



ACTIVITY GUIDE

Start each activity with the Pledge of Allegiance to the American Flag and a dedication to one of our Nation's Fallen Heroes. Carry The Load will help to provide the stories of our heroes if needed. The lists of activities below are broken up into categories, students can participate as a group or in individual activities to earn a certificate for their participation.

Welcome!

- Discuss CTF program, set up daily/weekly schedule for teams to raise and lower the flag. Review
- flag etiquette video and information provided by Carry The Load for students to practice. Discuss
- #BeThe Flag projects and community service project ideas.

Patriot Awareness

- Share #BeTheFlag videos.
- Invite a Veteran to speak to the group on a topic related to what the Flag means to them.
- Select on day of each week to wear red, white and blue.
- Coordinate with school to lead the Pledge of Allegiance on morning announcements with a short statement of what America means to you.

Storyboard Group Project

- Research a local hero (military servicemember, veteran or first responder) who died in the service to their country.
- Write a narrative for their storyboard to be submitted. A copy of the storyboard will be sent to you [Storyboard submission form](#). Your storyboard will be displayed at all Carry The Load events so this hero will never be forgotten.

Planning for upcoming Community Service Project and #BeTheFlag Presentations

Community Service Project

- Plan and execute a community improvement project
- Submit photos or a short video and description of your project to carrytheflag@carrytheload.org.
- Make sure photo release forms are complete with your submission.

Carry The Flag Presentations

- Create a presentation of #BeTheFlag that illustrates what the Flag means to you (i.e. honor the history of the Flag, respect the Flag in your Community, educate others through your actions of patriotism).
- Select a date and invite parents, friends, mentors, and community leaders to the presentation.
- Conduct the Carry The Flag presentations.
- Ask attendees to vote on winners for submission to Carry The Load.
- Submit your projects to Carry The Load by May 1 each year.

(May) - Organize and participate as a group in a [Carry The Load Rally, along the Relay or Dallas Memorial March](#)

For assistance, more information and submitting projects (via email or mail):

Phone: (214) 723-6068 • Email: carrytheflag@carrytheload.org

Mail: CARRY THE FLAG c/o CARRY THE LOAD, 4809 Cole Avenue, Suite 255, Dallas, TX 75205