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**

- Ball
- Table Cloth
- Washable stamp pads
- Paper
- Baby wipes (for cleanup)
- 10-20 large construction paper circles (see game for exact number)
- Paper
- Pencil
The Blob
This game demonstrates cooperation and teamwork to accomplish a goal.

Play as a normal game of tag, however when "it" tags a Trailman, the Trailman becomes part of "it." Then the two of them must run linking arms and catch the next Trailman, who will join them. Last one caught by the "Blob" is the winner.

Magic Carpet
Fold or cut the table cloth to a four foot by four foot square (size may vary based on patrol size, but smaller is preferred). Tell the Patrol that the carpet is magic, but the magic is on the other side. Working together, they must flip the magic carpet while standing on it. If anyone falls off, they must start again.

Teamwork Trail
Mark a course (about 20 feet long) with a starting line and a finishing line. Split the Trailmen up into two even groups, giving each group a stack of large circles made out of construction paper. Each group needs one more circle than the number of Trailmen on the team (if a team has three Trailmen, it will be given four circles).

The objective is to race the other team to the finish line and back (the “Teamwork Trail”) by stepping on the circles only. If a Trailman steps on the ground, the whole team has to start over. The entire foot needs to be on the circle, and the circle cannot be dragged on the ground.

Try to figure out the fastest way to get your whole team across the course and back.
**FOCUS**

Family
This week we look at the family. Remember that families can be built in many ways, and we need to be sensitive to situations like adoptions and remarriages. Discuss with the Trailman what makes a family and how we can feel like family with friends and other groups.

Families Are Important
Families are not just your mom, dad, brothers, or sisters. They can also include uncles, aunts, cousins, and grandparents. In the case of blended families, they may include a stepmom, stepdad, stepbrothers, and stepsisters. Sometimes close friends are considered as family. And if you go to church, the people you go to church with are considered your church family.

Families are important in many ways in the life of a boy. Families provide:

- A sense of belonging
- Hope and encouragement
- A history / heritage
- Family values rooted in the Bible
- An understanding of our faith in God
- Love

The Bible calls this closeness fellowship, and it is kind of like a human body. The human body is made up of many parts including eyes, nose, mouth, ears, hands, feet, heart, lungs, back, etc. Like a human body, God fits us together into a spiritual body that includes our families and our church. We all have a different part in this spiritual body. What part do you think you are? Are you a nose? An eye? A pinky toe? A belly button? A bottomless stomach? You might not understand this right now, but you are a very important part of a spiritual body. You belong to God’s family, and your family loves you.
Family Members
Today’s discussion is about Family Genealogy and how our families’ can impact our lives and build our faith. Discuss the importance of cooperation at home with their families. This week, we will look at our family heritage and see how members of our own family have demonstrated faith, honor, and cooperation. Adopted boys can use their adopted families, and in other sensitive situations, Trailmen can list a Christian sports player (Tim Tebow) or a man from Hebrews II as a hero or mentor on his family tree.

Emphasize to the Trailmen that we are not born men of honor. We become men of honor by making honorable decisions, which can include practicing healthy cooperation and teamwork in the achievement of goals.
Traditions
Define tradition and provide examples. Sit in a circle with the boys, tossing or rolling the ball randomly across the circle with each boy jumping up and sharing a tradition their family has when they get the ball. Make sure everyone has a turn. Then, play again, everyone coming up with a new tradition that they want to have. Encourage the Trailmen to start their tradition with their family!

Everyone is Different
Everyone think of a tradition that their family has. See how many different ones there are? This shows how everyone is different. Now, ask the Trailmen how they look like their parents and how they differ in appearance from their parents. Since everyone is different, everyone is important. Discuss how each person has a different set of fingerprints, even twins.

Help each boy fingerprint himself.

Alternative: Depending on the allotment of time, you could have the children use fingerprints to create a picture.

Family Tree
With the help of an adult family member, each Trailman takes time to sketch his family tree. The family tree need not be elaborate; simple boxes are fine. Consider drawing a large root system under ground to illustrate the strength the tree needs from its support system; remember that the roots of a tree spread at least as far out as it is wide. Encourage the Trailmen to go at least as far back as their great-grandparents.
FAITH (TRAIL GUIDE THOUGHTS)

Thankful for Family
As you can see, family means a lot to us. When we get to spend time with family, it makes this time extra special when we can gather and thank God together for all of the blessings in our lives. Read Colossians 3:15.

“Holy Lord Jesus, we thank you most of all that you live in our hearts and that you made us a part of a spiritual body. We pray that you will rule in our hearts and that we will share together in your love and peace for us. Bless our loved ones, and help us to remember the many good things you have given us this year. Amen.”

Obey God’s Commands
We are to remember the teachings of our parents and grandparents. The Bible gives us a pattern of this in the Old Testament: Deuteronomy 6:4-9. We are to love God and obey him. Let us remember this all of our life.

Pray with the Trailmen.

Working Together
In the Bible, there are many men of honor who paved the way for our faith. In the book of Hebrews, there is a section called the “Hall of Faith” where many great men are listed. By faith, Noah built a ship when no one had ever seen rain. By faith, Moses led God’s people out of Egypt. All these men of God worked together to pave the way for Christ. Read Hebrews 11:39-40 to the Trailmen. A possible interpretation of this scripture illustrates that we will not be able to accomplish the great things God has in store for us without learning how to work together.

Pray with the Trailmen.
FAMILY

Cooperation
Discuss cooperation with your family. Evaluate how well you cooperate on a regular basis. For instance, are your morning routines rough because your mom is constantly reminding you to get your shoes on? What are some things that you can change to make things better (perhaps, “commit to doing what needs to be done without being reminded”)? Also, consider picking up an extra light chore (taking the trash out nightly) to help cooperation at home.

Blast from the Past
Spend some time looking at family photo albums that include family members and friends of all generations. Talk about these individuals and share your stories of them with your children. Find a way to help around the house to thank your family. Thank God together in prayer for the family that he has given you.

Grandparent Interview
What was life like for your grandparents? What did they do at school? At play? Did they attend church? What chores did they do at home? How was their life different from yours? How was it the same? Interview the oldest living relative you can contact, either in person or on the telephone. Ask questions such as:

- Where and when were you born?
- What kinds of toys did you play with?
- What was school like? What was your favorite subject?
- How did you meet your wife or husband?
- What was your first job? How old were you when you got your first job?
FOREST BADGE

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