TRAIL LIFE USA®

Family Home Activities

for

Woodlands Trail, version 2.0

Released June 21, 2017

Revised 7/8/17 - Revised to change the term Objective to Step throughout to better tie with other program elements in the Woodlands Trail.

Copyright © 2017 by Youth Adventure Program, Incorporated dba Trail Life USA. All rights reserved.



Family Home Activities

Family Home Activities can be used just to create great family time or to make up for missed Patrol or Troop events.

It is not the intent for the family to do all or even most of these activities, although families are welcome to do so and we believe they will derive great benefit from the time spent together.

- Two Family Home Activities may be used to replace one missed Step or 'Hit the Trail!' activity for each Branch Pin or Sylvan Star.
- No more than one missed Step or one 'Hit the Trail!' activity per Branch Pin or Sylvan Star may be replaced in this way.
- All activities should be completed as a family to the extent possible but, at minimum, a parent or guardian and the Trailman should participate.
- Trail Guides may suggest or allow other activities not on the list for credit. They must be approved ahead of time.
- The Trail Guide has the sole discretion for approving participation in these activities for credit and may require discussion or documentation as he or she deems necessary.
- Troops can provide a mentor for boys who do not have the option of working through these with a family member or guardian. All Child Safety and Youth Protection Guidelines must be followed, see the Health and Safety Guide (online) for more information.



Family Home Activities for Fox Trailmen

Heritage Branch

Two may replace a missed Step or 'Hit the Trail!'.

1. Visit a historical boat or tour the inside of a ship. Discuss the historical significance of that particular vessel or one like it.
2. Pray daily for a week for the President of the United States and someone in the military.
3. View the founding documents of the United States and explain something you liked about them.
4. Discuss the voting process or look up your local and state elected officials.
5. Learn about a family member who served in the military. If possible, look at pictures or memorabilia of their time in the service.
6. Discuss those who have died for their faith. This might include discussing martyrdom, sainthood, or missions, according to your beliefs and the level of depth you feel is appropriate. *Voice of the Martyrs* is a good resource if you need a starting point.
7. Show examples of family trees, such as your own or of a Biblical character (Jesus). Create a simple family tree with at least three generations on it (child and siblings, parents, and grandparents.) Bring the family tree to show your Patrol at next meeting.
8. Read a story about George Washington or another American patriot.
9. Read and discuss a picture book about one of the Founding Fathers of our country. Make sure that you look at the pictures and discuss foods, homes, and other things that you see in them.
10. Visit and explore a local, state or national park.
11. Attend an American holiday event such as a 4th of July celebration, Veteran's Day parade, historical reenactment, etc.

Hobbies Branch

Two may replace a missed Step or 'Hit the Trail!'.

1. Work together to prepare a meal or prepare and make a dessert or a baked treat for someone special. Attach a note of appreciation or affection to the baked item and present it to the special person.
2. Spend time as a family engaged in an art project or watch a children's video about the life of an artist.
3. Explore some careers in music.
4. Explore a new hobby. Read a book on any new hobby that interests the whole family. At the next Patrol meeting, explain what you found and what steps your family took to investigate this new hobby or start the new hobby.
5. The Trailmen should ask their parents:
    a. Which service organizations you support, what those groups do, and why or how you chose to support them.
    b. Discuss a service group or organization that focuses on one of the child's interests or hobbies.
6. Go visit a historical monument or marker. Take your picture with it. Find out why the marker is there.
7. Point out American flags when riding in your car. Count as many flags as you can see.
8. Discuss how to use a camera and take pictures together. Print some of the pictures and place in a photo album.

Two may replace a missed Step or 'Hit the Trail!'.

1. Discuss the value of sharing and pick a toy that the Trailman can give away.
2. Have the Trailman interview his parents or guardians about friendship:
    a. How did you meet your childhood best friend?
    b. What do you like to do with your friends?
    c. What ideas do you have to help me make friends?
3. Demonstrate how to buckle a seatbelt in the car. Try one of the following games or activities to pass the time in the car:
    a. The Alphabet Game
    b. Guess the Animal
    c. The License Plate Game
    d. Bingo
    e. I Spy
    f. Color
    g. Listen to music
    h. Sing songs
    i. Read a book
4. Decide what budget you have to 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.
5. Review the Trail Life USA Child Safety Youth Protection Policy. Remind your son what to do in various situations. Let him know that he can always come to you with any concerns or issues that make him feel uncomfortable. Go online with your child to review other free material offered by NetSmartz, a site that focuses on youth protection.
6. Go on a hike at one of these locations:
    a. State park
    b. Wooded trail
    c. Around your neighborhood
7. Discuss Fire prevention and safety at home. Go to http://www.firesafekids.org/safety.html and learn about the three P's of fire safety.
8. Cook a breakfast together using an easy recipe. Talk about different rules to follow when cooking in the kitchen. Discuss good hygiene practices and how to handle perishable foods.

9. Take some time this week to review the rules your family has for walking in places you commonly visit. Consider some of these suggestions: do not run in a parking lot, walk in designated areas, stay at least three feet from parked cars, do not play in open parking spaces, always travel with a buddy or your parent, etc.
10. Find an item in your home that you can reuse for another purpose. Work together to repurpose that item.
11. Discuss what kind of items you could pack in the car in case of emergencies. Create an emergency kit for your family car.

Outdoor Skills Branch

Two may replace a missed Step or 'Hit the Trail!'.

1. Practice the Tread Lightly! policies at home. Do this by picking up after yourselves for one week. Take a walk around your yard and neighborhood to pick up trash you find.
2. Make a 10 essentials pack for outdoor activities.
3. Participate in hike of at least ½ mile. Discuss how to be aware of your environment and what you enjoy about the outdoors.
4. Go on an "I Spy" nature walk in your neighborhood. Sit outside for several minutes in silence. Write down what you see, hear, and smell.
5. Set up a tent in your yard and make a list of the items you need to take a camping trip. Or go tent camping as a family.
6. Discuss good outdoor principles. Take a family hike and discuss and show how you can follow these principles correctly.
    a. Travel on trails or other legal areas. Walk slowly on the trails. Respect the rights of others.
    b. Respect animals, plants and people. Don't chase, scare, feed or try to pet wildlife.
    c. Educate yourself – know before you go. Make sure you know the safety. Every time you go outdoors, think safety, bring a friend and be prepared. Remember to pack the seven important items: water, food, first aid kit, raincoat or poncho, flashlight, sunscreen and a whistle.
    d. Always leave the outdoors better than you found it. Keep the outdoors clean! Don't litter or leave food behind, pack it out and dispose of properly.
    e. Discover how fun the outdoors can be when you Tread Lightly. Remember, the outdoors is home to many animals so treat it with care. Be careful with fire.
7. Discuss Fire safety in the outdoors.
    a. We are good campers when we protect the homes of the animals around us by using fire safely.
    b. Fox Trailmen should never start fires or play with lighters.
    c. Keep area in fire circle (10' perimeter) clear of other items and place tents a safe distance away from the fire.
    d. We put fires out when not attended by an adult.
    e. No horseplay in the fire circle.
    f. Make sure to have water available in case the fire gets out of hand.



   g. Do not put anything into the fire circle area without an adult's permission, including wood, marshmallows, and cooking sticks. (Some types of cones can pop and hot embers can fly out toward you.) Discuss the rule "What goes in the fire, stays in the fire."
8. Do one of the following options:
   a. Get out a real map and find your city or town. Find your street, your school, your church, your grocery store and other places you are familiar with on the map.
   b. Get on the Internet with your parent or guardian and look at your town as the satellite sees it from outer space. Can you see your house? What else can you identify?
9. Take your Trailman to swimming lessons to strengthen his swimming ability.
10. Build a canopy structure inside your home using tables, chairs, seat cushions, pillows, sheets, and blankets. Talk about how you were able to build the structure using everyday, ordinary objects. Allow your Fox Patrol member to sleep in the canopy structure. Take a picture of the structure to show your Trail Guide.
11. For dinner one evening, give a meal prep assignment or cooking task to each family member. At the dinner table, talk about how the meal came together with everyone doing his or her part of the work. After dinner, have everyone participate in the cleanup together. Before bedtime, reflect on how well things work in your home when you are doing the work as a team. Talk about the different chores each family member has to do on a regular basis and how it takes your whole family to get it all done.

Science and Technology Branch

Two may replace a missed Step or 'Hit the Trail!'.

1. Look up the weather forecast. Answer some of the following questions:
    a. What is the weather supposed to be like tomorrow?
    b. What is it like for the next week?
    c. Is any rain or snow forecasted?
    d. Is it going to be cloudy or clear?
    e. Is it going to be hot, cold, or comfortable?
2. Discuss the potentially dangerous weather condition(s) in your community. Make a plan for safety precautions and procedures with these conditions.
3. Discuss technology your family uses and how each member can interact with technology appropriately, what is off limits, what has time limitations and why.
4. Have each family member present choose one plant that he or she would like to have in your yard or home and requirements for it to thrive. Purchase at least one of the choices and plant or place appropriately.
5. Choose new fruits and vegetables to try. Help prepare them for a meal.
6. Do one of the following options:
    a. Draw a picture of your pet or a pet you would like. What color is its fur? What color are its eyes? Does it have long fur or short? Is its tail long or short?
    b. Ask your parent or guardian if he or she had a pet as a child. Ask your parent or guardian to tell you some stories about the pet.
    c. Feed your pet for a week.
    d. Watch a movie about an animal.
7. Smell the different aromas of herbs and spices in your kitchen. Create a blind-folded smell and/or taste test for family or friends with different common spices/scents (vanilla, garlic, cinnamon, etc.).
8. Look up three stars/constellations visible in your night sky and find them on a night walk.
9. Read Genesis 1 and 2; discuss the biblical account of creation.

Sports and Fitness Branch

Two may replace a missed Step or 'Hit the Trail!'.

1. Ask family members if they participated in sports or fitness activities. Listen to the stories and ask two questions at the end of the story. Some suggestions are:
    a. What was their most difficult experience playing a sport?
    b. What did they learn by playing?
    c. What was their best memory?
2. Take a hike around your house. See how many things you can find that are related to sports and fitness. Examples include: pictures, magazines, books, sports equipment, awards, outdoor goals, trampoline, etc. Discuss the benefit of physical activity in your daily life.
3. Complete a bike safety check on all bikes before going on a bike ride of at least 30 minutes. Example: check for reflectors, brake function, correct tire pressure, helmet fit, etc.
4. Do one of the following options as a family:
    a. Go outside and play in a water hose or sprinkler.
    b. Play a board game.
    c. Make up a game and teach it to a sibling, parent or guardian, or grandparent.
5. Talk about what it means to be a good sport when winning and losing. Play a game where everyone demonstrates good sportsmanship.
6. Go on a hike of at least 30 minutes.
7. Participate in a formal race event (i.e. swimming, running, biking or obstacle course).
8. Look up good meals or foods to eat before sports activities. Eat one before doing a family fitness activity.

Values Branch

Two may replace a missed Step or 'Hit the Trail!'.

1. Talk with your family about respecting others and understanding differences and individuality. Discuss how we can show our "inward" character traits of respect and responsibility. For several days, choose a household chore (picking up your laundry, helping with the dishes) that you can do to show responsibility.
2. Darken the room and light one candle. Note how one little light brightens the entire room. Discuss how a person's integrity ("doing what is right and saying what is true") is like a light to family members and friends.
3. Learn about your home town by playing community bingo. Take a drive and cross off the boxes as you see them.

COMMUNITY BINGO

FIRE STATION	BLOOD MOBILE	MAN IN UNIFORM	VETERAN'S GROUP	POLICE CAR
NURSE	DOCTOR	RED CROSS	PILOT	HOSPITAL
CITY HALL	HELICOPTER	FREE SPACE	DOCTOR'S OFFICE	POLICEMAN
PASTOR/PRIEST	POLICE STATION	EMERGENCY SQUAD	FIREMAN	AIRPORT
WAR MEMORIAL	CHURCH	SHERRIF DEPT	MILITARY BASE	FIRETRUCK

4. Do something nice for a neighbor: bake cookies as a gift, visit neighbor, sing Christmas Carols, or help a neighbor with yard work for example.
5. Do a family service project. Talk to your Trail Guide for ideas of projects appropriate for Fox Trailmen.
6. Spend some time looking at photos that include family members and friends of all generations. Talk about these individuals and share your stories of them with your children. Thank God together in prayer for the family that he has given you.
7. Make homemade Christmas cards or gifts to give to each other for Christmas. Spend time on Christmas Eve or Christmas Day giving these gifts to one another and giving thanks for one another.



Family Home Activities for Hawk Trailmen

Heritage Branch

Two may replace a missed Step or 'Hit the Trail!'.

1. Take a driving tour of your community. Use a map to locate your church, school, park, library, fire station, and police station.
2. Learn about a family member in the military. If possible, look at pictures or memorabilia of their time in the service.
3. Participate in a food drive. Collect canned goods from home, friends, or neighbors to be donated to a local food bank/pantry or church food collection/distribution ministry.
4. Interview the oldest living family member you can contact, either in person or on the telephone. Some suggested questions: When and where were you born? What kinds of toys did you play with? What was school like? What was your favorite subject?
5. Read and talk about the Navajo Code Talkers.
6. Go and see, visit or tour a historic boat or inside of a ship. Discuss the historic significance of the vessel.
7. Visit and explore a local or national park. OR: Decide what you might do at a park, such as having a picnic or running races and do it in your backyard or living room. Report what was done with your Trail Guide.
8. Attend an American holiday event such as a 4th of July celebration, Veteran's Day parade, historic reenactment, etc.
9. Discuss men and women who have died for their faith. This might include discussing martyrdom, sainthood or missions, according to your beliefs and the level of depth you feel is appropriate for your child. *Voice of the Martyrs* is a good resource if you need a starting point.

Hobbies Branch

Two may replace a missed Step or 'Hit the Trail!'.

1. Start a small collection with the 5 principles of Collecting or share information about the current collections of family members.
2. Explore some careers in Music.
3. Take time to do an act of service at your church or neighborhood.
4. Have a "home" bird watch. Try to record up to 10 birds with simple observations. If time allows, research the type of bird on the Web. Always have a parent supervising when using the Internet.
5. Help your Trailman pack or make a list of his personal gear for a weekend camping trip (clothes, shoes, sleep gear, flashlight, first aid kit, mess kit, water bottle, etc.).
6. Explore a new hobby together by researching it in books or online. Explain what you found to your Patrol.
7. Discuss how to use a camera and take pictures together. Print some of the pictures and place in a photo album.

Two may replace a missed Step or 'Hit the Trail!'.

1. Character is something that never changes, even when no one is looking. Take a few minutes tonight at bedtime to turn off the lights and let your imagination run wild with the shadows. Find fun, restful shapes out of the images you see and help your son develop his understanding that the character of an object does not change just because the lights have gone out.
2. Each day for nine days choose a fruit of the Spirit and try to demonstrate that fruit during the day. At the end of the day, ask each family member how he or she exemplified that fruit of the day.
3. Plan and help cook a meal as a family for two nights of the week. Sit at a table and have this meal together. Discuss healthy eating, the events of the day, or any other topic of interest. Have the Trailman to set the table, remove the dirty items from the table, and clean the table.
4. Spend time telling your family about some of your new friends. Make a poster that tells seven things about you to show the Trail Guide at the next meeting.
5. Talk about ways to make new friends, ways to keep friends, and ways to stay safe when Mom & Dad are not with you.
6. Try one of the following games or activities to pass the time in the car:
    a. The Alphabet Game
    b. Guess the Animal
    c. The License Plate Game
    d. Bingo
    e. I Spy
    f. Color
    g. Listen to music
    h. Sing songs
    i. Read a book
7. Talk about Nutrition and Fitness and some goals for living a healthier lifestyle.
8. Discuss the following:
    a. Importance of prayer
    b. Importance of teamwork
    c. Importance of planning
    d. Importance of doing your part to the best of your abilities
9. Place five or six items in the bag that are of significance to the Trailman. Examples include a small family photo, a favorite book, a souvenir from vacation, favorite pencil, favorite toy, etc. All items should be of the Trailman's

choosing with parental approval. The boy should bring the bag and contents to show his Patrol.

10. Talk as a family about what it means to serve God and country and why we should have an Oath to do so.
11. Make a chart of emergency numbers. List parents' cell numbers as well as other emergency contact numbers to use if parents are not available. Make sure your Trailman knows your address and phone number. Play a memory game with him so that you are certain he knows them.

Outdoor Skills Branch

Two may replace a missed Step or 'Hit the Trail!'.

1. Obtain a length of rope and instructions for two knots. Practice together and show Trail Guide at next meeting.
2. With assistance, the Trailman should fix something at home. This might be a piece of furniture, or a loose cabinet door or hang a picture on a wall.
3. Prepare and eat fish for dinner one night. If possible, catch a fish or buy a whole fish to scale and filet, or go to a market where you can watch the procedure.

4. With parent assistance, Trailmen should make a list of 8-10 items he needs to pack for a weekend camping trip. Obtain these items and organize in a bag or container.

5. Discuss the following with your Trailman:
    a. **The buddy system:** This is a system of safety when out in the community, hiking, swimming or going anywhere. Teach your Trailman that his "buddy" can be a parent, sibling, friends at school, or a members of the Hawk Patrol. Although it is important that we not teach children to be afraid of the world, they must be made aware that dangers exist and that it is important to always use the "buddy" system of three.
    b. **Outdoor ethics**: When enjoying the outdoors, it is important to remember that the outdoors is the home of many creatures. It is up to all of us to preserve their world and keep it clean. We should never approach, feed or try to pet animals in the wild. Lastly, we should remember to clean up any trash while enjoying the outdoors. Have the Trailmen present these guidelines to another family member.
6. Participate in a hike of at least 1 mile. Discuss how to be aware of your environment and what you enjoy about the outdoors. While on a hike have the Trailman to use a compass to identify points of direction.
7. Draw a treasure map of your yard or neighborhood or a park near your home. Make an "X" marks the spot on your map, and assist your Trailman in using the map to find the treasure.
8. Develop a fire escape plan for your home and practice it, including removing screens, crawling through windows and down ladders from a second floor, and meeting at the designated location. Discuss escape plans from various locations in your home. Change smoke detector batteries, and listen to the sound that your smoke detector makes.

9. Discuss and practice tornado, storm, hurricane, wildfire and earthquake safety as appropriate to your location.
10. Discuss what to do when lost in different situations:
    - On a camping/hiking trip
    - On a school field trip
    - In the neighborhood
    - At the park
    - At the mall
    - At a crowded event such as a fair, amusement park, community event

Science and Technology Branch

Two may replace a missed Step or 'Hit the Trail!'.

1. Find a video online of a plane breaking the sound barrier and discuss what happens when a plane breaks the sound barrier.
2. Place a seed cup in a well-lit window and watch it daily for two weeks. Water the plant as needed. Discuss the growth and development of the seed. Or plant or maintain a family garden.
3. Look up the insects in the Bible, and draw a line from the insect to the listed scripture.

SCRIPTURE	INSECT
Matthew 6:19-20	Ant
Deuteronomy 7:20	Bee
Proverbs 6:6	Caterpillar
Exodus 16:19-20	Fly
Exodus 8:21	Gnat
Judges 14:8	Hornet
Psalms 78:46	Locust
Deuteronomy 28:38	Moth
Matthew 23:24	Worm

4. Spend some time in your yard. Look for the parts of an ecosystem in your yard (soil, water, plants/trees, decomposers, animals).
5. Look up three stars/constellations you can see from your location. Take a night walk and find them.
6. Take a hike and allow the Trailman to use the compass to identify points of direction.
7. Read Genesis 1 and 2; discuss the biblical account of creation.
8. Find and view a video clip of "Punkin Chunkin'" from the Science Channel and talk about the different kinds of catapults.
9. Discuss the three types of rocks, their characteristics and what is the most commonly found in your area.

10. Talk about the animals that you would see in your neighborhood or at the homes of friends and family. If your family has a pet, have your Trailman to be responsible for feeding, watering, and caring for your pet for a week.
11. Track and chart the weather for at least five days including:
    - Temperature (Was it warmer, cooler, or the same as yesterday?)
    - Wind (Was it calm or windy? What was the direction of the wind?)
    - Precipitation (Was it rainy or dry?)
    - Clouds (What type of clouds do we see?)
12. Discuss the potentially dangerous weather condition(s) in your community. Make a plan for safety precautions and procedures with these conditions.
13. Play the Blast Off game on the USDA website: http://www.fns.usda.gov/multimedia/Games/Blastoff/BlastOff_Game.html

Sports and Fitness Branch

Two may replace a missed Step or 'Hit the Trail!'.

1. Discuss with family members if they participated in sports when they were young. Listen to stories about their experience and ask two questions at the end of the story. Some suggestions are:
    a. What was their most difficult experience playing a sport?
    b. What did they learn by playing?
    c. What was their best memory?
2. Discuss the benefit of physical activity in your daily life. Make an exercise plan for a week and follow it.
3. Complete a bike safety check on your family's bikes. Take a bike ride of at least 30 minutes. Example: check for reflectors, brake function, adjust tire air pressure, etc.
4. Do one of the following options:
    - Play in a water hose or sprinkler.
    - Play Frisbee or another active outdoor activity.
    - Talk about what it means to be a good sport when winning and losing. Act out some examples of good and bad sportsmanship.
5. Go on a hike at one of these locations:
    a. State park
    b. Wooded trail
    c. Around your neighborhood
6. Participate in a formal race event (i.e. swimming, running, biking or obstacle course)
7. Look up pre-participation meals or sports nutrition on the internet and write down a good meal or foods to eat before sports activities.

Values Branch

Two may replace a missed Step or 'Hit the Trail!'.

1. Talk to your parents about what it means to honor them. Show them that you love them by doing a chore without being asked.
2. Plan and help cook a meal with your family. Sit at a table and have this meal together. Discuss healthy eating, the events of the day, or any other topic of interest.
3. Think about some practical ways you can serve your family this week. Help your mom with housework, do a task for your dad that you notice he's been too busy or too tired to do, or arrange to spend time with a grandparent for the afternoon.
4. Food Drive- Help those in need! Participate in a food collection effort. Collect canned goods from home, friends, or neighbors. You can use allowance to purchase canned food items. Ask friends and neighbors to donate non-perishable food items, personal toiletry items, or baby food items.
5. During a family meal this week, have each family member tell why they are thankful for each of the other family members.
6. As a family, do something for a neighbor: bake cookies as a gift, visit the neighbor, sing Christmas carols, or help a neighbor with yard work.
7. Call a grandparent or another beloved adult and talk about ways you can show honor to the adults in your life. Practice holding the door open for the ladies and girls in your family.
   Watch a movie together about Joshua and the Battle of Jericho or another biblical leader.
8. 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.
9. Ask your parents to help you find the North Star at night. Tell them the story of how a star guided the wise men to baby Jesus. Discuss how Jesus can guide us through life.



Family Home Activities for Mountain Lion Trailmen

Heritage Branch

Two may replace a missed Step or 'Hit the Trail!'.

1. Discuss how to care for our country's flag. Look up pictures of the evolution of the American flag.
2. Decide on a service project your family can participate in together. Perhaps participate in a food drive. Collect canned goods from home, friends, or neighbors to be donated to a local food bank / pantry or church food collection / distribution ministry
3. As a family, do something for your neighbors: bake cookies as a gift, visit and ask about their favorite Christmas traditions / memories, sing Christmas carols, or help a neighbor with yard work.
4. Learn about the election process. Visit a polling location or review a mail-in ballot/voter's guide.
5. Visit a war memorial. Talk about what a memorial is and its importance. As a family, briefly pick up trash and clean around the memorial. Discover the history of the war commemorated by the memorial.
6. Go and see or visit a boat or tour the inside of a ship and explore it's history.
7. Visit and explore a local or national park or decide what you might do at a park, such as having a picnic or running races and do it in your backyard or living room.
8. Attend an American holiday event such as a 4th of July celebration, Veteran's Day parade, historical reenactment, etc.
9. Discuss men and women who have died for their faith. This might include discussing martyrdom, sainthood or missions, according to your beliefs and the level of depth you feel is appropriate for your child. *Voice of the Martyrs* is a good resource if you need a starting point.

Hobbies Branch

Two may replace a missed Step or 'Hit the Trail!'.

1. Work as a family to have a "home" bird watch. Try to record up to 10 birds with simple observations. If time allows, research the types of birds. Always have a parent supervising when using the Internet.
2. Talk about opportunities to spend time together in a positive and fun way. For example, have your family share hobbies or collections or, if a member of your family does not have a collection, you may start one! You may also spend time learning how to play checkers, chess, or another family game. This will give your family another positive way to spend free time.
3. Discuss different hobbies that your family participates in. Is there a hobby you all share an interest in? Encourage each family member to have his or her own hobby to encourage individual identity and solitary time.
4. Attend a performing arts event with your family or watch one on TV.
5. As a family explore a new hobby. Research a new hobby that interests the whole family. At the next meeting, explain what you chose and what steps your family took to start the new hobby.
6. Discuss how to use a camera and take pictures. Have your photos developed, or print them from your computer and place the pictures into a photo album or create a digital album.

Life Skills Branch

Two may replace a missed Step or 'Hit the Trail!'.

1. Evaluate and discuss your strengths and weaknesses as a listener. Set a goal to improve your listening skills.
2. Discuss how to solve problems, especially when dealing with difficult people.
3. Play a game with your family. Each family member writes down a personal strength or favorite activity on a slip of paper. Fold the papers and place them in a hat. Draw one at a time and try to guess which family member it is.
4. Discuss the importance of goal setting with your family. Have your family share personal goals that they have made and achieved and maybe even some goals that they have not reached. Share the goal you created with your family and find a place to post your goal (like your refrigerator). Celebrate when you reach you goal.
5. With your family, discuss ways you can incorporate physical fitness into your family's routine. Implement this plan for 2 weeks.
6. Raid your family's pantry! Discuss the food group each item belongs to and whether the item is a healthy food choice.
7. Discuss the hazards of drug and alcohol abuse with your family.
8. Learn how to use a compass. Use the compass to find landmarks or items to identify in your yard or house.
9. Get a really good map of your neighborhood and practice your map-reading skills. Chart a planned route and determine the total distance. Travel your route (walk, drive, bike, etc.), and see how close your calculation was!
10. Have a Family Meeting (dinner time is a good time) to discuss trust. How do we trust family members, and how do they trust us? Discuss why we trust parents to take care of children and how children earn parents' trust.
11. Go over home safety. Go through the checklists and talk about keeping up with home safety and how the Mountain Lion can help do this. Discuss or determine the family escape plan in case of a fire or any emergency.

Outdoor Skills Branch

Two may replace a missed Step or 'Hit the Trail!'.

1. Practice tying knots at home and teach someone different knots. Discuss the safety of not using knots to support your own weight or to climb into unsafe places, such as onto your roof.
2. Discuss the importance of first aid in the home. Create or update a first aid kit for the house and place in a known, easily accessible location. If you already have a first aid kit at home create one for the car or for camping.
3. Visit the Tread Lightly! website and discuss how you can incorporate the principles in your own home. Find a spot to post your Tread Lightly! pledge poster.
4. Discuss the importance of taking care of the environment and being a good steward. Talk about ways you are good stewards and give examples. Discuss some areas in which you can improve. Make a goal and commit to changing your behavior. Post a reminder where you can see it each day.
5. Look up how to make pace counting beads and make them. Learn how to pace count, and guide each other into finding your own pace numbers.
6. Trailmen should pack his own gear for a weekend camping trip. Review what must and must not be included.

7. Help your Trailmen look up how to use a compass. Practice by going outside and finding natural landmarks for them to identify. Get a really good map of your neighborhood and practice your map-reading skills. Chart a planned route and determine the total distance. Travel your route (walk, drive, bike, etc.), and see how close your calculation was!
8. Plan and complete a scavenger hunt together. Discuss how teamwork can help in accomplishing your goals.
9. Review knife safety rules. Discuss how it is a tool not a toy.
10. Discuss the uses of a pocket knife and how it is a tool and not a toy. Introduce/review the following **safety points**:

    - Cut away from your body, not toward it.
    - If you drop your knife, let it fall. Don't attempt to catch it.
    - Never run with a knife.
    - Don't throw a knife to anyone. Hand it to them, handle first.
    - Never point a knife at anyone.
    - Make sure that other people are more than an arm's length away from you when using a knife (Blood circle)

- Do not use a locking blade if the lock will not lock open. Make sure the lock is working before using it.
- Keep your knife folded or sheathed when carrying or storing.
- Use a sharpening stone, not a power grinder to sharpen your knife. A power grinder can make the edge brittle.
- Use the right tool for the job. A pocket knife is for small jobs.
- Don't use a knife for prying. It can cause the tip to break, possibly causing injury.
- Use a knife in a well-lit area, so you can see what you're doing.
- Do not use a knife on "live" electrical items like appliances.
- Keep your knife clean, particularly the locking mechanism.
- Keep your knife oiled and sharp. A sharp knife is safer than a dull one.
- Don't try fixing a knife yourself. It is dangerous.
- If you get cut, seek first aid immediately.

Review Questions:

1. Are both hands used when opening and closing a pocket knife?
2. Do I ask my parent's permission to carry a knife?
3. Do I cut towards myself?
4. When I sharpen the knife, do I check how sharp it is by running my finger down the blade?
5. Can I run with an open knife?
6. Should I fix my knife if I think it's broken?
7. What is the principle of the Blood circle?

11. Participate in a 2-4 mile hike with your Trailmen. Discuss how to be aware of your environment and what you enjoy about the outdoors. While on a hike, have the Trailman to use a compass to identify points of direction.

Science and Technology Branch

Two may replace a missed Step or 'Hit the Trail!'.

1. Find a video online of a plane breaking the sound barrier and explain what happens when a plane breaks the sound barrier.
2. Discuss other science topics in creation with your family. Talk about how God reveals Himself to us.
3. Discuss astronomy and astronomy careers.
4. Observe the weather for one week by recording basic elements such as the predicted temperature, the actual temperature, sunrise, sunset, precipitation, etc. Watch the weather on TV, or look at the chart in your newspaper.
5. Look up instructions and make your own crystals or rock candy.
6. Discuss Importance of keeping trash off the ground to prevent animals and insects from getting in. Do a quick clean up around your yard or inside your house. Be sure to look for anything that may attract bugs (food wrappers, spills that need to be wiped up, etc.).
7. 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.
8. Discuss pulleys, and try to find them in use around your house (for example, on the front of your car's engine), on the highways, and at construction sites.
9. Discuss levers and inclined planes. Try to find them in use around your house, on the highways, and at construction sites.
10. Discuss construction of structures with your family. Visit different locations of interest to see construction in action.
11. Discuss the potentially dangerous weather condition(s) in your community. Make a plan for safety precautions and procedures with these conditions.

Sports and Fitness Branch

Two may replace a missed Step or 'Hit the Trail!'.

1. Learn a new sport or participate in a fitness activity regularly together.
2. Review the Tread Lightly!® pledge with your family on a hike or walk.

   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

3. Review and discuss boating safety with your family.
4. Participate in a sports activity with your family.
5. Discuss at least four character traits you think a great sportsman should have.
6. Talk about what it means to be a good sport when winning and losing. Practice being a good sport when you are playing sports or other games.
7. Go on a hike of at least a mile and a half.
8. Participate in a formal race event (i.e. swimming, running, biking or obstacle course)
9. Look up pre-participation meals or sports nutrition and write down a good meal or foods to eat before sports activities.
10. Play outside for at least 30 minutes three times in a week.
11. Review and discuss bicycle safety. Have the Trailmen review with their parents what they learned and check their own equipment including helmets and proper clothing to be worn while biking. Go on a bike ride of at least 30 minutes.
12. Talk about safe swimming and what should be done as a family to keep everyone safe. Go over the 13 Points of Safe Swimming from The American Red Cross (below) before you head out to the pool or beach:
    - Swim in designated areas supervised by lifeguards.
    - Always swim with a buddy; do not allow anyone to swim alone.
    - Never leave a young child unattended near water and do not trust a child's life to another child; teach children to always ask permission to go near water.
    - Have young children or inexperienced swimmers wear U.S. Coast Guard-approved life jackets around water, but do not rely on life jackets alone.
    - Maintain constant supervision.

- Make sure everyone in your family learns to swim well.
- If you have a pool, secure it with appropriate barriers. Many children who drown in home pools were out of sight for less than five minutes and in the care of one or both parents at the time.
- Avoid distractions when supervising children around water.
- If a child is missing, check the water first. Seconds count in preventing death or disability.
- Have appropriate equipment, such as reaching or throwing equipment, a cell phone, life jackets and a first aid kit.
- Know how and when to call 9-1-1 or the local emergency number. (**If you are swimming at a lake, be sure to look this up before traveling, and know the name of the lake area (ie. East Bay, Cove 3, etc.) so that rescue teams can find you.)
- Protect your skin. Limit the amount of direct sunlight you receive between 10:00 a.m. and 4:00 p.m. and wear sunscreen with a protection factor of at least 15.
- Drink plenty of water regularly, even if you're not thirsty. Avoid drinks with alcohol or caffeine in them.

© Copyright The American National Red Cross. All rights reserved.

Values Branch

Two may replace a missed Step or 'Hit the Trail!'.

1. Discuss being a good friend to others with your parents. Think of a way each of you can do something good for another and commit to doing that.
2. Read and review Matthew 6:14-15. Discuss a time when you have needed forgiveness or been forgiven. Confess any current situations where you are struggling to forgive someone and commit to repent.
3. Discuss conservation and good stewardship with your family. Review home conservation practices.
4. Discuss the characteristics and qualities of good leaders. Think about characteristics members of your family have, and discuss ways to develop leadership skills and choose good role models.
   Discuss the fruits of the Spirit with your family. How can you develop and incorporate these qualities in your daily lives? Commit to demonstrate a behavior this week.
5. Discuss how to care for our country's flag. If you do not have your own flag at home, you may want to purchase one and hang it in a place of honor and respect.
6. As a family, do something for your neighbors: bake cookies as a gift, visit neighbors and ask them about their Christmas traditions or their favorite Christmas memories, sing Christmas carols, or help a neighbor with yard work.
7. Fortitude is strength of mind that enables a person to encounter danger or bear pain or adversity with courage; synonyms include bravery and courage. Discuss fortitude. Challenge each other to find scripture stories and other popular stories that show examples.
8. Visit Focus on the Family to complete a personality profile on your child. http://www.focusonthefamily.com/parenting/schoolage_children/your-childs-personality/determining-your-childs-personality-type.aspx. Have the family discuss their own personality types and how these types have helped them in their jobs and their lives. Also consider discussing how their personality types have influenced choices they have made.
9. Discuss different careers that focus on justice. Find a contact to learn more about his or her job or research online together.
10. Discuss commitment and loyalty with your family. Talk about the loyalty cards that some stores offer to reward customers for repeat visits. Discuss any loyalty programs you are a part of and visit the store together. Discuss the rewards of commitment and loyalty in life.

11. Visit a war memorial. Talk about what a memorial is and its importance. If possible, discover the history of the war commemorated by the memorial.
12. Participate in a service project together.