

JUNIOR SAINTS ACTIVITY PLAN

AGES 7–11

DISCIPLESHIP

SPIRITUAL CORE

Version 2026.1



Follow and Copy

Follow each other. Then copy one thing Jesus did this week.

🕒 60 minutes · one session

🎯 WALK AWAY WITH

- Has led the group for one turn on the follow-the-leader walk.
- Has named five small things Jesus did that he can copy.
- Has acted out one of those things with another Junior Saint.
- Knows one kind act he will do this week.

📦 BRING / SET UP

- An open space where the group can walk single file (room or yard)
- Five cones or markers to set out a simple path
- A pencil and a piece of paper for each Junior Saint
- Space to stand in a small circle for the close
- Water bottles

FOR THE LEADER

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

FOLLOW AND COPY (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 good thing someone in his family did this week. Examples: helped me with my homework, made me breakfast, gave me a hug. The leader goes last. Keep each turn short.

BLOCK 2 · PHYSICAL **Follow-the-leader walk**

⌚ 15 min

1. Set out five cones in a simple path before the session.
2. Five Junior Saints take turns being the leader. Pick the order before you start.
3. The leader at the front walks the path. The group walks behind in a line.
4. Each leader picks one way to walk. Big steps, tiny steps, hands on head, walk slow.
5. When the leader gets to the last cone, the next leader goes to the front.
6. Teaching point: following means doing what the leader does, not just walking behind.

BLOCK 3 · SKILL PRACTICE **Five things Jesus did**

⌚ 10 min

1. Sit in a circle. The leader names five things Jesus did that we can do too.
2. One: he smiled at people most folks ignored.
3. Two: he shared food with people who were hungry.
4. Three: he said thank you when his Father gave him something.
5. Four: he prayed before he did hard things.
6. Five: he helped a friend who was sad or sick.
7. After each one, the group says one small way a kid could do that today.

BLOCK 4 · ROLEPLAY **Act out one small moment**

⌚ 15 min

1. Pair up. The leader gives each pair one of the five things from the last block.
2. Each pair plans how to act it out. Two minutes. Pick who plays who.
3. Examples: smiling at someone new at school. Sharing a snack at lunch. Saying thank you to a parent. Praying before a test. Helping a sibling who is upset.
4. Pairs take turns acting in front of the group. Short scenes. About one minute each.
5. After each scene, the group claps for one thing the actors did well.

BLOCK 5 · CREATIVE **Pick one for this week**

⌚ 10 min

1. Sit with paper and a pencil. Pick one of the five things to do this week.
2. Write it or draw it. Keep it small and real.
3. Examples: "Smile at the new kid in my class." "Share my snack with my sister." "Say thank you to my dad before bed."
4. Each Junior Saint reads or shows what he wrote.
5. The group says "I see you" once for each youth who shared.

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THE HOUR — CONTINUED

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

⌚ 5 min

1. Stand in a circle. Stretch your legs, arms, and back. Hold each for 10 seconds.
2. Drink water.
3. Each Junior Saint says: 'This week I will ____.' Just the one thing he picked.
4. Group cheer: 'Follow and copy!' Three times.
5. Homework: do the one thing this week. Tell your parent or guardian what you did.

AT THE CLOSE · DEBRIEF

1. Which leader's way of walking was your favorite on the follow-the-leader walk?
2. Which of the five things from Jesus did you pick to do this week?
3. Tell me one thing your pair did in the act-out scene.

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

HANDOUT 1 OF 1

FROM SESSION — FIVE THINGS JESUS DID

Five Things Jesus Did

Print and post so Junior Saints can see the five things to copy.

DISCIPLESHIP · JUNIOR SAINTS CARD

Five things Jesus did. Copy one.

Each card names one thing Jesus did and one way to copy it.

1 He smiled first

Jesus smiled at people others walked past.

This week: smile at someone new at school.

2 He shared food

Jesus shared food with people who were hungry.

This week: share your snack at lunch.

3 He said thank you

Jesus thanked his Father for what he was given.

This week: say thank you to a parent.

4 He prayed first

Jesus prayed before he did hard things.

This week: pray before a test.

5 He helped a friend

Jesus helped a friend who was sad or sick.

This week: help a sibling who is upset.

Pick one thing to copy this week.

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