

JUNIOR SAINTS

ACTIVITY PLAN

AGES 7–11

ETIQUETTE

SOCIAL CORE

Version 2026.1



Five Everyday Moves

Practice five small moves that show respect at the table, in talk, and in public.

🕒 60 minutes · one session

🎯 WALK AWAY WITH

- Has said the five everyday moves out loud with the group.
- Has acted out three short table scenes with another Junior Saint.
- Has listened to a partner for 30 seconds without interrupting.
- Has walked a short courtesy course holding doors and waiting in line.

📦 BRING / SET UP

- A small open space (room or yard) with a doorway the group can pass through
- A folding table or a few chairs in a row to use as a pretend dinner table
- Two napkins and two paper plates for the table-scene roleplay
- A few cones or chairs to mark the courtesy walk path and the line
- The Five Everyday Moves card (print one, hold it up for the group)

FOR THE LEADER

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

FIVE EVERYDAY MOVES (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 rule his parents have at the dinner table. Examples: chew with your mouth closed, no phones, wait until everyone is served. The leader goes last. Keep each turn short.

BLOCK 2 · SKILL PRACTICE **The five everyday moves**

⌚ 10 min

1. Hold up the card. Read the five moves out loud as a group.
2. Move 1: napkin on your lap. Move 2: chew with your mouth closed. Move 3: look at the person talking.
3. Move 4: hold the door for the next person. Move 5: wait your turn in line.
4. Each youth picks one move to try first today. Say it out loud to the group.
5. Teaching point: small moves do the work. You do not need a big speech to show respect.

BLOCK 3 · ROLEPLAY **Three table scenes**

⌚ 15 min

1. Set up the chairs as a pretend dinner table. Two Junior Saints sit at a time.
2. Scene 1: One youth sits down to eat. Where does the napkin go? Show it.
3. Scene 2: One youth is chewing. The leader asks a question. What does he do first?
4. Scene 3: One youth wants the bread. He asks across the table. Use a polite word.
5. After each scene, the group claps for one thing the actor did well.

BLOCK 4 · SKILL PRACTICE **The conversation circle**

⌚ 12 min

1. Pair up. One youth talks for 30 seconds about one fun thing from his week.
2. The other youth looks at him. No phone. No looking away. No interrupting.
3. Switch. The listener now talks. The first one listens the same way.
4. After both have talked, the listener says one thing he remembers from his partner.
5. Teaching point: looking at the person talking is the move. The words come after.

BLOCK 5 · PHYSICAL **The courtesy walk**

⌚ 13 min

1. Line up at the start cone. The leader sets up a short path through the doorway.
2. Stop 1: Walk to the door. Hold it open for the next youth behind you.
3. Stop 2: Stand in line at the cone. Wait your turn. No pushing. No cutting.
4. Stop 3: Walk past a partner. Say 'excuse me' if you need him to move.
5. Run the path twice. The second time, the youth in front leads without the leader calling stops.

FIVE EVERYDAY MOVES (PAGE 2 OF 2)

THE HOUR — CONTINUED

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

⌚ 5 min

1. Stand in a circle. Each youth says: 'Tonight I will ____.' Just one of the five moves at home.
2. Group cheer: 'Five small moves!' Three times.
3. Homework: do the move you picked at dinner tonight. Tell your parent which one you tried.

AT THE CLOSE · DEBRIEF

1. Which of the five moves did you pick to try first today?
2. In the conversation circle, what is one thing you remember from your partner?
3. Where did you hold the door on the courtesy walk?

☒ *This is a Junior Saints preview session. No Etiquette 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 FIVE EVERYDAY MOVES

Five Everyday Moves

Print and hold up at the start. Read the five moves together before the table scenes.

ETIQUETTE · JUNIOR SAINTS CARD

Five everyday moves.

These small moves show respect at the table, in talk, and in public.

1 Napkin on your lap

At the table, put your napkin on your lap before you eat.

"Wipe your mouth with it. Not your sleeve."

2 Chew with your mouth closed

Take small bites. Close your lips while you chew.

"Finish chewing before you talk."

3 Look at the person talking

Turn your eyes and head toward the person who is speaking.

"Listen. Wait for a pause. Then say your part."

4 Hold the door

Look back as you go through. Hold the door for the next person.

"Even if you do not know them."

5 Wait your turn in line

Stand behind the last person. Do not cut. Do not push.

"Your turn comes. Wait for it."

Pick one move and do it well today. The rest get easier next.

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