

JUNIOR SAINTS

# ACTIVITY PLAN

AGES 7–11

## EMERGENCY PREPAREDNESS

### PHYSICAL CORE

Version 2026.1



## Ready and Steady

*Practice the first move for a fire, a bump, and a get-lost.*

🕒 60 minutes · one session

#### 🕒 WALK AWAY WITH

- Has practiced stop-drop-and-roll three times with the group.
- Can point at one safe spot for a storm, a fire, and a shake.
- Has walked to a meeting place and counted the group out loud.
- Knows when to call 9-1-1 and what to say first.

#### 📦 BRING / SET UP

- A clear open space (a grassy yard, a gym, or a clear room — soft floor for rolling)
- Tape or chalk to mark a 'meeting place' on the floor and a 'help' line
- A play 'phone' for each pair (a block, a card, or an old phone with the battery out)
- A list of three rooms to practice in: a kitchen, a bedroom, and an outside spot
- A water bottle for each Junior Saint

#### FOR THE LEADER

This is a Junior Saints preview of the **Emergency Preparedness** 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.

## READY 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 thing that could go wrong at home. Examples: a fire on the stove, a power-out, a kid lost at the park. The leader goes last. Keep each turn short.

BLOCK 2 · PHYSICAL **Stop, drop, and roll**

⌚ 12 min

1. Stand in a line on the soft floor. The leader stands at the front.
2. Round 1: The leader yells 'FIRE.' You stop where you are.
3. Drop to the floor. Hands flat. Face down.
4. Roll one way, then the other. Five rolls each way. Count out loud.
5. Stand up. Wait for the next call.
6. Round 2: Same thing. The leader watches form, not speed.
7. Round 3: One more time. The whole group goes together.
8. Teaching point: a fire on your clothes stops when you roll. Air feeds a fire. Rolling smothers it.

BLOCK 3 · SKILL PRACTICE **Point at the safe spot**

⌚ 10 min

1. Sit in a circle. The leader names a danger one at a time.
2. Danger 1: 'A storm with thunder.' Each youth points at the safest wall.
3. The leader shows the right spot: an inside wall, away from windows.
4. Danger 2: 'A fire in the kitchen.' Each youth points at the way out.
5. The leader shows the right spot: the door that does not go past the fire.
6. Danger 3: 'A shake on the ground.' Each youth points at the table or desk.
7. Each youth says one safe spot out loud after the leader points.
8. Teaching point: a safe spot is named before the danger comes.

BLOCK 4 · PHYSICAL **Walk to the meeting place**

⌚ 12 min

1. The leader marks one spot outside (or across the room) as the meeting place.
2. Stand at the start line. Wait for the call: 'MEET UP.'
3. Walk fast to the meeting place. No running.
4. Stand on the spot. Look around. Count your group out loud, one to ten.
5. If a youth is missing, the leader picks one runner to tell a grown-up.
6. Walk back to the start line. Run the drill two more times.
7. Teaching point: every family has a meeting spot. Ask your family where yours is.

## READY AND STEADY (PAGE 2 OF 2)

## THE HOUR — CONTINUED

BLOCK 5 · ROLEPLAY **Call for help**

⌚ 13 min

1. Pair up. Each pair gets one play phone.
2. The leader names a danger: 'a fire in the kitchen. No grown-ups home.'
3. One youth picks up the phone. He says: '9-1-1, my house is on fire.'
4. The leader (as the helper) asks: 'Where are you?' and 'Are you safe?'
5. The youth answers both. He stays on the phone until the leader says go.
6. Swap roles. Run it again with a new danger: 'a hurt brother, no grown-up here.'
7. Teaching point: a Junior Saint calls 9-1-1 only when no grown-up is there. Tell a grown-up first.

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

⌚ 8 min

1. Stand in a circle. Stretch your back, arms, and legs. Hold each for 15 seconds.
2. Drink water.
3. Each Junior Saint says: 'My safe spot is \_\_\_\_.' Just one room in your house.
4. Group cheer: 'Ready and steady!' Three times.
5. Homework: ask your parent where the family meeting place is. Walk there with her this week.

## AT THE CLOSE · DEBRIEF

1. How many rolls did you do each way in stop-drop-and-roll?
2. Where was your safe spot for the kitchen fire?
3. Tell the group the first thing you say on a 9-1-1 call.

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

HANDOUT 1 OF 1

FROM SESSION — STOP, DROP, AND ROLL

# Stop, Drop, and Roll

Print and hold up before the drill. Keep one copy near the practice spot.

## EMERGENCY PREP · JUNIOR SAINTS CARD

### Fire on your clothes? Three moves.

Stop. Drop. Roll. Air feeds a fire. Rolling smothers it.

#### 1 Stop

- Stop where you are. Do not run.
- Running makes a fire bigger. Air feeds it.
- Stand still. Look at the ground.
- Tell your hands and feet: do not move.



#### 2 Drop

- Drop to the floor. Knees first, then hands.
- Lie face down. Cover your face with your hands.
- Keep your eyes shut. Keep your mouth shut.
- Stay flat. The fire is now above you.



#### 3 Roll

- Roll one way. Then the other.
- Five rolls each way. Count out loud.
- Keep your face covered the whole time.
- Stop when a grown-up says the fire is out.



**Stop. Drop. Roll. The same three moves every time.**

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