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

- Pictures for Fingers activity
- Cups of Water
- Pieces of paper with songs the boys would know
- Cups of Water
- Pieces of paper with songs the boys would know
- Props for Fingers activity
- Cups of Water
- Pieces of paper with songs the boys would know
FUN

Gargle that Tune
Bring three boys up front. Hand them each a glass of water. Then, one at a time, show only the person doing the gargling the name of a familiar song. It could be a nursery rhyme or any other familiar song. Have the boy take a drink of water and attempt to gargle the tune. The rest of the boys should be listening closely so they can guess the song. (You can divide the boys into two groups and make this a team event or have one boy gargle and the rest of the group try to guess.)
FOCUS

Protecting the Outdoors
Isn’t the outdoors beautiful? If there is trash all over the ground or in lakes, rivers, and oceans, it won’t be beautiful anymore. As men of honor, we need to not only remove our own trash from beautiful places in the outdoors that we enjoy, but we need to pick up trash that other people have left behind. Trash can do damage to the environment that it is left in, so we should do our best to leave a place cleaner than we found it.

Trash
Learn about the importance of keeping trash off the ground to prevent animals and insects from getting in. Do a quick clean up around your meeting area. Be sure to look for anything that may attract bugs (food wrappers, spills that need to be wiped up, etc.).

Discuss biodegradation of items. When we dispose of items in a garbage pile, the air, moisture, climate, or soil cannot break them down naturally to be dissolved with the surrounding land. They are not biodegradable. However natural waste and products made from nature break down easily when they are disposed as waste.

Discuss the seriousness of the problem caused by non-biodegradable waste on land and in water sources.

Tread Lightly!
Today we will review and discuss campsite etiquette using, tread lightly!™ principals, and how we need to work together as a team to accomplish our goal of honoring the planet. (Ephesians 4:15-16)
Review tread lightly!™ pledge as listed below.

Travel only on trails
Respect animals, plants and people
Every time you go outdoors, think safety, bring a friend and be prepared
Always leave the outdoor better than you found it
Discover how fun the outdoors can be when you tread lightly

Also discuss campsite etiquette. What responsibilities do you expect the Patrol to have in the kitchen? Will Trailmen cook? Clean? Also review table manners and discuss how each Trailman represents TLUSA on camping and hiking events.
FINGERS

Recycle Relay
Print images of different types of trash. Have boys form teams. Teams race, one boy at a time. Boys run from start to a pile of trash (prints placed upside down); he must grab one and run to the trash bin or the recycle bin. Trail Guide will insure that he is correct. If he is wrong, he must run to the correct bin. He then returns home to tag the next boy for his turn.

Clean Up
Discuss how you can leave as little of a trace as possible. When you go in the outdoors, you should not leave garbage sitting out or make a fire somewhere a fire has not been before. Go outside at your meeting place and create a police line to pick up trash. Put in a trash can when you are done.

Good or Bad?
Learn what you can and cannot leave in the outdoors. Play a game where the Trail Guide pretends to be doing something in the outdoors (throwing trash on the ground, cleaning up, starting a fire in a fire pit, etc.) and the Trailmen try to answer whether it is good or not.
FAITH (TRAIL GUIDE THOUGHTS)

Resources
Read and discuss I Peter 4:10. One interpretation of this scripture could be that we are being good stewards when we fully use the resources available to us. It is good to be resourceful and not waste the natural materials God gave us.

Pray with the Trailmen.

Stewardship
Review tread lightly!® pledge and expectations for campsite behavior. Connect the pledge with the teamwork it will take to accomplish the pledge, referencing Ephesians 4:15-16. If desired, you may emphasize stewardship of the Earth using Genesis 1:26-28.

Pray with the Trailmen.
Hiking
Discuss good outdoor principles with your parents. Take a family hike and show how you can follow these principles correctly.

Tread Lightly
Review the tread lightly® pledge with your family.
FOREST BADGE

By actively participating in this meeting, each Trailman earned the Tread Lightly Step on 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.