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**

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- Paper
- Pencil
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- Paper
- Pencil
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- Item for “Bacon”
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FUN

Father May I?
Begin the game with Trail Guide or another adult being “Father” and all boys standing in a line opposite the leader. The leader calls out a boy and an instruction “Aidan, take three baby steps.” (“Jeffrey, take one giant step.” “Caleb, hop five times.”) The boy called upon must ask, “Father, may I?” Then Father responds “Yes, you may” or “No, you may not.” When a boy performs the action requested without asking permission, he is out. Play continues until a boy reaches “Father” or there is only one player left in the game. If time permits, the winner can be “Father.”

Ships and Sailors
Assign one Trailman to be the “Captain.” The Captain will call out orders to the other Trailmen, who perform the right action immediately or they are out of the game. Here is an explanation of each of the actions the Captain calls out:

- “Captain’s Coming!”: Everyone stands saluting at attention, and they can’t move from this position until the caller says
- “At Ease!”: If they break from the attention, they are dismissed. If the Captain says “At Ease!” and then any other order besides “At Ease,” a Trailman does that action, they are out of the game. The Captain must say “At Ease” before they move to do another action.
- “To the Ship!”: Players run to the right
- “To the Shore!”: Players run to the left
- “Mess Table!”: Players pretend to eat like they haven’t eaten in days. They need to make really loud sounds like “YUM YUM YUM!”
- “Sea Sick!": Players pretend to throw up.
• “Hit the Deck!”: Players all lay on the floor on their stomachs.

Capture the Bacon
Divide the boys into two groups, and number each person in the group. Set the “bacon” in the center; mark goal lines for the boys to cross on each side. The leader will call out a number. The boy with that number from each team will run to the center to capture the “bacon.” If it is brought back to that team’s side, they get a point. If the boy from the other team tags him, the other team gets the point. You may use any item to represent the “bacon.”
FOCUS

Honoring our Parents
Ask the Trailmen what the word “honor” means and allow them to respond. Read the definition from a dictionary (high respect, esteem, a privilege, regard with great respect, fulfill an obligation or keep an agreement). In what ways do we give honor to the people in our lives? Allow Trailmen to respond: obeying their commands, saying “Yes, ma'am/sir,” using kind words, fulfilling obligations to family by doing chores/homework diligently, etc.

Why is it important that we give honor to our fathers? Mothers? Teachers? Clergy? Allow Trailmen to respond. Add Ephesians 6:2-3—which is the first commandment with a promise. Be sure to note that the concept of honor applies not only to mothers and fathers, but to siblings, grandparents, and even parents of friends.

One of the best ways to honor your parents is to be obedient and attentive. Learn what those words mean. How can you be obedient and attentive on a daily basis?

Honor and Diligence
What are values? Learn the definition of honor and diligence. You need honor and diligence at home and especially at school. Discuss why it is important to stick with something.

Diligence and Discernment
Review values. What are diligence and discernment? When would you need to have diligence and discernment? Discuss ways you would use diligence and discernment in different areas of life. You need values everywhere: home, school, and anywhere in between. Allow the boys to provide and explain examples of where they could use or have used diligence and discernment.
FINGERS

Fake Parents
Make a list of ways you can be obedient and attentive to your parents. Have the boys pretend to be each other’s parents and tell each other what to do. Have the “parents” tell the boys to do active tasks. Make sure the Trailmen are honoring their “parents.”

Note of Admiration/Gratitude
Make a list of the values that are important in a person. Be sure to include the values of honor and diligence. Have the Trailmen write a letter/card/note of admiration and/or gratitude to an important person in their life that has exemplified one or more of these values. Examples of recipients could be Church Leaders, Veterans, Parents, Grandparents, etc.

Practice Diligence
Get together in small groups. Discuss, Plan and then Act what doing a job well, looks like. One boy is the “Dad.” Explain the job (like sweeping patio) and how you want it done. “Dad” should have several steps he teaches the “children” to doing the job well. Get brooms, dust pan and trash can, remove everything from the “patio” that you can, sweep “like this“, check your work, sweep over some areas again, put things back onto patio, put tools away, call me for inspection. Trail Guides might have to show an example of this for a sample chore. Other chore possibilities would be, setting the table, doing dishes (pretend), cleaning their room. Other boys are the “children.” Show children doing what their dad said and completing job to the end. Talk about how everyone did their job. Discuss the things done well and what to improve. Other examples could be used.
**FAITH (TRAIL GUIDE THOUGHTS)**

Honor Your Parents
The words “honor your father and mother” appear many times in the Bible, including in the Ten Commandments (Exodus 20:1-21 and Deuteronomy 5:1-23). When someone says the same thing over and over, what does that mean? It’s probably pretty important, and we should listen!

Pray that the Trailmen would always show honor to their parents and other adults in their lives, and that they would continue to Walk Worthy on their journeys to manhood.

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Values
Values are often taught from one generation to the next. Many of the values you learn are passed down through generations to make it to you. Pray that God would help the Trailmen practice honor and diligence.

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Discernment
Read and discuss Micah 6:8. In life, you need discernment to know what to do. Sometimes, right and wrong are not easy to distinguish between. With God’s help, though, you can be discerning.

Pray with the Trailmen.
FAMILY

Values at Home
Practice being obedient and attentive to your parents. Talk with your parents about how you can improve in these areas.

Values Discussion
Have a family discussion about values. What values do parents believe are most important? What values do the Trailman believe are most important? Discuss ways these values can be demonstrated in your daily lives.

Discussion
Talk with your family about how you can practice diligence and discernment every day. How can you improve in these areas?
By actively participating in this meeting, each Trailman earned the Godly Values Step on the Values 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.