

JUNIOR SAINTS

# ACTIVITY PLAN

AGES 7–11

## HIKING

### PHYSICAL CORE

Version 2026.1



## Pack, Walk, Watch

*Pack the six things every hiker carries and walk a loop together.*

🕒 60 minutes · one session

#### 🎯 WALK AWAY WITH

- Has named six things every hiker packs.
- Has loaded a small bag with three of the six.
- Has walked a marked loop at a steady speed with the group.
- Has stopped, looked, and listened at three points on the trail.

#### 📦 BRING / SET UP

- A small backpack or tote bag for each Junior Saint
- One sample of each of the six basics for show-and-tell: water bottle, snack, hat or sunscreen, whistle, bandage, flashlight
- A water bottle and a small snack for each Junior Saint to carry
- Three cones or markers to set as Stop-Look-Listen points along the loop
- A simple paper map of the loop drawn by the leader before the session

#### FOR THE LEADER

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

## PACK, WALK, WATCH (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 would bring on a long walk outside. Examples: water, a snack, a hat, a flashlight. The leader goes last. Keep each turn short.

BLOCK 2 · SKILL PRACTICE **The six things every hiker packs**

⌚ 10 min

1. Sit in a circle. The leader holds up the six items one at a time.
2. Water bottle. Snack. Hat or sunscreen. Whistle. Bandage. Flashlight.
3. Ask the youth what each item is and what it does. Wait for short answers.
4. Three more nice-to-have items: a map, a jacket, a small light. The leader names them but does not pass them around.
5. Teaching point: six is the number to remember. The older Saints learn the four extras later.

BLOCK 3 · SKILL PRACTICE **Load your pack**

⌚ 10 min

1. Hand each Junior Saint a small backpack or tote bag.
2. Each youth puts in three things: a water bottle, a snack, a hat or a bandage.
3. Zip or tie the bag closed. Put it on your back.
4. Shake the bag side to side. Nothing should fall out.
5. Safety: a heavy bag pulls you over. If your bag is too heavy, take one thing out.
6. Teaching point: pack what you need. Carry what you packed.

BLOCK 4 · PHYSICAL **Walk the loop**

⌚ 18 min

1. Line up single file. The leader goes first. The slowest youth walks just behind the leader.
2. Walk at a steady speed. No running. Watch the youth in front of you.
3. Stop at the first cone. Everyone stands still. Look around. Name one thing you see.
4. Walk to the second cone. Stand still. Close your eyes. Name one thing you hear.
5. Walk to the third cone. Stand still. Take three slow breaths. Name one smell.
6. Walk back to the start. Same single-file rule.

BLOCK 5 · PHYSICAL **Snack and trail-watch**

⌚ 10 min

1. Sit in a circle near the start. Take your pack off. Set it in front of you.
2. Open your bag. Eat your snack. Drink your water.
3. Each youth points back along the trail and names one thing he passed.
4. The leader holds up the paper map. Trace the loop with one finger.
5. Teaching point: a hiker pays attention to the trail. He sees what most people miss.

## PACK, WALK, WATCH (PAGE 2 OF 2)

## THE HOUR — CONTINUED

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

⌚ 7 min

1. Stand in a circle. Stretch your legs, arms, and back. Hold each for 15 seconds.
2. Drink the rest of your water.
3. Each Junior Saint says: "I saw \_\_\_ on the walk." Just one thing.
4. Group cheer: "Walk far, watch close!" Three times.
5. Homework: ask your parent to take you on a 20-minute walk this week. Pack three things in a bag before you leave.

## AT THE CLOSE · DEBRIEF

1. What three things did you put in your pack today?
2. What did you hear when you closed your eyes at the second stop?
3. How many cones did the leader set out on the loop?

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

HANDOUT 1 OF 1

FROM SESSION — WALK THE LOOP

## Watch the Loop

Print and use to set up the watch-the-loop trail walk.

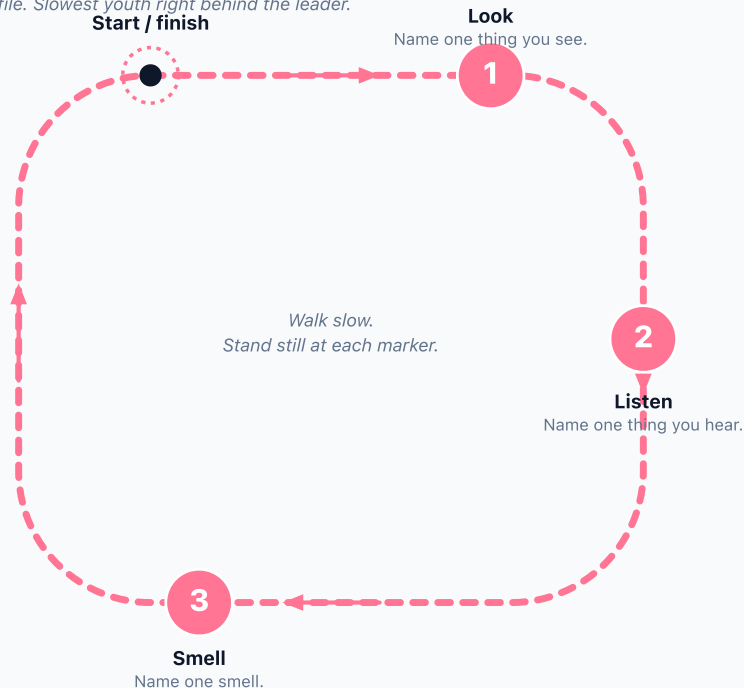
### HIKING · JUNIOR SAINTS CARD

## Walk the loop. Watch the trail.

Stop at each marker. Use your eyes, ears, and nose.

#### Top-down view

One loop. Single file. Slowest youth right behind the leader.



At each marker, do one thing:

**1****Look with your eyes.**

Name one thing you see.

**2****Listen with your ears.**

Name one thing you hear.

**3****Smell the air.**

Name one smell.

Walk slow and quiet. Stop at each marker and name one thing.

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