

JUNIOR SAINTS

ACTIVITY PLAN

AGES 7–11

CAMPING

PHYSICAL CORE

Version 2026.1



Camp Out

Set up a small camp, pack a bag, and clean up the way real campers do.

🕒 60 minutes · one session

🎯 WALK AWAY WITH

- Has picked a good campsite spot and said why it is good.
- Has helped a partner pitch and take down a small tent.
- Has packed nine of the ten things every camper takes.
- Has cleaned up a campsite area and counted what he found.

📦 BRING / SET UP

- One small two-person tent for every two Junior Saints (or a tarp and four sticks)
- A small backpack for each Junior Saint, plus ten sample items spread on a table
- Four cones or markers to mark out a sample campsite area
- A trash bag and one pair of work gloves per Junior Saint for the cleanup walk
- A water bottle for each Junior Saint

FOR THE LEADER

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

CAMP OUT (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 about being outside. Examples: trees, a campfire, sleeping in a tent, looking at stars. The leader goes last. Keep each turn short.

BLOCK 2 · SKILL PRACTICE **Pick a good campsite**

⌚ 10 min

1. Walk outside together. The leader points at four spots on the ground.
2. Good spot rules: flat ground, no dead branches above.
3. Also: not in a low spot where water pools.
4. Bad spot rules: lumpy, on top of plants, right next to the trail.
5. Each youth picks one spot and tells the group why it is good.
6. Teaching point: pick the spot before you set up. Moving a tent is hard.

BLOCK 3 · PHYSICAL **Pitch a tent with a partner**

⌚ 15 min

1. Pair up. One tent for each pair.
2. The leader shows the steps once, slowly.
3. Lay the tent flat. Put in the poles. Stake the corners.
4. Pairs work together. One holds, one stakes. Then switch.
5. Stand back and look. Are the corners tight? Are the poles straight?
6. Take the tent down the same way. Fold it small. Put it back in the bag.

BLOCK 4 · SKILL PRACTICE **Pack the ten things**

⌚ 12 min

1. Ten items are on the table for show-and-tell.
2. The items: water, snack, flashlight, first aid kit, whistle, hat, jacket, sunscreen, map, knife.
3. Hold each item up. Ask the youth what it is for. Wait for short answers.
4. Each Junior Saint packs nine items in his bag. The leader keeps the pocket knife.
5. Pair up. Check your partner's bag. Did he get all nine?
6. Teaching point: these ten things keep you safe on every trip. Pack them every time.

BLOCK 5 · SERVICE **Camp cleanup walk**

⌚ 13 min

1. Put on your gloves. Take a trash bag.
2. Walk the campsite area together. Pick up every piece of trash you see.
3. Real campers leave a spot cleaner than they found it. That is the rule.
4. Count the pieces you picked up. Tell the leader your number.
5. Tie off the bag. Take off your gloves. Wash your hands when you go inside.

CAMP OUT (PAGE 2 OF 2)

THE HOUR — CONTINUED

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

⌚ 5 min

1. Stand in a circle. Stretch your arms, back, and legs. Hold each for 10 seconds.
2. Drink water.
3. Each Junior Saint says: 'I picked up ___ pieces of trash.' Just the number.
4. Group cheer: 'Camp clean, camp safe!' Three times.
5. Homework: ask your parent to help you pack a small bag for a day trip this week.

AT THE CLOSE · DEBRIEF

1. What is one of the ten things you packed in your bag?
2. How many pieces of trash did you pick up? Tell the group your number.
3. Show the group how you would stake one corner of a tent.

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

HANDOUT 1 OF 1

FROM SESSION — PACK THE TEN THINGS

The Ten Camp Things

Print and post so Junior Saints can pack all ten for a campout.

CAMPING · JUNIOR SAINTS CARD

Pack these ten for a campout.

The same ten on every trip. Pack them every time.

1 Water

Drink a few sips often.

2 Snack

Trail mix, a bar, or fruit.

3 Flashlight

Check the batteries before you go.

4 First Aid Kit

Bandages and wipes for scrapes.

5 Whistle

Three blasts means I need help.

6 Hat

Keeps sun off your face.

7 Jacket

For wind, rain, or cold.

8 Sunscreen

Put it on before the walk.

9 Map

Shows where the camp is.

10 Knife

A leader holds this one.

Lay all ten out before you pack them.

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