

Date: _____

Pilot Feedback: STAFF

To be completed by the staff of the club that pilot's the new honor/award

Staff Member Details:

| | |
|--|---|
| Name: | |
| Position within club: | |
| Phone or Email: | |
| Please describe the demographics of your club: (affluent or non, urban, suburban, rural, multicultural, etc.) | |
| How many club members & staff completed this honor/award? | |
| How expensive was this honor for your club? | |
| I had previous significant knowledge of the honor/award's field of coverage | <input type="checkbox"/> YES <input type="checkbox"/> NO |

Survey / Feedback:

| Scale: 5=absolutely 4= usually 3= adequately 2= sometimes 1= rarely 0=not at all | | | | | | |
|--|---|---|---|---|---|---|
| The requirements uphold the fundamental beliefs of the Seventh-day Adventist Church | 5 | 4 | 3 | 2 | 1 | 0 |
| The requirements cover a developmentally appropriate topic of lasting value that will improve the club member's understanding. | 5 | 4 | 3 | 2 | 1 | 0 |
| The subject matter is appropriate and meaningful for the participant's age group. | 5 | 4 | 3 | 2 | 1 | 0 |
| The honor/award had a balance of theory and hand-on experiences. | 5 | 4 | 3 | 2 | 1 | 0 |
| The requirements were clear and concise. | 5 | 4 | 3 | 2 | 1 | 0 |
| I believe the honor/award is in the correct skill level. | 5 | 4 | 3 | 2 | 1 | 0 |
| The answer key was adequate and allowed me to successfully teach the honor/award. | 5 | 4 | 3 | 2 | 1 | 0 |
| The club members were engaged with the topic & activities. | 5 | 4 | 3 | 2 | 1 | 0 |

Please write suggestions or other feedback on the back of this page.

Date: _____

Pilot Feedback: CLUB MEMBER

To be completed by the staff of the club that pilot's the new honor/award

Club Member Details:

| | |
|--|---|
| Name: | |
| Age: | |
| Did you complete all of this honor/award? | <input type="checkbox"/> YES <input type="checkbox"/> NO |

Survey / Feedback:

| Scale: 3= Absolutely Agree 2=Somewhat Agree 1=Do Not Agree | | | |
|---|----------|----------|----------|
| The topic was interesting. | 3 | 2 | 1 |
| I understand this topic better after completing the honor/award. | 3 | 2 | 1 |
| This honor/award was appropriate for my age. | 3 | 2 | 1 |
| There were plenty of engaging activities to help me learn. | 3 | 2 | 1 |
| I think others would enjoy doing this honor. | 3 | 2 | 1 |
| My favorite part of this honor was... | | | |
| My least favorite part of this honor was... | | | |
| If I was going to improve this honor I would... | | | |

Please write suggestions or other feedback on the back of this page.

Hair Braiding Honor Requirements

1. Explore the history and significance of hair braiding in different cultures around the world. Create a presentation or display to showcase what you learned.
2. Identify what your hair type is. Learn how to properly care for your own hair including washing, conditioning, sleep & outdoor protection, preventing scalp infection, limiting breakage, etc.
3. Create a set of guidelines for hair braiding safety and best practices.
4. Compare different hair braiding tools and accessories to determine which ones are safest, most appropriate, and easiest to use.
5. Read 1 Peter 3:3-4. Analyze what God is telling us in this verse.
6. Read Judges 16:4-20. Analyze the significance of hair and hair braiding in the story of Samson and Delilah. Determine what God is trying to teach us through this story. Retell this story to a younger child or act it out as a skit.
7. Learn at least 6 different braiding techniques. Practice these braids on yourself or others and take photos to document your progress.
 - three-strand braid
 - French braid
 - Dutch braid
 - fishtail braid
 - Rope braid
 - Waterfall braid
 - Infinity braid
 - Other: _____
8. Experiment with at least one creative braiding style by combining different braids and/or adding accessories (such as beads or ribbons). Practice on yourself or others and take photos to document your progress.
9. Use your hair braiding skills to serve others. Complete two of the following projects.
 - Volunteer to do hair care and braiding at a local hospital, nursing home, etc
 - Organize a hair braiding fundraiser
 - Make hair care kits to distribute to shelters, homeless, etc
 - Use Luke 12:7 to create cards, bookmarks, paintings, etc to distribute to those who need encouragement
 - Other (present your idea to your class teacher for approval)

Hair Braiding Honor (Answers)

1. Explore the history and significance of hair braiding in different cultures around the world. Create a presentation or display to showcase what you learned.
 - a. *Africa - Hair braiding has a long history in Africa, where it is often used as a form of communication and expression. Different styles of braids can represent social status, age, religion, and even tribe or clan affiliation. In some cultures, braids are also believed to have spiritual significance and are used in rituals and ceremonies.*
 - b. *India - Hair braiding is an important part of Indian culture and has been practiced for centuries. Different regions of India have their unique styles of braiding, and different styles can indicate a person's marital status, caste, and social status.*
 - c. *China - In ancient China, hair braiding was often used as a way to display wealth and social status. Women would often wear intricate braided hairstyles, and the length and style of the braid would indicate their social status and position in society.*
 - d. *Greece - In ancient Greece, hair braiding was a popular practice among both men and women. Different styles of braids were used to indicate social status, and young girls would often wear braids as a symbol of their youth and purity.*
 - e. *Native American - In Native American cultures, hair braiding is often seen as a sacred practice and can be used in spiritual ceremonies and rituals. Different styles of braids can represent different spiritual beliefs and can also indicate a person's tribal affiliation.*
 - f. *Viking - In Viking culture, hair braiding was a way for men to display their strength and masculinity. Men would often wear intricate braids and knots, and the style of the braid could indicate their social status and position in society.*
 - g. *Overall, hair braiding has been a significant practice in cultures around the world, often used to indicate social status, religious or spiritual significance, and personal expression.*
2. Identify what your hair type is. Learn how to properly care for your own hair including washing, conditioning, sleep & outdoor protection, preventing scalp infection, limiting breakage, etc.
 - a. [7 Ways to Determine Hair Type](#)
 - b. [American Academy of Dermatology](#)
3. Create a set of guidelines for hair braiding safety and best practices.
 - a. *Use clean tools and materials - Make sure that all combs, brushes, and hair ties used in the hair braiding process are clean and free of debris. Also, use clean and fresh hair extensions and hair products.*
 - b. *Avoid excessive tension - Avoid braiding hair too tightly, as it can lead to discomfort, hair breakage, and even hair loss.*
 - c. *Take breaks - Take frequent breaks during the hair braiding process to give your hands and arms a rest and to prevent fatigue.*
 - d. *Use proper posture - Maintain good posture while braiding hair to avoid unnecessary strain on your neck, back, and shoulders.*
 - e. *Moisturize the hair - Before braiding, make sure to moisturize the hair and scalp to prevent dryness and breakage. This can be done using natural oils, such as coconut or olive oil.*

- f. *Avoid harsh chemicals - Avoid using harsh chemicals or relaxers on the hair before or during the braiding process, as they can weaken the hair and increase the risk of breakage.*
 - g. *Avoid wearing braids for too long - Wearing braids for too long can lead to hair breakage, thinning, and hair loss. It is recommended to take a break from braids after 8-10 weeks to allow the hair to rest and recover.*
4. Compare different hair braiding tools and accessories to determine which ones are safest, most appropriate, and easiest to use.
- a. *Combs and Brushes - Combs and brushes are essential hair braiding tools used to detangle and smooth the hair. They come in different sizes and materials, such as plastic, wood, and metal. Plastic combs and brushes are generally safer and more appropriate for hair braiding as they are less likely to cause hair breakage or damage.*
 - b. *Hair Ties and Elastic Bands - Hair ties and elastic bands are used to secure the hair while braiding. They come in different sizes, materials, and colors. Elastic bands that are covered with cloth or are made of soft material are generally safer and more appropriate for hair braiding as they are less likely to cause hair damage or breakage.*
 - c. *Bobby Pins - Bobby pins are used to hold hair in place while braiding. They come in different sizes and materials, such as plastic and metal. Plastic bobby pins are generally safer and more appropriate for hair braiding as they are less likely to cause hair damage or breakage.*
 - d. *Hair Extensions - Hair extensions are used to add length and volume to the hair while braiding. They come in different lengths, textures, and colors. It is important to choose high-quality hair extensions made of natural hair or synthetic materials that are safe and appropriate for hair braiding.*
 - e. *Beads and Decorative Accessories - Beads and decorative accessories are used to add style and flair to braided hairstyles. They come in different sizes, colors, and materials, such as plastic, wood, and metal. It is important to choose beads and decorative accessories that are safe and appropriate for hair braiding and are not too heavy or sharp, which can cause hair breakage or damage.*
 - f. *Overall, plastic combs and brushes, soft elastic bands, and plastic bobby pins are generally the safest, most appropriate, and easiest to use hair braiding tools and accessories. When choosing hair extensions and decorative accessories, it is important to select high-quality materials that are safe and appropriate for hair braiding.*
5. Read 1 Peter 3:3-4. Analyze what God is telling us in this verse.
- a. *"Your beauty should not come from outward adornment, such as elaborate hairstyles and the wearing of gold jewelry or fine clothes. Rather, it should be that of your inner self, the unfading beauty of a gentle and quiet spirit, which is of great worth in God's sight." In these verses, God is reminding us that true beauty comes from within, rather than from outward appearances. He encourages us not to place too much importance on our external appearance, such as hairstyles, jewelry, or clothing, but instead to focus on cultivating an inner beauty of a gentle and quiet spirit. God values this inner beauty, which is not dependent on external factors and does not fade over time. He wants us to strive for this kind of beauty, which is of great worth in His sight. Therefore, the verse*

encourages us to prioritize inner character and virtues, such as humility, kindness, and love, over superficial qualities. By doing so, we can reflect the image of God and become the kind of people that He desires us to be.

6. Read Judges 16:4-20. Analyze the significance of hair and hair braiding in the story of Samson and Delilah. Determine what God is trying to teach us through this story. Retell this story to a younger child or act it out as a skit.

a. In this story, Samson, an Israelite judge, falls in love with Delilah, a Philistine woman. The Philistine rulers offer Delilah a large sum of money to discover the source of Samson's strength, which he had revealed to her three times falsely. Finally, Samson reveals the secret of his strength, which is in his hair. Delilah cuts his hair while he is sleeping, and the Philistines capture and blind him. The significance of hair and hair braiding in this story is related to the source of Samson's strength, which was linked to his Nazirite vow. As a Nazirite, Samson was forbidden from cutting his hair, and it was a symbol of his dedication and consecration to God. By revealing the secret of his hair, Samson broke his vow and forfeited his strength, which led to his capture by the Philistines. Therefore, hair and hair braiding played a significant role in the story as a symbol of Samson's commitment to God and his source of strength. God is trying to teach us several lessons through this story. First, we see the danger of compromising one's faith and dedication to God for the sake of worldly desires or personal gain. Samson's weakness for Delilah and his willingness to reveal the secret of his strength ultimately led to his downfall. Secondly, the story highlights the importance of keeping our promises and vows to God. Samson's hair was a symbol of his commitment to God, and by breaking his vow, he suffered the consequences of his actions. Lastly, the story shows us that God can still use flawed individuals for His purposes. Despite Samson's faults and weaknesses, God used him to deliver the Israelites from their enemies.

7. Learn at least 6 different braiding techniques. Practice these braids on yourself or others and take photos to document your progress.

- [three-strand braid](#)
- [French braid](#)
- [Dutch braid](#)
- [fishtail braid](#)
- [Rope braid](#)
- [Waterfall braid](#)
- [Infinity braid](#)
- Other: _____

8. Experiment with at least one creative braiding style by combining different braids and/or adding accessories (such as beads or ribbons). Practice on yourself or others and take photos to document your progress.

9. Use your hair braiding skills to serve others. Complete two of the following projects.

- Volunteer to do hair care and braiding at a local hospital, nursing home, etc

- Organize a hair braiding fundraiser
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- Other (present your idea to your class teacher for approval)

Reflection

Bentonville Beavers Pathfinder Club

Members: Beth Huff and Mykenzie Melo

1. What led you to create this honor/award?
 - a. We had several female members of our club that were very interested in hair braiding.
2. Why do you feel this proposed honor/award is valuable and stands out from other possible topics?
 - a. Personal adornment and outward appearance is very important to early adolescents. Learning Biblical principles of this, safety, and best practice is not only relevant, but needed.
3. How does this honor address the 7 learning styles?
 - a. Visual: Requirement #1 Option to create a visual display
 - b. Verbal: Requirement #6 Option for storytelling
 - c. Aural: Requirement #7 Listening to instructional videos
 - d. Physical: Requirement #6 Option for a skit, Requirement #7 and #8 Opportunity to practice skills
 - e. Logical: Requirement #4 Opportunity to compare and contrast, Requirement #5 Opportunity to analyze
 - f. Social: Requirement #9 Option to serve others
 - g. Solitary: Requirement #7 and #8 Opportunity to practice on self, Requirement #2 and #3 can be done alone.
4. Explain how this honors/award is a balance of theoretical knowledge, engagement & hands-on instruction, assessment, and spiritual application.
 - a. Opportunity to create, research, present, read, volunteer, experiment, story tell, listen, act, compare & contrast, analyze, serve, and practice.
5. Please provide a summary of the feedback you received from the "Pilot Feedback" forms.
 - a.
6. How did you revise your honor/award after the pilots?
 - a.