

JUNIOR SAINTS ACTIVITY PLAN

AGES 7–11

FIRST AID

PHYSICAL CORE

Version 2026.1



Stop and Tell

Practice the first thing every helper does: stop, look, and tell a grown-up.

🕒 60 minutes · one session

🎯 WALK AWAY WITH

- Knows the stop-and-tell-an-adult rule and can say one part out loud.
- Has asked the three-question check on a partner and at a teddy bear.
- Has wrapped a bandage three times around a teddy bear's arm or leg.
- Knows that the grown-up is the helper and the Junior Saint is the runner.

📦 BRING / SET UP

- One teddy bear or stuffed animal per pair of Junior Saints
- Rolls of gauze and a small pile of clean cloth strips — enough for each youth to wrap one bandage
- A play 'phone' for each pair (a block, a card, or an old phone with the battery out)
- A water bottle for each Junior Saint
- Tape or chalk to mark a 'help' line on the floor where the grown-up stands

FOR THE LEADER

This is a Junior Saints preview of the **First Aid** 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.

STOP AND TELL (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 time he has helped someone who was hurt. Examples: a brother scraped his knee, mom got a paper cut, a friend fell off a bike. The leader goes last. Keep each turn short.

BLOCK 2 · SKILL PRACTICE **Stop and tell a grown-up**

⌚ 10 min

1. Sit in a circle. The leader holds up the help-card.
2. Rule 1: If someone is hurt, you stop. You do not run away.
3. Rule 2: You look around. Is it safe to step closer? If not, you stay back.
4. Rule 3: You tell a grown-up out loud. You say what happened.
5. Rule 4: The grown-up is the helper. You wait until he says what to do.
6. Each youth says one rule out loud. The leader picks who goes next.
7. Teaching point: a Junior Saint is the runner who gets the helper. That is the whole job.

BLOCK 3 · ROLEPLAY **The three-question check**

⌚ 13 min

1. Pair up. One youth is the hurt person. The other is the helper.
2. The hurt person sits on the floor and pretends to be sad.
3. The helper kneels down one arm out. He asks: 'Are you okay?'
4. Then he asks: 'Is anything bleeding?' Then: 'Can you stand up?'
5. After the three questions, the helper stands. He says: 'I will get a grown-up.'
6. He walks to the help line. He tells the leader what he heard.
7. Switch roles. The other youth is now the helper. Run it again.

BLOCK 4 · PHYSICAL **Wrap the teddy bear**

⌚ 15 min

1. Pair up. Each pair gets one teddy bear and one strip of cloth.
2. The leader names the hurt: 'the teddy bear scraped his arm.'
3. Hold the teddy bear still. One hand on the arm, one hand wrapping.
4. Wrap the cloth around the arm three times. Not too tight, not too loose.
5. Tuck the end under one of the loops. The bandage stays on.
6. Show the leader. He checks if you can fit one finger under the wrap.
7. Swap: the other youth wraps a leg with a fresh strip. Same way.

STOP AND TELL (PAGE 2 OF 2)

THE HOUR — CONTINUED

BLOCK 5 · ROLEPLAY **Call for help**

⌚ 10 min

1. Stay with your partner. Each pair gets one play phone.
2. The leader names a hurt: 'your brother fell down and his knee is bleeding.'
3. One youth holds the phone. He says: '9-1-1, my brother fell down.'
4. The leader (as the helper) asks two questions: 'Where are you?' and 'Is he awake?'
5. The youth answers both. He stays on the phone until the leader says go.
6. Swap roles. Run it one more time with a new hurt.
7. Teaching point: a Junior Saint only calls 9-1-1 if a grown-up is not there. Tell a grown-up first.

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

⌚ 7 min

1. Stand in a circle. Stretch your arms, back, and legs. Hold each for 15 seconds.
2. Drink water.
3. Each Junior Saint says: 'I asked ____.' Just one of the three questions.
4. Group cheer: 'Stop and tell!' Three times.
5. Homework: ask your parent where the bandages are at home. Tell her the three questions.

AT THE CLOSE · DEBRIEF

1. Which of the three questions was easiest to remember?
2. How many times did you wrap the cloth around the teddy bear?
3. Who is the helper if a grown-up is not there?

☑ *This is a Junior Saints preview session. No First Aid 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 AND TELL A GROWN-UP

The Three-Question Check

Print and hold up while the youth learn the three questions. Use it at the teddy-bear station.

FIRST AID · JUNIOR SAINTS CARD

Three questions before you run for help.

Kneel one arm out. Ask all three. Then stand and tell a grown-up.

1

Are you okay?

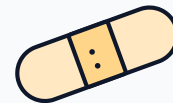
Wait for an answer. If he talks, that is good news.
If he does not answer, run for a grown-up right now.



2

Is anything bleeding?

Look at his hands, his knees, and his head.
If you see blood, do not touch it. Run for a grown-up.



3

Can you stand up?

If he can stand, walk with him to a grown-up.
If he cannot stand, do not pull him. Run and tell a grown-up.



AFTER ALL THREE

Stand up. Run. Tell a grown-up out loud.

Say what you saw. Say where the hurt person is.
The grown-up is the helper. The Junior Saint is the runner.

— RUN HERE —

Three questions. Then the grown-up. Every time.

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