

# Challenge Jr.



## CATHOLIC FAITH & VIRTUE PROGRAM

FOR GIRLS IN KINDERGARTEN TO FOURTH GRADE

# *Information Booklet*



**Challenge JR is a Catholic Program for girls K -4<sup>th</sup> grade to learn about their Catholic Faith and Christian virtue in a fun environment.**

### **A Little History....**



For years, Conquest Jr has existed as a great option for younger boys who were not old enough for Conquest. We have been receiving requests from Challenge Leaders for many years to offer something similar for younger girls in K- 4th grade. We are very excited to share this new program with you all. It is a beautiful way to evangelize younger girls and their families.

Challenge Jr was born from a desire of Challenge club leaders to offer something to younger girls to help them to learn Christian virtue and prayer. We first asked the existing groups via survey what they were looking for in Challenge Jr materials. We also used Conquest Jr as a base to build, so the Junior programs would be parallel. Then, we paused to ask ourselves a few questions in general... These answers helped us build out the components of Challenge Jr.

### *What are families with daughters in K to 4th grade looking for?*

- A truly Catholic Virtue Program for younger girls (attractive, motivational, catechetical content);
- A good fun environment for girls to make friends;
- Somewhere their daughters want to go to learn about faith;
- Something for the whole family, where moms can be involved;
- A place to find positive role models and leaders for their daughters.

### *What are girls in K to 4th grade looking for in a Catholic Program?*

- Friends, Fun – new things, games, crafts; cool girly Catholic stuff.
- Feeling part of something special (member kits & gear);
- Recognition for their achievements;
- A role model and mentor they can look up to;



## Challenge Jr is...



**For Kindergarten through 4<sup>th</sup> Grade.** There are activities throughout the curriculum for both older and younger girls. Eventually, depending on membership we may develop curriculum for different age groups.



**Led by Adult Leaders,** with the help of teen mentors who are usually Challenge members. Teen leader can be present in a guest speaker role, or run a certain part of the meeting.



**A Complete Annual Program of Materials and Curriculum** to help the girls and leaders successfully participate in the programs.



**Includes both large group and smaller team activities.** Girls will be grouped in teams for activities. 8-10 per team is a good number. Each team should have a leader (adult or teen) to help.



**A great way to make new friends.** To give the girls an opportunity to meet new friends, the teams can change after every virtue campaign.

# Challenge Jr believes in the power of motivation, positive recognition and creating friendship memories. We offer materials to help do that.

• *Charms* When the girls join Challenge Jr, they receive a member kit with a Challenge Jr bracelet. Each time they complete a 4 week session on virtue, they receive a charm and a bracelet that goes along with that virtue & saint. At the end of the year they should have 5 charms. The charms are in specific shapes and go along with the theme each week.

• **Mary Medal** = Obedience - Our Lady of Lourdes and St Bernadette

• **Flower** = Kindness = St Nicholas

• **World Heart** = Generosity = St John Paul II

• **Owl** = Self Control = St Therese of Lisieux

• **Angel** = Compassion = St Mother Teresa of Calcutta



• *Virtue Posters* There is also a special poster for each virtue where the girls can color to create a masterpiece of virtue.

• *Membership Card and Virtue Stickers* The girls receive a membership card for the year in their member kit which has a place stickers and personal notes. There is a different sticker for each virtue in the curriculum.

KEEP THE GIRLS EXCITED ABOUT LEARNING AND LIVING THEIR CATHOLIC FAITH AND CHRISTIAN VIRTUE.





# CURRICULUM & ACTIVITIES

## Challenge Jr Curriculum & Activities :

We focus on five virtues each year. Challenge Jr Curriculum will change each year with new virtues and material. This year we are using the Series 2 Curriculum. Each virtue has four weeks of curriculum, which focuses on living that virtue with God, with family, with friends, at school in the corresponding week. For example if the virtue is obedience:

- Week 1 – Obedience with God
- Week 2 – Obedience at home
- Week 3 – Obedience at school
- Week 4 - Example of Obedience with my friends

Each virtue has a saint role model that the girls can learn about. The story of that saint will be carried throughout the 4 weeks of meetings by showing a video or telling a story about their life.

Each year they have two suggested service projects: Lent and Christmas. Both should be family events. The projects should be moments to live out the virtue they learned about. At the end of each year they will have a Challenge Jr family event where the Challenge girls can help out with.

## SERIES 2 CURRICULUM FOR 2018-19



**Virtue #1:**  
**Obedience**



**ST BERNADETTE & OUR LADY OF LOURDES**



**Virtue #2:**  
**Kindness**



**ST NICHOLAS**



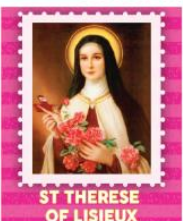
**Virtue #3:**  
**Generosity**



**ST JOHN PAUL II**



**Virtue #4:**  
**Self Control**



**ST THERESE OF LISIEUX**



**Virtue #5:**  
**Compassion**



**ST MOTHER TERESA**

# Example of the Challenge Jr Curriculum Map for the 4 Weeks about the Virtue of Compassion



Week	Group Game	Virtue Activity	Virtue Craft	Saint Story	Prayer Chat
Week 1: Compassion like God	Bubble Match	What is compassion? How is God compassionate?	Mother Teresa Clothes Pin Puppets	Mother Teresa	Divine Mercy Prayer
Week 2: Compassion At Home	Angel Dust Relays	How can I have compassion at home?	Galaxy Butterfly Craft	Mother Teresa	Prayer to the Holy Spirit
Week 3: Compassion at School	Princess and Frog Game	How can I have compassion at school?	Paper Loopy Flowers	Mother Teresa	St Michael Prayer
Week 4: Compassion with Everyone	Lima Bean Adventure	How can I be compassionate to everyone?	New Sew Heart Pillow for Homeless	Mother Teresa	Fatima Prayer

Each week includes print off handouts on a USB drive with coloring sheets, game pieces and activities for the leaders to use.

Each week’s meeting incorporate the virtue stickers, virtue posters and virtue charms to motivate the girls, as well as the Member Coloring book to help in the prayer chat moment.

## EXPLANATION OF THE WEEKLY MEETING



**The Challenge JR weekly meeting has 8 different parts:**

- |                               |                              |
|-------------------------------|------------------------------|
| 1. Welcome and Opening Prayer | 5. Virtue Craft              |
| 2. Snack                      | 6. Saint Story Video         |
| 3. Group Game                 | 7. Prayer Chat and Coloring. |
| 4. Virtue Activity            | 8. Wrap Up: Connect the Dots |

The girls are all together for the majority of the activity but can break into teams for some things, especially the games. Each team should have a mentor or leader who is either a Challenge girl or adult to help. Adults or Challenge girls can also direct different parts of the activity.

The weekly meetings will always the fun elements that are necessary for the girls to enjoy themselves and build good friendship: snack time, games, and crafts. These moments are all related to the virtue theme.

In addition to the virtue, each week the girls will learn about one Catholic prayer. They have a prayer focused moment where their Member prayer coloring book will be a guide to learn the prayer.

## MATERIAL & KITS



The leader kits contain all that the Adult Leader needs to run Challenge Jr. The most important item in this kit is the Challenge Jr Leader Curriculum Guide with the weekly activities.

The Adult Leader kit also includes sample packs of the 5 charms and bracelets, 5 virtue posters, 300 pack of virtue stickers, Challenge Jr Leader USB, a 20 pack of the NEW Challenge Jr brochure, Challenge Calendar, Prayer book, Challenge Jr member book, Challenge Jr member card, bracelet, holy cards, pen, journal and key chain.



**Challenge Jr T-shirts** are available in adult and youth sizes.





## Challenge Jr Member Kits

The member kit has everything a Challenge Jr girl needs for her meeting – Pink Cinch Bag, Member Cards, Member Coloring Prayer Book, Challenge Jr bracelet, calendar, holy cards and pen. Challenge Jr T-shirts are available in adult and youth sizes and are sold separately.



## Challenge Jr Member Card

The Challenge Jr Member Card is new and has five panels where the girls can put their sticker and jot down what they have learned about the saints. This card is included in the member kits.

**SELF CONTROL**  
St. Therese of Lisieux

What have you learned about self control?

STICK YOUR VIRTUE STICKER HERE

What is special about St. Therese?

AT HOME

**COMPASSION**  
St. Mother Teresa of Calcutta

What have you learned about compassion?

STICK YOUR VIRTUE STICKER HERE

What is special about St. Mother Teresa?

AT HOME

**CHALLENGE Jr**

**MEMBER CARD**

This is your Member Card where you keep track of the virtues and saints you learn about. It is a place where you can put your Challenge Jr virtue stickers. You can write down what you have learned and lived each week.

NAME: \_\_\_\_\_

DATE: \_\_\_\_\_

**OBEDIENCE**  
St. Bernadette and Our Lady of Lourdes

What have you learned about obedience?

STICK YOUR VIRTUE STICKER HERE

What is special about St. Bernadette?

AT HOME

**KINDNESS**  
St. Nicholas

What have you learned about kindness?

STICK YOUR VIRTUE STICKER HERE

What is special about St. Nicholas?

AT HOME

**GENEROSITY**  
St. John Paul II

What have you learned about generosity?

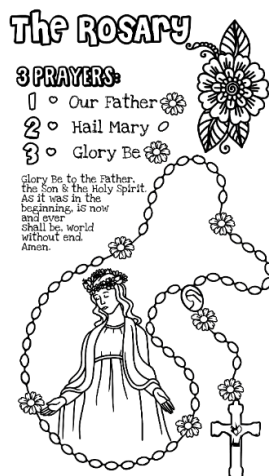
STICK YOUR VIRTUE STICKER HERE

What is special about St. John Paul II?

AT HOME

# Challenge Jr Member Prayer & Coloring Book

The Challenge Jr Prayer Book is a coloring book that not only has the essential Catholic prayers but it also includes pages about each virtue. This book is included in the member kits.



## Challenge Jr Virtue Charms, Bracelets & Cards

The Challenge Jr Virtue Charms are a complement to the program and come with a virtue charm and bracelet in a cute organza bag with a holy card about the virtue and saint. The Leader kit has a sample pack of each charm included.



**FIVE NEW SERIES 2 CURRICULUM VIRTUE CHARM  
WITH HOLY CARDS CHARMS AND BRACELETS**



## CHALLENGE JR Frequently Asked Questions

### What age group is Challenge Jr meant for?

Challenge Jr is for girls in Kindergarten through 4<sup>th</sup> grade. There are age appropriate activities in the Curriculum Guide for both.



### What material and tools are available to get Challenge Jr started?

Challenge nationally offers on the online store 3 main kits for Challenge JR: Member kits, Adult Leader Kits, and Virtue Charm Packs. We also offer Challenge Jr T-shirts in Adult and Youth sizes.

### How many weeks of curriculum is available?

For the Series 2 Curriculum this year we have 5 virtues x 4 weeks each, which is a total of 20 weeks curriculum. We also have 2 service project weeks and 1 week for a Challenge Jr awards, so it is a total of 23 weeks of activities. We realize some groups meet every week, others meet twice a month and some only meet monthly. With holidays and school breaks, 23 weeks of activities seems to be sufficient for most groups.

### Do I have to have a Challenge group to start Challenge JR?

No, but it definitely helps. Having a Challenge club not only helps provide support for the Junior club but it gives the girls something to aspire to.



### Who leads the girls in the Challenge Jr meeting?

Challenge Jr is an adult led program that can have adult leadership or teen leadership for the weekly meetings. This means the moms can be behind the scenes or involved every week. The most important thing is whoever is working with the girls needs to have a heart that is open and excited about evangelizing kids.

**How long is the weekly activity supposed to be?** The weekly meeting can be anywhere from 1 hour and 15 min to 2 hours. The breakdown of time and each part can be found in the butterfly diagram.



## Is Challenge Jr a lot of work?

It's no cup of tea, but it definitely is worth all of the effort. Girl Scouts is one of the most popular after school activities for millions of girls across the world. Their groups are led by adults and have been around for years. On a human level, creating a place for girls to grow in long lasting friendships, team spirit and adventure is a noble thing. Challenge Jr is a similar age group and team dynamic with adult leadership, but it also has a very specific Catholic curriculum and focus. Build a team of moms to help you out and don't forget to get the Challenge girls involved. When you start up a Challenge Jr program, you are doing something awesome that will bring young girls and families closer to God and the Church.

## What is the differences and similarities with Conquest Jr?

Challenge and Conquest Jr are both Catholic virtue programs and we share the same curriculum (same virtues and same saints each year). The similarities end there because of the obvious difference of being for boys or girls, Conquest JR is a very competitive program with point chips and codes of conduct. For girls, we have taken a different approach with the charms and stickers as recognition, achievement and creating friendship memories throughout the program.



## How do I get started?

If you have a Challenge Annual membership for 2018-19, its very simple. Just go online to the Challenge online store and purchase the Challenge Jr material. IF you do not have a Challenge club and are just starting, you will need to visit the Mission Network website to purchase your annual membership and you will receive an email with access to the online store, coupons for free Challenge Jr items and instructions.

## Why are the virtue charms add on items and not included in the leader kit?

We wanted to keep the cost of the leader kit lower and also give the clubs the option of buying some or all of the charms for their group. We also have no way of knowing how many girls are in each group, so this way the Challenge JR leader can buy as few or as many packs of charms as needed.



## Do you have guide books for the teen leaders with just curriculum?

No, just one leader curriculum guide. On the USB you will find a print out for the virtue activity that can be printed and given to the person giving the talk. You can request additional guides to Customer service





THE CHALLENGE JR WEEKLY MEETING HAS 8 DIFFERENT PARTS. THERE ARE MOMENTS FOR FUN LIKE THE SNACK AND GROUP GAME. THERE ARE MOMENTS TO LEARN ABOUT THE VIRTUE OF THE WEEK AND SAINT STORY. THE GIRLS WILL ALSO LEARN ABOUT ONE CATHOLIC PRAYER. THERE IS EVEN TIME FOR A VIRTUE CRAFT, ALL CENTERED AROUND A COMMON THEME.

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