

SAINTS GLOBAL

ACTIVITY PLAN

DIRTY JOBS

PHYSICAL CORE

Version 2026.1



Companion to the BRC: a series of one-hour activity sessions for use on weekly activity night or at home. Each session declares which requirements it contributes to.

THE CULMINATING EVENT

The three home jobs and the interview

Between Sessions 3 and 4, each saint completes his three approved dirty jobs at home, church, or a community property, and either shadows or interviews a working professional whose job qualifies. The real work happens off-meeting because real dirty jobs do not fit inside an hour — a gutter, a garage, or a garden bed takes the time it takes, and the interview happens on the professional's schedule. Saints come back to Session 4 having done the work.

OFF-MEETING — SAINT'S HOME, CHURCH PROPERTY, OR COMMUNITY SITE,
PLUS ONE INTERVIEW OR SHADOW APPOINTMENT

SESSION 1 · PHYSICAL CORE

⌚ 60 min target

Know the Work

Name what counts as a dirty job and the hazards that come with it.

SESSION AIM

Saints walk through the kinds of dirty jobs that keep homes, churches, and communities running, and the hazards that come with them. Saints practice glove and eye protection, safe lifting, and cleanup, so the safety habits are correct before any real task begins. Saints leave knowing what counts and what to wear.

🎯 WALK AWAY WITH

- Can name at least three common dirty-job hazards and why they matter
- Can put on gloves, glasses, and a fitted dust mask correctly
- Lifts and sets down a 25-lb load with safe form
- Has a starter list of three candidate dirty jobs at home to discuss in Session 2

📦 BRING / SET UP

- Work gloves — at least one pair per saint (nitrile, leather, or rubber)
- Safety glasses — one pair per saint
- A bucket of weighted objects (5–25 lbs each) for the lifting drill
- A bag of representative dirty-job items to handle: stiff brush, scrub pad, dust mask, contractor bag, shop towel
- A small bin of trash or yard debris to use for the cleanup practice (gather before the session)
- Hand soap, paper towels, and a sanitizer bottle for the wash station
- BRC printouts (one per saint)

🕒 THE HOUR**BLOCK 1 · DISCUSSION Opener — What needs doing**

⌚ 5 min

Ask the group: what is one job at your house, church, or neighborhood that nobody wants but someone has to do? Take three or four short answers. Write the jobs on the board as the saints name them — the gutter, the dumpster pad, the church kitchen grease trap, the dog run. The list is the working definition of a dirty job.

BLOCK 2 · DISCUSSION Name the hazards

⌚ 12 min

1. Look at the jobs on the board. For each job, the group names the hazards: sharp metal, heavy lifting, chemicals, mold, sewage, hot surfaces, falls.
2. Leader adds any hazards the group missed. Keep it concrete — name the actual hazard (broken glass, ammonia fumes), not a category.
3. Quick teaching point: most injuries on dirty jobs come from the hazards the worker did not name out loud before starting. The fix is to name them.
4. Each youth picks one job from the board and explains in one sentence why it matters that someone does it well.

REQ 1A

SESSION 1 · KNOW THE WORK (PAGE 2 OF 3)

THE HOUR — CONTINUED

BLOCK 3 · SKILL PRACTICE Put on PPE and lift right

⌚ 20 min

1. Hand out gloves and safety glasses. Each youth puts both on. Check fit — gloves should grip, not flap; glasses should sit close to the brow.
2. Demonstrate the safe lift: feet shoulder-width, squat down, grip with both hands, keep the load close to the chest, drive up with the legs. Back stays straight. No twisting under load — turn the whole body.
3. Each youth lifts three of the weighted objects from the bucket in turn. Leader watches the back. Correct any saint whose back rounds or whose knees collapse inward.
4. Practice the put-down with the same form. Saints who rush the put-down are the ones who hurt their backs.
5. Swap to the dust mask. Show the fit-check: hands cup the front of the mask, breathe out hard; if the air escapes the edges, refit the straps.
6. Brief teaching point: PPE only works if it fits. Loose gloves catch on tools, loose glasses fog and slide, an unsealed mask filters nothing. Take the extra minute.

REQ 1B

BLOCK 4 · PHYSICAL Clean up after yourself

⌚ 18 min

1. Empty the trash bin and the debris bag onto a tarp in the middle of the room. Hand each youth a contractor bag.
2. Sort the pile in 90 seconds: trash, recycling, items to clean and keep. Saints work shoulder to shoulder with gloves on.
3. Wipe down the tarp and the tools used with shop towels. Tools go back in the bag with no dirt on them — this is the standard.
4. Cleanup hygiene drill at the wash station: gloves off (peel inside-out, do not snap), wash hands 20 seconds with soap, dry, then sanitize. Each youth runs the sequence once with the leader watching.
5. Teaching point: the cleanup is part of the job, not after the job. A half-cleaned area is not done.

REQ 1B

BLOCK 5 · REFLECTION Close — What to bring next week

⌚ 5 min

1. Each youth writes one sentence on the BRC: "A dirty job at my house that needs doing is ____." This is the seed list for Session 2.
2. Homework: walk through your home, yard, or church grounds with a parent or leader this week and look for three real dirty jobs. Note them down. Saints bring the list to Session 2.
3. Reminder: come ready to plan. Bring the list and any questions about whether a job is too big or too small.

SESSION 1 · KNOW THE WORK (PAGE 3 OF 3)

🗨 AT THE CLOSE · DEBRIEF

1. Which hazard on the board did you not think of before tonight?
2. Where did your back or knees feel wrong during the lifting drill, and what did you change?
3. What is one job at your house you walked past last week that you noticed differently after tonight?

📝 *Initial Req 1a and Req 1b on each saint's BRC after this session. Note any saint whose lifting or PPE habits still need correction — they get a second pass in Session 2 before any real task is approved.*

SESSION 2 · PHYSICAL CORE

⌚ 60 min target

Plan the Work

Pick three real dirty jobs and prepare to do them right.

SESSION AIM

Saints bring the list of jobs they noted at home and work the list down to three approved tasks with a supervising adult, tool list, and PPE list for each. Saints also pick one dirty-job career to shadow or interview before Session 4 and draft a real set of questions. Saints leave with a written plan and a callable contact.

🎯 WALK AWAY WITH

- Has three approved dirty-job tasks with supervising adults named and tools listed
- Has a chosen dirty-job career and six sharp interview questions
- Has dates on the BRC for all three tasks and the interview, all before Session 4
- Has practiced the first-ten-minutes startup with a partner

📦 BRING / SET UP

- Dirty-jobs planning worksheet — one per saint, with three task slots (location, supervising adult, tools, PPE, expected mess, finish standard) and an interview-questions block
- Pens (one per saint)
- A printed copy of the Tools-and-PPE Field Card handout — one per saint, for reference while filling in the worksheet
- Phones for saints to text or call a parent and confirm a task or contact (set ground rules — calls in the hall, not in the room)
- BRC printouts, water

🕒 THE HOUR**BLOCK 1 · DISCUSSION Opener — The home walk-through**

⌚ 5 min

Quick round: what did you find when you walked the house and the yard this week? One sentence per saint — the gutters, the garage corner, the church side lot, the leaves under the deck. If a youth came without a list, he sits next to a saint who did and adds to that list — the room helps.

SESSION 2 · PLAN THE WORK (PAGE 2 OF 3)

THE HOUR — CONTINUED

BLOCK 2 · CREATIVE **Build the three-task plan**

⌚ 22 min

1. Hand out the planning worksheet and the Tools-and-PPE field card. Each youth fills in three task slots.
2. For each task: name the location, the supervising adult, the tools, the PPE, the expected mess (mud, grease, dust, waste), and what "done" looks like.
3. Aim for variety across the three: one indoor (closet, basement, kitchen), one outdoor (gutter, yard, shed), one maintenance (paint, repair, scrub).
4. Tasks must be real work, not token cleanup. "Wipe the counter" is not a dirty job. "Clean out the garage corner and haul two bags to the curb" is.
5. Leader walks the room. Approve each task aloud or send a saint back to revise. Push back on jobs that are too small, too large, or that need a chemical or tool a saint cannot safely use.
6. Saints who need an adult on the phone step into the hall and confirm. Do not approve a task without the supervising adult on board.

REQ 2A

BLOCK 3 · CREATIVE **Pick a career and write the questions**

⌚ 23 min

1. Brainstorm dirty-job careers on the board: plumber, mason, garbage truck crew, mechanic, septic tank pumper, livestock handler, line cook, hazmat technician, restoration crew, roofer, HVAC tech, pest control, mortician.
2. Each youth picks one career he respects or is curious about. He writes the career at the top of the interview-questions block.
3. Draft six questions, in this order: how did you learn this trade, what does a normal day look like, what is the most dangerous part of the work, what is the dirtiest part, what do most people get wrong about your job, what do you wish more people understood.
4. Trade worksheets in pairs. Each saint reads his partner's questions and crosses out any that could be answered by a five-second internet search. Replace those with sharper ones.
5. Identify the actual person to ask. A relative, a church member, a neighbor, a parent's coworker. Saints text a parent now to confirm the contact. The interview can be in person, on the phone, or by video.
6. Schedule deadline: the shadow or interview must be done before Session 4. Write the planned date on the worksheet.

REQ 2B

SESSION 2 · PLAN THE WORK (PAGE 3 OF 3)

THE HOUR — CONTINUED

BLOCK 4 · SKILL PRACTICE **Run the first ten minutes**

⌚ 5 min

1. Hand out the First-Ten-Minutes startup card. Each youth reads it once.
2. Pair up. One saint role-plays the supervising adult, the other role-plays the saint arriving at the job. The arriving saint runs the card: dress in PPE, inspect the work area, lay out tools, brief the supervisor on what "done" looks like, set a timer or a checkpoint.
3. Swap roles. The second pass should be sharper than the first.
4. Teaching point: the first ten minutes set whether the job goes well. Saints who skip the inspection or the brief get hurt or have to redo the work.

REQ 2A

BLOCK 5 · REFLECTION **Close — Lock the dates**

⌚ 5 min

1. Confirm each youth has three approved tasks, a supervising adult for each, and an interview contact with a planned date on the worksheet.
2. Schedule the three tasks: each saint picks a target date for each task, all completed before Session 4. Write the dates on the BRC.
3. Reminder: come to Session 3 with the worksheet in hand. We practice one of your real tasks in the room before you go home and run all three.

AT THE CLOSE · DEBRIEF

1. Which of your three tasks are you most likely to skip, and why that one?
2. Who is the supervising adult for the hardest task, and what did they say when you asked?
3. Which interview question of yours could not be answered by a quick internet search?

☑ *Initial Req 2a and Req 2b on each saint's BRC after this session. Note any saint whose three tasks were not approved by end of block — they finish the plan with a leader before Session 3.*

SESSION 3 · PHYSICAL CORE

⌚ 60 min target

Practice a Job

Run one real dirty job in the room before you run yours at home.

SESSION AIM

Saints work as a crew on one real dirty job inside the meeting space or on the church grounds — a gutter, a grease trap, a debris field, a paint scrape, or whatever the leader has identified ahead of time. The leader watches form, hygiene, and the cleanup. Saints leave with the muscle memory and the standard for what "done" looks like, then carry it home.

🎯 WALK AWAY WITH

- Has done one real dirty job under leader observation, start to finish
- Has worked a crew role and rotated through another
- Knows what the cleanup and hygiene standard looks like in practice
- Has all three home tasks and the interview locked on the calendar

📦 BRING / SET UP

- The actual dirty job, pre-identified by the leader — examples: a section of church gutter to clean, a storage closet to clear, a stretch of fence to scrape and prime, a kitchen grease trap to flush, a yard bed to weed and edge
- Tools matched to the job — leader assembles before the session (do not improvise on the night)
- PPE for every saint: gloves, glasses, dust mask, closed-toe shoes confirmed at arrival
- Contractor bags, shop towels, a tarp, a bucket of soapy water, a hose if outdoor
- Hand-wash station: soap, paper towels, sanitizer
- A stopwatch or phone timer
- BRC printouts

🔧 THE HOUR**BLOCK 1 · DISCUSSION Opener — The job we have tonight**

⌚ 5 min

Leader walks the group to the work site, points to it, and names it plainly: "Tonight we are clearing the gutter on the south side of the building. The drain is plugged, water is overflowing onto the walkway, and the leaves have been there since fall." Saints look at the job. The leader names the supervising adults, the boundaries (no roof access without harness, no chemicals tonight), and what "done" looks like.

SESSION 3 · PRACTICE A JOB (PAGE 2 OF 3)

THE HOUR — CONTINUED

BLOCK 2 · SKILL PRACTICE **Inspect and run the first ten minutes**

⌚ 8 min

1. Each youth pulls out his First-Ten-Minutes card from Session 2 and runs the sequence as a crew.
2. Dress in PPE. Saints check each other — gloves on tight, glasses set, masks fitted if dust is expected.
3. Walk the work area. Name three hazards out loud as a group. Mark or move anything that is in the way.
4. Lay out the tools where you will need them. Confirm the cleanup station and the wash station are set up before any work starts.
5. Brief: the lead saint says what "done" looks like and how the crew will know it. Leader corrects if the brief is vague.

REQ 1B

BLOCK 3 · PHYSICAL **Do the job as a crew**

⌚ 30 min

1. Crew roles: one saint as task lead (sets pace, watches form), one as safety check (hazards, hydration, breaks), the rest as workers. Rotate roles at the 15-minute mark.
2. Run the job. Leader watches for: bad lifting, dropped PPE, the saint who tries to hurry past the safe step, the saint who quits before "done."
3. When a saint complains or wants to stop, the leader's response is the same: "What part is hard right now?" Name the part, then keep going. No speeches.
4. Two short water breaks — at the 10-minute and 22-minute marks, three minutes each. Saints drink, then go back in.
5. Stop when the job meets the brief. Not before. If the room runs out of time before the job is done, the leader names exactly what is left and who will finish it.

BY TIER

- ENTRY** Work shoulder to shoulder with an established saint. Ask before you handle anything you have not used before.
- ESTABLISHED** Take a worker role on the crew. Look out for the entry-tier saint next to you without taking the tool out of his hands.
- MENTOR** Take the task-lead role for the first 15 minutes. Set the pace, watch the form, and hand off cleanly when roles rotate.

REQ 1B

BLOCK 4 · PHYSICAL **Clean up and put it back**

⌚ 12 min

1. Bag the debris. Haul it to the curb or the dumpster — not next to the building.
2. Wash the tools at the bucket or the hose. Tools go back in the bag with no dirt on them. The leader is the final inspector.
3. Run the hygiene sequence at the wash station: gloves off inside-out, hands washed 20 seconds, dried, sanitized. Every saint runs it.
4. Stand back and look at the work. The leader asks: "Is this the standard you want at your house?" Saints answer aloud, one at a time.

REQ 1B

SESSION 3 · PRACTICE A JOB (PAGE 3 OF 3)

THE HOUR — CONTINUED

BLOCK 5 · REFLECTION **Close — Take this home**

⌚ 5 min

1. Confirm each saint has his three task dates on the BRC. The first one should be within seven days.
2. Confirm each saint's interview is scheduled and a contact has been reached.
3. Reminder: Req 3a and Req 3b are earned by what you do this week, not by what we did tonight. Tonight was practice. Run the same standard at home.
4. Session 4 opens with the report — bring a clean account of all three jobs and what you heard from your interview.

AT THE CLOSE · DEBRIEF

1. Where did your form or your PPE start to slip during the work, and who caught it?
 2. What did "done" actually look like when we stopped, and would you call it done at your house?
 3. Which of your three home tasks looks bigger or smaller now that you've done one as a crew?
- ☒ Do NOT mark Req 3a or Req 3b tonight — those are earned off-meeting between now and Session 4. Confirm each saint's three task dates and interview date are written on the BRC before he leaves. Note any saint whose dates are not locked in for follow-up this week.

SESSION 4 · PHYSICAL CORE

⌚ 60 min target

Account for the Work

Report on the three jobs and the interview, then sign off the badge.

SESSION AIM

Saints arrive having completed their three approved tasks and their interview with a working professional. The session opens with a job report, moves through the interview takeaways, asks each saint to name a specific moment of resistance or growth, and ends with a written charge on a career they respect more — and BRC sign-off.

🎯 WALK AWAY WITH

- Has accounted for three completed dirty jobs and one interview, out loud, in front of the room
- Has named a specific moment of resistance and what got him through it
- Has named a trade he respects more and what specifically changed his view
- Has a signed BRC, or a written finish plan for any remaining work

📦 BRING / SET UP

- Notepads or half-sheets (one per saint) for the written reflection
- Pens (one per saint)
- Saints' completed planning worksheets from Session 2 — bring them
- BRC printouts for final review
- Water

🕒 THE HOUR**BLOCK 1 · DISCUSSION Opener — The three-job report**

⌚ 8 min

Go around the room. Each youth names his three jobs, what "done" looked like in each, and the one task that was hardest. One minute per saint, not more. Anyone who has not finished all three names what is left and the date he will finish it — the date goes on the BRC tonight before the session moves on.

BLOCK 2 · DISCUSSION Tell the interview

⌚ 15 min

1. Each youth gives a 90-second account of his interview or shadow: the person, the job, what the training looked like, the hardest safety challenge, and one thing that surprised him.
2. Listening saints write down one thing they want to remember from each interview — a fact, a name, a misconception that got corrected.
3. Leader's job: ask one specific follow-up per saint. "You said the apprenticeship was four years — what does the first year actually look like?" Push past generic answers.
4. Teaching point: respect for a job comes from learning specifics about it.

REQ 3B

SESSION 4 · ACCOUNT FOR THE WORK (PAGE 2 OF 2)

THE HOUR — CONTINUED

BLOCK 3 · REFLECTION **Resistance and the moment it broke**

⌚ 18 min

1. Each youth writes for five minutes on a half-sheet: "The moment during one of my three jobs when I most wanted to stop — what was it, and what got me past it?" One job, one moment. Be specific.
2. Pair up. Saints read each other their writing. The partner asks one question — not a comment, a question.
3. Open round: each saint says, in one sentence, what changed in his attitude toward dirty work after the three jobs. No need to be profound. Honest is enough.
4. Leader's brief closing point: doing the work, especially the part you wanted to skip, is how the attitude actually moves.

REQ 3A

REQ 4A

BLOCK 4 · CREATIVE **Name a trade you respect more**

⌚ 14 min

1. Each youth picks one skilled-trade or service career he respects more now than he did four weeks ago. It can be the career he interviewed or a different one — but he must explain the shift.
2. Write three sentences on the half-sheet: the career, what changed his view, and one specific thing about the work he wants to remember.
3. Open round: each youth reads his three sentences. No critique. The room responds with one affirmation or one related observation per saint.
4. Optional pin: post the half-sheets on the wall for the rest of the meeting so saints see the range of careers their peers respect.

REQ 4B

BLOCK 5 · REFLECTION **Close — BRC sign-off**

⌚ 5 min

1. Walk through the BRC. Confirm Reqs 1a, 1b, 2a, 2b, 3a, 3b, 4a, 4b are checked. Sign and date the BRC for each saint who has completed every requirement.
2. Name any saint with an outstanding task or a missed interview. He gets a finish date on the BRC tonight and a check-in scheduled with the leader.
3. Brief closing point: the badge is the saints' record of work they actually did. The shirt patch is the smallest part of it.

AT THE CLOSE · DEBRIEF

1. What did the person you interviewed say that you wrote down word-for-word?
2. Which of your three jobs do you wish you had done first instead of last, and why?
3. Which trade do you respect more now than four weeks ago, and what specifically changed your mind?

📝 Initial Req 3a, Req 3b, Req 4a, and Req 4b on each saint's BRC after this session. Sign and date the BRC for any saint with all eight requirements complete. Note any saint with outstanding work and the agreed finish date.

HANDOUT 1 OF 2

FROM SESSION 2 — BUILD THE THREE-TASK PLAN

Tools and PPE Field Card

Use the card while you fill in the three-task worksheet. If your plan calls for a tool or PPE that's not in the matching row, stop and ask the leader before approving the task.

DIRTY JOBS · FIELD CARD

Match the kit to the job before you start.

If the planned task calls for a tool or PPE not in this row, stop and ask the leader.

SIX COMMON JOBS

tools · PPE · watch for

1 Gutter clearing

Leaves, mud, and shingle grit choke the downspout. Standing water rots fascia.

TOOLS

Ladder + spotter, gutter scoop, bucket, hose.

PPE

Gloves, safety glasses, closed-toe shoes.

WATCH FOR

Wasp nests, soft fascia, loose ladder feet.

2 Garage or shed clear-out

Years of stacking hides sharp edges, mouse nests, and rusted hardware.

TOOLS

Contractor bags, broom, dustpan, push cart.

PPE

Gloves, dust mask, glasses, sturdy shoes.

WATCH FOR

Sharp metal, mouse droppings, mystery liquids.

3 Yard and garden bed prep

Roots, rocks, and weeds dug out before mulch goes down. Sustained back work.

TOOLS

Shovel, rake, hand cultivator, wheelbarrow.

PPE

Gloves, glasses, hat, water bottle within reach.

WATCH FOR

Lower-back strain, thorns, heat, hidden glass.

4 Paint scrape and prime

Flaking paint, raw wood, and weather damage. Prep is most of the work.

TOOLS

Scraper, wire brush, sandpaper, drop cloth.

PPE

Gloves, glasses, dust mask, old clothes.

WATCH FOR

Old paint dust (pre-1978 = lead — stop, ask).

5 Kitchen deep clean

Grease behind the stove, crumbs under the fridge, residue on the hood vent.

TOOLS

Bucket, scrub brush, sponges, shop towel.

PPE

Rubber gloves, glasses, ventilation on.

WATCH FOR

Mixing cleaners (never bleach + ammonia).

6 Hauling trash or yard waste

Bagging, lifting, walking it to the curb or the dump. The cleanup of the cleanup.

TOOLS

Bags, cart or wheelbarrow, tarp for sharp loads.

PPE

Gloves, glasses, closed-toe shoes, long pants.

WATCH FOR

Overloading bags; lift with legs, not back.

Cleanup of tools and the work area is part of the job, not after the job.

Put the PPE on before you pick up a tool, and take it off at the wash station — not the car.

Print this handout for in-person reference during session 2 — build the three-task plan.

HANDOUT 2 OF 2

FROM SESSION 2 — RUN THE FIRST TEN MINUTES

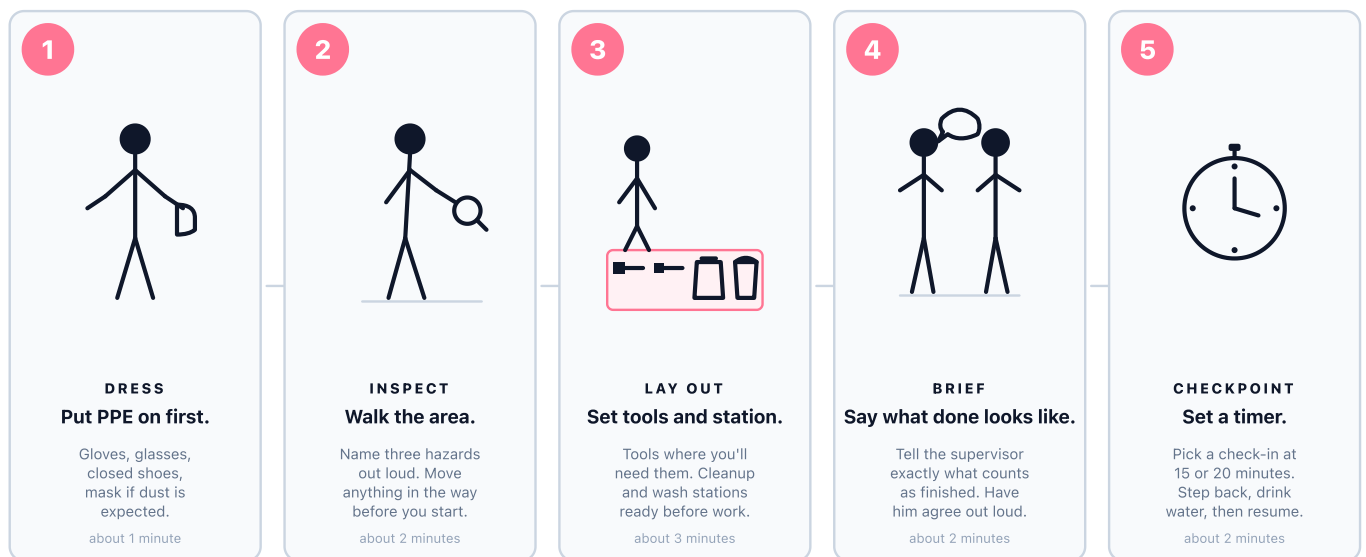
The First Ten Minutes

Run this sequence at the start of every dirty job — in the room tonight, and at home this week. The first ten minutes set whether the rest of the job goes well.

DIRTY JOBS · STARTUP CARD

Run these five steps before you touch a tool.

The first ten minutes decide whether the rest of the job goes well or has to be redone.



Total budget: about ten minutes. The work goes faster when you do not skip these.

Run this card before every job, in the room tonight and at home this week.