

JUNIOR SAINTS

ACTIVITY PLAN

AGES 7–11

CHIVALRY

SOCIAL CORE

Version 2025.2



Kind on Purpose

Practice kindness, even when it would be easier to be rude.

🕒 60 minutes · one session

🎯 WALK AWAY WITH

- Has said five polite words out loud with the group.
- Has acted out three short kindness scenes with another Junior Saint.
- Has helped a partner through a three-station relay.
- Has written one kind act to do this week.

📦 BRING / SET UP

- A small open space (room or yard)
- Two scenario cards (or just the leader reading them aloud)
- A backpack, a folded blanket, and a water bottle for the relay
- A pencil and a piece of paper for each Junior Saint
- A few cones or chairs to mark the relay path

FOR THE LEADER

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

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THE HOUR

BLOCK 1 · DISCUSSION **Opener — Welcome circle**

⌚ 5 min

Stand in a circle. Each Junior Saint says his name. Then he names one kind thing someone did for him this week. The leader goes last. Keep each turn short. Listen well.

BLOCK 2 · SKILL PRACTICE **Polite words drill**

⌚ 10 min

1. Say five polite words as a group: please, thank you, excuse me, sorry, may I help.
2. Pair up. One Junior Saint asks for the salt. The other answers with a polite word.
3. Switch roles. Try a new word each time.
4. Teaching point: polite words make hard moments easier. Use them on purpose, not by accident.

BLOCK 3 · ROLEPLAY **Three kindness scenes**

⌚ 15 min

1. The leader reads each scene out loud. Two Junior Saints act it out in front of the group.
2. Scene 1: A younger kid drops his snack. What do you do?
3. Scene 2: Someone takes the toy you were playing with. What do you say?
4. Scene 3: A friend at school is being teased. What do you do?
5. After each scene, the group claps for one thing the actors did well.

BLOCK 4 · PHYSICAL **The helper relay**

⌚ 15 min

1. Pair up. Each pair runs the same short relay path.
2. Station 1: Carry a backpack together to the next cone. One on each strap.
3. Station 2: Fold a blanket together. Corners must match.
4. Station 3: Walk to the next cone holding a full water bottle. Do not spill a drop.
5. No racing. The point is to help your partner, not to win.

BLOCK 5 · CREATIVE **Write one kind act**

⌚ 10 min

1. Sit down with paper and a pencil. Write or draw one kind thing you will do this week.
2. Keep it small and real. "Help my mom set the table." "Share my snack with my brother."
3. Each Junior Saint reads or shows what he wrote.
4. The group says "I see you" once for each saint who shared.

BLOCK 6 · REFLECTION **Close — Cheer and homework**

⌚ 5 min

1. Stand in a circle. Each youth says: 'This week I will ____.' Just the kind thing he wrote.
2. Group cheer: 'Kind on purpose!' Three times.
3. Homework: do the kind thing this week. Tell your parent or guardian what you did.

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THE HOUR — CONTINUED

AT THE CLOSE · DEBRIEF

1. Which polite word was hardest to say in the drill?
2. In your relay pair, what did your partner do that helped you?
3. What kind thing did you write down for this week?

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

Five Polite Words

Print and post on the wall. Read together at the start of each session.

CHIVALRY · JUNIOR SAINTS CARD

Use these five on purpose.

Polite words make hard moments easier. They get easier with use.

1 Please

Say this when you are asking for something.

"Please pass the salt." "Please may I have a turn?"

2 Thank you

Say this when someone helps you or gives you something.

"Thank you for the snack." "Thanks for waiting for me."

3 Excuse me

Say this when you need someone to move or stop.

"Excuse me, may I get by?" "Excuse me, are you in line?"

4 Sorry

Say this when you bumped, missed, or hurt someone.

"I'm sorry I stepped on your foot." "Sorry, I forgot."

5 May I help

Say this when you see someone working on something hard.

"May I help you carry that?" "Need a hand?"

Say one polite word every day. Try a new one this week.