

JUNIOR SAINTS ACTIVITY PLAN

AGES 7–11

FRONTIERSMAN

PHYSICAL CORE

Version 2026.1



Stack, Sift, Tie

Practice the first skills of the old frontier — stack a fire, sift water, tie a knot.

🕒 60 minutes · one session

🎯 WALK AWAY WITH

- Has named three frontier tools the leader held up.
- Has stacked a small teepee of kindling without it falling.
- Has poured cloudy water through a cloth strainer and watched it run clearer.
- Has tied one square knot with a partner.

📦 BRING / SET UP

- Three frontier tools for show only — a small axe (head wrapped), a closed pocket knife, a flint-and-steel set
- A small pile of dry kindling sticks and a few thumb-thick sticks for each pair (no matches, no fire)
- A pitcher of cloudy water (water with a spoon of dirt stirred in), a clean cloth, and an empty jar per pair
- Two short ropes (about three feet each) for every two Junior Saints
- A water bottle for each Junior Saint and a small towel for hand-drying

FOR THE LEADER

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

STACK, SIFT, TIE (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 a person on the old frontier had to do by hand. Examples: cook food, find water, build a fire, walk a long way. The leader goes last. Keep each turn short.

BLOCK 2 · SKILL PRACTICE **Three frontier tools — look, don't touch**

⌚ 10 min

1. Sit in a circle. The leader holds up the axe with the head wrapped.
2. The axe chops wood for the fire. Only an adult uses an axe.
3. The leader holds up the closed pocket knife. The knife cuts cord and shapes a stick. The blade stays in.
4. The leader holds up the flint-and-steel set. The flint makes a spark when struck by the steel. The spark starts a fire. We do not strike it today.
5. Ask each youth: which tool is which? Wait for short answers.
6. Teaching point: every frontier tool has one job. Knowing the job is the first step. Using it is for older Saints.

BLOCK 3 · PHYSICAL **Stack a teepee**

⌚ 15 min

1. Pair up. Each pair gets a pile of dry kindling sticks.
2. Pick three thumb-thick sticks. Stand them up so the tops touch. Make a tiny teepee.
3. Pick six thinner sticks. Lean them against the first three. Leave one gap as a door.
4. Step back. The teepee should stand on its own.
5. Wave a hand at the top. If your teepee falls, build it again.
6. Teaching point: real fire starts under the door of the teepee. Today we only stack. The older Saints light it.

BLOCK 4 · PHYSICAL **Sift the water**

⌚ 12 min

1. Pair up at a table. Each pair gets a pitcher of cloudy water, a clean cloth, and an empty jar.
2. Hold the cloth over the jar mouth. The other youth pours the cloudy water slowly through the cloth.
3. Watch the water come through. The cloth holds back the bits. The water in the jar looks clearer.
4. Pour the cleared water back into the pitcher. Lift the cloth and look at what stayed behind.
5. Switch jobs with your partner. Pour again.
6. Teaching point: this water is cleaner, not safe. Real drinking water gets boiled or treated. Today we only sift.

STACK, SIFT, TIE (PAGE 2 OF 2)

THE HOUR — CONTINUED

BLOCK 5 · SKILL PRACTICE Tie one knot

⌚ 10 min

1. Pair up. Each pair gets two short ropes. Each youth holds one rope end.
2. Cross your rope end over your partner's rope end. Tuck it under and pull tight. That is half a knot.
3. Now do it again the other way. Cross your end over, tuck it under, pull tight. That is the square knot.
4. Pull on both ropes. The knot should hold.
5. Untie. Tie it again three more times. Count out loud each time.
6. Teaching point: a square knot ties two ropes together. The old frontier ran on knots.

BLOCK 6 · REFLECTION Close — Stretch and cheer

⌚ 8 min

1. Stand in a circle. Reach up tall. Bend down slow. Hold each for 10 seconds.
2. Drink water. Dry your hands with the towel.
3. Each Junior Saint says: "I built ___." Just one thing you stacked, sifted, or tied.
4. Group cheer: "Stack, sift, tie!" Three times.
5. Homework: tell a parent the three frontier tools we saw today. Try to remember the name of each one.

AT THE CLOSE · DEBRIEF

1. How many sticks did you stand up first when you built the teepee?
2. What did the cloth catch when you poured the cloudy water?
3. Which two ends did you cross to start the square knot?

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

HANDOUT 1 OF 1

FROM SESSION — STACK A TEEPEE

Three Frontier Skills

Print and post so Junior Saints can do the three frontier skills.

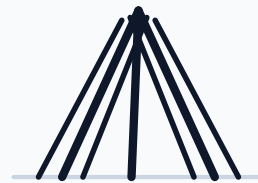
FRONTIERSMAN · JUNIOR SAINTS CARD

Three skills of the old frontier.

Three stations: stack a fire, sift the water, tie a knot. Do each one in turn.

1 Stack a fire

- Stand three sticks up so the tops touch.
- Lean six thin sticks on them. Leave a door.
- A leader lights it, not you.



2 Sift the water

- Hold a clean cloth over the jar mouth.
- Pour the cloudy water slowly through it.
- Cleaner, but do not drink it.



3 Tie a knot

- Cross your end over, tuck it under, pull tight.
- Do it again the other way. That is the knot.
- Pull both ropes. The knot should hold.



A leader lights the fire. The sifted water is not safe.

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