Lesson Plans are designed to accompany the related Helps documents for each Step. Please refer to the resources in the appropriate Helps document found in the Leader Pages while you prepare your lesson.

The six “F”s are presented in a suggested order, but you are not required to complete them in that order. You may rearrange them as fits your troop’s particular needs.

Necessary Resources

- Pennies
- Pictures of national symbols
- Assorted change and cash
- Bucket
- Paper
- Crayons

- Pictures of national symbols
- Pennies
- Bucket
- Money
The Persevering Penny
Form the Trailmen into two even teams. Place the two buckets at one end of the playing field (or room or hallway) and have the two teams stand on the other end. The object of the game is to walk to the bucket with a penny on your foot. When you get to the bucket you have to drop the penny in, without using your hands. When you get back to the starting line, the next person in line goes. The team with the most pennies in their bucket after two minutes is the winner.
What are National Symbols?
America has many national symbols. You might have known that America has a National Bird, the Bald Eagle, but did you know that we also have a national mammal, flower, and tree? National symbols also include famous landmarks, like the Lincoln Memorial, which is on the back of a $5 bill, and the Statue of Liberty! When you see many of our national symbols, you think of what a great country America is! Trail Guides, show the Trailmen some pictures of national symbols so they can recognize them.

Recognize Symbols
Symbols are very important to America. They remind us of different ideas, places, and people that helped shape our country. Take a look at some pictures of national symbols. You may realize that you know more symbols than you think you do! The American Flag, Statue of Liberty, the Lincoln Memorial, and even the Bald Eagle are all national symbols!

Think about America
Symbols are chosen to make you think about a certain thing. What do you think about when you see an American flag? The red, white, and blue on the flag make most people think of this great country that you call home. There are many other national symbols that make people think about America. The symbols were chosen to represent certain parts of what makes America great. Some symbols were chosen to honor ideas, people, and places that helped form this country. Look at some pictures of national symbols. Do you recognize any more?
Money, Money, Money!
Trail Guides, try to bring multiple pennies and quarters, and a few one and five dollar bills. Let the boys have time to look at the faces that are on each of them. Tell them who each person is. Now have them look at the back of the bills and coins. See if anyone can identify any of the landmarks! If not, tell them the name of the landmark and where it is found.
Give everyone a crayon and a piece of paper. Have the boys remove the paper from the crayons and make a rubbing of the coins!

In God We Trust
Trail Guides, try to bring at least one of each coin and bill (or a fake bill). Have the boys look at the money and try to find the phrase “In God We Trust” on all of them. Ask them why they think this phrase is on all the currency. Also talk about who is on the front of the money. Identify National symbols on the money and discuss why they are there.

Or

Great Seal
Print out a coloring page of the Great Seal and let the Trailmen color it. Ask them to guess what the different parts are and what they mean before they color them in. Let them know what each part means. Make sure you talk about how the bald eagle is the national bird and what is symbolizes. There are some printable coloring sheets at this website:
FAITH (TRAIL GUIDE THOUGHTS)

In God We Trust
Check out those coins again! Can anyone find the saying that is on all the coins? The saying is “In God We Trust.” Trusting God is so important that we say it on all of our money, so everyone can see it every day! We need to trust God too. Pray that the Trailmen will trust in God, just like it says on our money.

God vs. Money
Look up Matthew 6:24. Discuss why you cannot serve God and money. God is so much more important than money, but, sometimes, we think money and things are more important. Look at a coin. On it is written “In God We Trust.” This is there as a constant reminder that we must trust in God and not money.

Pray with the Trailmen, focusing on trusting in God more than trusting in money.
FAMILY

Point It Out!
Discuss nation symbols with your family. Try to identify some when you see them, like the American Flag!

Money
Talk about trusting God with your family. It is important to trust in God more than money. Talk with your family about good spending habits and how to honor God with your money.
FOREST BADGE

By actively participating in this meeting, each Trailman earned the National Symbols Step on the Heritage Branch.

*Note: It is up to the Trail Guide to determine whether or not a Trailman was an active in the meeting. Even if he attended the meeting, you are not required to award him the Step if he did not participate.