

JUNIOR SAINTS

ACTIVITY PLAN

AGES 7–11

FREE TRADE

INTELLECTUAL CORE

Version 2026.1



Both Sides Win

Try a real trade where both sides walk away happy.

🕒 60 minutes · one session

🎯 WALK AWAY WITH

- Has traded a small item with another Junior Saint and said yes out loud.
- Has told the group why both sides agreed to one trade.
- Knows three things people trade every day at the store.
- Can name one thing his family makes or buys from far away.

📦 BRING / SET UP

- A bag of small swap items, one per Junior Saint: a pencil, a sticker, a small candy, a paper clip, a hair tie, an eraser. Mix them up.
- A small piece of paper for each youth to write a wish on.
- A printed picture of one common item with a far-away part (a banana, a t-shirt, a toy car).
- Paper plates or a tape line to mark a YES corner and a NO corner.
- A pencil for each Junior Saint.

FOR THE LEADER

This is a Junior Saints preview of the **Free Trade** 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.

BOTH SIDES WIN (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 he has traded before. Examples: a sticker for a sticker, lunch food with a friend, a turn on a swing. The leader goes last. Keep each turn short.

BLOCK 2 · SKILL PRACTICE **Write one wish**

⌚ 10 min

1. Sit at the table. Each Junior Saint gets one small piece of paper.
2. Write down one thing you wish you had right now. A sticker, a snack, a small toy.
3. Fold the paper. Keep it in your pocket. The leader does this too.
4. The leader hands out one swap item to each youth. No looking yet.
5. Open your hand when the leader says GO. See what you got.
6. Teaching point: people trade because what they want is not what they have.

BLOCK 3 · ROLEPLAY **The swap floor**

⌚ 15 min

1. Stand up. You have five minutes to trade your item with any youth.
2. Both sides must say yes. If one says no, the trade does not happen.
3. After each trade, say out loud: 'I traded my ___ for his ___.'
4. You can trade as many times as you want. You can also keep what you have.
5. When the leader calls STOP, sit back down. Hold your last item.
6. Each youth says one sentence: 'I agreed because ___.'
7. Teaching point: a trade only happens when both sides expect to be happier after.

BLOCK 4 · PHYSICAL **Stand on YES or NO**

⌚ 10 min

1. Mark two spots a few steps apart: YES on one side, NO on the other.
2. The leader names one trade out loud. Walk to YES or NO. No talking.
3. Trade idea 1: I trade my pencil for your apple. Walk.
4. Trade idea 2: I trade my lunch for your old shoe. Walk.
5. Trade idea 3: I trade my sticker for your sticker. Walk.
6. After each one, ask one youth why he stood where he stood.
7. Teaching point: only fair trades make both sides walk to YES.

BOTH SIDES WIN (PAGE 2 OF 2)

THE HOUR — CONTINUED

BLOCK 5 · DISCUSSION **Where things come from**

⌚ 12 min

1. Sit in a circle. The leader holds up the picture of the banana, t-shirt, or toy car.
2. Ask: 'Was this made in our town?' Most are not.
3. Bananas grow in warm places far away. T-shirts often come from a country far away. Toy cars too.
4. Each youth names one thing in his home that came from far away. The leader helps if a youth gets stuck.
5. We trade with people far away because they can make things we cannot make as well.
6. Teaching point: we trade with people near and far. Both sides get what they could not make alone.

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

⌚ 8 min

1. Stand in a circle. Reach high. Touch your toes. Hold each for ten seconds.
2. Drink water.
3. Each Junior Saint says: 'I traded my __ for __.' Just the two items.
4. Group cheer: 'Both sides win!' Three times.
5. Homework: ask a parent about one thing your family bought this week. Where did it come from?

AT THE CLOSE · DEBRIEF

1. What item did you end up with at the end of the swap floor?
2. Which trade idea sent everyone to NO?
3. Tell me one thing in your home that came from far away.

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

What Makes a Fair Swap

Print and post so Junior Saints can see what makes a fair swap.

FREE TRADE · JUNIOR SAINTS CARD

A fair swap: both sides win.

Both want it. Both say yes. Both happier after.

1 Both want it

You want theirs. They want yours.

You trade your apple for his orange.

2 Both say yes

No one is forced. No one is tricked.

If one says no, the trade does not happen.

3 Both happier after

A fair trade leaves both sides better off.

You both walk away glad you said yes.

A trade is fair when both sides want it and both say yes.

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