

JUNIOR SAINTS  
**ACTIVITY PLAN**  
AGES 7–11

## AMERICAN HERITAGE

### INTELLECTUAL CORE

Version 2026.1



## Stars and Stories

*Learn the flag, three founders, and one promise the country was built on.*

🕒 60 minutes · one session

#### 🎯 WALK AWAY WITH

- Has said the Pledge of Allegiance at attention with the group.
- Knows the names of Washington, Jefferson, and Lincoln, and one thing each did.
- Has matched twelve cards in a partner relay to learn the founders.
- Has drawn his own small American flag.

#### 📦 BRING / SET UP

- A small American flag for the leader to hold (real cloth flag, not paper)
- A printed copy of the Three Founders card (Washington, Jefferson, Lincoln) for the leader
- Twelve founder relay cards: three with a name, three with a face, three with a place, three with one thing they did
- A blank sheet of paper, a pencil, and crayons or markers for each Junior Saint
- Cones or chairs to mark a relay path

#### FOR THE LEADER

This is a Junior Saints preview of the **American Heritage** badge. No advancement credit is earned here — the goal is to introduce these concepts to Junior Saints alongside the older Saints Global youth working the full BRC. The 4-session Saints Global arc lives under *Activity Plan (SG)* in the BRC builder.

## STARS AND STORIES (PAGE 1 OF 2)

## THE HOUR

BLOCK 1 · DISCUSSION **Opener — Welcome circle**

⌚ 5 min

Stand in a circle. Each Junior Saint says his name. Then he names one thing that makes him think of America. Examples: the flag, an eagle, a song, fireworks, a grandparent who served. The leader goes last. Keep each turn short.

BLOCK 2 · SKILL PRACTICE **The pledge, said with care**

⌚ 10 min

1. Stand at attention. Heels together. Hands at your sides.
2. Place your right hand over your heart. Face the flag the leader is holding.
3. Say the Pledge of Allegiance together, slowly. The leader says each line first.
4. Say it once more at a steady speed. No rushing.
5. Teaching point: say the pledge slowly and mean what you say. Do not rush it.

BLOCK 3 · DISCUSSION **Three founders**

⌚ 12 min

1. Sit in a half-circle facing the leader. The leader holds up the Three Founders card.
2. George Washington: led the army and was the first president.
3. Thomas Jefferson: wrote the Declaration of Independence.
4. Abraham Lincoln: kept the country together and ended slavery.
5. The leader points at each face. The youth say the name out loud.
6. Teaching point: each one did one big thing. Match the name to the thing.

BLOCK 4 · PHYSICAL **Founder card relay**

⌚ 15 min

1. Lay all twelve cards face down at the far cone.
2. Pair up. One pair at a time runs to the cone.
3. Flip two cards. Read them out loud. If they match the same founder, keep them.
4. If they do not match, turn them back over. The next pair runs.
5. Keep going until every set of three cards is matched.
6. Teaching point: a founder is more than a face. He has a name, a place, and one big thing he did.

BLOCK 5 · CREATIVE **Draw your small flag**

⌚ 13 min

1. Sit with paper and pencils. The leader holds up the cloth flag for you to see.
2. Draw a rectangle for the flag. Add the small blue square in the top left.
3. Draw stars in the blue square. You do not need fifty — six or seven is fine.
4. Color in the red and white stripes. There are thirteen, one for each first state.
5. Write your name at the bottom. This is your flag.

## STARS AND STORIES (PAGE 2 OF 2)

## THE HOUR — CONTINUED

BLOCK 6 · REFLECTION **Close — Pledge and cheer**

⌚ 5 min

1. Stand in a circle. Stretch your hands, arms, and back. Hold each for ten seconds.
2. Drink water.
3. Each Junior Saint says: 'I learned about \_\_\_\_.' Just one founder name.
4. Group cheer: 'One country, one flag!' Three times.
5. Homework: show your flag drawing to a parent. Tell them the name of one founder you learned.

## AT THE CLOSE · DEBRIEF

1. Which founder name was easiest to say out loud?
2. How many stripes did you put on your flag drawing?
3. What was the one big thing each founder did? Try to name all three.

☒ *This is a Junior Saints preview session. No American Heritage BRC requirements are earned here — the goal is to introduce the concepts the older Saints will work on.*

HANDOUT 1 OF 1

FROM SESSION — THREE FOUNDERS

# Three Founders

Print and hold up while the youth learn the three names. Keep one copy on the wall.

## AMERICAN HERITAGE · JUNIOR SAINTS CARD

### Three founders, three big things.

Each one did one thing that shaped the country. Learn the name and the thing together.

1



#### George Washington

1732 – 1799

Led the army that won the country's freedom.  
Then became the first president.

*He stepped down when he could have stayed. That mattered.*

2



#### Thomas Jefferson

1743 – 1826

Wrote the Declaration of Independence.  
It said the country had to be free.

*He wrote it at age 33. He kept editing until it was right.*

3



#### Abraham Lincoln

1809 – 1865

Kept the country from breaking in two.  
Ended slavery while he was president.

*He was tall. He grew up poor. He read every book he could find.*

**Three names. Three big things. Say them out loud at home.**

Print this handout for in-person reference during the session.