

JUNIOR SAINTS

ACTIVITY PLAN

AGES 7–11

GARDENING

PHYSICAL CORE

Version 2026.1



Seed, Soil, Water

Plant a real seed and learn the three parts of a plant.

🕒 60 minutes · one session

🎯 WALK AWAY WITH

- Has sorted three kinds of seeds by feel and size.
- Has named the root, stem, and leaf on a real plant.
- Has planted a bean seed in a paper cup with his own label.
- Has watered his cup and one other youth's cup with care.

📦 BRING / SET UP

- A paper or plastic cup with drainage holes for each Junior Saint
- A small bag of potting soil and a scoop
- Bean seeds (one or two per youth) plus a few sunflower and pumpkin seeds for the sort
- Popsicle sticks and a marker for each Junior Saint to label his cup
- A small watering can or pitcher and a tray to set the cups on

FOR THE LEADER

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

SEED, SOIL, WATER (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 that grows in a garden. Examples: a tomato, a carrot, a sunflower, a strawberry. The leader goes last. Keep each turn short.

BLOCK 2 · SKILL PRACTICE **Sort the seeds by feel**

⌚ 10 min

1. Pour a small pile of mixed seeds in front of each youth.
2. Pick up one seed at a time. Look at it. Feel it between your fingers.
3. Sort the pile into three groups: big, medium, small.
4. Hold up one big seed. Hold up one small seed. Tell the group which is which.
5. Teaching point: every seed grows into the plant it came from. The shape tells you what to plant where.

BLOCK 3 · PHYSICAL **The three plant parts**

⌚ 10 min

1. Stand by a real plant the leader brought — a small pot of basil, a weed in a clump of dirt, or a houseplant.
2. Point to the root. The root sits in the soil and drinks water.
3. Point to the stem. The stem stands up and holds the plant tall.
4. Point to the leaf. The leaf catches sunlight and feeds the plant.
5. Each youth touches the root, stem, and leaf one at a time. Wipe your hand after.
6. Teaching point: three parts. Three jobs. Every plant has all three.

BLOCK 4 · PHYSICAL **Plant a bean**

⌚ 18 min

1. Each youth gets one cup, one popsicle stick, and one bean seed.
2. Scoop soil into your cup. Fill it three-quarters of the way up.
3. Push your finger into the soil to the second knuckle. Make a small hole.
4. Drop the bean seed in the hole. Push the soil back over it. Pat the top flat.
5. Write your name on the popsicle stick. Stick it in the side of the cup.
6. Set your cup on the tray. The cup goes home with you today.

BLOCK 5 · PHYSICAL **Water and tend**

⌚ 10 min

1. Line up at the watering can. Each youth gets a small pour.
2. Tip the can slowly over your cup. Stop when the soil looks dark and wet.
3. Walk to the youth on your left. Water his cup too. Use the same slow pour.
4. Stand back and look at all the cups on the tray. Each one is a start.
5. Teaching point: a seed needs water every day. Skip a day and the seed dries out.

SEED, SOIL, WATER (PAGE 2 OF 2)

THE HOUR — CONTINUED

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

⌚ 7 min

1. Stand in a circle. Reach up like a tall sunflower. Bend down like a root. Hold each for 10 seconds.
2. Wash the soil off your hands at the sink.
3. Each Junior Saint says: "My seed is a ____." Just the seed name.
4. Group cheer: "Water every day!" Three times.
5. Homework: water your cup every morning this week. Show your parent the first green leaf when it pokes up.

AT THE CLOSE · DEBRIEF

1. What three parts does every plant have?
2. How deep did you push your finger into the soil?
3. Whose cup did you water besides your own?

☒ *This is a Junior Saints preview session. No Gardening 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 THREE PLANT PARTS

The Three Plant Parts

Print and post so Junior Saints can see the three parts of a plant.

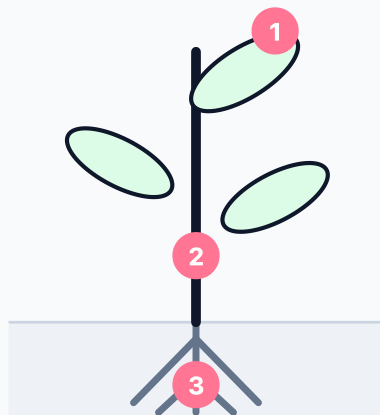
GARDENING · JUNIOR SAINTS CARD

Every plant has three parts.

Root, stem, leaf. Each one has its own job.

The three plant parts

Three parts. Three jobs. Every plant has all three.



1 Leaf

Catches sunlight. Makes food.

2 Stem

Holds the plant up tall.

3 Root

Drinks water from the soil.

Plant a bean in a cup

Four steps. The cup goes home with you.

- 1 Fill a cup with soil, almost to the top.
- 2 Poke a hole with your finger, one knuckle deep.
- 3 Drop in one bean. Cover it and pat it flat.
- 4 Water it and set it in the sun. Check it each day.

Water your plant a little every day. That is how it grows.

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