

JUNIOR SAINTS

ACTIVITY PLAN

AGES 7–11

HANDYMAN

PHYSICAL CORE

Version 2026.1



Tighten, Tap, Tape

Practice the first skills of a fix-it helper — pick the right tool and use it.

🕒 60 minutes · one session

🎯 WALK AWAY WITH

- Has named four hand tools and what each one does.
- Has tightened a loose screw with a screwdriver.
- Has tapped a nail into a soft wood block.
- Has wrapped painter's tape around an inside corner.

📦 BRING / SET UP

- Safety glasses for every youth and the leader
- A tray with four tools: a small wrench, a Phillips screwdriver, a small hammer, a roll of painter's tape
- A scrap softwood block and two short nails (1.5 inch) per pair
- A board with two loose Phillips screws started by the leader, one per youth
- A spare piece of trim, picture frame, or any inside corner to tape, one per pair

FOR THE LEADER

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

TIGHTEN, TAP, TAPE (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 in his house that broke and got fixed. Examples: a door, a chair leg, a toy, a light bulb. The leader goes last. Keep each turn short.

BLOCK 2 · SKILL PRACTICE **Four tools on the tray**

⌚ 10 min

1. Sit in a circle. The leader sets the tray in the middle.
2. Hold up each tool one at a time: wrench, screwdriver, hammer, painter's tape.
3. Wrench turns a nut. Screwdriver turns a screw. Hammer drives a nail. Tape covers a clean edge.
4. Pass each tool around the circle. Each youth holds it once.
5. Safety: put on your safety glasses now. Wear them the rest of the hour.
6. Teaching point: the right tool makes the job easy. The wrong tool makes the job hurt.

BLOCK 3 · SKILL PRACTICE **Tighten a loose screw**

⌚ 12 min

1. Each youth gets the board with one loose screw started by the leader.
2. Pick up the Phillips screwdriver. Match the cross-shape on the tip to the cross on the screw head.
3. Push down hard. Turn the handle to the right. Right makes it tight.
4. Turn slowly. Count five turns out loud.
5. Try to wiggle the screw. If it still moves, give it three more turns.
6. Teaching point: "righty tighty, lefty loosey." Say it out loud each time you turn a screw.

BLOCK 4 · PHYSICAL **Tap a nail**

⌚ 15 min

1. Pair up. One youth holds the soft wood block flat on the floor or table. The other gets the hammer.
2. Set the nail point-down on the wood. Hold the nail near the top with two fingers.
3. Tap two or three light times to start it. Move your fingers away.
4. Now swing the hammer down on the nail head. Short swings, not hard ones.
5. Stop when the nail head meets the wood. Switch roles with your partner.
6. Safety: keep your free hand away from the nail head once it stands on its own.

TIGHTEN, TAP, TAPE (PAGE 2 OF 2)

THE HOUR — CONTINUED

BLOCK 5 · SKILL PRACTICE **Tape a corner**

⌚ 10 min

1. Pair up at a corner piece. One youth holds the corner. The other has the tape.
2. Pull off a short strip of painter's tape. Press one end flat on the corner.
3. Run the tape along the inside edge. Press it down as you go.
4. Stop at the end. Tear the tape against the roll edge.
5. Switch jobs with your partner. Tape the other side of the same corner.
6. Teaching point: painters tape the edge so the paint stops in a clean line.

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

⌚ 8 min

1. Stand in a circle. Shake out your hands. Roll your shoulders back. Hold each for 10 seconds.
2. Take off your safety glasses. Set them back on the tray.
3. Each Junior Saint says: "I fixed ___." Just one thing you did today.
4. Group cheer: "Righty tighty!" Three times.
5. Homework: walk your house with a parent. Find one loose screw or a corner that needs tape. Tell him what tool you would use.

AT THE CLOSE · DEBRIEF

1. Which way do you turn a screw to make it tight?
2. How many nail taps did it take to start the nail?
3. Where on the corner did you press the tape down first?

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

HANDOUT 1 OF 1

FROM SESSION — FOUR TOOLS ON THE TRAY

Four Tools and Their Jobs

Print and post so Junior Saints can see the four tools.

HANDYMAN · JUNIOR SAINTS CARD

Four tools. Know each job.

Pick the right one and the work goes easy.

1 Wrench

A wrench turns a nut to make it tight.

Fit the jaws snug on the nut before you turn.

2 Screwdriver

A screwdriver turns a screw in or out.

Righty tighty, lefty loosey.

3 Hammer

A hammer drives a nail into the wood.

Short swings on the nail head, not hard ones.

4 Painter's tape

Tape covers an edge so paint stops clean.

Press it flat along the edge as you go.

Know what each tool does before you pick it up.

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