

JUNIOR SAINTS

ACTIVITY PLAN

AGES 7–11

LIVING THE GOSPEL

SPIRITUAL CORE

Version 2026.1



Small Choices

Five small choices a day. Pick one to practice this week.

🕒 60 minutes · one session

🕒 WALK AWAY WITH

- Has walked the five-moments loop and named the right choice at each spot.
- Has acted out three small-choice scenes with another Junior Saint.
- Has picked one habit and written when, where, and with whom he will do it.
- Knows one specific thing he will practice with a parent this week.

📦 BRING / SET UP

- Five spots marked around the room (cones, chairs, or pieces of tape)
- A pencil and a piece of paper for each Junior Saint
- Space to stand in a small circle for the close
- Water bottles
- A short list of three scenes the leader will read aloud

FOR THE LEADER

This is a Junior Saints preview of the **Living the Gospel** 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.

SMALL CHOICES (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 today he had to choose between an easy thing and the right thing. Examples: brushing teeth when tired, sharing the last cookie, telling the truth about a broken cup. The leader goes last. Keep each turn short.

BLOCK 2 · PHYSICAL **Five moments walk**

⌚ 12 min

1. Set up five spots around the room before the session. Spots can be cones, chairs, or pieces of tape.
2. The group walks from spot to spot together. The leader names one moment at each.
3. Spot 1: you are tired and you want to skip your prayer.
4. Spot 2: your brother or sister is bugging you.
5. Spot 3: you said you would help with chores and now you do not want to.
6. Spot 4: a friend asks you to do something your parents said no to.
7. Spot 5: you broke something and nobody saw.
8. At each spot, one youth says out loud what the right choice would be. Then walk to the next.

BLOCK 3 · ROLEPLAY **Act out three scenes**

⌚ 18 min

1. Pair up. The leader reads each scene out loud. Two Junior Saints act it out in front of the group.
2. Scene 1: A brother takes your toy without asking. You feel angry. Show the easy thing, then show the right thing.
3. Scene 2: Mom asks you to set the table. You are halfway through a game. Show how to answer kindly.
4. Scene 3: You told a friend you would help him clean up. You forgot. He sees you the next day. Show what you say.
5. After each scene, the group says one thing the actors did well.
6. Teaching point: small choices add up. The right one is usually a little harder in the moment.

BLOCK 4 · CREATIVE **Pick one habit for this week**

⌚ 10 min

1. Sit with paper and a pencil. Pick one small habit to practice this week.
2. Keep it small and real. Pick something you can do every day.
3. Examples: "Pray with my mom or dad at bedtime." "Help with one chore without being asked." "Say sorry first when I get in a fight with my sister."
4. Write it down. Draw a picture next to it if you want.
5. Each Junior Saint shows what he wrote to the group.

SMALL CHOICES (PAGE 2 OF 2)

THE HOUR — CONTINUED

BLOCK 5 · SKILL PRACTICE **Tell your partner when**

⌚ 10 min

1. Pair up. Each youth tells his partner three things: when he will do his habit, where he will do it, and with whom.
2. Example: "I will pray with my dad at bedtime, in my room, on a school night."
3. Partner asks one question: 'What if you forget on a busy day?'
4. Each youth answers in one sentence. Examples: "I will set a sticky note on my mirror." "My mom can remind me."
5. Switch roles. The other youth goes through his three things.
6. Teaching point: a habit you say out loud to someone is harder to skip.

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

⌚ 5 min

1. Stand in a circle. Stretch your arms and back. Hold each for 10 seconds.
2. Drink water.
3. Each Junior Saint says: 'This week I will ____.' Just the one habit he picked.
4. Group cheer: 'Small choices add up!' Three times.
5. Homework: do your one habit this week. Tell your parent or guardian when you did it.

AT THE CLOSE · DEBRIEF

1. Which of the five spots on the walk was closest to a real moment for you?
2. What one habit did you pick to practice this week?
3. What did your partner ask you in the 'tell your partner when' pair-up?

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

Five Small Choices

Print and post so Junior Saints can see the five small choices.

LIVING THE GOSPEL · JUNIOR SAINTS CARD

Five small choices, every day.

Each day has moments like these. The right one is harder.

1 You're tired at night.

Say your prayer anyway. Even a short one counts.

"Thank you for today. Help me sleep well."

2 A brother or sister bugs you.

Walk away or ask for space. Don't hit back.

"Please stop. I need a minute."

3 You said you'd help with chores.

Do it now, even if you don't want to.

Finish the job, then go play.

4 A friend asks you to break a rule.

Say no. Pick something else to do together.

"My mom said no. Let's do this instead."

5 You broke something. Nobody saw.

Tell a grown-up. Tell the truth first.

"I broke this. I'm sorry. I'll help fix it."

Pick one to practice this week.

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