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**

- A play flag or cloth
- White 6½” x 11” card stock, one sheet per boy
- Strips of ½” x 11” red construction paper, 7 per boy
- 3½” x 5” pieces of dark blue construction paper, one per boy
- White dots, white paint, or small stars, your choice.

- Words of the Pledge of Allegiance, printed and cut into sections.
- Words of the Pledge of Allegiance, printed and cut into sections.

- A play flag or cloth
- Printed flags
  
- A play flag or cloth
- Full-Sized American Flag
Capture the Flag
Divide the Trailmen into two teams. Divide a playing field into three areas, with the two teams separated by a neutral space. Each team must hide its flag somewhere in its area, making sure that nobody from the opposing team can see where it is.

Both teams get five minutes to hide their flags. Once the flags are hidden, the game begins. Obviously, in order to win the game, you must capture the other team's flag and bring it back to your own territory. But if an enemy team member grabs you while you're standing on his side of the field, he is allowed to take you straight to jail (which is a small patch of land in that team’s territory). You can be freed from jail if one of your team members touches you, and there's no limit to how many times you can be thrown back into the jail. More detailed instructions can be found on this website: http://www.kidzworld.com/article/4670-your-guide-to-capture-the-flag
The American Flag
America has a great heritage and a very interesting story as how it came to be. Our flag is a very important part of our nation’s history. We have stories of bravery in wars against all odds, where men and women have fought for the freedoms that our flag stands for. And we have a flag that speaks of the unity of our country. Through the history of our nation we have had several different versions of our flag. Some are more recognized or well-known than others. Like the one we use today or the one with the 13 stars in a circle.

Some people collect flags. The hobby of flag collecting and the study of flags is known as Vexillology.

Honoring the Flag
Today’s discussion is about honoring the flag of our nation and how we are obeying God when we do so (see I Peter 2:17.) Listen to or watch a short story about a part of our flag’s history and meaning of its various parts. Check online for appropriate video/audio. If possible, bring in some examples of flags of our nation’s past. (Optional resource: http://www.usflag.org/history.html)
FINGERS

Make an American Flag
Display an American flag for the boys to see. Work with the boys as they create their own American flag. Draw lines on the card stock to indicate where the boys are to glue the red strips. When they are through gluing all the red strips on the card stock, the top strip should be red and the bottom strip should be red and there should be no more room for any strips. The white card stock will create the six white stripes as the seven red stripes are glued onto the card stock.

Help the boys glue the blue field on the top left corner as you look at the flag in a landscape position. The blue field will cover some of the red and white stripes, which is normal for the flag. Let the boys put small dots of paint or stars on the blue field signifying the states.

Ask them to look at their flags. Ask them to tell you the following:

- What color is the top stripe?
- What color is the bottom stripe?
- How many states do we have?
- How many stripes are there?

Explain the significance of the stars and stripes. The Second Continental Congress passed a Flag Resolution on June 14, 1777, which stated: “Resolved, That the flag of the thirteen United States be thirteen stripes, alternate red and white; that the union be thirteen stars, white in a blue field, representing a new constellation.”

Or

Learn the Pledge of Allegiance
The Pledge of Allegiance is recited to express loyalty to the U.S. flag and to the nation it represents. It should be recited in a respectful manner as specified by federal law.
The Pledge is: “I pledge allegiance to the Flag of the United States of America, and to the Republic for which it stands, one Nation under God, indivisible, with liberty and justice for all.”
Print out a copy of the Pledge and cut it into sections. Have each boy take a section and try to put it in the right order. You could also print out two copies and split the boys into teams to see who can put it together fastest! Then have all the boys try to recite it together.

Flag History
Before beginning, review the elements of the U.S. flag. Print out the flags and have the boys try to put them in order from oldest to newest by counting the stars. Explain to the boys that the older flags have less stars because there were less states when they were made (There are pictures of some previous versions and an explanation of them in the Helps document). You can find a printable version of many of the prior flags and the current flag at this site: http://www.flagpictures.org/united-states-of-america.htm

Flag Ceremony
Review the elements and history of the U.S. flag. Learn the appropriate way to take care of and fold the American flag. See http://www.usflag.org/foldflag.html for step by step flag folding and how a flag ceremony is conducted.

Introduce a flag ceremony to the Trailmen. Assign three boys to be the color guard—one to carry the small American flag and two to act as the guard on either side of the flag bearer. Assign one more boy to give the commands. Ask an adult to stand behind the boy who will give the commands and prompt him with the words to say when he needs to say them.

Start the color guard on one side of a room. Tell the boys to cross the room holding a small American flag. Provide
a stand into which the flag can be placed. The commander will be on the other side of the room. The rest of the boys will stand and watch and learn and wait for their turn. If the group is large, have several ceremonies going in several different areas.

FLAG CEREMONY:
The commander says, “Color guard advance!” The boys with the flag come to the place where the flag will be put in a holder.
“Color guard, post colors!” - The boy holding the flag deposits the flag into its stand.
“Attention, Salute, Pledge” - All who are present recite the pledge of Allegiance (This part may be left out when flag ceremony is repeated)
“Color guard, about face!” - The color guard turns around and waits for the next command.
“Color guard, dismissed!” - The color guard walks back to where it started.

Take turns assigning each of the boys to be on the color guard and as the commander, and repeat the ceremony as many times as you wish. There are other variations to a flag ceremony. But to help the boys get a general idea of what to do in a flag ceremony and to let each boy practice in one or more positions, this ceremony is an abbreviated ceremony.
**FAITH (TRAIL GUIDE THOUGHTS)**

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**Depending on God**
Our American heritage has included many flags as the people worked to make this nation into the great nation it has become. The American flag, also known as the flag of the United States of America, has been a symbol of freedom. But what has made us great and given us freedom has come from God. From the beginning of this nation, our leaders have had dependence on God. As you leave this place today, ask God to help you to depend on Him for help in all your daily activities.

Pray with the Trailmen.

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**Honoring Our Country**
Read and discuss 1 Peter 2:17. God desires for us to honor our country and the leaders that are in power. Part of showing respect for everyone is also showing respect for our nation’s symbols, such as the American flag, which many men and women have given their lives to defend.

Pray with the Trailmen.
FAMILY

Do One of the Following Options:

- Go with your family to a historical monument or marker. Take your picture under or by it. Find out why the marker is there.
- Ask your family to point out American flags when you go somewhere in your car. Count as many flags as you can see.

Care of the Flag
Discuss how to care for our country’s Stars and Stripes. If you do not have your own flag at home, you may want to purchase one and hang it in a place of honor and respect.
FOREST BADGE

By actively participating in this meeting, each Trailman earned the Flag Etiquette and History 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.