

JUNIOR SAINTS ACTIVITY PLAN

AGES 7–11

MUSIC

INTELLECTUAL CORE

Version 2026.1



Listen and Play

Hear the five families of music. Then make some yourself.

⌚ 60 minutes · one session

🎯 WALK AWAY WITH

- Has clapped back five short rhythms with the group.
- Can name the five families of music when shown a picture.
- Has sung one short song with the group.
- Has played one sound on a real instrument.

📦 BRING / SET UP

- Five real instruments to show, one from each family if you can: a small drum, a guitar or ukulele, a flute or recorder, a trumpet or kazoo, a piano or a keyboard app.
- A printed card with the five families of music for the leader to hold up.
- A short song every youth knows: 'Twinkle Twinkle,' 'I Am a Child of God,' or 'You Are My Sunshine.'
- A clear space to sit in a circle.
- Water for each Junior Saint.

FOR THE LEADER

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

LISTEN AND PLAY (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 song he likes to sing. Examples: a church song, a school song, a song his mom plays in the car, the ABC song. The leader goes last. Keep each turn short.

BLOCK 2 · SKILL PRACTICE **Clap back the rhythm**

⌚ 10 min

1. Sit in a circle. The leader claps a short rhythm. Five claps.
2. The group claps the same rhythm back. Listen first, then clap.
3. Try a new one. The leader claps. Wait. Then the group claps back.
4. Try five rhythms in a row. Some are slow. Some are fast.
5. Now one Junior Saint claps a rhythm. The group claps it back.
6. Teaching point: rhythm is the steady beat under every song. We start with it.

BLOCK 3 · DISCUSSION **The five families of music**

⌚ 15 min

1. Sit in a circle. The leader holds up the card.
2. Family 1: STRINGS. Pluck or bow a string. Show the guitar or ukulele.
3. Family 2: WIND. Blow air through a tube. Show the flute or recorder.
4. Family 3: BRASS. Buzz your lips into a tube. Show the trumpet or kazoo.
5. Family 4: PERCUSSION. Hit or shake. Show the drum.
6. Family 5: KEYBOARD. Press a key. Show the piano or app.
7. Play one short sound on each one. Each Junior Saint names the family.
8. Teaching point: every song you have ever heard came from one of these five.

BLOCK 4 · PHYSICAL **Play a sound**

⌚ 12 min

1. Set out the five instruments on a table. The leader stands behind.
2. Line up. One youth at a time, walk up and pick one instrument.
3. Play one sound on it. The leader helps you hold it right.
4. Say out loud: 'This is a ___. It is in the ___ family.'
5. Sit back down. The next youth goes.
6. When every youth has tried one, switch. Pick a new family this time.
7. Safety: hold the instrument with two hands. Put it down gently.

LISTEN AND PLAY (PAGE 2 OF 2)

THE HOUR — CONTINUED

BLOCK 5 · CREATIVE **Sing one song together**

⌚ 10 min

1. Stand in a circle. The leader names the song. Everyone knows the words.
2. Sing it through once at a slow speed. The leader sings the loudest.
3. Sing it again. This time try to match each other. Listen as you sing.
4. Try it soft. Then try it loud.
5. Try it with claps on every beat.
6. Teaching point: singing together is one of the oldest things people do.

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

⌚ 8 min

1. Stand in a circle. Roll your shoulders. Shake out your hands. Hold each for ten seconds.
2. Drink water.
3. Each Junior Saint says: 'I played the __.' Just the family name.
4. Group cheer: 'Listen and play!' Three times.
5. Homework: sing one song to a parent before bed this week.

AT THE CLOSE · DEBRIEF

1. Which family of music did you play today?
2. What was the hardest rhythm to clap back?
3. Tell me one word of the song we sang together.

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

The Five Families of Music

Print and hold up while the leader plays one sound on each instrument.

MUSIC · JUNIOR SAINTS CARD

Five families of music.

Every song you have ever heard came from one of these five.

1

Strings

Pluck or bow a string. The string moves and makes the sound.

Examples: guitar, ukulele, violin, harp.

**2**

Wind

Blow air through a tube. Open and close holes with your fingers.

Examples: flute, recorder, clarinet, saxophone.

**3**

Brass

Buzz your lips into a tube. Your lips do the work.

Examples: trumpet, trombone, tuba, French horn.

**4**

Percussion

Hit it or shake it. The whole thing makes the sound.

Examples: drum, tambourine, cymbals, shaker.

**5**

Keyboard

Press a key. The key tells the instrument which note to play.

Examples: piano, organ, electronic keyboard, harpsichord.



Listen first. Then play. Every musician starts with both ears wide open.