

# JUNIOR SAINTS ACTIVITY PLAN

AGES 7–11

## DIRTY JOBS

PHYSICAL CORE

Version 2026.1



## Good Work, Hard Work

*Do three real cleaning jobs together and see what changes.*

🕒 60 minutes · one session

### 🎯 WALK AWAY WITH

- Has put on work gloves and safety goggles the right way.
- Has finished three real cleaning jobs at three stations.
- Has seen a before and after of work he did with his own hands.
- Has picked one cleaning job to do at home this week.

### 📦 BRING / SET UP

- A pair of work gloves and safety goggles for each Junior Saint
- Three cleaning stations: a sweep station (broom, dustpan), a wipe station (rags, spray bottle of soapy water), a scrub station (brush, bucket of soapy water)
- A phone or camera to take before and after pictures of one spot per station
- A trash bag and a small bin of warm soapy water for handwashing after
- A water bottle for each Junior Saint

### FOR THE LEADER

This is a Junior Saints preview of the **Dirty Jobs** 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.

## GOOD WORK, HARD WORK (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 job at home that nobody likes to do but somebody has to. Examples: taking out the trash, scrubbing the toilet, raking leaves, washing dishes. The leader goes last. Keep each turn short.

BLOCK 2 · DISCUSSION **Why dirty jobs matter**

⌚ 7 min

Sit in a circle. The leader holds up a trash bag. Ask: what would happen at home if nobody took out the trash for a week? Wait for short answers. Hold up a dirty rag. Ask the same about the kitchen. Teaching point: every house and every church needs someone to do the work nobody sees. That person is doing real good. Today we are that person.

BLOCK 3 · SKILL PRACTICE **Gear up — gloves and goggles**

⌚ 8 min

1. Hold up a pair of gloves. Show how to put them on tight at the wrist.
2. Hold up goggles. Put them on, strap behind your head, snug but not tight.
3. Each Junior Saint puts on his gloves and goggles. The leader checks the fit.
4. Walk in a circle wearing the gear. Pick something up. Set it down.
5. Teaching point: gloves keep your hands safe. Goggles keep stuff out of your eyes. Wear both for every dirty job.

BLOCK 4 · PHYSICAL **Three cleaning stations**

⌚ 25 min

1. Three stations: sweep, wipe, scrub. Take a before picture at each one.
2. Sweep station: sweep one corner of the room. Push the pile into the dustpan. Dump it in the trash.
3. Wipe station: spray a counter or windowsill. Wipe with the rag in small circles. Flip the rag when one side is dirty.
4. Scrub station: dip the brush in the bucket. Scrub a spot that needs it. Push hard, count to ten.
5. Each Junior Saint does all three stations. Spend about seven minutes at each one.
6. Take an after picture at each station. Compare before and after.

BLOCK 5 · SKILL PRACTICE **Look at the before and after**

⌚ 10 min

1. Take off your gloves and goggles. Set them in a pile.
2. The leader shows the before and after pictures one station at a time.
3. Each Junior Saint names which station he is most proud of finishing.
4. Wash your hands with warm soapy water. Scrub for 20 seconds. Dry them off.
5. Teaching point: a clean spot today is a small thing. Doing many small things well is how a home or a church stays good.

## GOOD WORK, HARD WORK (PAGE 2 OF 2)

## THE HOUR — CONTINUED

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

⌚ 5 min

1. Stand in a circle. Stretch your arms, hands, and back. Hold each for 10 seconds.
2. Drink water.
3. Each Junior Saint says: 'I am proud I \_\_\_\_.' Just one job he did today.
4. Group cheer: 'Good work, hard work!' Three times.
5. Homework: ask your parent for one cleaning job at home this week. Do it without being asked twice.

## AT THE CLOSE · DEBRIEF

1. Which of the three jobs did you finish first?
2. Show the group how you put on your gloves and goggles.
3. What is one cleaning job you are going to do at home this week?

☒ *This is a Junior Saints preview session. No Dirty Jobs 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 CLEANING STATIONS

# Gear Up, Then Clean

Print and post so Junior Saints gear up and know the three jobs.

## DIRTY JOBS · JUNIOR SAINTS CARD

### Gear up first, then clean.

Put on your gloves and goggles. Then do the three jobs.

#### 1 Gear up

Put on gloves tight at the wrist. Pull goggles snug.

*Wear both for every dirty job, all the way through.*

#### 2 Sweep

Sweep one corner. Push the pile into the dustpan.

*Dump the dustpan in the trash when the corner is clean.*

#### 3 Wipe

Spray the counter. Wipe with the rag in small circles.

*Flip the rag over when one side gets too dirty.*

#### 4 Scrub

Dip the brush in the bucket. Scrub the dirty spot.

*Push hard and count to ten. Then check your work.*

**Finish one job all the way before you start the next.**

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