

JUNIOR SAINTS
ACTIVITY PLAN
AGES 7–11

CHURCH HISTORY

SPIRITUAL CORE

Version 2026.1



The Grove and the Trail

Hear the First Vision story and act out the pioneer trail with the group.

🕒 60 minutes · one session

🕒 WALK AWAY WITH

- Has walked into the pretend grove and heard the First Vision read aloud.
- Has built a paper-towel handcart with a partner and rolled it across the floor.
- Knows one early Saint name to share at home.
- Has heard a short, true thing about five early Saints.

📦 BRING / SET UP

- A clear space to sit in a circle and walk in a short line
- A few chairs or cones set in a loose circle to mark the pretend grove
- Three paper-towel rolls, a piece of string, and tape for each pair
- Five index cards with one early Saint name on each (Joseph Smith, Brigham Young, Eliza R. Snow, Emma Smith, Wilford Woodruff)
- A printed copy of Joseph Smith History 1:14–17 for the leader to read aloud

FOR THE LEADER

This is a Junior Saints preview of the **Church History** 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.

THE GROVE AND THE TRAIL (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 place where he goes to be quiet. Examples: my room, the backyard, under a tree, the closet. The leader goes last. Keep each turn short.

BLOCK 2 · ROLEPLAY **Walk into the grove**

⌚ 12 min

1. The leader sets a few chairs in a loose circle. That is the pretend grove of trees.
2. The leader tells the story in plain words. Joseph was a boy. He had a hard question. He went into the trees to pray.
3. One at a time, each Junior Saint walks into the grove. Stand quietly. Look up at the ceiling or sky.
4. Count to ten in your head. Then walk out and sit in the circle.
5. The leader reads Joseph Smith History 1:14 through 17 out loud. One time, slowly.
6. Teaching point: Joseph went to a quiet place to ask God a hard question. The answer he got started the Church.

BLOCK 3 · CREATIVE **Build the handcart**

⌚ 15 min

1. Pair up. Each pair gets three paper-towel rolls, a piece of string, and tape.
2. Make a tiny handcart together. Two rolls are the wheels. One roll is the cart body. Tape and string hold it together.
3. The leader tells the story in plain words. Many early Saints walked across the country pulling carts like this. Some pulled them a thousand miles.
4. When your handcart is built, push it across the floor with one finger. See how far it rolls.
5. Each pair shows the group what they made.
6. Teaching point: pioneers walked a long way to find a safe place to worship.

BLOCK 4 · PHYSICAL **Pioneer name relay**

⌚ 23 min

1. Set five name cards face down at one end of the room. Joseph Smith, Brigham Young, Eliza R. Snow, Emma Smith, Wilford Woodruff.
2. Stand in a line at the other end of the room.
3. On GO, the first Junior Saint walks to the cards. Pick one. Walk back. Read the name out loud.
4. The leader tells one short thing about that Saint in two sentences. Examples: Brigham led the wagons west. Eliza wrote songs we still sing.
5. Put the card back face up. The next Junior Saint goes.
6. Keep going until every name has been picked up at least once. No running. No racing.
7. Sit in a circle when all five names have been read.

THE GROVE AND THE TRAIL (PAGE 2 OF 2)

THE HOUR — CONTINUED

BLOCK 5 · REFLECTION **Close — Tell and cheer**

⌚ 5 min

1. Stand in a circle. Stretch your arms up, then down to your toes. Hold each for 10 seconds.
2. Drink water.
3. Each Junior Saint says: 'My Saint is ____.' Just one name from the relay.
4. Group cheer: 'One Saint at a time!' Three times.
5. Homework: tell your parent or guardian one early Saint name from today and what they did.

AT THE CLOSE · DEBRIEF

1. What did the inside of the pretend grove look like when you looked up?
2. Which name did you pick up from the relay cards?
3. What part of your handcart held the wheels on?

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

HANDOUT 1 OF 1

FROM SESSION — WALK INTO THE GROVE

Two Stories Today

Print and use to retell the two stories to Junior Saints.

CHURCH HISTORY · JUNIOR SAINTS CARD

Two true stories to tell today.

Read each card slowly. One story, then the other.

1 The Grove

Joseph had a hard question about God.

He went to a quiet grove of trees to ask.

What he learned there started the Church.



2 The Trail

The pioneers wanted a safe place to worship.

They walked far, pulling carts by hand.

They built a new home when they got there.



These are true stories. Tell them in your own words.

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