

1. Complete the following for _____.

(1) What type of food can the animal or bird eat?

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- Chickens
- Goats

- Cows
- Pigs

- Ducks
- Sheep

- Geese
- Turkeys

1. Complete the following for _____.

(1) What type of food can the animal or bird eat?

(2) What types of minerals do they need in their diet?

(3) Why do they need certain types of food and minerals?

(4) What are the signs of sickness they will exhibit?

Horses

Things to Learn

1. Complete the following:

(1) Name five breeds of horses and tell for what each breed is noted.

Breed 1 _____

Noted for _____

Breed 2 _____

Noted for _____

Breed 3 _____

Noted for _____

Breed 4 _____

Noted for _____

Breed 5 _____

Noted for _____

(2) What is meant by the term “hot-blooded” horse?

(3) What is meant by the term “cold-blooded” horse?

(4) What is meant by the term “warm-blooded” horse?

(5) How is a horse measured?

(6) What is the name of this measurement? _____

(7) Equate this measurement to inches. _____

(8) Gaits are different not only in speed, but in beat. Explain what a horse’s “beat” is.

(9) Name and define the four gaits.

Gait 1 _____

Definition _____

Gait 2 _____

Definition _____

Gait 3 _____

Definition _____

Gait 4 _____

Definition _____

Pets

Things to Learn

1. Complete the following for pet birds.

(1) Identify three to five breeds. Give the name, identifying information, and special traits or usefulness.

Breed 1 _____

Identifying information _____

Special traits or usefulness _____

Breed 2 _____

Identifying information _____

Special traits or usefulness _____

Breed 3 _____

Identifying information _____

Special traits or usefulness _____

Breed 4 _____

Identifying information _____

Special traits or usefulness _____

Breed 5 _____

Identifying information _____

Special traits or usefulness _____

(2) List dietary information for pet birds. _____

(3) If you have a pet, list five special types of care that you should be providing for it.

Care 1 _____

Care 2 _____

Care 3 _____

Care 4 _____

Care 5 _____

Keepers Girls

Companion Notebook

Recreational Skills
Category

Badminton

Things to Learn

3. Complete the following:

(1) What is a volley? _____

(2) What is a net shot? _____

(3) What is a smash? _____

(4) What is an ace? _____

(5) What is a fault? _____

Bicycling

Things to Learn

1. Explain the purpose of each bicycle part listed.

Wheel rim _____

Seat post _____

Sprockets _____

Brake pads _____

Air valve _____

Chain _____

Brakes _____

Inner tube _____

6. Explain how to repair an inner tube.

7. Complete the following:

(1) What kind of clothing should be worn for bicycle safety?

(2) What type of protective gear should be worn for bicycle safety?

8. Answer the following “Rules for Safety” questions:

(1) On which side of the road should a bicycler ride? _____

(2) Who has the right of way—pedestrians or bicyclists? _____

(3) Should a bicyclist ride in a straight line or weave in and out of traffic?

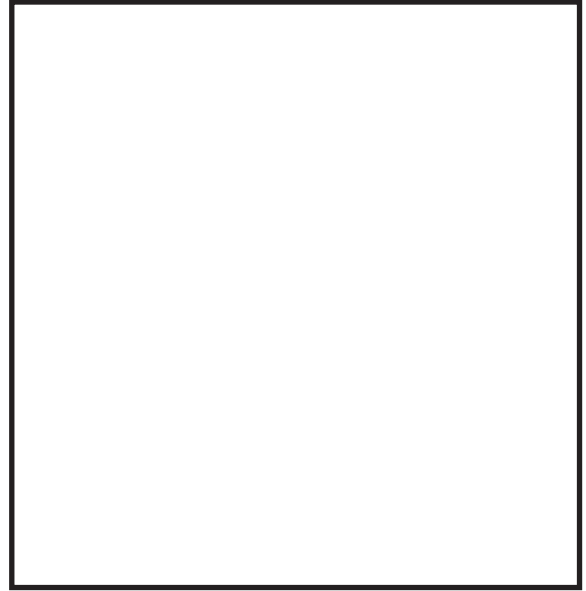
(4) Must a rider obey all traffic regulations? _____

(5) Demonstrate or draw a diagram of the following hand signals.

Making a right turn



Making a left turn

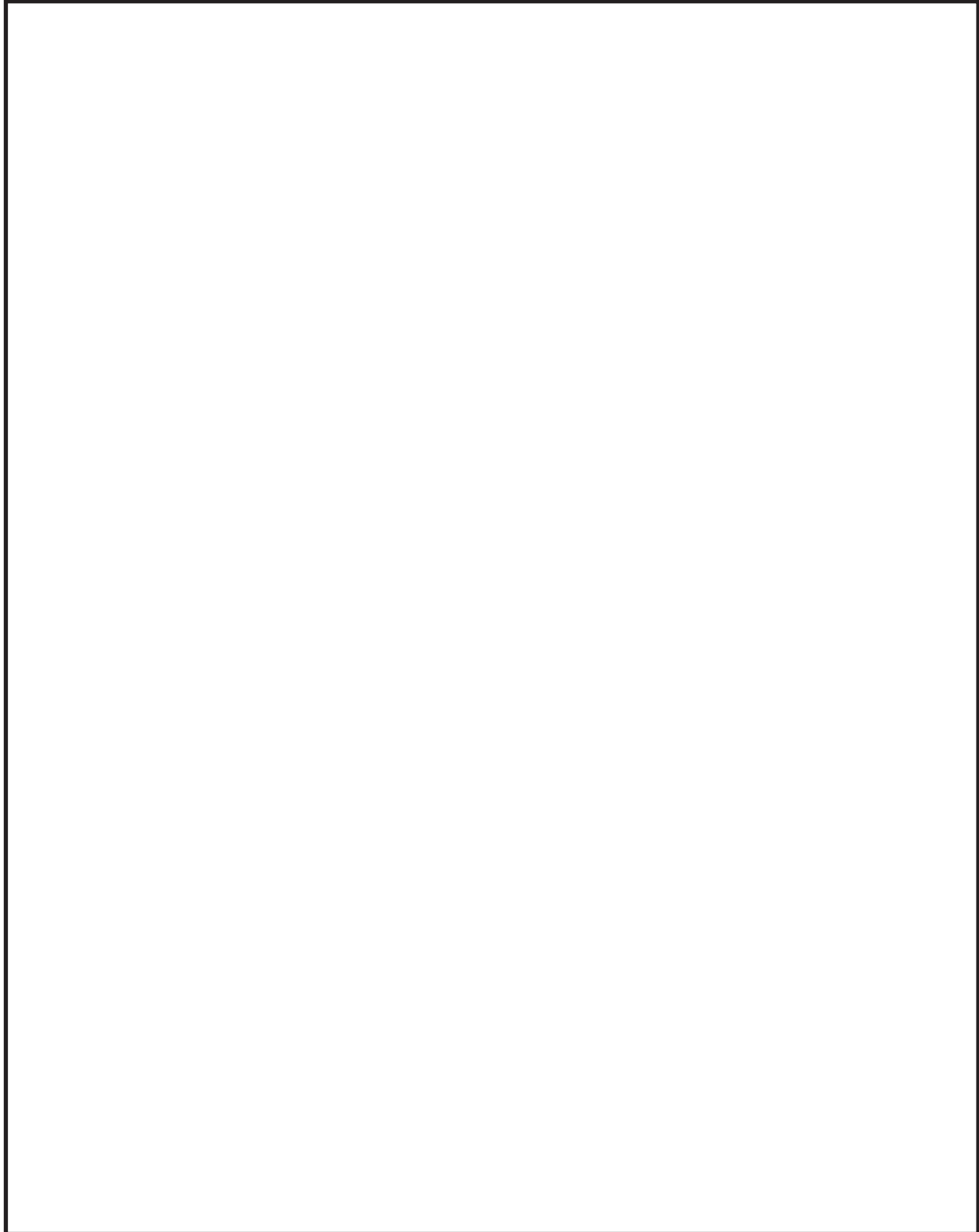


Stopping



9. Go on a bike ride with your leader or parent. Make a small map of your intended route. The route should be approximately five miles.

Map

A large, empty rectangular box with a black border, intended for drawing a map of a five-mile bike route.

Croquet

Things to Learn

3. Complete the following:

(1) What is a fault? _____

(2) What is a striker? _____

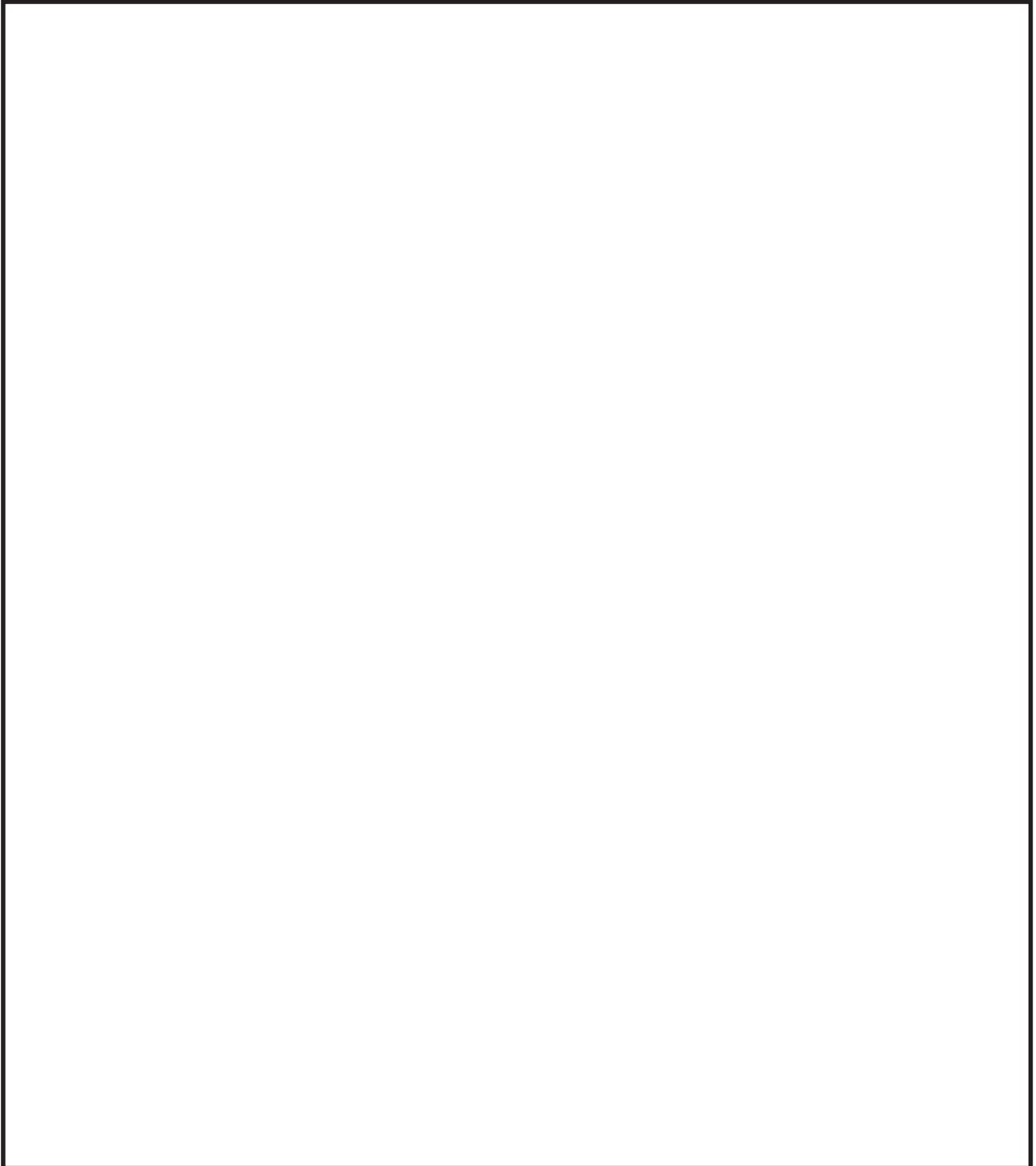
(3) What is a sticky wicket? _____

Hiking

Things to Learn

5. Draw a map of your route. For example: travel six blocks east to Mary Street, go north four blocks to Edgar Street, etc.

Map



Swimming

Things to Learn

5. List three swimming safety rules.

(1) _____

(2) _____

(3) _____

Tennis

Things to Learn

3. Answer the following questions:

(1) What is a double fault? _____

(2) What is a foot fault? _____

(3) What is a "let" ball? _____

(4) What is a "deuce"? _____

Volleyball

Things to Learn

3. Answer the following questions:

(1) What is an ace? _____

(2) What is a net ball? _____

(3) What is a spike? _____

(4) What is a net serve? _____

(5) What is a setup? _____
