

JUNIOR SAINTS

# ACTIVITY PLAN

AGES 7–11

## CARPENTRY

### INTELLECTUAL CORE

Version 2026.1



## Measure and Tap

*Practice the first skills of building — measure, mark, hammer, sand.*

🕒 60 minutes · one session

#### 🎯 WALK AWAY WITH

- Has named three hand tools and what they do.
- Has measured and marked a board at four inches.
- Has tapped a nail into a scrap of soft wood.
- Has sanded a piece of wood until it feels smooth.

#### 📦 BRING / SET UP

- One scrap softwood board (pine or fir, about 1x4) for each Junior Saint
- A short tape measure and a pencil for each Junior Saint
- Small hammers, short nails (1.5 inch), and a hammering block per pair
- One sheet of medium sandpaper for each Junior Saint
- Safety glasses for every youth and the leader

#### FOR THE LEADER

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

## MEASURE AND TAP (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 made of wood. Examples: a table, a fence, a bed, a wooden spoon. The leader goes last. Keep each turn short.

BLOCK 2 · SKILL PRACTICE **Three tools and their jobs**

⌚ 10 min

1. Sit in a circle. The leader holds up three tools: a hammer, a tape measure, a piece of sandpaper.
2. Hammer drives a nail into wood. Tape measure tells how long a board is. Sandpaper makes rough wood smooth.
3. Pass each tool around the circle. Each youth holds it once.
4. Safety: put on your safety glasses now. Wear them the rest of the hour.
5. Teaching point: the right tool makes the job easy. The wrong tool makes the job hurt.

BLOCK 3 · SKILL PRACTICE **Measure and mark**

⌚ 15 min

1. Each youth gets one scrap board and a tape measure and a pencil.
2. Lay the tape along the long edge. Line the end up with the end of the board.
3. Find the number 4. That is four inches.
4. Make a small pencil mark right at the 4.
5. Show your mark to the leader. He checks it.
6. Teaching point: builders say 'measure twice, cut once.' Check your mark before you do the next step.

BLOCK 4 · PHYSICAL **Tap a nail**

⌚ 15 min

1. Pair up. One youth holds the board flat on the hammering block. The other gets the hammer.
2. Set a nail point-down right on the pencil mark. Hold the nail near the top with two fingers.
3. Tap the nail two or three light times to start it. Move your fingers away.
4. Now swing the hammer down on the nail head. Short swings, not hard ones.
5. Stop when the nail head meets the wood. Switch roles with your partner.
6. Safety: keep your free hand away from the nail head once it stands on its own.

BLOCK 5 · SKILL PRACTICE **Sand it smooth**

⌚ 10 min

1. Each youth takes one piece of sandpaper.
2. Hold the board flat with one hand. Rub the sandpaper back and forth along the grain.
3. Sand for two minutes. Run your fingertips over the wood. It should feel smoother.
4. Find a rough spot. Sand only there for one more minute.
5. Teaching point: patience is a tool too. Smooth wood takes more time than a fast cut.

## MEASURE AND TAP (PAGE 2 OF 2)

## THE HOUR — CONTINUED

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

⌚ 5 min

1. Stand in a circle. Shake out your hands. Roll your shoulders back. Hold each for 10 seconds.
2. Each Junior Saint says: 'I built \_\_\_\_.' Just one thing you did today.
3. Group cheer: 'Measure twice!' Three times.
4. Homework: show your parent the board you sanded. Tell him which part you measured.

## AT THE CLOSE · DEBRIEF

1. Which hand did you hold the hammer with?
2. How many inches did you measure to make your mark?
3. What does sandpaper do to a piece of wood?

📋 *This is a Junior Saints preview session. No Carpentry 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 TOOLS AND THEIR JOBS

# Three Tools and Their Jobs

Print and post so Junior Saints can see the three tools.

## CARPENTRY · JUNIOR SAINTS CARD

### Three tools. Three jobs.

Hold each tool. Learn the name and the job together.

#### 1 Hammer

Drives a nail into wood.

*Short swings, not hard ones.*

#### 2 Tape measure

Measures and marks before you cut.

*Builders say: measure twice, cut once.*

#### 3 Sandpaper

Rubs rough wood smooth.

*Smooth wood takes more time than a fast cut.*

Match the tool to the job before you start.

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