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**

- Coloring page of flag
- Map of America
- Map of America
FUN

King George Says
Play a game of Simon Says, but instead call yourself King George. Begin with some simple commands, but make them increasingly difficult. For example, begin with hop on one foot, then hop on the other foot, then pat your head, now hop on one foot and pat your head, now hop on one foot, pat your head and rub your belly all at the same time. Now hop on one foot, pat your head, rub your belly and give me all your money!! Be sure to play the game by adding “King George says” when desired.
Learn About Your State

Learn about your state. Since every state is different, Trail Guides should personalize the activities and focus to their own state. Show the boys pictures of your state flag and state symbols. Tell them what is unique about their state.
FINGERS

Color the State Flag
Print out a picture of your state flag and have the Trailmen color it while you tell them about any state symbols on and the history of your state flag.

Maps
Bring a map of America to the meeting. See if the Trailmen can locate their state on a map. Let them see which states or countries border your state. Look at the major bodies of water that your state contains or borders.

Divide into two groups. Have each group work together to make a list using a permanent marker and paper of everything they like about their state (two syllables works best) and display it where they can see it during the cheer. Then have the two groups stand on opposite sides of the room. Using the cheer format “We like {your state name} yes we do, we like {thing they like} how ‘bout you?” go back and forth with each team naming each item on their list. Don’t forget to clap to the cheer and point at the other side when you say “you”!

Example (using Florida):

Team A: “We like Florida, yes we do. We like the beach, how about you?”

Team B: “We like Florida, yes we do. We like sunshine, how about you?”

Team A: “We like Florida, yes we do. We like rocket launches, how about you?”

And so on.
FAITH (TRAIL GUIDE THOUGHTS)

Your Home
Read Philippians 3:20-21. Talk about how, even though you live in your state, it is not your final home.
FAMILY

State Trip
Talk about your state with your family. If possible, visit the capital of your state and look around. You could also go to a famous place in your state. Make sure to take pictures of your trip!
FOREST BADGE

By actively participating in this meeting, each Trailman earned the My State 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.