

JUNIOR SAINTS ACTIVITY PLAN

AGES 7–11

FORESTRY

PHYSICAL CORE

Version 2026.1



Walk the Woods

Walk outside together and name the trees and sticks you find.

🕒 60 minutes · one session

🎯 WALK AWAY WITH

- Can name three trees by leaf and bark.
- Has sorted sticks into three thickness piles.
- Has counted rings on a tree round and said the age out loud.
- Has a leaf or rubbing to show his parent at home.

📦 BRING / SET UP

- A short outdoor route with at least three different kinds of trees (a yard, park, or churchyard works)
- A tree round or cut stump for ring counting — or a paper card with rings drawn on it
- Paper and crayons for each Junior Saint to make a leaf or bark rubbing
- A small paper bag for each Junior Saint to carry one leaf home
- A water bottle for each Junior Saint

FOR THE LEADER

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

WALK THE WOODS (PAGE 1 OF 2)

THE HOUR

BLOCK 1 · DISCUSSION **Opener — Welcome circle**

⌚ 5 min

Stand in a circle outside. Each Junior Saint says his name. Then he names one tree he has seen near his house. Examples: a pine tree, an apple tree, a big oak in the yard. The leader goes last. Keep each turn short.

BLOCK 2 · SKILL PRACTICE **Walk and name three trees**

⌚ 15 min

1. Walk in a line. The leader goes first. Stop at the first tree.
2. Look at the leaf. Is it a flat leaf or a pointy needle? Say it out loud.
3. Look at the bark. Is it smooth or rough? Touch it once with one finger.
4. The leader tells the name of the tree. Each youth says the name back.
5. Do the same at the next tree. Then at one more.
6. Teaching point: a forester names a tree by looking at the leaf and the bark.

BLOCK 3 · PHYSICAL **Sort the sticks**

⌚ 12 min

1. Walk along the path. Each youth picks up four sticks. No live branches off a tree.
2. Sit in a circle. Put your sticks in the middle.
3. Sort all the sticks into three piles: thin, middle, and thick.
4. Count the sticks in each pile. Say the numbers out loud.
5. The leader points at one thin stick: this would burn fast. One thick stick: this would burn slow.
6. Teaching point: a forester knows which wood does which job.

BLOCK 4 · SKILL PRACTICE **Count the rings**

⌚ 10 min

1. Sit in a tight circle. The leader holds up the tree round.
2. Point at the middle dot. That ring is when the tree was a baby.
3. Each youth counts one ring at a time, out loud, going outward.
4. The whole group says the last number together. That is how old the tree was.
5. Teaching point: every ring is one year the tree lived.

BLOCK 5 · CREATIVE **Leaf or bark rubbing**

⌚ 10 min

1. Each youth picks one leaf off the ground. No tearing leaves off a tree.
2. Lay the leaf flat under your paper. Rub the side of a crayon over it.
3. The shape of the leaf shows up on the paper.
4. Write the name of the tree under the rubbing. The leader spells it.
5. Put the leaf in your paper bag to show your parent.

WALK THE WOODS (PAGE 2 OF 2)

THE HOUR — CONTINUED

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

⌚ 8 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 can name the ___ tree.' Just one tree from today.
4. Group cheer: 'Walk the woods!' Three times.
5. Homework: show your parent the leaf in your bag. Tell her the name of the tree.

AT THE CLOSE · DEBRIEF

1. Which tree was your favorite? Tell the group the name.
2. How many sticks did you put in the thick pile?
3. How many rings did we count on the tree round?

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

HANDOUT 1 OF 1

FROM SESSION — COUNT THE RINGS

Read a Tree

Print and post so Junior Saints can read a tree by its rings, leaf, and bark.

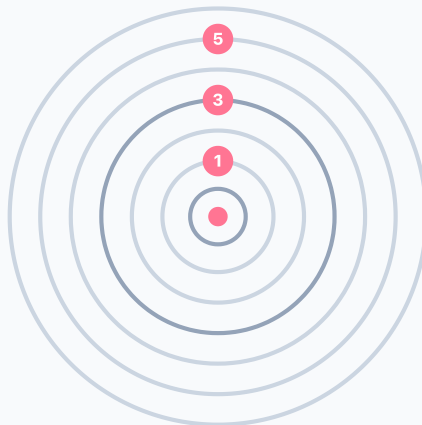
FORESTRY · JUNIOR SAINTS CARD

Count the rings and name the tree.

A stump shows its age. A leaf and bark show its name.

A tree stump, cut across

Rings on the left. Leaf and bark on the right.



Each ring = one year.
Count the rings to find its age.

Leaf



Bark



Name a tree by its
leaf and bark.

Three things to know

Say each one out loud at the stump.

- 1 Every ring is one year the tree lived.
- 2 A wide ring means a good, wet year.
- 3 Look at the leaf and bark to name a tree.

Find a stump outside and count its rings.

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