



Award With Friends Library

Hey participants! Re-imagine what your Award can look like by working with your friends! Whether you're hiking through lush forests, canoeing on serene lakes, or embarking on thrilling city explorations, doing it with friends makes every moment more memorable.

Working on your Award can be more than just individual activities – do things with your friends! Better yet, do it with your Award Buddy or Award Mentor! The more, the merrier! Learn new skills, get active, and volunteer together. Celebrate each milestone with those who encourage and inspire you.

No matter your interests or skill levels, there's an Award experience waiting for you and your friends. The only limit is your imagination. Start building your Award today and make unforgettable memories together!



Physical Recreation

Team Sports	
Basketball	<ul style="list-style-type: none">• Activity Idea: Form a school team or a casual group for pickup games. Practice together during lunch breaks or after school. Organize pickup games with other classes, or just other students.• Example SMART Goal: I'll play pickup games with my Buddy and four friends. We'll practice during lunch breaks on Mondays, Wednesdays, and Fridays, and after school on Tuesdays and Thursdays. My goal is to win at least 50% of our pickup games by the end of the semester by improving dribbling and shooting skills.• ORB Category: Court/Field Sports• ORB Subcategory: Basketball• Example Assessor: School basketball coach/Gym teacher

Soccer	<ul style="list-style-type: none"> • Activity Idea: Create a soccer team with friends and practice together. Play during free time, recess, after school, in classes, etc. Set up mini tournaments with other student groups, different grades, etc. • Example SMART Goal: I'll make a soccer team with my Award Buddy and five friends, practicing during lunch breaks on Mondays, Wednesdays, and Fridays, and after school on Tuesdays and Thursdays. My goal is for us to score at least 30 goals in our friendly matches by the end of the semester. We'll improve with skill challenges and trick shot contests. • ORB Category: Court/Field Sports • ORB Subcategory: Football - Soccer • Example Assessor: School soccer coach/Gym teacher
Volleyball	<ul style="list-style-type: none"> • Activity Idea: Join the school's volleyball team or start a new one. Regularly meet to practice and play friendly games. • Example SMART Goal: My friends and I are all on the volleyball team at school so we'll meet for practice after school on Tuesdays and Thursdays. My goal is to complete at least 100 successful spikes and blocks in our matches by the end of the semester. My Award Mentor is team captain so they'll help give tips and tricks too! We'll do serving challenges and spike contests to improve. • ORB Category: Court/Field Sports • ORB Subcategory: Volleyball • Example Assessor: School volleyball coach/Gym teacher
Individual Sports	
Track & Feild	<ul style="list-style-type: none"> • Activity Idea: Train together for different events like the 100 metre, relays, or long-distance running. Participate in school meets as a group, supporting each other. • Example SMART Goal: I will be joining the track and field club, training for our 800 metre event. I'll do this by improving my stamina during runs before school and improving my strength during phys. Ed. My goal is to improve my personal best times by at least 10% by

	<p>the end of the semester. I'll do activities like sprint challenges, relay races, and endurance games with them to improve.</p> <ul style="list-style-type: none"> • ORB Category: Athletics • ORB Subcategory: Track and Field • Example Assessor: School track and field coach/Gym teacher
Badminton	<ul style="list-style-type: none"> • Activity Idea: Play matches with friends – singles, doubles, etc. Join or organize a school badminton club where they can practice and compete. • Example SMART Goal: I'll be joining our school badminton club and playing matches with friends after school on Mondays and Wednesdays. My goal is to win at least 20 matches against other students by the end of the semester. We'll do rally challenges, trick shot contests, and friendly competitions to improve our games. • ORB Category: Court/Field Sports • ORB Subcategory: Badminton • Example Assessor: School badminton coach/Gym teacher
Skiing & Snowboarding	<ul style="list-style-type: none"> • Activity Idea: It's wintertime so it's time to hit the slopes. Go out and rip it up with your friends on the weekends or after school. Take lessons or try out cool tricks! • Example SMART Goal: I'll go snowboarding with friends every weekend during the winter season. My goal is to master a new trick by the end of the season, we'll see who can land 360 first. I'll work on our strength and hangtime so I can land my moves and do new ones too. • ORB Category: Snow/Winter Activities • ORB Subcategory: Snowboarding • Example Assessor: Snowboarding instructor
Fitness Activities	
Yoga	<ul style="list-style-type: none"> • Activity Idea: Join a yoga class on the weekends or after school with your friends, siblings, and other students. • Example SMART Goal: I'll join a weekend yoga class, attending classes every Saturday and Sunday. My goal is to improve my

	<p>flexibility and balance, aiming to hold each pose for 30 seconds longer by the end of the semester.</p> <ul style="list-style-type: none"> • ORB Category: Gym/Personal Programs • ORB Subcategory: Yoga • Example Assessor: Yoga instructor
Dance	<ul style="list-style-type: none"> • Activity Idea: Take classes with your friends to practice your moves, build your choreography, and develop a routine! • Example SMART Goal: I'll go to community centre break dance classes, attending classes twice a week on Tuesdays and Thursdays. My goal is to master a group choreography and perform it in front of our class by the end of the semester. • ORB Category: Dance/Gymnastics • ORB Subcategory: Hip Hop • Example Assessor: Dance teacher
Gym Workouts	<ul style="list-style-type: none"> • Activity Idea: Go to the gym together with your friends. Spot each other on the bench, give tips to each other on form. Push, pull, legs, chest day, back day, get those gains in! • Example SMART Goal: I'll be hitting the gym three times a week after school doing a PPL split. My goal is to increase my strength, aiming to lift 20% heavier weights by the end of the semester. By following a structured workout plan for three months, my friends and I should all see some real gains. • ORB Category: Gym/Personal Programs • ORB Subcategory: Weight Training • Example Assessor: Gym teacher
Rock Climbing	<ul style="list-style-type: none"> • Activity Idea: Explore your rock climbing interests with your friends by going to indoor climbing gyms. Sign up for a class together or just get going! • Example SMART Goal: My Grade 12 Award Mentor is doing their Gold Award so we'll be going to our local climbing gym on the weekends. They'll be using it for their Gold Award too! I want to learn the basics of rock climbing and they're going to teach me. My goal is

	<p>to get to a higher climbing grade by the end of the school year! They'll help me improve my climbing technique and strength.</p> <ul style="list-style-type: none"> • ORB Category: Outdoor Recreation • ORB Subcategory: Rock Climbing • Example Assessor: Rock climbing instructor
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Skill

The Arts	
Photography	<ul style="list-style-type: none"> • Activity Idea: Go on photo walks around the school or community with friends. Work on your skills together – shoot cityscapes, nightscapes, wildlife, everyday life – develop that portfolio! • Example SMART Goal: I'll go out on weekends with my Buddy and Award Mentor, exploring different areas to take pictures. My goal is to create and post 20 of our photos to our school Award Instagram. I'll improve our photography and editing skills by watching YouTube videos. • ORB Category: Arts and Design • ORB Subcategory: Photography • Example Assessor: Photography/art teacher
Band/Orchestra	<ul style="list-style-type: none"> • Activity Idea: Join the school band or orchestra. Practice together after school, learn new pieces to play, and perform at school events. • Example SMART Goal: I'll join the school band and practice together after school on Tuesdays and Fridays. My goal is to perform as a lead violinist at the school concert by the end of the semester. My Award Mentor will help give me tips as they are a lead violinist and finishing their Gold Award. I'll take lessons too and learn by watching my favourite violinists online. • ORB Category: Musical Instrument • ORB Subcategory: Violin

	<ul style="list-style-type: none"> • Example Assessor: Band instructor/Music teacher
Choir	<ul style="list-style-type: none"> • Activity Idea: Join the school choir with friends. Rehearse regularly and take part in school concerts and competitions. • Example SMART Goal: I joined choir with my Buddy so we'll practice after school on Mondays and Wednesdays. I want to make my voice more steady by the end of the year. I'll need to work on breathing and technique to get better. • ORB Category: Music Other • ORB Subcategory: Singing Solo or In a Choir or Band • Example Assessor: Choir instructor/Music teacher
Theater Club	<ul style="list-style-type: none"> • Activity Idea: Join the school theatre and work towards your performance together. Work on plays, skits, or improv sessions. Perform for school events or work up to performing at other events too. • Example SMART Goal: I auditioned and made it on to the school play so I'll rehearse three times a week after school. My goal is to improve my acting and perform a play at the school performance by the end of the semester. • ORB Category: Performance • ORB Subcategory: Drama and Theatre Skills • Example Assessor: Drama teacher
Technology	
Coding/ Programming	<ul style="list-style-type: none"> • Activity Idea: Work on projects together, such as creating apps or websites. Participate in local or online hackathons to solve problems through technology. Work in teams to develop apps or software solutions. • Example SMART Goal: I signed up for a hackathon in 4 months with my friends. We'll meet twice a week after school to work on our coding skills. My goal is to improve my coding skills so we can get a top 3 finish at the hackathon by the end of the semester. • ORB Category: Life and Vocational Skills • ORB Subcategory: Other -> Coding/Programming

	<ul style="list-style-type: none"> • Example Assessor: IT Teacher/Computer Technology Teacher
Robotics	<ul style="list-style-type: none"> • Activity Idea: Participate in a robotics club at school with your friends. Build and program robots for competitions or demonstrations. • Example SMART Goal: I joined the Robotics club and meet twice a week after school to build and program robots. My goal is to make a robot that will win the end of year robot battle competition. • ORB Category: Life and Vocational Skills • ORB Subcategory: Other -> Robotics • Example Assessor: Robotics Teacher/Technology Teacher
Language and Literature	
Language Exchange	<ul style="list-style-type: none"> • Activity Idea: Make a language exchange group to practice speaking a new language with your friends – teach each other a new one. Meet regularly to practice and learn together. • Example SMART Goal: I want to learn Chinese and my friend wants to learn Korean so we'll meet twice a week during lunch breaks to practice. My goal is to have 10-minute conversations with my friend by the end of the semester. • ORB Category: Foreign Languages • ORB Subcategory: Other -> Chinese • Example Assessor: Chinese language teacher
Book Club	<ul style="list-style-type: none"> • Activity Idea: Love reading? Make a book club to read and discuss books together. Choose a book each month and meet to talk about it. Write reviews on Goodreads and build that book list up! • Example SMART Goal: I'll form a book club with my friends at school, choosing one book to read each month and meeting to discuss it. My goal is to read and discuss five books by the end of the semester. • ORB Category: Hobbies • ORB Subcategory: Reading • Example Assessor: English teacher

Fun at Home

<p>Cooking & Baking at home</p>	<ul style="list-style-type: none"> • Activity Idea: Passionate about making food or baking? Come together on weekends with friends and have fun learning new dishes and recipes – be the next Master Chef. • Example SMART Goal: My BFF and I will meet every Saturday at her house to cook and bake new dishes and recipes. My goal is to create and perfect five different recipes by the end of the semester. Her mom’s the best cook ever so she’ll help us out too! • ORB Category: Crafts • ORB Subcategory: Cookery • Example Assessor: Home education teacher/Family friend who cooks
<p>Esports & Gaming</p>	<ul style="list-style-type: none"> • Activity Idea: Play Fortnite, the newest 2K, Rocket League, and more with your friends. Set targets on promotions, ranking up, and practice and compete with your friends as you all grow. • Example SMART Goal: I’ll play Fortnite with my friends on Discord three times a week after school. My goal is to rank up to Diamond II by the end of the semester. I’ll work on teamwork and research strategies to get better. • ORB Category: Games • ORB Subcategory: Other -> Esports • Example Assessor: Esports coach/instructor
<p>Streaming</p>	<ul style="list-style-type: none"> • Activity Idea: Start a game streaming channel on platforms like Twitch with your friends. Stream gameplay, interact with viewers, and learn how to build a community. • Example SMART Goal: I’ll start a streaming channel on Twitch with my friends, streaming Fortnite twice a week after school. Our goal is to reach 100 followers by the end of the semester. We’ll learn to promote our channel on socials and get our friends and family to subscribe to us. • ORB Category: Communications • ORB Subcategory: Other -> Live-streaming • Example Assessor: Digital media teacher/Communications teachers



Voluntary Service

Volunteering at School	
Peer Tutoring	<ul style="list-style-type: none">• Activity Idea: Volunteer to tutor younger students or classmates who need help with their studies.• Example SMART Goal: I'll be volunteering as a math tutor, meeting with other students in my class twice a week after school to help them with their homework. My goal is to help at least five students improve their grades by one letter by the end of the semester.• ORB Category: Education• ORB Subcategory: Tutoring• Example Assessor: Math teacher
Award Mentoring (Silver & Gold)	<ul style="list-style-type: none">• Activity Idea: Become a mentor for Bronze participants who are new to the Award. Guide them and give them support and help as they complete their Bronze Award.• Example SMART Goal: As an Award Mentor at school, I'll mentor Bronze Award participants, meeting with them once a week to help them with logging and activities. I'll share tips with them on what helped me do my Award. My goal is to help at least three participants complete their Bronze Award by the end of the semester.• ORB Category: Education• ORB Subcategory: Mentoring• Example Assessor: Award Leader
Caring for the School	<ul style="list-style-type: none">• Activity Idea: With friends and other students at school, participate in activities that improve and maintain the school environment, such as organizing school clean-ups, planting trees or flowers, and maintaining gardens.• Example SMART Goal: In our Caring for the School program, I will do a school clean-up every 2 weeks to help keep our school clean

	<p>with my Award Mentor. My Award Mentor and I will also be responsible for taking care of our school garden. My goal is to ensure that the school looks better than the beginning of the year.</p> <ul style="list-style-type: none"> • ORB Category: Environmental • ORB Subcategory: Caring for public school or garden • Example Assessor: School garden supervisor
Helping coach a youth team	<ul style="list-style-type: none"> • Activity Idea: Help coach a youth sports team, like your grade 8 team, by helping plan practices, teaching skills, and providing support during games. You can do this with friends, too – the more, the merrier! • Example SMART Goal: I'll be helping with my grade 8 soccer team's practices twice a week and attend their games on weekends. My goal is to help improve the team's overall skills and ensure that each player improves in their dribbling skills by end of season. • ORB Category: Leadership • ORB Subcategory: Coaching/Teaching • Example Assessor: Soccer coach
School Club Leadership	<ul style="list-style-type: none"> • Activity Idea: Take on a leadership role in a school club – like student council or create a club with your friends about a cause you're passionate about! Grow your leadership skills, make a difference, and have fun with your friends while doing it! • Example SMART Goal: In our school's environmental club, I will help organize monthly meetings and plan two events this year – a recycling drive and a Climate Change day event. My goal is to help increase club membership by 20% and help plan these events! • ORB Category: Leadership • ORB Subcategory: Leader of a youth club • Example Assessor: School club supervisor
Community Service	
Library Volunteers	<ul style="list-style-type: none"> • Activity Idea: Help the librarian with things such as shelving books, cataloging, or helping other students find resources. • Example SMART Goal: I'll volunteer at our local library on the weekends with my friend, helping with shelving books and

	<p>cataloging. My goal is to help organize and catalog 500 books by the end of the year.</p> <ul style="list-style-type: none"> • ORB Category: Voluntary Service to Other People • ORB Subcategory: Other -> Library volunteer • Example Assessor: Librarian
Local Volunteer Organizations	<ul style="list-style-type: none"> • Activity Idea: Volunteer at local homeless shelters, food banks, or soup kitchens with your friends. Organize food drives, fundraise together, make donation collections, help out any way you can. • Example SMART Goal: I'll help at our food bank twice a month with my Award Buddy. I'll be helping with handing out food and organizing donations with my Award Buddy. Our goal is to collect and distribute 25 pounds of food and essentials by the end of the year. • ORB Category: Charity • ORB Subcategory: Food bank/soup kitchen • Example Assessor: Food bank volunteer coordinator
Elderly Care	<ul style="list-style-type: none"> • Activity Idea: Visit nursing homes or senior centers to spend time with the elderly, help with activities, or assist with daily tasks • Example SMART Goal: I'll visit a senior centre twice a month, spending time with the elderly and singing songs with them. My friend will bring his guitar and I can sing so we'll come every two weeks for them. • ORB Category: Voluntary Service to Other People • ORB Subcategory: Help and Befriend Elderly • Example Assessor: Senior centre volunteer coordinator
Serving a faith community	<ul style="list-style-type: none"> • Activity Idea: Do activities that help and support your faith community, such as organizing events, volunteering for services, and providing support to community members in need. • Example SMART Goal: I will volunteer to help and provide support during worship services every week. My brother and I will be going before service to set things up and then help out during service. • ORB Category: Voluntary Service to Other People

	<ul style="list-style-type: none"> • ORB Subcategory: Other -> Faith community volunteer • Example Assessor: Faith community volunteer coordinator
Youth Programs	
Scouts/Guides	<ul style="list-style-type: none"> • Activity Idea: Volunteer as a junior leader in Scouts, Guides, or similar youth organizations, helping to organize activities and mentor younger members. • Example SMART Goal: I'll volunteer as a junior leader with my friends in Guides, meeting weekly to help organize activities and mentor the younger members. My goal is to plan and lead four major activities by the end of the semester. • ORB Category: Leadership • ORB Subcategory: Leader of a youth organisation • Example Assessor: Girl Guides Leader