

JUNIOR SAINTS

ACTIVITY PLAN

AGES 7–11

WILDERNESS SURVIVAL

PHYSICAL CORE

Version 2026.1



Stay Found

If you get lost outside, stop, signal, and stay where you are.

🕒 60 minutes · one session

🕒 WALK AWAY WITH

- Knows the four S.T.O.P. words and can say them in order.
- Has practiced hugging a tree to stay in one place when lost.
- Has blown three whistle blasts and waved a bandana for help.
- Has built a leaf-pile or cushion shelter with a partner.

📦 BRING / SET UP

- A whistle for each Junior Saint (cheap plastic ones are fine)
- A bright bandana or flag for each youth (for the wave drill)
- Couch cushions, blankets, and pillows to build a pretend shelter (indoor) or a real leaf pile (outdoor)
- A water bottle for each Junior Saint
- Cones or chairs to mark a small play area

FOR THE LEADER

This is a Junior Saints preview of the **Wilderness Survival** 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.

STAY FOUND (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 outside he has been. Examples: a park, a backyard, the woods, a hike. The leader goes last. Keep each turn short.

BLOCK 2 · SKILL PRACTICE **S.T.O.P. — the four steps**

⌚ 10 min

1. The leader shows the four letters: S.T.O.P. Stop. Think. Observe. Plan.
2. Stop means: stand still. Don't run. Don't keep walking.
3. Think means: where were you the last time you saw a grown-up?
4. Observe means: look around. What can you see? What can you hear?
5. Plan means: stay put and wait, or do one safe thing. Don't guess.
6. Say the four words together three times. Then each youth says them on his own.

BLOCK 3 · PHYSICAL **Hug-a-tree drill**

⌚ 10 min

1. If you get lost outside, pick one tree or one big rock. Stay there.
2. The leader points at a tree or a chair. Each youth walks to it and puts both arms around it.
3. Sit down at the base. Stay still. The grown-ups will look for you there.
4. Practice three times. The leader calls 'lost!' and each youth runs to his tree and hugs it.
5. Teaching point: a lost youth who stays in one place gets found faster.

BLOCK 4 · SKILL PRACTICE **Three blasts and a wave**

⌚ 12 min

1. Three of anything means 'I need help' in the woods.
2. Hand each Junior Saint a whistle. Three short blasts. Pause. Three more.
3. Each youth tries it. The leader counts the blasts out loud.
4. Now switch to the bandana. Wave it big over your head. Three big waves. Pause. Three more.
5. On the ground, lay sticks or rocks in a big X. That means 'help' from the air.
6. Practice the order: blow three blasts, then wave, then sit by your tree.

BLOCK 5 · PHYSICAL **Build a leaf-pile shelter**

⌚ 15 min

1. Outside: gather a big pile of leaves. Inside: stack cushions and blankets in a pile.
2. The pile should be tall enough that one youth can fit inside curled up.
3. Pair up. Each pair builds one shelter together.
4. Crawl in. Pull leaves or a blanket on top to stay warm.
5. Stay inside for one minute. Then crawl out and let the other youth try.
6. Teaching point: leaves and blankets trap your body heat. A pile keeps you warm at night.

STAY FOUND (PAGE 2 OF 2)

THE HOUR — CONTINUED

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

⌚ 8 min

1. Sit in a circle. The leader calls three stretches: legs, arms, back. Hold each for 10 seconds.
2. Drink water.
3. Each Junior Saint says: 'If I get lost I will ____.' Just one step from today.
4. Group cheer: 'Stop and stay found!' Three times.
5. Homework: show your parent the three-blast whistle signal. Tell them what hug-a-tree means.

AT THE CLOSE · DEBRIEF

1. Say the four S.T.O.P. words in order.
2. How many whistle blasts mean 'I need help'?
3. Show the group how you wave the bandana for help.

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

HANDOUT 1 OF 1

FROM SESSION — S.T.O.P. — THE FOUR STEPS

S.T.O.P. — The Four Steps

Print and post on the wall so Junior Saints can see the four steps.

WILDERNESS SURVIVAL · JUNIOR SAINTS CARD

If you get lost, do these four.

Stop. Think. Observe. Plan. In that order, every time.

S

Stop

Stand still. Don't run. Don't keep walking.

The second you feel lost, your feet stop.

T

Think

Where were you when you last saw a grown-up?

Picture the path you walked to get here.

O

Observe

Look around. What can you see and hear?

A trail, a fence, a road, voices, water.

P

Plan

Stay put and wait. Or do one safe thing.

Don't guess. Hug a tree and blow three blasts.

Stay where you are and wait. Staying still gets you found.

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