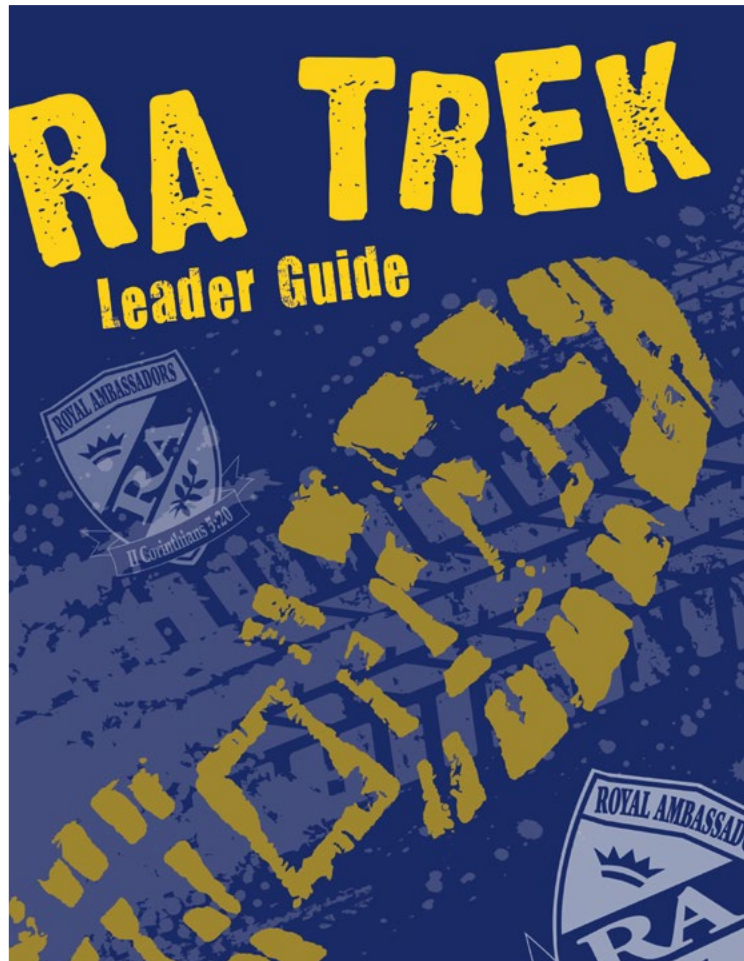


Free Sample Activity



Each leader needs one *RA Trek Leader Guide*, which correlates with both member books.

Each RA has a book for individual work and recording his accomplishments.



For RAs in grades 1-3



For RAs in grades 4-6

RA Trek is designed to help boys personalize their learning about prayer, sharing their faith, giving and growing as followers of Christ. Each boy can do this individual achievement plan on his own or within regular Royal Ambassadors meeting times. Many activities require the help of an RA leader or adult.

Boys have the opportunity to earn patches when they complete activities. When all seven areas are finished, the RA leader signs a certificate of completion and awards an RA Trek Chevron. Each patch or chevron is a rewarding reminder of how much they've grown in their faith and how far they've come on the RA Trek.

RA TREK Leader Guide Sample

Trek 1 is for first-graders.

TREK 1 My RA Identity

Each boy must complete all three activities

My RA Identity is one of seven areas covered.

Know the Lad Motto

What You Need:

- Display the words of the Lad Motto in the classroom (Appendix Page 1). [See next page.](#)

What You Do:

1. Discuss the meaning of the Lad Motto. Share examples of how they will learn and what they will do in Jesus' name as a Royal Ambassador Lad.
2. Recite the Royal Ambassador Lad Motto at the RA meeting each week. Repetition will help with memorization.

What RAs Do:

Learn the Lad Motto.

1. Recite the Lad Motto at the RA meeting each week.
2. Stand in a circle. One boy begins by saying the first word of the motto, and the next boy says the second word. Once the motto is completed, the next boy will start the motto again. Repeat until everyone has said a word of the motto. Variation: Time how long it takes the entire circle to say the motto. Repeat to see if they can beat the previous time.

Physical Fitness Fun

What You Need:

- Physical Fitness Exercise Guide (wmu.com/RA)
- Personal Exercise Worksheet for each boy (Appendix Page 2) [See following pages.](#)

What You Do:

1. Discuss how physical fitness and regular exercise will help a person be healthy in mind and body.
2. Teach the proper form for each of the Lad 1 athletic exercises.
3. Provide time during the RA meeting to do the Trek 1 athletic exercises.

What RAs Do:

Exercise to be healthy and receive the Lad 1 Physical Fitness patch.

1. Do the five Lad 1 athletic exercises. Complete all five exercises one time each (a circuit). Boys should do three circuits each day, three days a week for 12 weeks.

2. Record progress on his Personal Exercise Worksheet (Appendix Page 2).
3. Receive the Lad 1 Physical Fitness patch.



Earning a patch is a fun way to motivate boys.

Pop-Up RA Pledge

What You Need:

- Display the words of the Royal Ambassador Pledge, Motto, and Scripture in the classroom (available in the RA Promotion Kit, sold separately). [See following pages.](#)
- index cards

What You Do:

1. Discuss the meaning of the Royal Ambassador Pledge, Motto, and Scripture.
2. Recite the Royal Ambassador Pledge, Motto, and Scripture at the RA meeting each week. Repetition will help with memorization.
3. Write significant words from the RA Pledge (Example: Royal, Ambassador, responsible, follower, Christ, people, message, world, clean, body) on each of the index cards. Give each boy a RA Pledge word card. Make sure each boy can read the word on his RA Pledge word card. Have enough word cards for each boy.

What RAs Do:

Learn the RA Pledge, Scripture, and Motto.

1. Sit in chairs and together, as a group, recite the RA Pledge. When the word a boy has on his RA Pledge word card is recited, he pops up and sits back down. Another boy will pop up when his word is recited. After the RA Pledge is recited, gather the cards and repeat.

TREK 1 My Praying

Each boy must complete one activity.

Praying Sardines

What You Need:

- index cards

What You Do:

1. Write the names of a missionary on an index card. Include prayer requests for his/her missions work.

LAD MOTTO

**"LEARN AND
DO IN JESUS'
NAME"**

Have your
RAs learn and
recite the Lad
Motto!



RA TREK Leader Guide Sample

RA FITNESS Personal Exercise Worksheet

Name: _____ Grade: _____

Achievement Level (Circle one): Lad 1 Lad 2 Lad 3 Page 4 Squire 5 Knight 6

My Personal Physical Fitness Commitment

As a Royal Ambassador, I will do my best:

- To keep myself clean and healthy in mind and body by
- Involving myself in regular exercising using the model I have learned,
- Charting my progress below, and
- Encouraging my family and fellow RAs to assist me as needed to complete each exercise.

I will begin on _____ and finish on _____
(Month/Day) (Month/Day)

Signed: _____

Example:

Plank 30 seconds
Push-up on knees 3 repetitions

A circuit is completing all the exercises in the grid below one time.

Exercise	Time	Number of Repetitions	Notes

A box below is checked when three circuits of all the above exercises are completed. A suggested pace is three boxes checked per week. When 36 boxes are checked the advancement level physical fitness patch is earned.

I (parent, RA Leader, family member) have observed his progress and sign below to affirm his completion of the tasks above in order for the physical fitness achievement level patch to be awarded.

(Signature) (Date)

RAs wishing to continue exercising using this format may request another worksheet and, upon its completion, will receive a star to attach to their fitness patch.

RA Pledge, Motto and Scripture

The RA Motto, “We are Ambassadors for Christ,” not only gives the organization its name, but also gives the boys and leaders a lifestyle goal. This Motto is taken from 2 Corinthians 5:20.

The RA Pledge: The RA Pledge makes the motto come alive in the daily lives of boys and leaders.

“As a Royal Ambassador I will do my best:
to become a well-informed, responsible follower of Christ;
to have a Christlike concern for all people;
to learn how to carry the message of Christ around the world;
to work with others in sharing Christ; and
to keep myself clean and healthy in mind and body.”

RA Virtues: Ten specific biblical virtues that strengthen the motto and the pledge: Loyalty, Friendship, Courage, Responsibility, Honesty, Faith, Compassion, Perseverance, Teamwork, and Self-Discipline.

The RA Scripture passage (2 Corinthians 5:17–20) describes the purpose of Royal Ambassadors:

“Therefore if anyone is in Christ, there is a new creation; old things have passed away, and look, new things have come. Now everything is from God, who reconciled us to Himself through Christ and gave us the ministry of reconciliation: that is, in Christ, God was reconciling the world to Himself, not counting their trespasses against them, and He has committed the message of reconciliation to us. Therefore, we are ambassadors for Christ; certain that God is appealing through us, we plead on Christ’s behalf, ‘Be reconciled to God.’” (2 Cor. 5:17–20, HCSB)



MY RA IDENTITY

You are on a journey to become a Junior Ambassador. As a Lad, you will learn and do for others. When you “learn and do in Jesus’ name” you will be happy and be more like Jesus.

As a Lad, you will learn the Royal Ambassador Pledge and Motto. You will also learn the Lad Motto. When you are able to say the pledge, Scripture, and mottos from memory, it will identify you as a Royal Ambassador Lad. It is your RA Identity.

What’s the Evidence?

What is one way you can “learn and do in Jesus’ name?” Write your answer here:

Each section of the **member log** includes a thoughtful individual activity.



RA TREK

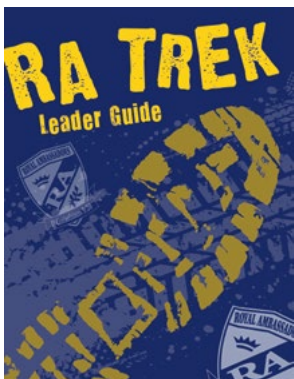
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Make it personal!



RA Trek will help boys personalize learning about prayer, sharing their faith, stewardship and giving, realizing their potential as future leaders and more!

RA Trek Leader Guide is packed with projects boys can complete on their own or in a small group while they learn about missions, pray for missions, give to missions, do missions and participate in the work of the church. **Grade-level books** give them a place to reflect on what they've experienced and write down what they've learned.



One for each leader



One for each boy based on grade level



To order RA Trek for your boys, visit wmustore.com/children or call 1-800-968-7301.

