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**

- Nerf Balls
- Nerf Guns
- Anything you need for the colonial game

- Map of America
- 13 Colonies, printed and cut out

- None
FUN

Turkey Hunt
Divide group into two Patrols—Pilgrims and Turkeys. Set boundaries. Ask Turkeys to squat and act like turkeys. Pilgrims each get three shots to try and hit a Turkey. Once every Pilgrim has had a turn, the teams switch.

Obstacle Course
Gather obstacles! Obstacles can include anything from furniture to toys to sports equipment.

Indoor course ideas:

• Kangaroo jump: Hop forward with feet together five times.
• Crawl through a tunnel: You can create a tunnel by placing a sheet over some chairs placed across from each other.
• Climb over an object.
• Use a large cooking spoon to transfer three to five blocks (or other small toys) one at a time into a bucket or container placed several feet away.
• Do five jumping jacks.
• Side-step five times.
• Toss three to five balls into a bucket or basket several feet away.
• Walk the tightrope: Place a jump rope or tape on the floor and have boys walk across it, heel to toe.
• Kangaroo jump five more times to the finish line.

Outdoor course (with playground) ideas:

• Kangaroo jump five times.
• Go up the ladder and down the slide.
• Swing on the swing as you count to ten.
• Jump over a set of sticks or branches.
• Use a cooking spoon to transfer rocks to a bucket.
• Jump up and down five times.
• Toss balls into a container.
• “Walk the tightrope.”
• Run back to the starting line.
**FOCUS**

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**First Thanksgiving**
Talk briefly about the first Thanksgiving Day when the Pilgrims showed their appreciation to God and to the Indians who helped them get through the first difficult years they spent in America. Mention that November was the harvest month for the crops that they grew and that they were excited to have food that would last them throughout the coming winter.

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**The First Americans**
The first Americans were Native Americans. They were the first people to live in America and develop a culture. Learn about why we sometimes call Native Americans “Indians.” Also, learn about the Pilgrims coming to America and the Indian’s role in the first Thanksgiving.

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**The Progress of the Pilgrims**
Listen to the story of the *Mayflower*’s journey to the new world, and learn about the Pilgrims’ first winter in America. What challenges did they face? Who helped them survive? Why did the Pilgrims host a celebration called Thanksgiving? Resources may be found on many websites or in the book *The First Thanksgiving*, by Anna McGovern (available in most libraries).
FINGERS

Colonial Game
Choose a Colonial game to learn and play, such as marbles, jacks, jump rope, hop scotch, hoop rolling (not hula hooping), or another game from the Colonial time period. Remind the Trailmen that children during that period did not have video games. The rules for most sports that we know today did not exist. Books were very expensive and not easily bought.

I3 Colonies
Cut out the shapes of the I3 original Colonies and have the boys place them on a map of modern day America. Let them see how much bigger the U.S. is now!

First Thanksgiving Skit
Allow the Trailmen time to write a short skit or song about the first Thanksgiving. When they have created their skit or song, have them perform it in front of the Foxes and/or Hawks to help teach them about the first Thanksgiving.
Depending on God
Talk to the boys about the need to depend on God during difficult situations. The Pilgrims had to depend on God for everything from food to protection from things that would harm them. Where are other accounts of times in which God’s people had to depend on him?

Reflect on the account of the Exodus. How did God provide for his people? For their water? For their food? Even for their clothes and shoes?

Pray with the Trailmen.

The Lord’s Prayer
At an opportune time within the Trail Guide’s discretion, the following faith components may be discussed with the Trailmen. Please remember to end every meeting with prayer.

Early American churches had many recitations that were part of their service. One of those is known as The Lord’s Prayer. Jesus himself spoke it. That prayer is recorded in Matthew 6:9-13. Have the boys recite it with you if they know it.

Our Father who art in heaven, hallowed be Thy name; Thy Kingdom come; Thy will be done on earth as it is in heaven. Give us this day our daily bread; and forgive us our trespasses as we forgive those who trespass against us; and lead us not into temptation, but deliver us from evil. Amen.
Never Alone
Have you ever been somewhere unfamiliar to you? Have you ever been lost? How did it make you feel being lost? Do we know what will happen in the future? Does it help knowing that God knows your future? Read a Bible verse about God’s providence for us and how he does not leave us (Psalm 23, Matthew 28:20, Job 38).
FAMILY

Native Americans
With your family, read and discuss a picture book about the Native Americans. Make sure that you look at the pictures and discuss foods, homes, and other things that you see in them. How do they differ from what we have today?

Family Service Project
Decide on a service project your family can participate in together. Maybe you can help at your local food drive or donate to food baskets at a local charitable organization.

Then vs. Now: Thanksgiving
Talk with your family about why Thanksgiving is so important. Why do we still celebrate it today? Discuss how what you do on Thanksgiving is different from what the Pilgrims would have done on the first Thanksgiving. Would they have eaten the same foods, or watched football like we do today?
By actively participating in this meeting, each Trailman earned the Early America 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.