



Grade 4: Saint John's Eagles (9-10 years)

*Complete all mandatory requirements for Saint Matthew's Angels, Saint Mark's Lions, and Saint Luke's Oxen along with the following when joining as a Saint John's Eagle:

Spiritual:

1. While not required to allow flexibility for local customs, TSG highly recommends the cadet take a class or be trained by an acolyte, deacon, priest, or approved catechist on how to serve the Holy Sacrifice of the Mass. All cadets should have a burning desire to serve Christ as an altar boy. Troops should sponsor classes for boys on how to reverently serve at the altar according to the rubrics of Holy Mother Church.
2. Explain 3 activities that help you grow closer to God. Explain why.
3. Pray every night for 30 days. Explain what you learned to your Troop Captain or Patrol Lieutenant.

Physical:

1. Plan a week of meals with the help of your parents/guardians.
2. Explain to your family what a healthy balanced meal looks like and includes.
3. Keep a record of your meals and snacks for 7 days. Are you a healthy eater?
4. Explain to your family the dangers of drugs and how they would affect your ability to think clearly.
5. What would you do if someone offered you drugs? Talk about this with your parents/guardians and your patrol.

Patriotic:

1. Organize and lead a flag ceremony for your troop.
2. Learn the name of your president, local governor, and local mayor (as applicable).
3. Learn the story behind your nation's national anthem.
4. How do you report a crime or accident? What number should you call?
5. Write a 1 page essay: Why is your nation important to you? Your Troop Captain or Patrol Lieutenant should read the essay and give you feedback.

Family:

1. Discuss family finances with a parent/guardian.

2. Learn about your family's food budget. With an adult, figure out how much it costs for each person in your home to eat one meal.
3. Discuss and explain the dangers of debt with a parent/guardian.

Manly Skills:

1. Learn a card trick. Perform it successfully for your patrol.
2. Create a survival packet with things that you would need in a survival situation: string, batteries, flashlight, knife, cup, etc.
3. Learn how to make a fist and throw a punch. Discuss with your parents/guardians, troop Officers, or patrol when fighting is allowed and not allowed.
4. Learn how to identify different drill bits by size and style.
5. Make a model car, plane, building, outdoor landscape, or other project.