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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- Compasses
- Item for Fun activity

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- Compasses
- Maps
- Item for Fun activity

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- Compasses
- Maps
- Item for Fun activity
- Two orange squishy sponge balls
- Two buckets of water
**FUN**

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**Huckleberry**
Select one person from the group. Everyone else must leave the room. The selected person must hide the item somewhere in the room. The item must be partially visible at all times. Call everyone else back into the room. Each person must try to find the item without moving anything in the room. If a person sees the item, the person needs to walk around for 3 seconds, say the word "Huckleberry" aloud, and go to a predetermined area of the room for those who found the item. This discovery process is repeated by each participant until everyone has found the item. Select another person to hide the item for the next round.

**Over Under Game**
Be the fastest team to weave the ball over and under each person.

1. Split everyone into two equal teams. Have both teams line up in parallel lines. Drop a sponge ball into a bucket of water, and hand the bucket to the first person in line.
2. Everyone in line needs to be facing the front. When you say “go,” the first person of both lines needs to take out the sponge ball from the bucket and pass the ball over the head to the person behind them.
3. The second person in line must pass the sponge ball between their legs to the third person behind them. The third person passes the ball over their head to the next person, and so forth in the same “over-under” pattern.
4. At the very end of the line, the last person has to pass it forward in the same pattern as before. The first team that passes the ball back to the first person wins the game.
**FOCUS**

Compass Rose
Identify a compass rose: 4-point, 8-point, 16-point, and 32-point. Explain how a compass works. Identify the eight major points on a compass and their bearings.

Compass Skills
Using the resources above for assistance (if necessary), discuss the importance of using a compass for navigation purposes. Teach the Trailmen how to read the specific compasses they have been given for the activity. They may also bring personal compasses from home. Consider introducing the concept of “true north” and “magnetic north” (see http://adventure.howstuffworks.com/outdoor-activities/hiking/compass-or-gps2.htm for more information).
Learn how to orient a map. Locate the compass rose on the map so you can find north. Trail Guides, bring examples of maps to show the boys.

Learn about Orienteering
Using the resources above for assistance (if necessary), discuss the importance of using a compass for navigation purposes. Teach the Trailmen how to read the specific compasses they have been given for the activity. They may also bring personal compasses from home. Consider introducing the concept of “true north” and “magnetic north” (see http://adventure.howstuffworks.com/outdoor-activities/hiking/compass-or-gps2.htm for more information).
Review map orientation and learn how to find North on a map.
FINGERS

Color a Compass Rose
Let the Trailman hold a compass and walk around to see how it works.

Color a compass rose. Tell the Trailmen the proper direction letters to write at each point of the compass rose.

You can find a blank compass rose coloring sheet here: http://www.enchantedlearning.com/geography/printouts/compassrose.shtml

Bearings
Using the papers labeled with large numbers or letters (or natural landmarks), predetermine locations in the room and a reference location (a place for the Trailmen to record their compass measurements). Have the Trailmen use their compasses to identify the correct bearing to the object.

Pacing
Mark 100 yards in an open field. If space is an issue, mark 25 yards and multiply numbers by four.

Running pace: Beginning their stride on their left feet, have the Trailmen run the length of the marked area. This is not a full sprint or a race, but a nice, steady run. Emphasize the importance of running in a straight line. A zigzag line will add unnecessary steps, and they will not get an accurate count. Instruct the Trailmen to mentally count each time their right foot hits the ground. Record their numbers.

Repeat running pace and find the average of the two numbers. Multiply by four if they are running 25 yards. The average becomes each boy’s running pace. When the Trailmen are running, after they reach their running...
pace number, they know they have run approximately 100 yards.

Repeat the same process, but this time walking, to find walking pace. Again, remember to multiply the number by four if using a 25-yard field.

**Compass Relay**
Group the Trailmen into partners or small groups. Give at least one Trailman per group a compass, a bearing to head, and a distance to run. Using his pace counting (determined earlier in the Fingers activity), the first Trailman runs as fast as he can, trying to maintain the given bearing. (If the Trailmen have not determined their pace, mark the course with stopping points.) When the Trailman reaches his specified distance, he turns around to spot the navigator (Trailman holding the compass). By yelling out or using hand motions (move to the left, move to the right, etc.), the navigator guides the runner to the correct bearing. After the runner is at the specified bearing, the navigator runs as fast as he can to the runner. They repeat this process to the end of the course and then return in the same fashion to the finish line. Trailmen may switch roles at each leg of the race if desired. The first team to return to the starting line wins.
**FAITH (TRAIL GUIDE THOUGHTS)**

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**Our Shepherd**
Read Psalm 23 with the Trailmen. Discuss how God is our Shepherd who leads and guides us through life. Tell the boys of a time where God has led you through something.

Pray with the Trailmen.

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**Cloud by Day, Fire by Night**
Read Nehemiah 9:12 and discuss this passage with the Trailmen. Explain how God led the children of Israel through the wilderness for 40 years and provided for them along the way. Discuss with the Trailmen a time when God led you through something and provided for your needs.

Pray for the Trailmen.

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**Direction**
If you do not pay close attention to the color of the compass arrows, you may think you are traveling in one direction, but actually traveling in the opposite direction. (Illustrate with the colored arrows on your compass. Typically, red is North and black is South.)

Connect to Proverbs 16:25 (NLT): “There is a way that appears to be right, but in the end it leads to death.” If we think that the black arrow on this compass points north, we might follow it, thinking we’re going in the right direction when we’re not. The Bible tells us that a way may “appear” to be the right direction, but actually we are headed in the opposite direction.

Pray with the Trailmen.
FAMILY

Orient a Hike
Take a hike and allow the Trailman to use the compass to identify points of direction.

Practice at Home
Teach your family how to use a compass. You may also consider teaching them how to play Compass Relay and finding natural landmarks for them to identify.
FOREST BADGE

By actively participating in this meeting, each Trailman earned the Orienteering Step in the Outdoor Skills 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.