

JUNIOR SAINTS ACTIVITY PLAN

AGES 7–11

PENMANSHIP

INTELLECTUAL CORE

Version 2026.1



Slow Hands, Good Letters

Make letters with your whole arm. Then make them with a pencil.

⌚ 60 minutes · one session

🎯 WALK AWAY WITH

- Has sky-written five letters with his whole arm.
- Has written his name on paper in his best hand.
- Has written one short note to a parent or grandparent.
- Knows that slow hands make good letters.

📦 BRING / SET UP

- An open space where each Junior Saint can stretch his arms out without hitting anyone.
- Lined paper for each youth, two sheets each. Wide-lined is best.
- A sharp pencil for each youth. Erasers help too.
- A printed card or board with the letters A, B, C, M, S, and the youth's own name.
- An envelope and stamp for each youth to mail his note home.

FOR THE LEADER

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

SLOW HANDS, GOOD LETTERS (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 has written before. Examples: a birthday card, a school worksheet, a name on his shoe, a sign for his door. The leader goes last. Keep each turn short.

BLOCK 2 · PHYSICAL **Sky-write five letters**

⌚ 12 min

1. Stand with your arm stretched out in front of you. Make a fist.
2. Point one finger. That is your pencil.
3. The leader points at the letter A on the card. Sky-write it slow. Use your whole arm.
4. Big shapes. Slow speed. The leader counts: one, two, three.
5. Do A five times. Then B. Then C. Then M. Then S.
6. Now sky-write the first letter of your name three times.
7. Teaching point: a good letter starts in the shoulder. Not in the hand.

BLOCK 3 · SKILL PRACTICE **Now with a pencil**

⌚ 13 min

1. Sit at the table. Take one piece of lined paper and a pencil.
2. Hold the pencil with three fingers. Not in a fist.
3. Write A three times. Slow. Stay between the lines.
4. Write B, C, M, and S three times each. Same slow speed.
5. Pick the one letter you like best. Circle it.
6. Pick the one letter you like the least. Try it three more times.
7. Teaching point: your eyes pick the best letter. Your hand can copy what your eyes picked.

BLOCK 4 · SKILL PRACTICE **Write your name in your best hand**

⌚ 10 min

1. Turn the paper over. Take a slow breath.
2. Write your first name across the top. One time only. Your best one.
3. Stand up. Walk around. Come back.
4. Read your name out loud to a partner. Does it look like your name?
5. Write it one more time below the first. Slower this time.
6. Teaching point: slow hands make good letters. Fast hands make a mess.

BLOCK 5 · CREATIVE **Write a note home**

⌚ 12 min

1. Take a second piece of paper. Sharpen your pencil if you need to.
2. Write at the top: Dear Mom. Or Dear Dad. Or Dear Grandma.
3. Write three short lines. Line 1: Thank you for _____. Line 2: I learned _____ today. Line 3: I love you.
4. Sign your name at the bottom in your best hand.
5. Fold the paper. Put it in the envelope. Write the name on the outside.
6. Teaching point: a real note to a real person makes the writing worth doing.

SLOW HANDS, GOOD LETTERS (PAGE 2 OF 2)

✂ THE HOUR — CONTINUED

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

⌚ 8 min

1. Stand in a circle. Shake out your hands. Stretch your arms up. Hold each for ten seconds.
2. Drink water.
3. Each Junior Saint says: 'My best letter today was ____.' Just one letter.
4. Group cheer: 'Slow hands, good letters!' Three times.
5. Homework: give your note to the parent you wrote it to. Read it out loud first.

💬 AT THE CLOSE · DEBRIEF

1. What letter did you sky-write the most?
2. What did you write on line 2 of your note?
3. Who did you write your note to?

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

HANDOUT 1 OF 1

FROM SESSION — SKY-WRITE FIVE LETTERS

Letter Practice

Print so each Junior Saint can trace and practice the letters.

PENMANSHIP · JUNIOR SAINTS CARD

Practice each letter, one at a time.

Trace the faint letter. Then make your own.

A

B

C

M

S

Write your name: _____

Go slow. Keep your pencil on the line.

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