

JUNIOR SAINTS

ACTIVITY PLAN

AGES 7–11

EDGED TOOLS

PHYSICAL CORE

Version 2026.1



Safe and Steady

Practice the four rules of an edged tool with a safe stand-in blade.

🕒 60 minutes · one session

🕒 WALK AWAY WITH

- Knows the four rules of an edged tool and can name one out loud.
- Has passed a stand-in blade handle-first around the circle.
- Has made slow, careful cuts on cardboard with a butter knife.
- Knows that a real sharp tool stays sheathed until a grown-up opens it.

📦 BRING / SET UP

- A popsicle-stick or wooden craft-stick stand-in 'blade' for each Junior Saint (mark one end with a black sharpie line for the 'sharp' edge)
- One butter knife or plastic spreader per Junior Saint for the cardboard-cutting block
- A piece of thick cardboard or a stack of paper plates for each Junior Saint to cut on
- A real sheathed knife for the leader to hold up — never opened, never handed out
- Tape or chalk to mark a 'blood circle' on the floor (one arm's length around each youth)

FOR THE LEADER

This is a Junior Saints preview of the **Edged Tools** 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

SAFE AND STEADY (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 tool with a sharp edge he has seen at home. Examples: a kitchen knife, a pair of scissors, an apple peeler. The leader goes last. Keep each turn short.

BLOCK 2 · SKILL PRACTICE **The four rules**

⌚ 12 min

1. Sit in a circle. The leader holds up the sheathed knife. It stays sheathed.
2. Rule 1: Cut away from your body. Never toward yourself.
3. Rule 2: Stay one arm out from anyone else. That is your blood circle.
4. Rule 3: A sharp tool is locked open or locked closed. Never half-open.
5. Rule 4: Pass a tool handle-first. The other person says 'thank you' before you let go.
6. Each youth says one rule out loud. The leader picks who goes next.

BLOCK 3 · SKILL PRACTICE **Pass the stand-in blade**

⌚ 12 min

1. Each youth gets one popsicle-stick stand-in. The black line is the 'sharp' end.
2. Stand in a circle, one arm out from your neighbors. That is the blood circle.
3. Hold your stand-in by the safe end. The black end points down at the ground.
4. Pass it to your right neighbor handle-first. He says 'thank you.' Then you let go.
5. Pass it all the way around the circle. The leader watches each pass.
6. Pass it back the other way. Slower this time. Form first, speed second.
7. Teaching point: a real edged tool moves around camp the same way.

BLOCK 4 · PHYSICAL **Careful cuts on cardboard**

⌚ 15 min

1. Sit down on the floor. Spread out one arm's length from your neighbors.
2. Each youth gets a butter knife and a piece of cardboard.
3. Hold the cardboard down with one hand. Keep that hand behind the blade.
4. Make a slow saw cut away from your body. Count five saws out loud.
5. Stop. Set the butter knife down on the floor, not in your lap.
6. Make four more cuts the same way. Count each set of five saws.
7. Teaching point: a careful cut is a slow cut. A fast cut is a hurt cut.

SAFE AND STEADY (PAGE 2 OF 2)

THE HOUR — CONTINUED

BLOCK 5 · SKILL PRACTICE **Show and put away**

⌚ 8 min

1. The leader holds up the sheathed knife one more time. It is still sheathed.
2. Point at the handle. That is the safe end.
3. Point at the sheath. The blade stays in there until a grown-up takes it out.
4. Each youth holds up his butter knife by the handle. He says: 'Handle first.'
5. He sets the butter knife on the table with the cutting edge away from him.
6. Teaching point: a tool is put away the same way every time.

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

⌚ 8 min

1. Stand in a circle. Stretch your hands, arms, and back. Hold each for 15 seconds.
2. Drink water.
3. Each Junior Saint says: 'My rule was ____.' Just one of the four.
4. Group cheer: 'Sharp tools, safe hands!' Three times.
5. Homework: ask your parent to show you a sharp tool at home. Tell her one of the four rules.

AT THE CLOSE · DEBRIEF

1. Which of the four rules is easiest to remember?
2. How many careful cuts did you make on your cardboard?
3. Show the group how you pass a tool handle-first.

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

HANDOUT 1 OF 1

FROM SESSION — THE FOUR RULES

Four Rules of an Edged Tool

Print and hold up while the youth learn the four rules. Keep one copy at the work spot.

EDGED TOOLS · JUNIOR SAINTS CARD

Four rules every time a blade is out.

Slow hands. One arm of space. Locked open or closed. Handle first.

1

Cut away from your body

The blade points away from your hand and your legs.

If you have to pull a blade toward you, stop and ask a grown-up.



2

Stay one arm out

No one else inside your arm's length when a blade is out.

That space around you is your blood circle. Keep it empty.

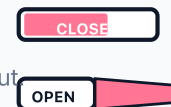


3

Lock it open or locked closed

A folding tool is all the way open and locked, or all the way shut.

Half-open is how fingers get cut. A grown-up opens or closes it.

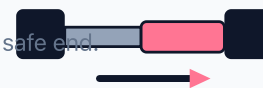


4

Pass handle-first

The other person grabs the handle. Your hand holds the safe end.

He says 'thank you.' Then you let go.



A sharp tool gets the same four rules every time. Slow hands win.

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