

JUNIOR SAINTS

ACTIVITY PLAN

AGES 7–11

ASTRONOMY

INTELLECTUAL CORE

Version 2026.1



Look Up

Learn what is in the sky and how to look at it safely.

🕒 60 minutes · one session

🎯 WALK AWAY WITH

- Has found the four directions using the sun.
- Has spotted four things in the sky and drawn them.
- Knows the three main phases of the moon.
- Has tried the flashlight-and-ball demo of the moon.

📦 BRING / SET UP

- A clear view of the sky (a yard, a parking lot, or a window)
- A flashlight and a tennis ball or orange (for the moon-phase demo)
- A blank sheet of paper and a pencil for each Junior Saint
- A clipboard or hard surface for each Junior Saint to draw on
- A printed sky-walk card or just the leader reading the prompts

FOR THE LEADER

This is a Junior Saints preview of the **Astronomy** 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 UP (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 has seen in the sky. Examples: the sun, the moon, a cloud, a bird, a plane. The leader goes last. Keep each turn short.

BLOCK 2 · SKILL PRACTICE Find the four directions

⌚ 10 min

1. The sun rises in the east and sets in the west. Tell the group this once, then say it again.
2. Stand outside. The leader points east. Everyone faces east.
3. North is on your left. South is on your right. West is behind you.
4. Spin in a slow circle. Stop when the leader calls a direction. Point that way.
5. Teaching point: the sun helps you find your way before you ever read a map.

BLOCK 3 · PHYSICAL The sky walk

⌚ 18 min

1. Walk together to a clear spot. Look up, not at the sun.
2. Safety: never look straight at the sun. It can hurt your eyes.
3. Spend 10 minutes outside. Spot four things: where the sun is, one cloud, one bird or plane, one tree branch against the sky.
4. Tell your partner what you spotted. Switch.
5. Walk back together. No running.

BLOCK 4 · CREATIVE Draw what you saw

⌚ 15 min

1. Sit in a circle with paper and a pencil.
2. Draw a big square. That is your window of sky.
3. Mark the sun with a circle. Put it where you saw it.
4. Add clouds, birds, or planes. Add a tree branch at the bottom if you saw one.
5. Show your drawing to the saint sitting next to you.

BLOCK 5 · SKILL PRACTICE Phases of the moon

⌚ 12 min

1. The leader holds a flashlight. A Junior Saint holds the ball at arm length.
2. Turn off the room lights. Shine the flashlight on the ball from one side.
3. Walk the ball slowly around. Watch the lit part change shape. That is the moon every month.
4. Name three shapes together: new moon, half moon, full moon.
5. Each youth takes a turn holding the ball.
6. Teaching point: the moon does not make its own light. It catches the sun.

LOOK UP (PAGE 2 OF 2)

☰ THE HOUR — CONTINUED

🗨 AT THE CLOSE · DEBRIEF

1. Which direction is the sun in right now?
2. What was the most interesting thing in your sky drawing?
3. Tell me one phase of the moon and what it looks like.

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

Phases of the Moon

Print and hold up while the youth try the ball-and-flashlight demo.

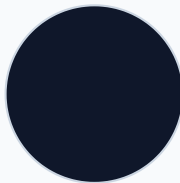
ASTRONOMY · JUNIOR SAINTS CARD

The moon changes shape every month.

The moon does not make its own light. It catches the sun.

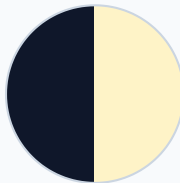
Four phases of the moon

It takes about one month to go all the way around.



New

You cannot see it.
The sky looks dark.



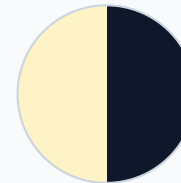
First Quarter

Half lit on the right.
Up in the evening.



Full

All the way lit.
Up all night long.



Last Quarter

Half lit on the left.
Up in the morning.

Try the demo at home

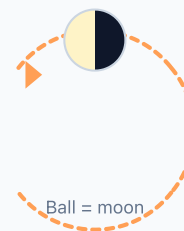
A flashlight is the sun. A ball is the moon. You are the earth.



Flashlight = sun



You = earth



Ball = moon

1. Turn off the lights in your room. Have a grown-up hold the flashlight.
2. Hold the ball at arm length. Stand between the flashlight and the wall.
3. Slowly turn in a circle. Watch the lit part of the ball change shape.

Look up tonight. Find the moon and name its shape.