

SAINTS GLOBAL

ACTIVITY PLAN

HABITS OF THE HOUSEHOLD

SOCIAL CORE

Version 2026.1



Companion to the BRC: a series of one-hour activity sessions for use on weekly activity night or at home. Each session declares which requirements it contributes to.

THE CULMINATING EVENT

The seven-day run

Between Session 2 and Session 4, each saint takes daily responsibility for two household tasks for seven consecutive days. He marks each day on his checklist worksheet. Session 4 opens with an honest report — made it, missed a day, broke it on day five — and the worksheet returns with seven days of marks on it.

OFF-MEETING — AT HOME, ACROSS SEVEN CONSECUTIVE DAYS BETWEEN SESSIONS 2 AND 4

SESSION 1 · SOCIAL CORE

⌚ 60 min target

Audit the household

*Walk the home and name how it actually runs.***SESSION AIM**

Each saint walks his own home with the leader's prompt in mind, lists five recurring weekly tasks and who currently owns each, locates the proper storage for cleaning, trash, and laundry supplies, and reviews two real safety rules in his own words. The hour closes with D&C 88:119 and a written list of two of his own tasks that build order.

WALK AWAY WITH

- Has a written list of five recurring weekly household tasks and who currently owns each
- Knows where cleaning supplies, trash and recycling, and laundry supplies are stored at home
- Has explained two household safety rules to a parent or guardian in his own words
- Has named two of his own tasks that build order in his home

BRING / SET UP

- A clipboard or notebook for each saint (the saint will walk his own home this week)
- A printed audit sheet for the in-session walk: five blank task lines with owner column
- A printed copy of Doctrine and Covenants 88:119 for each saint
- Pens
- A small whiteboard or large pad for the safety-rules round

THE HOUR**BLOCK 1 · DISCUSSION Opener — Name five tasks**

⌚ 5 min

Ask the room: "Name a household task that runs every week at your house." Take seven or eight answers fast, one per saint. Don't sort or comment — just put the list of tasks in the room. The point is that every saint already lives in a household with a pattern, and the badge is going to make that pattern visible.

SESSION 1 · AUDIT THE HOUSEHOLD (PAGE 2 OF 3)

THE HOUR — CONTINUED

BLOCK 2 · SKILL PRACTICE **Walk the room and locate the storage**

⌚ 15 min

1. Use the room you're meeting in as the practice home. Pair up. Each pair has eight minutes to locate where three things would be stored if this were a working household: cleaning supplies, trash and recycling, and laundry supplies. If the room doesn't have them, the pair names the most likely place in their own home.
2. Come back together. Each pair reports what they found and where. Capture the three categories on the whiteboard and any disagreements.
3. Name the principle plainly: every household tool has a place. When the place is known, the work moves faster. When it is not, time gets lost looking for the broom.
4. Hand out the at-home audit sheet. Each saint commits to walking his own home this week and writing the actual storage locations on the sheet by Session 2.

REQ 1A

REQ 1B

BLOCK 3 · DISCUSSION **Two safety rules in your own words**

⌚ 15 min

1. Each saint picks two household safety rules he already knows — one about cleaning chemicals (e.g. do not mix bleach with ammonia) and one about sharp tools or electrical (e.g. unplug before changing a vacuum belt).
2. Pair up. Each saint explains both rules to his partner in his own words, then says what could go wrong if the rule were ignored. Five minutes per partner.
3. Bring it back together. Take one rule from each pair, written briefly on the whiteboard, until the group has six to eight rules listed.
4. Tell each saint to repeat the same exercise this week with a parent or guardian — two rules, in his own words, with what could go wrong. The parent signs off on the audit sheet when it happens.

REQ 1C

SESSION 1 · AUDIT THE HOUSEHOLD (PAGE 3 OF 3)

THE HOUR — CONTINUED

BLOCK 4 · SCRIPTURE **Read D&C 88:119 and name two of your own**

⌚ 20 min

1. Hand each saint a printed copy of Doctrine and Covenants 88:119. Read it aloud once, slowly. Stop at "a house of order" and let the phrase sit for ten seconds without comment.
2. Read it a second time. This time ask the saints to listen for the words that describe what a house of order is built from.
3. Five minutes of silent writing. Each saint writes two of his own household tasks that contribute to order in his home. Concrete tasks — taking the trash out on Tuesday nights, putting away his laundry, wiping the bathroom counter after he uses it.
4. Go round the room. Each saint reads his two tasks aloud. The leader does not comment on the choices — just receives them and moves on.
5. Close the block by naming what the saints just did in plain terms: they read a short passage, listened for the words about order, and wrote two of their own household tasks that build it. That is the work the requirement asks for.

REQ 1D

BLOCK 5 · REFLECTION **Close — Bring your audit home**

⌚ 5 min

1. Confirm the at-home audit assignment: list five recurring weekly tasks and current owners, name the three storage locations in your own home, and walk a parent or guardian through two safety rules. Bring the sheet to Session 2.
2. Tell the group Session 2 is the planning session — they will write their own weekly checklist next week, so the more accurate the audit, the more useful the checklist will be.

AT THE CLOSE · DEBRIEF

1. Which of the five tasks at your house do you already help with, and which one runs without you?
2. Where is the cleaning cabinet in your home, and what is the thing that always ends up in the wrong place?
3. Which of your two D&C 88:119 tasks would your household notice first if you stopped doing it?

☒ Mark Req 1d after the writing block. Reqs 1a, 1b, and 1c are launched here and get marked after the at-home audit returns at Session 2 — confirm the parent or guardian signed off on the safety-rules walkthrough before marking 1c.

SESSION 2 · SOCIAL CORE

⌚ 60 min target

Plan the week

Write the checklist you will actually run for seven days.

SESSION AIM

Each saint reviews his at-home audit, writes his own weekly household checklist on the worksheet, picks two of those tasks he will own fully for the next seven days, and writes what 'done correctly' means for each. The hour closes by locking in the start date — the seven-day run begins tonight, not next week.

🎯 WALK AWAY WITH

- Has a written weekly household checklist with at least four tasks
- Has selected two tasks to own fully for seven consecutive days, with when and tools named
- Has a written quality standard describing what 'done correctly' means for both tasks
- Has committed the start date for the seven-day run aloud to a parent or guardian

📦 BRING / SET UP

- Each saint brings his completed at-home audit sheet from Session 1
- A printed weekly household checklist worksheet for each saint (the handout — fillable in pen)
- Pens — one per saint, plus spares
- A printed example of one leader's completed worksheet, for reference only
- A timer or phone for the writing rounds

🔗 THE HOUR**BLOCK 1 · DISCUSSION Opener — Your audit, one finding**

⌚ 5 min

Go round the room. Each saint names one thing his at-home audit turned up that he did not expect — a task he did not realize ran weekly, a storage location he could not find on the first try, or a safety rule his parent corrected him on. One sentence per saint, no follow-up. The audit is the raw material for tonight; put it in the room first.

SESSION 2 · PLAN THE WEEK (PAGE 2 OF 3)

THE HOUR — CONTINUED

BLOCK 2 · CREATIVE **Write the weekly checklist**

⌚ 18 min

1. Hand out the weekly household checklist worksheet. Walk the section labels once: weekly tasks (at least four), the two you own, the seven-day grid, the end-of-week review.
2. Give twelve minutes of silent writing on the weekly-tasks section. Each saint writes at least four recurring weekly tasks from his own audit, with when each one runs and the tools or supplies it needs.
3. Circulate. Sharpen wording where it is vague — "clean the kitchen" becomes "wipe the kitchen counters after dinner." Concrete beats vague every time, because vague tasks do not get done.
4. In the last three minutes, pair up. Each saint reads his four-plus tasks to his partner. The partner asks one question — usually the one that surfaces a missing task.

REQ 2A

BLOCK 3 · DISCUSSION **Pick the two you own for seven days**

⌚ 15 min

1. Each saint picks two tasks from his checklist that he will take full responsibility for during the next seven days. Not help-when-reminded — own, including remembering on his own.
2. Frame the choice this way: pick one task that already runs at your house and you can take over, and one that does not run regularly and you can start. The first proves you can sustain a habit; the second proves you can begin one.
3. Write the two tasks in the "two you own" section of the worksheet. For each, write when the task runs and what tools or supplies it needs.
4. Three-minute pair-share. Each saint tells his partner the two tasks he picked and one situation in the next seven days where the task is going to be hard to keep — a school night when he gets home late, a Saturday when he wants to leave early.
5. Ownership is different from helping when reminded. Across seven days, the saint will find out which of his two tasks he can actually run on his own.

REQ 2B

SESSION 2 · PLAN THE WEEK (PAGE 3 OF 3)

THE HOUR — CONTINUED

BLOCK 4 · CREATIVE Write what 'done correctly' means

⌚ 17 min

1. Each saint writes one or two sentences for each of his two tasks describing what 'done correctly' looks like. Measurable language, not vague — "the counter is wiped end-to-end and the cloth is rinsed and hung" beats "the kitchen is clean."
2. Frame the standard this way: write it so a parent or guardian could walk in, look at the result, and tell whether the task was done correctly without asking you.
3. Give ten minutes of solo writing. Use the standards section on the worksheet.
4. Pair up for the last five minutes. Each saint reads his two standards to his partner. The partner names one place the standard is still too vague to check.
5. A written standard prevents 'good enough' from drifting downward across seven days. At Session 4, the worksheet is what gets checked — not how the saint felt about each chore in the moment.

REQ 2C

BLOCK 5 · REFLECTION Close — The seven days start tonight

⌚ 5 min

1. Confirm with each saint: the seven-day run starts tonight, not Monday, not after Session 3. Day one is today. Write the start date on the worksheet.
2. Each saint says his two tasks aloud to the group as a verbal commitment. The leader writes the start date and the two tasks on his roster so the report at Session 4 is on the same calendar everyone agreed to.
3. Homework: tell a parent or guardian the two tasks and the standard tonight. The conversation locks the commitment outside the room.

AT THE CLOSE · DEBRIEF

1. Which of your four-plus weekly tasks did you almost leave off the list, and why?
2. Which of your two seven-day tasks do you predict will be the harder one to keep, and which day will be the test?
3. What did you have to add to your 'done correctly' standard after your partner read it?

📝 Mark Reqs 2a, 2b, and 2c after this session. The seven-day run for Req 3c starts tonight and is off-meeting; mark 3c after the run report at Session 4.

SESSION 3 · SOCIAL CORE

⌚ 60 min target

Practice to a standard

Run a real chore from start to finish to the standard you wrote.

SESSION AIM

Each saint runs a full laundry load from sort to storage, cleans one shared space to the quality standard he wrote in Session 2, and demonstrates the proper use and storage of three common cleaning tools. The day-three check on the seven-day run opens the hour. Half the work is doing the chore; half is putting the tools back the right way.

🎯 WALK AWAY WITH

- Has run one full laundry load from sort, wash, dry, fold, to storage
- Has cleaned one shared household space to his own written quality standard
- Has demonstrated correct use and storage of three common cleaning tools
- Has given a day-three report on his two-task seven-day run

📦 BRING / SET UP

- A working washer and dryer with detergent (use the church building, a leader's home, or a coin-laundry — whatever the troop has access to)
- One real laundry load — bring a basket of clothes, towels, or sheets that need washing (parents can contribute)
- A shared space the group will clean to standard — kitchen, bathroom, or large meeting room
- A broom, dustpan, vacuum cleaner, and an all-purpose spray cleaner with a clean microfiber cloth
- The cleaning-tools field card (handout) printed and posted for reference
- Each saint brings his weekly household checklist worksheet with three days of marks on it
- Timers, gloves for the cleaning round

🔧 THE HOUR**BLOCK 1 · DISCUSSION Opener — Day-three check**

⌚ 5 min

Quick round. Each saint reports his marks for days one, two, and three. Made both days. Missed Tuesday. Did one and forgot the other on Wednesday. Whatever the truth is. Take the honest answer the same whether the marks are full or not — the run is meant to teach the saint what gets in the way of a habit, not to produce a clean report card.

SESSION 3 · PRACTICE TO A STANDARD (PAGE 2 OF 3)

THE HOUR — CONTINUED

BLOCK 2 · SKILL PRACTICE **Run the full laundry sequence**

⌚ 18 min

1. Demonstrate the full sequence on a small handful of clothes first: sort by color and fabric, load the washer, measure detergent, set the cycle, transfer to dryer with a check for items that should air-dry, fold, store. Two minutes on the demo.
2. Pair the saints. Each pair runs one real load from sort to fold. If you have only one washer, the pairs rotate — one pair sorts and loads while another folds the load that finished before session.
3. Each youth handles the sort and the fold himself. The wash and dry cycles run in the background — that is the part the laundry does. The work is the sorting at the start and the folding and storing at the end.
4. Mark the common mistakes as you see them: red shirt with whites, too much detergent, wet jeans crammed into the dryer with delicates. Stop the saint at the moment, name the mistake plainly, and have him redo that step.
5. Each youth writes one line on his worksheet at the end: the part of the sequence he did not predict would matter, and what he will do differently next time.

REQ 3A

BLOCK 3 · PHYSICAL **Clean a shared space to your standard**

⌚ 22 min

1. Pick a shared space the group will clean — a kitchen, bathroom, or the meeting room itself. If you have eight saints and three rooms, split the group: each saint or pair owns one corner of one room.
2. Before any saint touches a tool, he reads his own 'done correctly' standard from Session 2 aloud to the leader. The standard from the worksheet, not a fresh one made up tonight.
3. Clean to the standard. Eighteen minutes of real work. Use the cleaning-tools field card on the wall for proper tool use — broom strokes short, vacuum slow, spray on the cloth not the surface.
4. Three minutes before the end, swap. Each saint walks another saint's space and checks it against that saint's standard. Honest assessment: meets the standard, partially meets, falls short. Cleaning to a standard is faster than cleaning to feel, and someone else has to be able to see it.
5. Last minute: each saint puts every tool he used back where it belongs. The card on the wall shows where. The chore is not done until the tools are stored right.

BY TIER

ENTRY

Clean a smaller corner — a single counter, one fixture, one floor section. Read your standard aloud first and check against it before moving on.

ESTABLISHED

Take a full shared space and run the cleaning solo. Check your work against your standard before swapping with a partner.

MENTOR

Pair with an entry-tier saint. Walk him through his own standard before he starts, watch the cleaning, and give him the honest check at the end.

REQ 3B

SESSION 3 · PRACTICE TO A STANDARD (PAGE 3 OF 3)

THE HOUR — CONTINUED

BLOCK 4 · SKILL PRACTICE **Three tools, used and stored right**

⌚ 10 min

1. Gather around the broom, vacuum, and spray cleaner. Each saint takes a tool for ninety seconds and demonstrates correct use and the correct way to put it back. Three saints, three tools — the rest watch.
2. Use the field card as the reference. If a saint stores the broom bristles-down or wraps the vacuum cord around the body, stop him at the moment and have him redo it the way the card shows.
3. Quick teaching point: caring for the tool is part of the work, not separate from it. Tools put back wrong cost the next person time and the household money.

REQ 3D

BLOCK 5 · REFLECTION **Close — Four days to go**

⌚ 5 min

1. Confirm each saint has marked days one through three on his worksheet and writes day four — tonight — before he leaves the room.
2. Reminder of the run timeline: Session 4 is the report. Bring the worksheet with seven days of marks on it, the two tasks done daily, and an honest answer about which task got easier and which one needed correction.
3. For any saint behind on days one or two, set a recovery plan in the room: he restarts the count tonight or doubles up. The point is seven consecutive days, not seven perfect days from a perfect start.

AT THE CLOSE · DEBRIEF

1. Which step of the laundry sequence did you not realize mattered until you watched it go wrong?
2. When you cleaned to your standard, what was harder — meeting the standard, or checking somebody else against theirs?
3. Which of the three tools were you putting away wrong, and what was the right way?

☒ Mark Reqs 3a, 3b, and 3d after this session. Req 3c is in progress — confirm each saint has days one through three marked and a plan for the remaining four days; mark 3c after the run report at Session 4.

SESSION 4 · SOCIAL CORE

⌚ 60 min target

Verdict and sign-off

Report on seven days and name what you will keep doing.

SESSION AIM

Each saint reports honestly on the seven-day run, names one task that improved and one that needed correction from his own worksheet, walks through a rehearsed parent or guardian conversation about how habits affect the household, and gives one concrete example of follow-through. The hour ends with a BRC sign-off and the next four weekly tasks each saint will write into his life beyond the badge.

WALK AWAY WITH

- Has reported honestly on the seven-day run with the worksheet in hand
- Has named one task that improved with repetition and one that needed correction
- Has rehearsed the parent or guardian conversation in the room and committed to running it at home this week
- Has a signed BRC and a written list of four tasks he will keep running after the badge

BRING / SET UP

- Each saint's weekly household checklist worksheet, with seven days of marks on it
- Each saint's BRC, printed and brought to session
- Half-sheets of paper for the four-tasks list at the close
- Pens
- A quiet corner for any saint who wants to read his run-report alone first before the room

THE HOUR**BLOCK 1 · DISCUSSION Opener — Seven-day report**

⌚ 5 min

Go round the room. Each saint reports how the seven days went. "Made it." "Broke it on day five." "Made it on Task A every day, missed Task B twice." Whatever the truth is. The leader treats every honest answer the same — honesty is what the run was teaching, not perfect marks.

SESSION 4 · VERDICT AND SIGN-OFF (PAGE 2 OF 3)

THE HOUR — CONTINUED

BLOCK 2 · DISCUSSION **What got easier, what needed correction**

⌚ 13 min

1. Each saint reviews his own worksheet — the seven-day grid and the end-of-week review section. Three minutes of solo review.
2. Each saint writes in the end-of-week review section: one task that got easier with repetition, one task that needed correction, and one thing he will change in the next week of the same two tasks.
3. Go round the room. Each saint reads his three answers — easier, correction, change. One pass, no commentary.
4. Take one common pattern from the room and name it on the whiteboard: a moment most saints saw improve, or a moment most saints had to correct. Patterns surface when honest reports land in the room together.
5. Improvement comes from honest review, not effort alone. The worksheet in front of each saint is the review tool — the marks on it from the last seven days are what he reviews against.

REQ 4A

BLOCK 3 · ROLEPLAY **The parent or guardian conversation**

⌚ 17 min

1. Pair up. One saint plays himself; the other plays a parent or guardian. The saint explains how his habits affected the household this week — what changed, what did not, where trust got built and where it got tested.
2. Give five minutes per round. The "parent" listens, then asks one real question — the kind a parent would actually ask. The "saint" answers from his own seven days.
3. Swap roles. The saint who played the parent now plays himself, and the other saint plays his parent. Another five minutes.
4. Bring it back together. The leader asks one prompt: what is the one sentence you would want a parent or guardian to hear from you about the seven days? Take three or four answers.
5. Each saint commits to running the same conversation with a parent or guardian this week. The parent signs off on the BRC after the conversation happens.

REQ 4B

SESSION 4 · VERDICT AND SIGN-OFF (PAGE 3 OF 3)

THE HOUR — CONTINUED

BLOCK 4 · REFLECTION **Name one concrete moment of follow-through**

⌚ 20 min

1. Pull each saint aside for two to three minutes. Use the prompt straight from the requirement: 'Tell me one concrete moment from the seven days when you followed through on a task you did not feel like doing. What did you do, and what did the household get out of it?'
2. Listen more than you respond. Ask one sharpening question only if the moment is too general — "which task" or "which day" usually moves it to concrete.
3. While one saint is with the leader, the others sit with their worksheets and write the moment they will share when their turn comes. Writing it first makes the spoken answer concrete.
4. Mark Req 4c on the BRC after each saint has named a concrete moment in his own words. Do not write the language for him. The requirement is satisfied when he can say it himself.
5. Do not turn the moment into a lesson. The saints already did the work. The requirement is satisfied when each saint can name one concrete moment in his own words.

REQ 4C

BLOCK 5 · REFLECTION **Close — BRC sign-off and the next four tasks**

⌚ 5 min

1. Walk through the BRC with each saint, one requirement at a time. Mark what is done. For anything outstanding, set a concrete next step and a deadline before the next Board of Review or Court of Honor.
2. Hand each saint a half-sheet. Have him write four weekly household tasks he will keep running after tonight — the two from the seven-day run plus two more from his checklist. This is the badge's actual output: four written tasks in his life that were not there before Session 1.
3. Close by reading D&C 88:119 one last time. No comment after. Each saint takes his worksheet and his half-sheet home.

AT THE CLOSE · DEBRIEF

1. Which of your two tasks took the most days before it stopped feeling like work?
2. In the parent or guardian rehearsal, what was the hardest question your partner asked, and how did you answer it?
3. Which four tasks are you keeping after tonight, and which one are you least confident about sustaining?

📝 *Mark Reqs 3c, 4a, and 4c after this session. Mark 4b only after the saint runs the real conversation with a parent or guardian at home and the parent signs the BRC. Any requirement still outstanding gets a concrete next step and a deadline written on the BRC.*

HANDOUT 1 OF 2

FROM SESSION 2 — WRITE THE WEEKLY CHECKLIST

Weekly Household Checklist

Fill in Session 2. Carry it through the seven days. Bring it back to Session 4 with seven days of marks on it.

HABITS · WORKSHEET

Write the week before you run it.

Fill in Session 2. Carry it through the seven days. Bring it back to Session 4 with marks on every day.

SAINT WEEK STARTING

1 WEEKLY TASKS

four minimum — your own checklist

TASK	WHEN	TOOLS NEEDED
e.g. take out trash - vacuum living room
.....
.....
.....

2 THE TWO YOU OWN FOR SEVEN DAYS

Task A

Done correctly means

Task B

Done correctly means

3 SEVEN-DAY MARK

MARK AT THE END OF EACH DAY

	MON	TUE	WED	THU	FRI	SAT	SUN
TASK A	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
TASK B	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

A missed day is data, not a failure. Mark it honestly and keep going the next day.

4 END-OF-WEEK REVIEW

One task that got easier with repetition

One task that needed correction

What I will change next week

Bring this sheet to Session 4 with seven days of marks on it.

Print this handout for in-person reference during session 2 — write the weekly checklist.

HANDOUT 2 OF 2

FROM SESSION 3 — THREE TOOLS, USED AND STORED RIGHT

Cleaning Tools — Three Common Tools

Print and post on the wall during the cleaning round. Each saint reads the card before he picks up the tool.

HABITS · FIELD CARD

Use the tool correctly, then put it back.

Caring for the tool is part of the work, not separate from it.

THREE COMMON TOOLS

1 Broom and dustpan

hard floors · entryways · after a meal

USE

Short strokes, toward yourself.
Sweep into a pile at one edge,
then into the dustpan.

*Long strokes throw dust into the
air. Short strokes keep it on the floor.*

STORE — IN ORDER

- 1 Empty the dustpan into the trash —
don't leave dirt in it.
- 2 Hang the broom by the handle.
Bristles up, not bent on the floor.
- 3 Dustpan goes with the broom —
same hook or same shelf.

DAMAGES IT storing bristles down · sweeping wet floors

2 Vacuum cleaner

carpets · rugs · upholstery

USE

Pick up coins, paper, and large
debris by hand first. Slow passes,
overlap each row by a hand-width.

*Rushing leaves stripes. The vacuum
moves slower than you think.*

STORE — IN ORDER

- 1 Unplug. Wind the cord on the hooks,
not around the body.
- 2 Empty the bin or check the bag.
A full vacuum doesn't pull.
- 3 Wheel it to its closet upright,
hose coiled, not dragging.

DAMAGES IT cord wrapped tight · running over a sock

3 All-purpose spray cleaner

counters · tables · sealed surfaces

USE

Spray onto the cloth, not onto the
surface. Wipe in one direction. Let
it sit a few seconds before wiping.

*Spraying the surface wastes cleaner
and soaks edges that shouldn't get wet.*

STORE — IN ORDER

- 1 Wipe the nozzle and the bottle
before putting it away.
- 2 Lock the nozzle so it doesn't leak
in the cabinet.
- 3 Cleaning supplies go on a high shelf,
away from food and small children.

DAMAGES IT mixing with bleach · spraying on raw wood

Put each tool back the way the card shows before moving to the next chore.

Print this handout for in-person reference during session 3 — three tools, used and stored right.