

# JUNIOR SAINTS ACTIVITY PLAN

AGES 7–11

## SELF-RELIANCE

### INTELLECTUAL CORE

Version 2026.1



## Money, Food, Water

*Pack one bag and pick one need before you spend.*

⌚ 60 minutes · one session

#### 🎯 WALK AWAY WITH

- Has sorted six items into need or want and named why.
- Has packed a ready-bag with food and water for one day.
- Has watched water get cleaner through a coffee filter.
- Has written a one-line plan for one of the three needs.

#### 📦 BRING / SET UP

- Eight to ten small items or picture cards to sort (a toothbrush, a water bottle, a video game, a granola bar, a phone, a flashlight, a stuffed animal, a first aid pack)
- A small backpack or paper grocery bag for each Junior Saint, plus a basket of safe pack items (water bottle, granola bars, a hat, a flashlight, a small notebook)
- A clear jar of muddy water, an empty jar, a coffee filter or paper towel, and a rubber band for the water demo
- Paper and a pencil for each Junior Saint
- Three card labels: MONEY, FOOD, WATER

#### FOR THE LEADER

This is a Junior Saints preview of the **Self-Reliance** 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.

## MONEY, FOOD, WATER (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 can already do for himself. Examples: tie shoes, make a sandwich, pour a drink, pack a backpack for school. The leader goes last. Keep each turn short.

BLOCK 2 · PHYSICAL **Need or want**

⌚ 10 min

1. Set out the items in a row on the floor.
2. Mark two spots a few steps apart: NEED on the left, WANT on the right.
3. Hold up one item. Each youth walks to NEED or WANT.
4. After each item, ask one youth to tell the group why he picked his side.
5. Some are tricky. A flashlight is a need at night and a want at noon. Both can be right.
6. Teaching point: a Junior Saint who can tell needs from wants packs a smarter bag.

BLOCK 3 · SKILL PRACTICE **Pack a ready-bag**

⌚ 15 min

1. Each Junior Saint gets a bag and stands by the pack basket.
2. Pretend a storm is coming and the power will be out for one day.
3. Pick five things for your bag. Pick food and water first.
4. Pair up. Show your partner what is in your bag. He picks one thing he likes.
5. Now put one thing back. Say which one and why.
6. Teaching point: a small bag with the right things beats a big bag with the wrong things.

BLOCK 4 · SKILL PRACTICE **Make the water cleaner**

⌚ 12 min

1. Sit in a circle. The leader sets a jar of muddy water in the middle.
2. Safety: this water is not safe to drink even after the demo. It is just to see.
3. Stretch the coffee filter over the empty jar. Hold it with the rubber band.
4. Pour the muddy water through the filter. Watch the dirt stay on top.
5. Each youth takes a turn pouring a small cup through.
6. Teaching point: a real filter and boiling are how grown-ups make water safe. The filter is the first step.

BLOCK 5 · CREATIVE **Plan for one need**

⌚ 13 min

1. Sit at a table with paper and a pencil.
2. Pick one card: MONEY, FOOD, or WATER.
3. Draw a box. Write the word at the top.
4. Write one thing you could do this week to be more ready in that area.
5. Examples: save one dollar, learn to make oatmeal, fill a water bottle every morning.
6. Pair up. Read your plan to your partner. He says one word back: good plan.

## MONEY, FOOD, WATER (PAGE 2 OF 2)

## THE HOUR — CONTINUED

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

⌚ 5 min

1. Stand in a circle. Reach up high. Bend forward slowly. Hold each for ten seconds.
2. Drink water.
3. Each Junior Saint says: 'I packed \_\_\_ in my bag.' Just one thing.
4. Group cheer: 'Pack it, plan it!' Three times.
5. Homework: pack one bag at home with a parent. Show him what you put inside.

## AT THE CLOSE · DEBRIEF

1. How many things did you put in your bag?
2. Which card did you pick for your plan: money, food, or water?
3. What did the water look like after it came through the filter?

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

HANDOUT 1 OF 1

FROM SESSION — NEED OR WANT

# Need or Want?

Print and post so Junior Saints can sort needs from wants.

## SELF-RELIANCE · JUNIOR SAINTS CARD

### Pack the needs first.

A need keeps you safe. A want is just nice to have.

#### NEED

Things you must have to be safe and well.

- Water to drink
- Food to eat
- A warm coat
- A safe place to sleep
- A way to call for help

#### WANT

Nice to have. You can do without.

- Candy
- A new toy
- A video game
- A second dessert
- A bigger TV

Point to one thing on your WANT list that you can do without.

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