

JUNIOR SAINTS

ACTIVITY PLAN

AGES 7–11

NATIONAL HERITAGE

SPIRITUAL CORE

Version 2026.1

National Heritage

Flag, Pledge, and a Civic Place

Learn the Pledge line by line, fold a flag, and name one civic place.

🕒 60 minutes · one session

🎯 WALK AWAY WITH

- Has said the Pledge of Allegiance at attention with the group.
- Knows the six lines of the Pledge and what each line means in plain words.
- Has folded a paper flag from stripes to the small triangle.
- Has picked one civic place to visit with a parent or guardian.

📦 BRING / SET UP

- A small cloth American flag for the leader to hold
- A printed copy of the Pledge-line-by-line handout
- One sheet of red, white, and blue paper per Junior Saint (or a printed flag rectangle)
- A pencil and a piece of paper for each Junior Saint
- A few cones or chairs to mark the flag-fold walking path

FOR THE LEADER

This is a Junior Saints preview of the **National Heritage** 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.

FLAG, PLEDGE, AND A CIVIC PLACE (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 civic place in town. Examples: city hall, the fire station, the library, a park, the post office. The leader goes last. Keep each turn short.

BLOCK 2 · SKILL PRACTICE **The Pledge, line by line**

⌚ 12 min

1. Stand at attention. Heels together. Right hand over your heart.
2. The leader holds up the cloth flag. Face the flag.
3. Say the Pledge together once, slowly. The leader says each line first.
4. Now go line by line. The leader reads one line and tells what it means.
5. After each line, the group says the line back. Then the meaning in plain words.
6. Teaching point: a promise said in a hurry is half a promise. Say each line on purpose.

BLOCK 3 · PHYSICAL **Fold the flag together**

⌚ 15 min

1. Stand in a wide circle. Each pair holds one paper flag together.
2. Step 1: Fold the flag in half the long way. Stripes touch stripes.
3. Step 2: Fold it in half the long way again. The blue square should still show.
4. Step 3: Starting at the striped end, fold a triangle. Bring the corner to the long edge.
5. Step 4: Keep folding triangles all the way down. Walk the fold around the circle as you go.
6. Last step: tuck the end into the fold. Hold the small triangle in two hands.
7. Teaching point: the fold has a shape and an order. People who fold the flag for real follow the same steps.

BLOCK 4 · DISCUSSION **Three parts of the flag**

⌚ 13 min

1. Sit in a half-circle facing the leader. The leader holds the cloth flag.
2. The blue square in the top left is called the union. It has the stars.
3. There are fifty stars. One for each state.
4. The red and white stripes count thirteen. One for each first state.
5. The leader points. The youth name each part out loud.
6. Teaching point: every part of the flag stands for something real. Learn the parts.

FLAG, PLEDGE, AND A CIVIC PLACE (PAGE 2 OF 2)

THE HOUR — CONTINUED

BLOCK 5 · CREATIVE **Pick a civic place to visit**

⌚ 10 min

1. Sit with paper and a pencil. Pick one civic place in town.
2. Write the name of the place at the top. Examples: city hall, fire station, library.
3. Write one thing that happens there. Examples: people pay taxes, firefighters work, books are kept.
4. Write one question you would ask if you visited.
5. Each youth reads his three lines to the group.
6. Teaching point: a country is made of small places where work gets done. Learn yours.

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

⌚ 5 min

1. Stand in a circle. Stretch your arms, hands, and back. Hold each for ten seconds.
2. Drink water.
3. Each Junior Saint says: 'I want to visit ____.' Just the civic place he picked.
4. Group cheer: 'One country, one flag!' Three times.
5. Homework: ask a parent or guardian to take you to the civic place you picked. Tell them why.

AT THE CLOSE · DEBRIEF

1. Which line of the Pledge was the hardest to say slowly?
2. How many folds did it take to finish your paper flag triangle?
3. What civic place did you write down to visit?

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

The Pledge, Line by Line

Print and hold up while you walk through the six lines.

NATIONAL HERITAGE · JUNIOR SAINTS CARD

The Pledge, line by line.

Six short lines. Say each one with care. The leader reads the meaning underneath.

1 I pledge allegiance to the flag

A pledge is a promise. The flag stands for our country.
A promise means you mean it. Say it slow.

2 of the United States of America

Fifty states. One country. One flag for all of them.
The stars on the flag stand for the states.

3 and to the Republic for which it stands

A republic is a country where people pick their leaders.
The flag stands for that country, not just the cloth.

4 one Nation under God

One country. The Founders said God watches over it.
"Under" means God comes first.

5 indivisible

It means cannot be split apart. One whole country.
A long word for one strong idea.

6 with liberty and justice for all

Liberty means freedom. Justice means fair to everyone.

Say the Pledge at a steady speed. A promise said in a hurry is half a promise.

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