

JUNIOR SAINTS

ACTIVITY PLAN

AGES 7–11

SEWING

INTELLECTUAL CORE

Version 2026.1



Touch, Weave, Stitch

Feel the fabrics around you and make one small piece by hand.

🕒 60 minutes · one session

🎯 WALK AWAY WITH

- Has touched and named four kinds of fabric.
- Has woven a paper mat with over-and-under strips.
- Has stitched a yarn line through a pre-punched card.
- Knows three things a needle and thread can do at home.

📦 BRING / SET UP

- Four fabric squares per youth: a cotton square, a wool square, a polyester square, and a leather or fleece scrap, plus a sorting tray
- Two paper strips per youth in two colors (12 strips total cut to about 1 inch by 9 inches) and a stapler for the leader
- Pre-punched cardstock cards with eight holes in a row, plus a length of yarn and a blunt plastic needle per youth
- A small basket of sewn things to show: a button shirt, a sock, a pillow cover, a name patch
- A clean table and a wipe-down cloth

FOR THE LEADER

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

TOUCH, WEAVE, STITCH (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 piece of clothing he likes to wear. Examples: a soft hoodie, blue jeans, a scout shirt, his church socks. The leader goes last. Keep each turn short.

BLOCK 2 · SKILL PRACTICE Touch and sort four fabrics

⌚ 10 min

1. Sit at the table. Each youth has four fabric squares in front of him.
2. Touch the cotton square. It comes from a plant. It feels soft and dry.
3. Touch the wool square. It comes from a sheep. It feels warm and a little bumpy.
4. Touch the polyester square. It is made in a factory. It feels smooth and slick.
5. Touch the leather scrap. It comes from a cow. It feels thick and a little stiff.
6. Each youth picks one square and tells the group: plant, animal, or factory.
7. Teaching point: a sewer knows what his cloth is made of before he cuts.

BLOCK 3 · CREATIVE Weave a paper mat

⌚ 15 min

1. Each Junior Saint gets six strips of one color and six strips of another color.
2. Lay six strips of one color flat in a row. These are the warp.
3. Take a second-color strip. Weave it over one warp, under the next, over the next.
4. Push the new strip up tight against the top. Now do the next one — under, over, under.
5. Keep going until all six are woven in. The pattern looks like a checkerboard.
6. The leader staples the four edges to hold the mat together.
7. Teaching point: cloth is made by going over and under, over and under. Same idea, just smaller.

BLOCK 4 · SKILL PRACTICE Stitch a yarn line

⌚ 18 min

1. Each youth gets one pre-punched card, a length of yarn, and a blunt plastic needle.
2. The leader pushes one end of the yarn through the needle eye and ties a fat knot at the other end.
3. Safety: the needle is plastic and blunt. Still, keep the point away from your face and your partner.
4. Start at hole 1 from the back. Pull the yarn through. The knot stops on the back.
5. Go down through hole 2 from the front. Up through hole 3 from the back. Keep going.
6. When you reach hole 8, tie a small knot on the back. The leader can help.
7. Teaching point: this is a running stitch. It is the first stitch every sewer learns.

TOUCH, WEAVE, STITCH (PAGE 2 OF 2)

THE HOUR — CONTINUED

BLOCK 5 · DISCUSSION **Show and tell**

⌚ 7 min

1. Sit in a circle. The leader holds up the basket of sewn things.
2. Pick one item and pass it around. Each youth says one thing he sees: a seam, a button, a patch.
3. Name three jobs for a needle and thread: fix a tear, sew on a button, stitch a name patch.
4. Each youth holds up his stitched card. Show the front and the back.
5. Teaching point: every shirt and sock you own was stitched by someone.

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

⌚ 5 min

1. Stand in a circle. Stretch your fingers wide. Then make a fist. Hold each for ten seconds.
2. Drink water.
3. Each Junior Saint says: 'I stitched ___ holes.' Just the number.
4. Group cheer: 'Over and under!' Three times.
5. Homework: ask a parent to show you one thing in the house that has been sewn or fixed.

AT THE CLOSE · DEBRIEF

1. Which of the four fabrics did you like to touch the most?
2. How many strips did you weave into your paper mat?
3. How many holes did you stitch through on your card?

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

HANDOUT 1 OF 1

FROM SESSION — STITCH A YARN LINE

The Running Stitch

Print and post so Junior Saints can sew a running stitch.

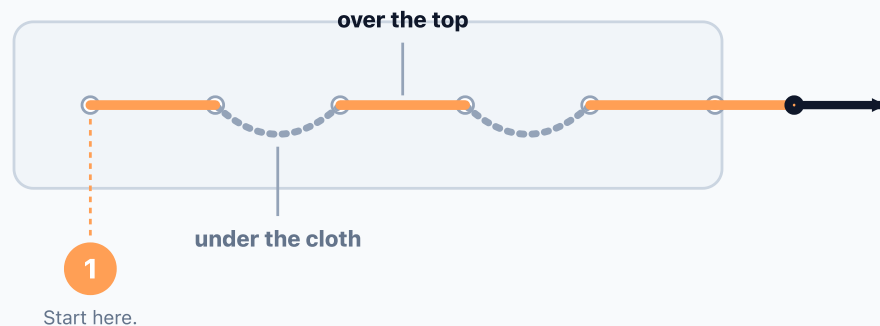
SEWING · JUNIOR SAINTS CARD

Sew a straight running stitch.

Over the top, under the cloth. Over and under, again and again.

How a running stitch works

The orange you see is on top. The faint dots go under the cloth.



Make the stitch

Three small moves. Say them while you sew.

- 1 Push the needle down through the cloth.
- 2 Bring it back up a small step ahead.
- 3 Keep going. Make the stitches even.

Keep your stitches small and the same size.

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