

JUNIOR SAINTS

# ACTIVITY PLAN

AGES 7–11

## CLASSICAL HERITAGE

### SPIRITUAL CORE

Version 2026.1



## Stand and Say a True Thing

*Practice one old virtue and stand up to say a true thing in front of the group.*

🕒 60 minutes · one session

#### 🎯 WALK AWAY WITH

- Has named the word courage and given one example.
- Has heard one short story about Socrates and said what made it brave.
- Has stood on the agora stool and said one true thing out loud.
- Has acted out three brave choices with another Junior Saint.

#### 📦 BRING / SET UP

- A clear space to sit in a circle and stand up one at a time
- A small stool or sturdy box for the speaking spot
- A printed sign with the word COURAGE in big letters
- Three scenario cards (or the leader reading them aloud)
- A pencil and a slip of paper for each Junior Saint

#### FOR THE LEADER

This is a Junior Saints preview of the **Classical Heritage** 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.

## STAND AND SAY A TRUE THING (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 time he had to be brave this week. Examples: trying a new food, going to a new class, asking for help, standing up for a friend. The leader goes last. Keep each turn short.

BLOCK 2 · SKILL PRACTICE **Learn one virtue word**

⌚ 8 min

1. Hold up the COURAGE sign. Say the word out loud as a group. Three times.
2. The leader gives the plain meaning. Courage is doing the right thing when it is hard.
3. Each youth says one short example back. Going to the doctor. Telling the truth. Trying again after you fall.
4. Teaching point: people in old Greece and Rome had a word for this too. They knew this matters.

BLOCK 3 · SCRIPTURE **One short story about Socrates**

⌚ 8 min

1. Sit in a circle. The leader reads the story out loud. Slowly. About two minutes.
2. The story in plain words: Socrates was a man in Greece a long time ago. He asked hard questions. People got mad. They told him to stop. He kept asking. He told the truth even when it cost him.
3. Ask one question. What did Socrates do that took courage?
4. Take two or three short answers. No long talks.
5. Teaching point: we still read what Socrates said. That is why old stories matter.

BLOCK 4 · ROLEPLAY **Three brave choices**

⌚ 12 min

1. The leader reads each scene out loud. Two Junior Saints act it out in front of the group.
2. Scene 1: A kid is being teased on the bus. What do you do?
3. Scene 2: You broke a plate at home. No one saw. What do you say?
4. Scene 3: A friend asks you to cheat on a test. What do you do?
5. After each scene, the group claps once for the brave choice.

## STAND AND SAY A TRUE THING (PAGE 2 OF 2)

## THE HOUR — CONTINUED

BLOCK 5 · PHYSICAL **The agora speech**

⌚ 22 min

1. Set the stool in the middle of the room. In old Greece this kind of spot was called the agora — where people stood up to talk.
2. Each Junior Saint takes a turn standing on the stool. One at a time.
3. On the stool, say one true thing out loud. One sentence. Speak so the back of the room can hear.
4. Examples: I love my dog. My sister is funny. Kicking a ball is hard. God is real.
5. The group listens. No talking. After he steps down, the group claps once.
6. Sit when you have finished your turn. Wait for the rest.
7. Teaching point: standing up to say a true thing is old work. You just did it.

BLOCK 6 · 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 true thing was \_\_\_\_.' Just one short sentence from the agora.
4. Group cheer: 'Stand and say it!' Three times.
5. Homework: stand up at the dinner table and say one true thing to your family.

## AT THE CLOSE · DEBRIEF

1. What true thing did you say on the stool?
2. Which scene was the easiest brave choice to make? Which one was the hardest?
3. Tell me the word we said three times at the start.

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

HANDOUT 1 OF 1

FROM SESSION — LEARN ONE VIRTUE WORD

# Four Old Virtue Words

Print and post so Junior Saints can see the four virtue words.

CLASSICAL HERITAGE · JUNIOR SAINTS CARD

## Four old words worth living by.

People in old Greece and Rome practiced these. You can too.

### 1 Courage

Doing the right thing even when it is hard.

*You stand up and tell the truth when it is scary.*

### 2 Justice (fairness)

Giving each person what is fair and right.

*You share turns. You stick up for someone who is teased.*

### 3 Wisdom

Knowing the good choice and then making it.

*You stop and think before you say yes to a dare.*

### 4 Self-control

Stopping yourself before you do the wrong thing.

*You wait your turn and you keep your hands to yourself.*

Pick one word each day and practice it until bedtime.

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