

JUNIOR SAINTS

ACTIVITY PLAN

AGES 7–11

COMMUNICATION

SOCIAL CORE

Version 2026.1



Listen and Speak

Take turns talking and really hear what the other person says.

🕒 60 minutes · one session

🕒 WALK AWAY WITH

- Has practiced three voice sizes: whisper, normal, and outside voice.
- Has passed a sentence down a line and seen how it changes.
- Has taken turns with a talking stick and waited to be heard.
- Has asked a partner one real question and said back what he heard.

📦 BRING / SET UP

- Open floor space so the group can sit and stand in a circle
- A 'talking stick' — a wooden spoon, ruler, or sturdy stick that is easy to hand around
- A short list of fun questions for the leader to read aloud (favorite food, best day, scariest moment, etc.)
- A water bottle for each Junior Saint
- A timer (the leader's phone is fine)

FOR THE LEADER

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

LISTEN AND SPEAK (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 person he has talked to today. Examples: his mom, a brother, a friend at school, a teacher. The leader goes last. Keep each turn short.

BLOCK 2 · SKILL PRACTICE **Three voices**

⌚ 10 min

1. Stand in a circle. The leader teaches three voice sizes.
2. Whisper voice — only the youth right next to you can hear it.
3. Normal voice — the whole circle can hear it, but no one outside the room.
4. Outside voice — across the playground, loud and clear, not yelling.
5. The leader calls a voice. Each youth says his name in that voice. Go around twice.
6. Teaching point: pick your voice for the place. Whisper at church, normal at dinner, outside on the field.

BLOCK 3 · PHYSICAL **Whisper down the line**

⌚ 12 min

1. Sit in one long line, shoulder to shoulder.
2. The leader whispers one short sentence to the first youth. Only once.
3. He whispers it to the next youth. And on down the line.
4. The last youth says the sentence out loud in his normal voice.
5. Compare it to the start. Did it change? Where did it go wrong?
6. Play three rounds. Try a longer sentence the last time.

BLOCK 4 · ROLEPLAY **The talking stick**

⌚ 10 min

1. Sit in a circle. The leader holds the stick.
2. The rule: only the youth holding the stick can talk. Everyone else listens.
3. The leader reads a question. He hands the stick to one youth.
4. That youth answers in one or two sentences. Then he hands the stick to the next youth.
5. Each youth gets one turn. No talking out of turn, even to agree.
6. Teaching point: waiting your turn is a big part of being heard.

BLOCK 5 · ROLEPLAY **One question, one answer**

⌚ 15 min

1. Pair up. Each pair sits face to face.
2. Youth A asks Youth B one question from the leader's list.
3. Youth B answers in two or three sentences. Youth A only listens. No words.
4. Then Youth A says back what he heard in one sentence: 'You said ____.'
5. If Youth B says, 'That's right,' switch roles and try a new question.
6. Each pair plays four rounds. Then come back to the circle and share one thing your partner said.

LISTEN AND SPEAK (PAGE 2 OF 2)

THE HOUR — CONTINUED

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

⌚ 8 min

1. Sit in a circle. Stretch your neck, shoulders, and back. Hold each for 10 seconds.
2. Drink water.
3. Each Junior Saint says: 'My partner told me ____.' Just one thing he heard.
4. Group cheer: 'Listen first!' Three times.
5. Homework: ask your parent one real question tonight. Listen to the whole answer before you talk.

AT THE CLOSE · DEBRIEF

1. Say your name in your whisper voice, then your outside voice.
2. What was the sentence at the end of the whisper-down-the-line game?
3. Tell the group one thing your partner said in the pair-up.

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

Pick Your Voice

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

COMMUNICATION · JUNIOR SAINTS CARD

Pick your voice for the place.

Three voice sizes. The place tells you which one to use.

1 Whisper voice

So soft only the person next to you can hear it.

Use it at church, in the library, when a baby sleeps.

2 Normal voice

The whole room hears, but no one outside it.

Use it at dinner, with a friend, in class.

3 Big voice

Loud and clear across a far space, not a yell.

Use it on the field, at the park, calling for help.

Look at the place you are in, then choose the right voice.

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