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**

- Several boxes of all sizes, shapes, and colors
- Small plastic bottles of different shapes and colors
- Glue guns and lots of glue sticks.

- Anything you need for the Helps document activity

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FUN

>Nama 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.
George Washington
George Washington was the first president of our nation and a founding father. He loved God and knew that our nation would need to love and follow God's ways, too. When President Washington left the office of President, he commended this nation to God's provision. Such was the character of our first president.

The Bulletproof George Washington
Tell the boys the story of the bulletproof George Washington! While you tell it, you could have the boys act it out. Someone could be Washington, others could be other officers, and some could be Indians.

For two hours during the French and Indian War, in July of 1755, George Washington, who was then a Colonel in the army, rode back and forth over the battlefield on his horse delivering messages to other officers and the troops. All the officers had been the target for the Indians. As he rode, Colonel Washington could see that the officers and those on horseback were the ones the Indians were shooting most. But he continued in his job. At the end of the battle, Washington was the only officer on horseback who had not been shot down.

After the battle, Washington wrote a letter to his brother and told him that God had protected him. He found four bullet holes through his coat and had had two horses shot out from under him, but he escaped unhurt even though many others did not.

Fifteen years later, the Indian chief who had led the battle found Washington and told him that he had told his men to aim for Washington and kill him. The Indian chief said that they tried to kill Washington but couldn’t. The chief understood that Washington was under a special protection of God, so he told the Indians to stop shooting at him. The chief called Washington “the man
who is the particular favorite of Heaven, and who can never die in battle."

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**Founding Father’s Documents**

The Founding Fathers helped unite the 13 colonies of Early America under one mission – to rid themselves of England’s control and grant themselves freedom. By coming together under the Declaration of Independence, which stated that the 13 colonies were no longer under British rule but were now their own country, they were no longer subject to oppression or injustice.

The Founding Fathers also wrote other documents in our nation’s formation such as the U.S. Constitution, in which a federal government was created in 1789. This document laid out the ground rules about how the government was going to operate and how the power was distributed. It is the supreme law of our country, and the oldest constitution in the world still in effect. However, the Constitution also begins with “We the People...” which shows that USA was created for its citizens.

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**Freedom!**

The Founding Fathers are individuals who lived in Early Colonial America and led the revolt against the British so that those who were settling in North America could gain their independence from England.

There were several reasons why they decided to fight for their independence. Britain was collecting extra taxes. They would not give the Colonies representation in government even though they were paying taxes. There were several incidents, such as the Boston Tea Party and the Boston Massacre that helped the Colonies to write the Declaration of Independence and start the Revolutionary War.
Build a Monument
Boys love to make toys and creations out of boxes. Boxes can become forts, weapons, shields—whatever a boy’s imagination can come up with.

There is a monument dedicated to George Washington. Help the boys make a monument dedicated to a local or national figure. Tell them about that figure and what he did for our nation, whether it was in leadership, wisdom or in his character.

Help the boys use the boxes and plastic bottles to make their monument. Have several leaders around with glue guns to glue the boxes together as the boys build it. Name the monument. You might even want to make a plaque for the front of the monument.

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Founding Father Story
Tell the story of a founding father (some in the Helps Document). Choose one of the activities at the end of the biography to do with the Trailmen
FAITH (TRAIL GUIDE THOUGHTS)

Serve God
The Bible book of Joshua tells the story of how Joshua led the people to take the land of Israel. Just like George Washington, he gathered the leaders together and told them to follow God. He said in Joshua 24:15 (read passage). Joshua was wise. We, too, need to be wise and choose to serve God in whatever we do in our daily lives.

Close meeting with prayer.

Freedom to Worship
Today we learned that we as Americans have a birthday in common – the birth of our country in the year of 1776. The men who founded our country were men of character who were led by their love for God to found a new country where all men and women would be free to worship God without the control of the government. Having this freedom to worship God is an incredible gift that these men fought for and gave to us through God’s love for us.

Close with this prayer (or add one of your own that relates to this theme): Dear God, you are the Almighty Creator of the universe and we thank you today for the birthday of our country. Thank you that you moved in the hearts of the forefathers of this country to recognize that we were all created equal and that we have rights that were given to us by you including the rights of life, liberty, and the pursuit of happiness. We love you our Lord and Savior. Amen.
FAMILY

George Washington
Do one of the following options:

- Ask your parent or guardian to print out something George Washington said. Put it on your wall in your room.
- Ask your parent or guardian to print out a Bible verse. Put it on your wall in your room.

Patriot Story
As a family, read a story about George Washington or other patriots of our country. Some suggestions are:

- Paul Revere
- Patrick Henry
- Samuel Adams
- Dr. Benjamin Rush

Celebration
With your parents/family attend a 4th of July celebration such as a parade, a patriotic worship service, a reenactment, or an Independence Day event. You may need to let everyone know to do this in advance as Meeting Option I may occur after the 4th of July.
FOREST BADGE

By actively participating in this meeting, each Trailman earned the Founding Fathers 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.