

JUNIOR SAINTS ACTIVITY PLAN

AGES 7–11

AMERICAN SIGN LANGUAGE

SOCIAL CORE

Version 2026.1



Hands That Talk

Learn to say hello, please, and thank you with your hands.

🕒 60 minutes · one session

🎯 WALK AWAY WITH

- Has learned five everyday ASL signs: hello, please, thank you, friend, more.
- Has fingerspelled the first letter of his own name in front of the group.
- Has passed a sign down a line in a circle game.
- Knows that ASL is a real language used by the Deaf community.

📦 BRING / SET UP

- A printed or projected ASL alphabet chart (search 'ASL alphabet chart' and print one big copy)
- A printed or projected sheet showing the five signs: hello, please, thank you, friend, more
- Open floor space so the group can stand in a circle and see each other
- A water bottle for each Junior Saint
- A whiteboard or large paper for the leader to write out each youth's name

FOR THE LEADER

This is a Junior Saints preview of the **American Sign Language** 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.

HANDS THAT TALK (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 way he tells someone something without using his voice. Examples: a wave, a thumbs-up, a smile, a high five. The leader goes last. Keep each turn short.

BLOCK 2 · SKILL PRACTICE **Five signs to start**

⌚ 10 min

1. Stay standing in the circle so everyone can see the leader's hands.
2. The leader shows the sign for hello. Each youth copies it. Try it three times.
3. Next sign: please. Flat hand on your chest, small circle. Each youth tries it.
4. Next sign: thank you. Fingers from chin out toward the person.
5. Next sign: friend. Hook your two pointer fingers together, then switch.
6. Last sign: more. Both hands like flat birds' beaks, tap fingertips together.
7. Go around the circle. Each youth picks one of the five signs and shows it to the group.

BLOCK 3 · SKILL PRACTICE **Fingerspell your name**

⌚ 12 min

1. The leader holds up the ASL alphabet chart. Each letter is one handshape.
2. Say each letter out loud while the group shapes it. Go through A to Z slowly.
3. Now the leader writes the first letter of each youth's name on the board.
4. Each youth practices shaping his own first letter five times.
5. Then he fingerspells his whole first name, one letter at a time. Slow and clear.
6. The group claps after each name. No racing — clear hands beat fast hands.

BLOCK 4 · PHYSICAL **Pass the sign**

⌚ 15 min

1. Stand in a line, all facing the back of the youth in front.
2. The leader taps the last youth in line. He turns around to see.
3. The leader shows one of the five signs from earlier. The youth makes the same sign.
4. Now that youth taps the next one, turns him around, and shows the same sign.
5. Keep passing the sign up the line. The first youth at the front shows it to the group.
6. Did it stay the same? Try again with a different sign. Play two or three rounds.

HANDS THAT TALK (PAGE 2 OF 2)

THE HOUR — CONTINUED

BLOCK 5 · DISCUSSION **Deaf people, real language**

⌚ 10 min

Sit in a circle. The leader explains in a sentence or two: ASL is a real language used by Deaf people in America and Canada. Deaf people are not broken — they have their own language and their own community. When you learn even a few signs, you can say hello to a new friend in their language. Then the group practices signing two short sentences together with the leader leading: 'Hello, friend' and 'Thank you.' Each youth tries each sentence twice.

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

⌚ 8 min

1. Stand in a circle. Stretch your hands and arms. Shake them out for 10 seconds each.
2. Drink water.
3. Each Junior Saint signs one of the five signs and says its word out loud.
4. Group cheer: 'Hands that talk!' Three times, while signing 'more' with both hands.
5. Homework: teach your parent the sign for thank you. Use it at dinner tonight.

AT THE CLOSE · DEBRIEF

1. Show the group the sign for thank you.
2. Fingerspell the first letter of your name one more time.
3. Which of the five signs was the easiest to copy?

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

Five Signs to Start

Print and post so Junior Saints can see the five signs.

AMERICAN SIGN LANGUAGE · JUNIOR SAINTS CARD

Say five things with your hands.

Watch the leader's hands. Then copy each sign with yours.

1 Hello

Flat hand by your forehead, then wave it out.
Use it when you meet someone or start to talk.

2 Please

Flat hand on your chest, rub a small circle.
Use it when you ask someone for something.

3 Thank you

Fingers at your chin, move out toward the person.
Use it when someone helps you or gives you something.

4 Friend

Hook your two pointer fingers, then switch them.
Use it when you talk about a friend.

5 More

Flat hands like beaks, tap your fingertips together.
Use it when you want more of something.

Practice one sign each day. These five are a good start.

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