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

- Plaster of Paris
- Cardboard (for hand mold)
- String or paper clips
- Aluminum foil
- Pictures of Animal Prints and Animals

- Pictures of Animal Prints and Animals (for Fingers activity)

- Materials for Fingers Activity
FUN

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Game
Play one of the following games, or pick another game from this website:
http://www.ultimatecampresource.com/site/camp-activities/camp-games.html

- Chicken Picks
- Indy Five Hundred
- Bob the Weasel
- Animal Guessing Game
- Indian Chief
FOCUS

Animal Prints
When animals go somewhere, they will leave signs that they have been there. One of the most common and easy to recognize signs is tracks. Every animal has a distinct set of tracks that they leave when they walk. Print out some pictures of simple animal prints and show the boys pictures of what each animal looks like.

Trails
Tracking is finding the signs of animals or people to find out where they came from and where they are going. One of the ways that we can track is through the prints animal leave in soft ground, like mud or sand. Look at some pictures of tracks and find out what animal left them. Do you see any similarities between animals that are similar?

You can also track an animal by the trail it leaves behind. Sometimes it will leave behind a trail of broken branches. You might see scat on the trail, as well as prints.

Tracking
Tracking is finding the signs an animal or person left behind and seeing where they came from and where they are going. Animal footprints are probably the easiest way to track an animal, but there are other ways too. Learn the following terms and what they mean:

- Transference (like tracking mud into the house, but with animals)
- Rubbing (rubbing down bark or moss of a tree or rock. You can see where the animal was.)
- Scat (droppings)
FINGERS

Your Prints
Animals live in the outdoors. When it rains, they walk through the mud and leave a track. Sometimes tracks are hard to find when the ground is hard. But we can make tracks, too. To make things easier, help the boys make plaster handprints of their hands.

- Cut two pieces of thin cardboard about a foot and a half long and two to three inches wide. Staple the two pieces together at the top as close to the end as you can. This will be your mold for your hand print.
- Mix your plaster of Paris according to package directions. Let it sit for five minutes so it sets up to pancake-batter consistency.
- Place your mold onto a piece of aluminum foil, and pour your plaster into your mold.
- Place the boy’s hand into the plaster for about 20 seconds. Wash your child's hand immediately after as the plaster can irritate or even burn the skin if left on too long.
- Press the ends of a string and put it into the top edges of the mold. This will allow you to hang your hand print cast.
- Let the plaster dry overnight. At this point, you can paint and decorate your hand print.

Matching Game
Play an animal track matching game! Trail Guides, print out pictures of various animal tracks and pictures of the animals to match those tracks. Have the boys try to match them. Help them to find similarities between the tracks and the animals.
Track Something
Have boys “track” someone/something across the church property. Use obvious “signs”. Signs may include: broken branch, bandana, torn cloth, water bottle, footprint, hat, or trash.
FAITH (TRAIL GUIDE THOUGHTS)

Obedience
Read Matthew 10:29. God is in charge of the animals, but he is also in charge of you.
Pray that the Trailmen will obey God.

God Created Everything
Read Genesis 1:24. God created all living things, including you and the animals that you are learning how to track.
Pray with the Trailmen.

Stewardship
Read and discuss Job 12:7-10. God made this entire world so that we can explore his wonderful creation.
Pray with the Trailmen.
FAMILY

Hiking
Go on a hike with your family. Try to find some animal prints. If you find some, look them up to see what kind of animal made them.

Tread Lightly
When you are out with your family, look for animal tracks in the sand and dirt. They are more common than you think!
By actively participating in this meeting, each Trailman earned the Tracking 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.