

JUNIOR SAINTS

ACTIVITY PLAN

AGES 7–11

NAVIGATION

PHYSICAL CORE

Version 2026.1



Map and Compass Hunt

Find your way using the four directions, a pace count, and a hand-drawn map.

🕒 60 minutes · one session

🎯 WALK AWAY WITH

- Has named the four directions and pointed each one out.
- Has counted his pace over a measured line.
- Has followed a hand-drawn map to a hidden marker.
- Has drawn a simple map of the route he walked.

📦 BRING / SET UP

- One simple compass for each Junior Saint (a basic baseplate compass is fine)
- Three or four hidden markers — small flags, painted rocks, or taped paper stars
- A hand-drawn map of the meeting space showing where each marker is hidden
- A 100-foot rope or measured line on the ground for the pace count
- A blank half-sheet of paper and a pencil for each Junior Saint

FOR THE LEADER

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

MAP AND COMPASS HUNT (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 place he knows how to get to without an adult. Examples: a friend's house, his own bedroom, the church, the school playground. The leader goes last. Keep each turn short.

BLOCK 2 · SKILL PRACTICE **The four directions**

⌚ 10 min

1. Stand in a circle. Point at the sun. The sun rises in the east and sets in the west.
2. Hold up a compass. The red end of the needle points to north.
3. Hand each youth a compass. Hold it flat in your hand. Wait for the needle to settle.
4. Walk five steps north. Stop. Now turn and face south. Now east. Now west.
5. Teaching point: north, south, east, west. Four directions. The compass tells you north.

BLOCK 3 · PHYSICAL **Walk your pace count**

⌚ 12 min

1. Look at the rope on the ground. That is 100 feet end to end.
2. Stand at one end. The leader says GO. Walk to the other end at a steady speed.
3. Count every time your right foot hits the ground. That is your pace count.
4. Say your number out loud at the end. The leader writes it down.
5. Walk back the other way. Count again. The two numbers should be close.
6. Teaching point: your pace count tells you how far you walked when you cannot see the end.

BLOCK 4 · PHYSICAL **The treasure hunt**

⌚ 18 min

1. Sit in a circle. The leader holds up the hand-drawn map.
2. Trace the map with one finger. Show each marker the leader hid before the session.
3. Pair up. Each pair gets one map and walks together.
4. Find each marker in order. Touch it. Move to the next one.
5. Walk at a steady speed. No running. Watch your partner.
6. Come back to the start when you have touched every marker.

BLOCK 5 · CREATIVE **Draw your route**

⌚ 8 min

1. Sit on the floor with your half-sheet and pencil.
2. Draw a star where you started. Draw a star where each marker was.
3. Draw a line from each star to the next, in the order you walked.
4. Write N at the top of your paper for north.
5. Show your map to a partner. Tell him one thing you saw on the walk.

MAP AND COMPASS HUNT (PAGE 2 OF 2)

THE HOUR — CONTINUED

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

🕒 7 min

1. Stand in a circle. Stretch your legs, arms, and back. Hold each for 15 seconds.
2. Drink water.
3. Each Junior Saint says: "My pace count over 100 feet was ____." Just the number.
4. Group cheer: "Find the way!" Three times.
5. Homework: show your parent the four directions in your yard or on your street tonight.

🗨️ AT THE CLOSE · DEBRIEF

1. Which direction does the red end of the compass needle point?
2. What was your pace count over the 100-foot rope?
3. How many markers did you and your partner find on the hunt?

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

HANDOUT 1 OF 1

FROM SESSION — THE FOUR DIRECTIONS

The Four Directions

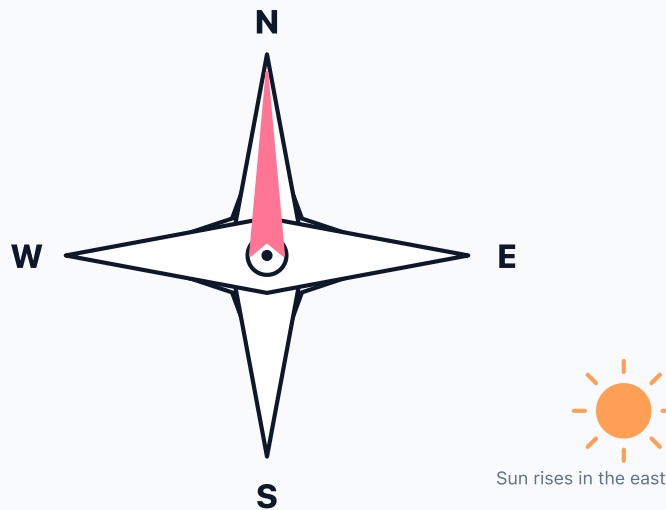
Print and post so Junior Saints can find north, south, east, and west.

NAVIGATION · JUNIOR SAINTS CARD

Find the four directions.

North, south, east, west. The red needle points north.

The compass rose



Three things to remember

- 1** North, south, east, west — four directions.
- 2** The sun comes up in the east, goes down in the west.
- 3** The red needle on a compass points north.

Face the sun in the morning. That way is east.

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