

JUNIOR SAINTS ACTIVITY PLAN

AGES 7–11

HABITS OF THE HOUSEHOLD

SOCIAL CORE

Version 2026.1



The House Runs on Small Jobs

Practice the small daily jobs that keep a home in order.

⌚ 60 minutes · one session

🕒 WALK AWAY WITH

- Has matched three mixed-up items to their right place out loud.
- Has made a bed with a partner, corners pulled tight.
- Has sorted and folded real laundry into four piles.
- Has written a morning card with four small jobs to do at home.

📦 BRING / SET UP

- A small open space (room) with a folding table and a few chairs
- Three labeled boxes or baskets (one each: shoes, books, dishes) and three mixed-up items the leader brings
- Two flat sheets and one pillow (the leader brings a small mattress pad or a folded blanket as the bed)
- A tub of clean mixed laundry (10–15 items: socks, shirts, washcloths, towels) and a stack of folded examples to copy
- A blank index card and a pencil for each Junior Saint

FOR THE LEADER

This is a Junior Saints preview of the **Habits of the Household** 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.

THE HOUSE RUNS ON SMALL JOBS (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 job he does at home every day. Examples: feed the dog, put my shoes away, brush my teeth, set the table. The leader goes last. Keep each turn short.

BLOCK 2 · SKILL PRACTICE **Three things, three places**

⌚ 10 min

1. The leader sets out three labeled boxes: shoes, books, dishes. He sets three mixed-up items on the floor.
2. One youth at a time picks an item. He carries it to the right box. He says where it goes out loud.
3. When all three are placed, the leader scrambles them again. The next youth takes a turn.
4. Teaching point: things have places. When everything has a place, the house finds itself in five minutes, not fifty.

BLOCK 3 · PHYSICAL **Make the bed**

⌚ 12 min

1. Pair up. The leader shows the steps once: bottom sheet, top sheet, smooth the corners, pillow on top.
2. Each pair makes the bed together. One youth on each side. Pull the sheet tight at the corners.
3. Smooth the top sheet so it has no big wrinkles. Set the pillow at the head end.
4. Step back. Look at it together. Fix any one corner that still looks bunched up.
5. Switch with the next pair. Each pair runs it once.

BLOCK 4 · SKILL PRACTICE **Sort and fold**

⌚ 15 min

1. The leader dumps the tub of clean laundry in the middle of the circle.
2. Sort first. Make four piles together: socks, shirts, washcloths, towels.
3. The leader holds up the folded example. Each youth folds two items the same way.
4. Match the socks in pairs. Roll each pair together so they stay matched.
5. Stack each pile neatly. Step back when your pair is done.

BLOCK 5 · CREATIVE **Write your morning card**

⌚ 10 min

1. Sit down with the index card and a pencil.
2. Write four jobs you can do every morning before you leave the house.
3. Keep them small and real. Examples: make my bed, brush my teeth, put my pajamas away, pack my bag.
4. Number them 1, 2, 3, 4 in the order you will do them.
5. Show your card to the youth sitting next to you. Read his card too.

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THE HOUR — CONTINUED

BLOCK 6 · REFLECTION **Close — Cheer and homework**

⌚ 8 min

1. Stand in a circle. Each youth says: 'Tomorrow morning I will ____.' Just job number one on his card.
2. Group cheer: 'Small jobs, every day!' Three times.
3. Homework: do the four jobs on your card every morning this week. Tape the card by your bed.

AT THE CLOSE · DEBRIEF

1. Which job did you write as number one on your morning card?
2. In the make-the-bed pair, which corner was hardest to pull tight?
3. Which pile in the laundry sort had the most items?

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

HANDOUT 1 OF 1

FROM SESSION — THREE THINGS, THREE PLACES

Small Daily Jobs

Print and post so Junior Saints can do the four daily jobs.

HABITS OF THE HOUSEHOLD · JUNIOR SAINTS CARD

Small jobs keep a home in order.

Four jobs you can do at home. Do them every day.

1 Make your bed

Pull the sheet tight. Smooth the top. Pillow at the head.

Do it first, right after you get up.

2 A place for everything

Put each thing back where it goes when you are done.

Put things in their spots so you find them next time.

3 Sort and fold

Make piles first: socks, shirts, towels. Then fold each pile.

Match the socks in pairs so they stay together.

4 Clear your spot

After a meal or play, tidy the place where you were.

Leave it the way you found it.

Do one job at a time. Do it every day.

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