

JUNIOR SAINTS

ACTIVITY PLAN

AGES 7–11

LAW AND ORDER

INTELLECTUAL CORE

Version 2026.1



Rules Keep It Fair

Try a game with no rules. Then try the same game with rules.

🕒 60 minutes · one session

🎯 WALK AWAY WITH

- Has played one round of a game with no rules and named one thing that went wrong.
- Has named three rules that made the next round fair.
- Has run a tiny fair hearing as the speaker or the listener.
- Knows three jobs that help keep the peace.

📦 BRING / SET UP

- An open space to play tag (a yard, a gym, or a big room).
- A whistle for the leader.
- Two cones or pieces of tape to mark a SAFE base.
- A small notepad and a pencil for the leader to write rules on.
- A printed card with the three rules of a fair hearing.

FOR THE LEADER

This is a Junior Saints preview of the **Law and Order** 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.

RULES KEEP IT FAIR (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 rule he has at home or at school. Examples: no shoes on the couch, raise your hand, wait your turn, no hitting. The leader goes last. Keep each turn short.

BLOCK 2 · PHYSICAL **Tag with no rules**

⌚ 10 min

1. Tell the group: we are going to play tag. No rules. Just tag.
2. Blow the whistle. Play for two minutes. The leader watches but does not stop play.
3. Blow the whistle again. STOP. Sit on the ground.
4. Ask: what went wrong? Take three answers. No yelling out — hands up.
5. Common answers: pushing, hard tags, no safe spot, no end. Write them down.
6. Teaching point: with no rules, the strongest youth wins. That is not fair.

BLOCK 3 · PHYSICAL **Tag with three rules**

⌚ 12 min

1. The leader reads the three new rules out loud.
2. Rule 1: Tag with two fingers on the back. No pushing.
3. Rule 2: This cone is the SAFE base. No tags inside it.
4. Rule 3: When the whistle blows, STOP. Sit down right there.
5. Play again for three minutes. The leader blows the whistle to start and to stop.
6. Sit in a circle. Ask: was this round more fair? Take three answers.
7. Teaching point: good rules let everyone play. They do not give the strongest youth the win.

BLOCK 4 · ROLEPLAY **A tiny fair hearing**

⌚ 15 min

1. Pair up. One youth is the speaker. The other is the listener.
2. The leader holds up the rules card. Read the three rules of a fair hearing.
3. Rule 1: Each side gets to talk. No talking over.
4. Rule 2: The listener says back what he heard. Then he can answer.
5. Rule 3: A grown-up helps if the two sides do not agree.
6. Try it: the speaker tells about a small fight he had with a brother or friend. Two minutes.
7. The listener says back what he heard in one sentence. Then he says what he would do.
8. Switch. The listener becomes the speaker. Two minutes.
9. Teaching point: a fair hearing means each side gets to tell his story.

RULES KEEP IT FAIR (PAGE 2 OF 2)

THE HOUR — CONTINUED

BLOCK 5 · DISCUSSION **Three jobs that keep the peace**

⌚ 10 min

1. Sit in a circle. The leader names three jobs that help keep the peace.
2. Job 1: A police officer. He helps people who are hurt. He stops a fight.
3. Job 2: A judge. He listens to both sides. He says what is fair.
4. Job 3: A lawyer. He helps a person tell his side the right way.
5. Each youth picks one of the three. Say: 'I would pick ___ because ___.'
6. Teaching point: these jobs are hard. They help our town stay safe.

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

⌚ 8 min

1. Stand in a circle. Reach high. Shake out your arms. Hold each stretch for ten seconds.
2. Drink water.
3. Each Junior Saint says: 'My favorite rule today was ___.' Just one rule.
4. Group cheer: 'Fair for all!' Three times.
5. Homework: tell a parent one rule we used today. Ask him for one rule he has at work.

AT THE CLOSE · DEBRIEF

1. What went wrong in the no-rules round of tag?
2. Which rule made the second round of tag more fair?
3. What did your partner tell you about in the fair hearing?

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

HANDOUT 1 OF 1

FROM SESSION — A TINY FAIR HEARING

Three Rules of a Fair Hearing

Print and hold up while the pairs try the fair hearing.

LAW AND ORDER · JUNIOR SAINTS CARD

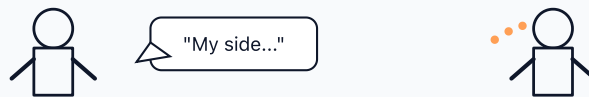
A fair hearing has three rules.

Each side gets to talk. Each side gets to be heard. A grown-up helps.

1 Each side gets to talk.

Take turns. No talking over.

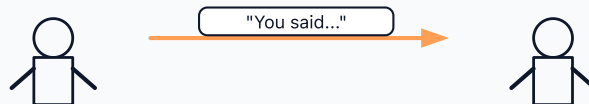
One youth tells his side. The other youth waits.



2 Say back what you heard.

The listener says back the other side in one sentence.

Then he can give his own answer.



3 A grown-up helps if you cannot agree.

A parent, a leader, or a judge listens to both sides.

He helps both youth find what is fair.



Each side gets to talk. Each side gets to be heard. That is how a fair hearing works.

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