



United States Heritage Award

ADULT GUIDE



United States Heritage Award

SILVER (Youth 6-10)

PURPOSE:

The United States Heritage Award was designed to give recognition for learning about the heritage of the United States of America, and showing patriotism. By earning this award, youth can cultivate an appreciation for the wonderful heritage of the United States of America.

AWARD:

A silver medal and patch can be awarded to each youth that successfully completes the requirements for the award. The request form must be completed to purchase the medals and patches. All requirements may be done with a unit, group, or individually.

REQUIREMENTS:

To earn the United States Heritage Award a youth must:

1. Tell when the Declaration of Independence was adopted.
2. Learn the first verse of the national anthem "The Star Spangled Banner".
3. Know the Pledge of Allegiance. Explain what it means.
4. Learn about the United States Flag.
 - a. What colors does the United States flag have?
 - b. How many stars are on the blue rectangle (canton)?
What do the stars symbolize?
 - c. How many stripes are on the flag? What colors are the stripes?
What do the stripes symbolize?
 - d. How do you show respect for the United States flag?
5. Make a list of the thirteen original states of the United States of America.
6. Who is the President of the United States of America?
7. My America. Do one of the following:
 - a. Write a short story or poem about one of the following topics :
Why America Is Special To Me, What It Means To Be Free, If I Were President...
 - b. Draw a picture of a famous person in American History and tell what they did.
8. Render a service that benefits a neighborhood or community.

NAME _____

United States Heritage Award

SILVER (Youth 6-10) Worksheet

Answer the following questions. Once finished, turn in the worksheet to your Leader or Adult.

1. When was the Declaration of Independence adopted? _____

2. Show that you know the first verse of "The Star Spangled Banner" Yes

3. Recite the Pledge of Allegiance, and explain its meaning. Yes

4. The United States Flag:

a. What colors does the US Flag have _____

b. How many stars are on the current flag? _____
What do the stars symbolize? _____

c. How many stripes are on the flag? _____
What colors are the stripes? _____
What do the stripes symbolize? _____

d. How do you show respect for the United States Flag?

5. Make a list of the original thirteen states of the United States of America.

- | | |
|----|-----|
| 1. | 8. |
| 2. | 9. |
| 3. | 10. |
| 4. | 11. |
| 5. | 12. |
| 6. | 13. |
| 7. | |

6. The President of the United States is _____

7. I have completed my short story, poem, or drawing. Yes

- a. Write a short story or poem about one of the following topics :
Why America Is Special To Me, What It Means To Be Free, If I Were President...
- b. Draw a picture of a famous person in American History and tell what they did.

8. I have given service to a neighborhood or community. Yes

My service was : _____

United States Heritage Award

ADULT RESOURCE (Youth 6-10)

REQUIREMENTS:

1. Tell when the Declaration of Independence was adopted.

July 4, 1776.

The Second Continental Congress, meeting in Philadelphia in the Pennsylvania State House (now Independence Hall), approved the Declaration of Independence. Its purpose was to set forth the principles upon which the Congress had acted two days earlier to declare the freedom and independence of the 13 American colonies from England. The Declaration was designed to influence public opinion and gain support both among the new states and abroad.

2. Know the first verse of the national anthem "The Star Spangled Banner."

First Verse

Oh, say, can you see, by the dawn's early light,
What so proudly we hail'd at the twilight's last gleaming?
Whose broad stripes and bright stars, thro' the perilous fight,
O'er the ramparts we watch'd, were so gallantly streaming?
And the rocket's red glare, the bombs bursting in air
Gave proof thro' the night that our flag was still there.
Oh, say, does that Star-Spangled Banner yet wave
O'er the land of the free and the home of the brave?

The Star-Spangled Banner was written by Francis Scott Key as he watched the bombardment of Fort McHenry during the War of 1812. Key's poem, "Defense of Fort McHenry," came to be sung to the tune of a pre-existing song, "To Anacreon in Heaven." The first musical edition was published by Benjamin Carr of Baltimore and titled "The Star-Spangled Banner." With the passage of time the song grew in popularity, and in 1931 an act of Congress made it our official national anthem.

3. Know the Pledge of Allegiance. Explain what it means.

"I pledge allegiance to the Flag of the United States of America
and to the Republic for which it stands,
one nation under God, indivisible,
with liberty and justice for all."

4. The United States Flag:

a. What colors does the US Flag have?

Red, White, and Blue.

How many stars on the current flag? What do the stars symbolize?

There are currently 50 stars, and they represent the fifty states that constitute the United States of America.

b. How many stripes are on the flag? What do the stripes symbolize?

Thirteen stripes. The stripes symbolize the original thirteen states.

c. How you show respect for the United States flag?

Flag Etiquette is included below as a starting resource, excerpted from the US Flag Code:

No disrespect should be shown to the flag of the United States of America; the flag should not be dipped to any person or thing. Regimental colors, State flags, and organization or institutional flags are to be dipped as a mark of honor.

- (a) The flag should never be displayed with the union down, except as a signal of dire distress in instances of extreme danger to life or property.
- (b) The flag should never touch anything beneath it, such as the ground, the floor, water, or merchandise.
- (c) The flag should never be carried flat or horizontally, but always aloft and free.
- (d) The flag should never be used as wearing apparel, bedding, or drapery. It should never be festooned, drawn back, nor up, in folds, but always allowed to fall free. Bunting of blue, white, and red always arranged with the blue above, the white in the middle, and the red below, should be used for covering a speaker's desk, draping the front of the platform, and for decoration in general.
- (e) The flag should never be fastened, displayed, used, or stored in such a manner as to permit it to be easily torn, soiled, or damaged in any way.
- (f) The flag should never be used as a covering for a ceiling.
- (g) The flag should never have placed upon it, nor on any part of it, nor attached to it any mark, insignia, letter, word, figure, design, picture, or drawing of any nature.
- (h) The flag should never be used as a receptacle for receiving, holding, carrying, or delivering anything.
- (i) The flag should never be used for advertising purposes in any manner whatsoever. It should not be embroidered on such articles as cushions or handkerchiefs and the like, printed or otherwise impressed on paper napkin or boxes or anything that is designed for temporary use and discard. Advertising signs should not be fastened to a staff or halyard from which the flag is flown.
- (j) No part of the flag should ever be used as a costume or athletic uniform. However, a flag patch may be affixed to the uniform of military personnel, firemen, policemen, and members of patriotic organizations. The flag represents a living country and is itself considered a living thing. Therefore, the lapel flag pin being a replica, should be worn on the left lapel near the heart.
- (k) The flag, when it is in such condition that it is no longer a fitting emblem for display, should be destroyed in a dignified way, preferably by burning.

When the flag is lowered, no part of it should touch the ground or any other object; it should be received by waiting hands and arms. To store the flag it should be folded neatly and ceremoniously.

5. Make a list of the original thirteen states of the United States of America.

Delaware, Pennsylvania, New Jersey, Georgia, Connecticut, Massachusetts, Maryland, South Carolina, New Hampshire, Virginia, New York, North Carolina, and Rhode Island.

6. Who is the President of the United States of America?

President Barack H. Obama

7. My America. Do one of the following: <Self Explanatory>

- a. Write a short story or poem about one of the following topics: Why America is Special to Me, What It Means To Be Free, If I were President...
- b. Draw a picture of a famous person in American History and tell what they did.

8. Render a service that benefits a neighborhood or community.

United States Heritage Award

GOLD (Youth 11-18)

PURPOSE:

The United States Heritage Award was designed to give recognition for learning about the heritage of the United States of America, and showing patriotism. By earning this award, youth can cultivate an appreciation for the wonderful heritage of the United States of America.

AWARD:

A gold medal and patch can be awarded to each youth that successfully completes the requirements for the award. The request form must be completed to purchase the medals and patches. All requirements may be done with a unit, group, or individually.

REQUIREMENTS:

- _____ 1. Tell when the Declaration of Independence was adopted.
- _____ 2. Tell when the Constitution of the United States was signed.
- _____ 3. Know the first two verses of the national anthem "The Star Spangled Banner."
Tell who wrote the national anthem and when.
- _____ 4. Know the Pledge of Allegiance. Explain what it means.
- _____ 5. The United States Flag:
 - a. Tell what the thirteen stripes represent. Please list all thirteen.
 - b. From 1795 to 1818 there was something different about the US Flag. Find out what it was and why it was changed.
 - c. Explain three proper ways of displaying the United States flag.
 - d. Tell how you show respect for the United States flag.
- _____ 6. Do one of the following:
 - a. Find out what the parts of the flag are called. Draw a picture showing the following:

Canton	Flag Staff
Fly	Grommet
Field (or Ground)	Peak
Fly End	Union
Hoist	Truck
Finial	Halyard
 - b. Write a short story or poem about one of the following topics :
Why America Is Special To Me, What It Means to Be An American,
What It Means To Be Free, If I Were President...
- _____ 7. Make a list of the 50 states in the United States of America.
- _____ 8. Name the current President, Vice-President, and the Speaker of the House.
- _____ 9. Name the two Senators for your state and the representative for your congressional district.
- _____ 10. Participate in a service project that benefits a neighborhood or community.
- _____ 11. *ADULTS. Assist a youth in earning the United States Heritage Award.

NAME _____

United States Heritage Award

GOLD (Youth 11-18) Worksheet

Answer the following questions.

1. When was the Declaration of Independence adopted? _____

2. When was the Constitution of the United States signed? _____

3. Show that you know the first two verses of "The Star Spangled Banner" Yes

Who wrote the Star Spangled Banner? _____

When? _____

4. Recite the Pledge of Allegiance, and explain its meaning. Yes

5. The United States Flag:

a. What do the thirteen stripes represent? _____
Please list all thirteen.

- | | |
|----|-----|
| 1. | 8. |
| 2. | 9. |
| 3. | 10. |
| 4. | 11. |
| 5. | 12. |
| 6. | 13. |
| 7. | |

b. From 1795 to 1818 there was something different about the US Flag. Find out what it was and why it was changed.

c. Explain three proper ways of displaying the United States flag.

d. How do you show respect for the United States Flag?

6. Do one of the following: Yes

a. Find out what the parts of the flag are called. Draw a picture showing the following:

Canton	Flag Staff	Fly	Grommet
Field (or Ground)	Peak	Fly End	Union
Hoist	Truck	Finial	Halyard

b. Write a short story or poem about one of the following topics :

Why America Is Special To Me, What It Means to Be An American, What It Means To Be Free, If I Were President.

7. Make a list of the 50 states in the United States of America.

- | | |
|-----|-----|
| 1. | 26. |
| 2. | 27. |
| 3. | 28. |
| 4. | 29. |
| 5. | 30. |
| 6. | 31. |
| 7. | 32. |
| 8. | 33. |
| 9. | 34. |
| 10. | 35. |
| 11. | 36. |
| 12. | 37. |
| 13. | 38. |
| 14. | 39. |
| 15. | 40. |
| 16. | 41. |
| 17. | 42. |
| 18. | 43. |
| 19. | 44. |
| 20. | 45. |
| 21. | 46. |
| 22. | 47. |
| 23. | 48. |
| 24. | 49. |
| 25. | 50. |

8. Name the current President, Vice-President, and the Speaker of the House.

President _____

Vice- President _____

Speaker of the House, _____

9. Name the two Senators for your state and the representative for your congressional district.

Senator _____

Senator _____

Representative: _____

10. My service to a neighborhood or community was: _____

11. ADULTS. Assist a youth in earning the United States Heritage Award.

United States Heritage Award

ADULT RESOURCE (Youth 11- 18)

REQUIREMENTS:

1. Tell when the Declaration of Independence was adopted.

July 4, 1776, the Second Continental Congress, meeting in Philadelphia in the Pennsylvania State House (now Independence Hall), approved the Declaration of Independence. Its purpose was to set forth the principles upon which the Congress had acted two days earlier to declare the freedom and independence of the 13 American colonies from England. The Declaration was designed to influence public opinion and gain support both among the new states and abroad.

2. Tell when the Constitution of the United States was signed.

Adopted by convention of States, September 17, 1787

3. Know the first two verses of the national anthem "The Star Spangled Banner."

Tell who wrote the national anthem and when.

The Star-Spangled Banner was written by Francis Scott Key as he watched the bombardment of Fort McHenry during the War of 1812. Key's poem, "Defense of Fort McHenry," came to be sung to the tune of a pre-existing song, "To Anacreon in Heaven,". The first musical edition was published by Benjamin Carr of Baltimore and titled "The Star-Spangled Banner." With the passage of time the song grew in popularity, and in 1931 an act of Congress made it our official national anthem.

Lyrics:

First Verse

Oh, say, can you see, by the dawn's early light,
What so proudly we hail'd at the twilight's last gleaming?
Whose broad stripes and bright stars, thro' the perilous fight,
O'er the ramparts we watch'd, were so gallantly streaming?
And the rocket's red glare, the bombs bursting in air
Gave proof thro' the night that our flag was still there.
Oh, say, does that Star-Spangled Banner yet wave
O'er the land of the free and the home of the brave?

Second Verse

On the shore, dimly seen thro' the mists of the deep,
Where the foe's haughty host in dread silence reposes,
What is that which the breeze, o'er the towering steep,
As it fitfully blows half conceals, half discloses?
Now it catches the gleam of the morning's first beam,
In full glory reflected now shines in the stream;
'Tis the Star-Spangled Banner, O long may it wave
O'er the land of the free and the home of the brave.

Third Verse

Oh, thus be it ever when free men shall stand
Between their loved homes and the war's desolation!
Blest with vict'ry and peace, may the heav'n rescued land
Praise the Pow'r that hath made and preserved us a nation!
Then conquer we must, when our cause it is just,
And this be our motto, "In God is our trust"
And the Star-Spangled Banner in triumph shall wave
O'er the land of the free and the home of the brave!

4. Know the Pledge of Allegiance. Explain what it means.

“I pledge allegiance to the Flag of the United States of America
and to the Republic for which it stands,
one nation under God, indivisible,
with liberty and justice for all.”

5. The United States Flag:

- a. Tell what the thirteen stripes represent. Please list all thirteen.

The thirteen stripes represent the original 13 states.

Delaware, Pennsylvania, New Jersey, Georgia, Connecticut, Massachusetts, Maryland, South Carolina, New Hampshire, Virginia, New York, North Carolina, and Rhode Island.

- b. From 1795 to 1818 there was something different about the US Flag. Find out what it was and why it was changed.

From 1795 to 1818, when a new state was admitted into the United States, A star and a stripe was added to the US flag.

In 1816, Congressman Peter Wendover (NY) convinced Congress that a new flag was needed, as it needed updating, as more states had joined the union. Wendover sought the advice of Samuel Reid, a naval hero of the War of 1812. Reid suggested reducing the number of stripes to 13 to symbolize the original colonies, and using one additional star for each state admitted into the Union thereafter. On March 25, 1818 the Third Flag Act was passed. It was signed into law on April 4, 1818.

On April 13, 1818 a version of the flag representing the Third Flag Act was raised over the Capitol dome. Sewn by Samuel Reid's wife, it contained 13 red and white horizontal stripes and 20 white stars forming one larger star in the canton of blue.

Later in 1818, President James Monroe ordered that the stars be in four equal, parallel rows of five each. This flag then replaced that sewn by Mrs. Reid but lasted only one year, as Illinois became the 21st state on December 3, 1818.

The change was with the stripes. Instead of adding a stripe with each state, now add a star. This change made the flag stay of uniform shape and size.

- c. Explain three proper ways of displaying the United States flag

Flag Code Section 3

That the flag, when carried in a procession with another flag or flags, should be either on the marching right; that is, the flag's own right, or, if there is a line of other flags, in front of the center of that line.

(a) The flag should not be displayed on a float in a parade except from a staff' or as provided in subsection (i).

(b) The flag should not be draped over the hood, top, sides or back of a vehicle or of a railroad train or boat. When the flag is displayed on a motor car, the staff shall be fixed firmly to the chassis or clamped to the right fender.

(c) No other flag or pennant should be placed above or, if on the same level, to the right of the flag of the United States of America, except during church services conducted by naval chaplains at sea, when the church pennant may be flown above the flag during church services for the personnel of the Navy.

(d) The flag of the United States of America, when it is displayed with another flag against a wall from crossed staffs, should be on the right, the flag's own right, and its staff should be in front of the staff of the other flag.

(e) The flag of the United States of America should be at the center and at the highest point of the group when a number of flags of States or localities or pennants of societies are grouped and displayed from staffs.

(f) When flags of States, cities or localities, or pennants of societies are flown on the same halyard with the flag of the United States, the latter should always be at the peak. When the flags are flown from adjacent staffs, the flag of the United States should be hoisted first and lowered last. No such flag or pennant may be placed above the flag of the United States or to the United States flag's right.

(g) When flags of two or more nations are displayed, they are to be flown from separate staffs of the same height. The flags should be of approximately equal size. International usage forbids the display of the flag of one nation above that of another nation in time of peace.

(h) When the flag of the United States is displayed from a staff projecting horizontally or at an angle from a windowsill, balcony, or front of a building, the union of the flag should be placed at the peak of the staff unless the flag is at half-staff. When the flag is suspended over a sidewalk from a rope extending from a house to a pole at the edge of the sidewalk, the flag should be hoisted out, union first, from the building.

(i) When displayed either horizontally or vertically against a wall, the union should be uppermost and to the flag's own right, that is, to the observer's left. When displayed in a window, the flag should be displayed in the same way, with the union or blue field to the left of the observer in the street.

(j) When the flag is displayed over the middle of the street, it should be suspended vertically with the union to the north in an east and west street or to the east in a north and south street.

(k) When used on a speaker's platform, the flag, if displayed flat, should be displayed above and behind the speaker. When displayed from a staff in a church or public auditorium, the flag of the United States of America should hold the position of superior prominence, in advance of the audience, and in the position of honor at the clergyman's or speaker's right as he faces the audience. Any other flag so displayed should be placed on the left of the clergyman or speaker or to the right of the audience.

(l) The flag should form a distinctive feature of the ceremony of unveiling a statue or monument, but it should never be used as the covering for the statue or monument.

(o) When the flag is suspended across a corridor or lobby in a building with only one main entrance, it should be suspended vertically with the union of the flag to the observer's left upon entering. If the building has more than one main entrance, the flag should be suspended vertically near the center of the corridor or lobby with the union to the north, when entrances are to the east and west, or to the east when entrances are to the north and south. If there are entrances in more than two directions, the union should be to the east.

a. Tell how you show respect for the United States flag.

That no disrespect should be shown to the flag of the United States of America; the flag should not be dipped to any person or thing. Regimental colors, State flags, and organization or institutional flags are to be dipped as a mark of honor.

(a) The flag should never be displayed with the union down, except as a signal of dire distress in instances of extreme danger to life or property.

(b) The flag should never touch anything beneath it, such as the ground, the floor, water or merchandise.

(c) The flag should never be carried flat or horizontally, but always aloft and free.

(d) The flag should never be used as wearing apparel, bedding, or drapery. It should never be festooned, drawn back, nor up, in folds, but always allowed to fall free. Bunting of blue, white and red, always arranged with the blue above, the white in the middle, and the red below, should be used for covering a speaker's desk, draping the front of the platform, and for decoration in general.

(e) The flag should never be fastened, displayed, used or stored in such manner as to permit it to be easily torn, soiled, or damaged in any way.

(f) The flag should never be used as a covering for a ceiling.

(g) The flag should never have placed upon it, nor on any part of it, nor attached to it any mark, insignia, letter, word, figure, design, picture or drawing of any nature.

(h) The flag should never be used as a receptacle for receiving, holding, carrying or delivering anything.

(i) The flag should never be used for advertising purposes in any manner whatsoever. It should not be embroidered on such articles as cushions or handkerchiefs and the like, printed or otherwise impressed on paper napkins or boxes or anything that is designed for temporary use and discard.

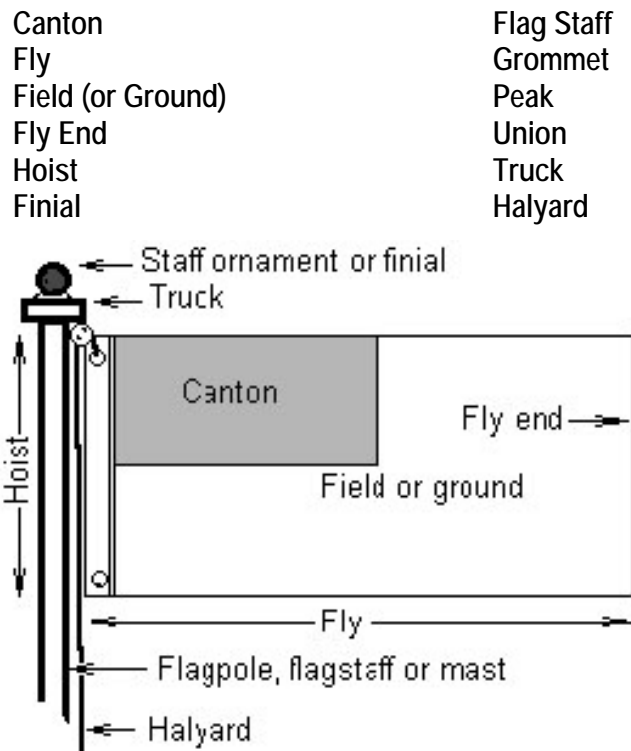
Advertising signs should not be fastened to a staff or halyard from which the flag is flown.

(j) No part of the flag should ever be used as a costume or athletic uniform. However, a flag patch may be affixed to the uniform of military personnel, firemen, policemen, and members of patriotic organizations. The flag represents a living country and is itself considered a living thing. Therefore, the lapel flag pin being a replica, should be worn on the left lapel near the heart.

(k) The flag, when it is in such condition that it is no longer a fitting emblem for display, should be destroyed in a dignified way, preferably by burning.

6. Do one of the following:

a. Find out what the parts of the flag are called. Draw a picture showing the following:



- | | |
|------------|---|
| Canton | Is the upper corner of a flag next to the staff where a special design, such as a union, appears. A square or rectangle set in the upper hoist corner of a flag. The canton is sometimes also called the union. |
| Field | Field or Ground, is the background of a flag. |
| Finial | The ornament on the end of a flagstaff or flagpole. |
| Flag Staff | Pole to which the flag is fastened and carried. (Flag Poles are fixed to buildings or are planted in the ground). |
| Fly | Is the free end of a flag, farthest from the staff. The term is also used for the horizontal length of the flag. |
| Fly End | The edge of a flag farthest from the staff. |
| Halyard | The rope by which a flag is raised on a flagpole. |
| Hoist | The edge of a flag nearest the staff. The term is also used for the vertical width of a flag. |
| Grommet | The metal ring placed along the hoist of a flag to attach the halyard. |
| Peak | The flag hoisted to the top of the flag staff. |
| Truck | The wooden or metal block at the top of a flagpole below the <i>finial</i> (staff ornament). It includes a pulley or holes for halyard. |
| Union | Flag or device of a flag symbolizing the union of countries or states. Also, the canton of the U.S. flag. It is a design that symbolizes unity. It may appear in the canton, as the stars do in the U.S. flag. |

Option b. is self explanatory.

Write a short story or poem about one of the following topics :

Why America Is Special To Me, What It Means to Be An American,
What It Means To Be Free, If I Were President...

7. Make a list of the 50 states in the United States of America.

Alabama	Illinois	Montana	Rhode Island
Alaska	Indiana	Nebraska	South Carolina
Arizona	Iowa	Nevada	South Dakota
Arkansas	Kansas	New Hampshire	Tennessee
California	Kentucky	New Jersey	Texas
Colorado	Louisiana	New Mexico	Utah
Connecticut	Maine	New York	Vermont
Delaware	Maryland	North Carolina	Virginia
Florida	Massachusetts	North Dakota	Washington
Georgia	Michigan	Ohio	West Virginia
Hawaii	Minnesota	Oklahoma	Wisconsin
Idaho	Mississippi	Oregon	Wyoming
	Missouri	Pennsylvania	

8. Name the current President, Vice-President, and the Speaker of the House.

President: Barack H. Obama

Vice President: Joseph R. Biden

Speaker of the House: Nancy Pelosi

9. Name the two Senators for your state and the representative for your congressional district.

Suggested Resources: www.house.gov or www.senate.gov

10. Render a service that benefits a neighborhood or community.

11. ADULTS. Assist a youth in earning the United States Heritage Award.

United States Heritage Award Award Request Form

SILVER

____ United States Heritage Award Medal @ \$6.00 each _____

____ United States Heritage Award Patch @ \$3.00 each _____

____ United States Heritage Award Set @ \$8.00 each _____
(Includes Medal and Patch)

____ United States Heritage Award Pin @ \$1.50 each _____

GOLD

____ United States Heritage Award Medal @ \$6.00 each _____

____ United States Heritage Award Patch @ \$3.00 each _____

____ United States Heritage Award Set @ \$8.00 each _____
(Includes Medal and Patch)

____ United States Heritage Award Pin @ \$1.50 each _____

Subtotal _____

Massachusetts residents please add 6.25% sales tax _____

Postage:

____ Postage for first item \$1.50 _____

____ Postage for each additional item \$.25 _____

Maximum postage is \$8.00

Total: _____

Mail Awards To:

Name _____

Address _____

City _____ State _____ Zip Code _____

Email: _____

Organization _____

Unit Number _____ Council _____

Signed _____

Signature indicates that the requirements have been met for the awards requested.

Order ONLINE at shop.nationstrails.com or by mail. Please make check payable to Nations Trails.
Return this order form, along with payment to:

Nations Trails
197M Boston Post Road West #334
Marlborough, MA 01752