

JUNIOR SAINTS

ACTIVITY PLAN

AGES 7–11

OUTDOORSMAN

PHYSICAL CORE

Version 2026.1



Tarp, Birds, Trash

Try three things every outdoor saint can do: rig a tarp, name a bird, and leave a place cleaner.

🕒 60 minutes · one session

🎯 WALK AWAY WITH

- Has helped rig a tarp shelter with the group.
- Has heard three birds and named the sound each made.
- Has picked up trash on a short loop with a partner.
- Has named the three things every outdoor saint can do for a place.

📦 BRING / SET UP

- One small tarp (8 by 10 feet works) and four lengths of rope or paracord
- Four trees, four ground stakes, or four playground posts marked before the session
- A small trash bag and a pair of work gloves for each pair of Junior Saints
- A printed page of three common local bird sounds the leader can play or hum (robin, chickadee, crow are easy)
- A water bottle for each Junior Saint

FOR THE LEADER

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

TARP, BIRDS, TRASH (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 thing he likes about being outside. Examples: climbing a tree, finding a bug, looking at clouds, building a fort. The leader goes last. Keep each turn short.

BLOCK 2 · SKILL PRACTICE **Rig the tarp**

⌚ 12 min

1. Sit near the spot where the tarp will go up. The leader holds up the tarp and the four ropes.
2. Find the four corners of the tarp. Each corner has a small hole or loop.
3. Tie one rope to each corner. Use any knot that holds. The leader shows one simple knot first.
4. Two youth hold the back corners up high. Two youth hold the front corners low to the ground.
5. The leader ties each rope to a tree or a stake. Pull the rope tight.
6. Step back and look. The tarp should slope down from the back to the front so rain runs off.
7. Teaching point: a tarp is your roof when you are outside. Pitch it tight or it flaps in the wind.

BLOCK 3 · SKILL PRACTICE **Listen for three birds**

⌚ 10 min

1. Sit under or near the tarp. Stay quiet for one full minute.
2. Each youth points one finger up every time he hears a bird.
3. Count fingers at the end of the minute. How many birds did the group hear?
4. The leader plays or hums three bird sounds: robin, chickadee, crow.
5. Listen for those three sounds for one more minute.
6. Teaching point: a saint outside uses his ears as much as his eyes. Slow down. Listen.

BLOCK 4 · PHYSICAL **Trash walk**

⌚ 18 min

1. Pair up. Each pair gets one trash bag and two pairs of gloves.
2. Put on the gloves. Stay with your partner the whole time.
3. Walk a slow loop around the meeting spot. Look at the ground.
4. Pick up trash and drop it in the bag. Wrappers, cans, paper, plastic.
5. Leave plants and bugs alone. Only trash goes in the bag.
6. Come back to the tarp when your loop is done.
7. Teaching point: leave a place cleaner than you found it. That is what an outdoor saint does.

TARP, BIRDS, TRASH (PAGE 2 OF 2)

THE HOUR — CONTINUED

BLOCK 5 · DISCUSSION **The three things**

⌚ 8 min

Sit under the tarp in a circle. The leader names the three things you did today: you put a roof up, you listened for birds, and you cleaned the ground. An outdoor saint can do all three at every place he camps or hikes. Walk through the three with the group one more time. Each Junior Saint points at the tarp, his ears, and the trash bag as the leader names them.

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

⌚ 7 min

1. Stand in a circle. Stretch your back, arms, and legs. Hold each for 15 seconds.
2. Drink water.
3. Each Junior Saint says: "I picked up ___ pieces of trash." Just the number.
4. Group cheer: "Roof, ears, ground!" Three times.
5. Homework: ask your parent to walk one block with you this week. Pick up any trash you see.

AT THE CLOSE · DEBRIEF

1. Which way did your tarp slope so the rain could run off?
2. Which of the three birds did you hear first?
3. How many pieces of trash did you and your partner pick up?

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

HANDOUT 1 OF 1

FROM SESSION — RIG THE TARP

Pitch a Tarp

Print and post so Junior Saints can rig a tarp roof.

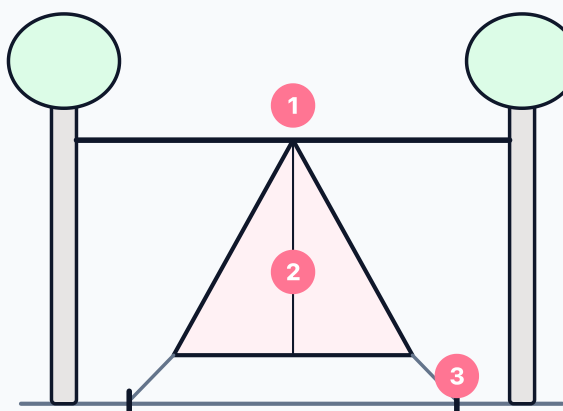
OUTDOORSMAN · JUNIOR SAINTS CARD

Pitch a tarp for a quick roof.

A rope, a tarp, and a few stakes make a small tent.

The three parts of a tarp tent

Rope, tarp, stakes. Each part has its own job.



1 Ridge line

Tie it tight between two trees.

2 Tarp

Drape it over the line.

3 Stakes

Pull the corners tight to the ground.

Rig it in three steps

Line first, tarp next, stakes last.

- 1 Tie the ridge line tight and high.
- 2 Drape the tarp over and even both sides.
- 3 Stake the corners so it does not flap.

Pitch it tight so it does not flap in the wind.

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