

JUNIOR SAINTS

ACTIVITY PLAN

AGES 7–11

ART

INTELLECTUAL CORE

Version 2026.1



Look and Make

Spot the shapes around you, then make a small piece of art.

🕒 60 minutes · one session

🎯 WALK AWAY WITH

- Has spotted at least five shapes and lines on the walk.
- Has mixed three new colors from red, blue, and yellow.
- Has drawn a face from looking at a partner.
- Has painted and signed a small picture.

📦 BRING / SET UP

- A blank sheet of paper and a pencil for each Junior Saint
- A small set of paints — red, blue, yellow, and white — and a brush for each Junior Saint
- Two paper plates per Junior Saint (one for mixing, one to set wet brushes on)
- A cup of water for each pair, and paper towels
- An apron or old shirt for each Junior Saint

FOR THE LEADER

This is a Junior Saints preview of the **Art** 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.

LOOK AND MAKE (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 he likes to draw. Examples: a dog, a tree, a car, a face, a stick figure. The leader goes last. Keep each turn short.

BLOCK 2 · PHYSICAL **Shape walk**

⌚ 10 min

1. Walk slowly around the room together. Look at the walls, the floor, and the windows.
2. Spot a circle. Stop. Point at it. Say it out loud.
3. Spot a square or a rectangle. Stop. Point at it. Say it out loud.
4. Spot a straight line. Then a curvy line. Then a triangle.
5. Walk back to your seat. Sit down.
6. Teaching point: art is made of shapes and lines. Once you see them, you see them everywhere.

BLOCK 3 · SKILL PRACTICE **Mix two colors**

⌚ 15 min

1. Sit at a table. Each youth gets a paper plate, a brush, and the four paints.
2. Put a dot of red and a dot of yellow on the plate. Mix them with the brush. What color did you get?
3. Wash the brush in the water. Wipe it on the paper towel.
4. Try blue and yellow. What color did you get?
5. Try red and blue. What color did you get?
6. Try a little white in the red. The red gets lighter. That is called a tint.
7. Teaching point: a few colors can make many. Mixing is part of the art.

BLOCK 4 · CREATIVE **Draw a face from looking**

⌚ 15 min

1. Pair up. Sit facing your partner.
2. Look at his face. Do not look at your paper yet.
3. Draw a big oval for the head. Add two circles for eyes.
4. Look back at your partner. Draw the nose where you see it. Draw the mouth.
5. Add hair, ears, and one thing your partner is wearing.
6. Show your drawing to your partner. The partner says one thing he sees in it.

BLOCK 5 · CREATIVE **Paint your small picture**

⌚ 10 min

1. Turn the paper over. Or get a fresh sheet.
2. Pick a subject: a tree, a house, a flower, a fish. Something simple.
3. Paint the big shapes first. Do not worry about small parts yet.
4. Add one bright color and one mixed color from earlier.
5. Sign your name in the bottom corner. Every artist signs his work.

LOOK AND MAKE (PAGE 2 OF 2)

THE HOUR — CONTINUED

BLOCK 6 · REFLECTION **Close — Stretch 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: 'My picture is of ____.' Just the subject.
4. Group cheer: 'Look and make!' Three times.
5. Homework: show your painting to a parent. Tell them one color you mixed.

AT THE CLOSE · DEBRIEF

1. What shape did you spot first on the shape walk?
2. What color did you get when you mixed red and yellow?
3. Which part of your partner's face was hardest to draw?

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

HANDOUT 1 OF 1

FROM SESSION — MIX TWO COLORS

Mix Two Colors

Print and post so Junior Saints can see what two colors make.

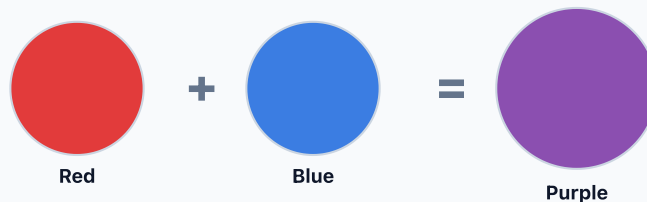
ART · JUNIOR SAINTS CARD

Two colors make a new one.

Mix two paints and a third color appears.

Three color mixes to try

Two circles join. The third circle is what you get.



Mix two colors on your paper and see what you get.

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