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**

- 8¼”x2¾” strips of paper
- Stapler and staples
- Crayons and/or markers
- Child-sized brooms (one per child is ideal, but at least and even number of brooms)
- Paper towel or toilet paper tubes, cut into 1’ wide rings
- Two dustpans

- Poster board (or mini-poster board, or plain paper/construction paper for each boy)
- Markers/crayons
- Hula hoops (one per team)
• A snack and drink that can be divided in half (like cookies and juice)

• Plates or napkins

• Small paper cups

• Outside speaker from a local service organization like a soup pantry, clothing distribution center, afterschool club, or mission group

• Any needed resources for the Fingers project
**FUN**

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**Broom Ball**
Play a modified game of broom ball. Divide the children up into two teams. Give each player a broom. If you do not have enough brooms, you can switch out players. Just make sure that the number of players with a broom on each team is equal. Players use the brooms to sweep the paper towel rings into the dustpans. They should try to prevent the team members from sweeping.

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**Hula Hoop Loop**
Divide the Trailmen into two or three large teams. Line the boys up and have them hold hands with their teammates. Put a hula hoop on the floor beside the first child. The object of the game is for each child to go through the hula hoop as it moves from the front of the line to the back of the line. The boys may not release their grip. If hands separate, the hula hoop must return to the front of the line and the team must begin again. The first team to complete the relay is the one whose team members all go through the hoop the fastest without letting go.

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**Hands**
Have all of the boys bunch together and close their eyes. They must then all grab hands with the other boys by reaching across the group. No child should be allowed to be holding hands with the person next to him. Ask them to open their eyes. Without releasing hands, they must untangle their knot by working together. This will likely include stepping through holes formed by the arms or by ducking under others. You may also find that the group has formed more than one circle based on the way that they are holding hands. Praise the boys for working together and figuring out their problem.
FOCUS

Washing Feet
One of the actions that best displays character is going beyond what is required of you to do your best. When you serve someone else, you are putting that person's needs above your own. It shows that you value that person for who he or she is, not what he or she has done for you. Jesus washed his disciples' feet, even when He did not have to (John 13). It made such an impression on Peter. What was Peter's reaction? What do you think your reaction would have been? How can you show that you, too, have a servant's heart?

Serving
Serving others is one of the things that God commanded us to do. It is also one of the ways that we show others that we love and appreciate them. This lesson focuses on ways that we can serve others and can help meet their needs. What are some of the ways that you can show others love through serving them? What does service mean? What is one time that someone served you? What was your reaction?

Service Representative
There are many local organizations that serve your community. Have a representative from a service organization come to talk to the Trailmen about their group and the volunteer opportunities that they have. Ask that person to bring a small project for the boys to work on that night such as stuffing envelopes, shredding documents, sorting cans, etc. to be used in the Fingers option for this week.

If a representative cannot come to the Troop meeting, get a project from them that the boys can do during the lesson to help this organization. The project can be delivered to the organization at a later date.
FINGERS

Service Coupon Book
Make a service coupon book. Give each Trailman five strips of paper. Tell the boys to write one act of service on each strip of paper. Examples include clearing the table, sweeping the floor, watering plants, feeding a pet, or other age-appropriate tasks. The Trailmen should then decorate each paper to go along with the action that they wrote on the paper. Staple all the coupons together. Present it to a family member.

Service in your Church
Do a service project for your meeting place or church. Ask them what they need done and have the Trailmen prepare and complete the project during your meeting.

Service Project
Complete a service project for the speaker’s organization or the organization chosen by the Troop Leader. If this is not feasible, select another group that has a service project that the boys can participate in, such as an Operation Christmas Child shoebox packing time or the restocking of church pews with sharpened pencils and offering envelopes or guest cards.
**FAITH (TRAIL GUIDE THOUGHTS)**

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**Faith**
At an opportune time within the Trail Guide’s discretion, the following faith components may be discussed with the Trailmen.

Read Matthew 10:26-28 and Mark 10:43-45

Pray with the Trailmen.

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**Serving and Loving**
At an opportune time within the Trail Guide’s discretion, the following faith components may be discussed with the Trailmen. Please remember to end every meeting with prayer.

“Dear God, help me to remember that there are many people who have less than I do. Make me aware of things that I can do to serve them and show them Your love.”

Pray with the Trailmen.

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**Service**
At an opportune time within the Trail Guide’s discretion, the following faith components may be discussed with the Trailmen. Please remember to end every meeting with prayer.

Remind the children that, while they are small and perhaps limited in what they can do right now, each person should do what he can to serve. Additionally, each person’s task in serving is needed and valuable.

Read and discuss: I Corinthians 12:21-25 and I Timothy 4:12

Pray with the Trailmen.
FAMILY

Service to Family
Choose one thing that you could do for one of your family members this week. Make it a point to complete that item. Be ready to report on what you did at the next meeting.

*Troop Leaders should note to ask for this report at the next meeting.

Donations
Decide with your family members what budget you must spend on food to donate to a local food pantry or other community organization. Go shopping for nonperishable items and deliver them to that organization. If your family’s situation does not allow you to have funds to purchase extra items, ask your friends or neighbors if they will donate canned or boxed goods. Deliver the food to that organization.

Service Discussion
Have the boys share with their family members what they learned this week. Additionally, the Trailmen should ask their parents which service organizations they support, what those groups do, and why or how they chose to support them.

Ask the boys to find a web site that is a service group or organization that focuses on one of the child’s interests or hobbies. This assignment must be done with parental assistance and guidance.
FOREST BADGE

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