

JUNIOR SAINTS

ACTIVITY PLAN

AGES 7–11

JUST SERVE

SOCIAL CORE

Version 2026.1



Find a Need, Meet a Need

Practice spotting small needs and doing the small job that fixes them.

🕒 60 minutes · one session

🎯 WALK AWAY WITH

- Has named five small needs that come up at home every week.
- Has spotted real needs in a room and fixed one with a partner.
- Has picked one need at his own home to meet this week.
- Has said out loud what he will do, so the leader can follow up.

📦 BRING / SET UP

- A small open space (a room) the leader can set up with five small needs in advance
- Five everyday props for the room setup: a stack of books, a folded blanket, two cushions, a small basket of pencils, three chairs to align
- A blank sheet of paper and a pencil for each Junior Saint
- A clipboard or hard surface for each Junior Saint to write on
- A small bell or clicker for the leader to call the group back together

FOR THE LEADER

This is a Junior Saints preview of the **Just Serve** 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.

FIND A NEED, MEET A NEED (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 time someone helped him this week. Examples: my mom packed my lunch, my friend gave me a pencil, my brother fixed my bike. The leader goes last. Keep each turn short.

BLOCK 2 · SKILL PRACTICE **Five needs around us**

⌚ 10 min

1. Sit down. As a group, name five small needs that come up at home every week.
2. Examples: dishes in the sink, trash bag full, toys on the floor, baby crying, dog water empty.
3. Each youth writes down two of the five needs on his paper. Short words are fine.
4. Go around the circle. Each youth reads one of his two out loud.
5. Teaching point: a need is something a person could use help with right now. Service is what you do about it.

BLOCK 3 · PHYSICAL **Walk the room — spot the needs**

⌚ 12 min

1. The leader has already set the room with five small needs: books in a pile, a blanket on the floor, cushions out of place, pencils scattered, chairs out of line.
2. Walk the room slowly. Do not touch anything yet. Just look.
3. When you spot a need, raise your hand. Whisper it to the leader so the next youth still has to find it.
4. After three minutes, sit back down. The leader names the five needs out loud.
5. Teaching point: a need you can see is a need you can fix.

BLOCK 4 · PHYSICAL **Meet the needs**

⌚ 15 min

1. Pair up. The leader gives each pair one of the five needs in the room.
2. Go to your need together. Talk for ten seconds about what would fix it.
3. Fix it together. Books in a neat stack. Blanket folded. Cushions on the couch. Pencils back in the basket. Chairs in a row.
4. Step back when your pair is done. Look at the room together.
5. No racing. The point is to do each small job well, not first.

BLOCK 5 · SKILL PRACTICE **Three needs at home**

⌚ 13 min

1. Sit back in a circle. Each youth thinks of three needs at his own home right now.
2. Write them down. Small and real. Out of toilet paper. Dishwasher full. Little sister sad.
3. Pick one. Circle it. That is your need this week.
4. Each youth says his one need out loud and what he will do to fix it.
5. The leader writes them all down so he can check in next time.

FIND A NEED, MEET A NEED (PAGE 2 OF 2)

🔧 THE HOUR — CONTINUED

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

🕒 5 min

1. Stand in a circle. Each youth says: 'This week I will ____.' Just the one need he picked.
2. Group cheer: 'Find it, fix it!' Three times.
3. Homework: meet the need at home this week. Tell your parent or guardian what you did.

🗨 AT THE CLOSE · DEBRIEF

1. Which of the five room needs did your pair fix?
2. What is the one need you picked at your own home for this week?
3. Which need on the group list felt the easiest to spot?

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

HANDOUT 1 OF 1

FROM SESSION — FIVE NEEDS AROUND US

Five Needs to Spot

Print and post so Junior Saints can spot small needs to help with.

JUST SERVE · JUNIOR SAINTS CARD

Spot a need. Meet a need.

A need is something a person could use help with.

1 Dishes in the sink

When dishes pile up, the sink gets full.

Carry your plate to the counter when you are done.

2 Trash bag full

When the bag is full, it cannot hold more.

Tie it shut and ask a grown-up where it goes.

3 Toys on the floor

Toys on the floor can trip a person walking by.

Pick them up and put them where they go.

4 Baby crying

A crying baby needs help right away.

Go tell a grown-up. They will know what to do.

5 Dog water empty

An empty bowl means the dog has no water.

Fill the bowl with clean water.

Look around your home. When you see a small need, do the small job.

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