



# Does your activity count?

The Award isn't about ticking off tasks—it's about having a blast and doing stuff you love! Activities you're already doing at school, with friends, at home, or elsewhere can all count. As long as your activity includes the seven key elements outlined below, it will qualify. Chat with your Award Leader if you need a hand—they're here to help you make your dreams a reality!

**Need some inspiration?**  
Check out the **Award Activity Zone**.



**Note for Award Leaders:** You can guide and support your participants in identifying activities that meet the 7 elements, helping them to integrate their passions and interests into the Award through the school curriculum, with friends, and more.

## Does your activity follow the 7 elements of the Award Canada way?

### 1. Is your activity following the Award framework?

*For example, for Bronze: Are you over 13.5 years old? Have you chosen activities for 13 weeks and selected one to continue for 26 weeks?*



### 2. Did you set a SMART goal?

*Use Chat GPT or our SMART Goal worksheet if you need help.*



### 3. Did you choose an activity that matches your interests and passions?



### 4. Did you choose an activity that has a meaning and purpose for you?



### 5. Did you find an Assessor who will support you in developing your SMART goal, provide support, and submit a short assessment at the end of your activity on your progress?



### 6. Will your activity challenge you and help you learn new things?



### 7. Will you take time to reflect on your progress?



**Top Tip:** Try Chat GPT or CoPilot for prompts for activity ideas using a starting idea or to help you get started on making SMART goals. When using Chat GPT, use it only as a starting point. You will have to adjust the response ChatGPT gives you, as it is not always accurate.

