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**

- Paper
- Coloring Utensils

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- Paper
- Coloring Utensils

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- Jigsaw Puzzle
FUN

Cops and Robbers
Gather the Trailmen outside. Divide them into two
groups—the “Cops” and the “Robbers.” Choose an object
for the Robbers to try to “steal.” To win the game, the
robbers must complete their goal of stealing or touching
this object and escaping from the cops. The Cops can
tag the robbers to remove them from the game or send
them to jail.

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.

**Guess the Rule**
Sit the Trailmen in a circle where they will pass a pair of sticks, markers, or unsharpened pencils to the person to the left of them. They can pass the sticks either crossed (like an “x”) or uncrossed (parallel to one another). How they pass the sticks is determined by a “rule.” Select a few Trailmen who will know “the rule” and secretly tell them the rule. (Easiest solution: if the Trailmen they are passing the sticks to have their hands or feet crossed, they receive the sticks crossed. If the Trailmen they are passing the sticks to have their hands or feet uncrossed, they receive the sticks uncrossed.) The Trailmen who do not know the rule remain in the game as long as they figure out the rule and pass the sticks appropriately to the Trailmen seated to their left.
FOCUS

My Community
Since everyone’s community is different, Trail Guide will need to research their own community and personalize this meeting for the boys. Some basic things for the Trailmen to learn are:
- Name of your City
- Local Leaders
- History of your Area

Consider inviting a local community servant to your meeting. Ask the guest to talk to the Trailmen about how he or she serves the community. Encourage the Trailmen to ask questions and thank the guest.
FINGERS

Mapping
Make a basic map of somewhere you like to go in your community. It could be the park you like to go to, your neighborhood, or downtown! Make sure to include symbols for the different things on your map, like a house, church, or restaurant!

Good Citizens
Make a “Good Citizen/Bad Citizen” poster. Trailmen should give examples of things a good/bad citizen does, while leader fills in the poster. This will help them learn how to be lights in their own community!

Jigsaw Puzzle
A jigsaw puzzle is a good illustration for cooperation because no single piece can form a complete picture on its own. The same is true in a community. Everyone needs to be a good citizen so that the community will run smoothly. Allow the Trailmen time to paint, color, or decorate a single jigsaw puzzle piece. On one side of the piece, have each Trailman record his name and a quality or skill he possesses that can be shared with others to accomplish a goal (e.g., “Garrett is a good listener.”) You may also simply cut a jigsaw shape from a piece of construction paper if no puzzle is available.
FAITH (TRAIL GUIDE THOUGHTS)

Obeying Authority
Read and discuss Romans 13:1. Talk about why you should obey authorities.

Pray with the Trailmen.

Wise Leaders
Read and discuss Ecclesiastes 1:13. A leader will desire wisdom to help lead people. What our cities, counties, state, and national leaders need is godly wisdom to make good choices for the people. This is why it is important to read God’s Word and to understand God’s wisdom found there.

Pray with the Trailmen, focusing on seeking God’s wisdom every day.

Respect Governing Authority
Read and discuss I Peter 2:13-14. In order to be a productive, respectful citizen of your community, it is essential that you understand and respect the governing authority. When you do this, you are cooperating with your community AND following a command given to us from the Bible. You may also decide to read and discuss I Peter 2:13-14.

Pray with the Trailmen.
FAMILY

Community Talk
Talk about your community with your family and find out what their favorite part of your community is.

Drive
Go for a walk or drive through your community and point out various places that you learned about. Talk with your family about the importance of a community.

Map
Using a map that you made, take a driving tour of your community with your family. Use the map to locate your church, school, park, library, fire station, police station, or government offices. Look for ways to serve your community with your family.
By actively participating in this meeting, each Trailman earned a Heritage Step.

*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.