



Come Follow Me ^{Preschoolers} 2021

Each weekly lesson consists of four main parts.

1. Family Target Objective
2. Let's Study Together
3. Let's Sing Together
4. Let's Play Together



Each lesson can be completed in one sitting or spread throughout different nights of the week.

This year to add extra excitement to our Come Follow Me learning, my family painted a simple unfinished wooden mailbox. When we are ready for a Come Follow Me lesson, the activity lesson plan and any needed materials will be inside the box for my children to take out.

WEEK OF: FEBRUARY 1

Doctrine & Covenants 10-11



Family Target Objective: We will know we can pray always to conquer Satan.



Let's Study Together: "Pray always, that you may come off conqueror; yea, that you may conquer Satan, and that you may escape the hands of the servants of Satan that do uphold his work." -Doctrine & Covenants 10:5

Tell Elder Bednar's Cheetah Story: Elder Bednar gave a conference talk about when he and his wife, Susan, were visiting Africa and observed 2 cheetahs stalking a large group of topis, a type of antelope. The cheetahs were hungry and wanted to eat. The tall, dry grass of the African savanna was a perfect hiding place for the cheetahs to sneak up on the animals to eat them. The cheetahs worked as a team to slowly creep closer without the topi noticing. They were patient and steady. As the cheetahs appeared very close, all of a sudden the older topis keeping guard sent a warning signal and all the topi turned and ran away to safety. You won't believe what the cheetahs did next! They didn't give up. They slowly and secretly kept working as a team following the topi without even taking a break as they continued to get closer and closer to the topis.

Act out the story. Invite your family to choose roles as topi or cheetah and act out the story.-Chat briefly about how we are like the topi and Satan is like the cheetahs.

Do a coloring page from [The Friend Magazine](#) . Pass out a coloring page and crayons as you have a family discussion.What are some things we often do during our days? (eat/sleep/play/read/study/watch)

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WEEK OF: FEBRUARY 1 *continued....*

Doctrine & Covenants 10-11



Let's Study Together (continued): How will praying always help us as we go about our days? (strengthen us to make good choices) Can we pray to have the Holy Ghost comfort us, guide us and help us?



Let's Sing Together: "Search, Ponder, and Pray," Children's Songbook, 109

Let's be bakers and mix together a song! Introduce a container of baking soda labeled "search" with a post-it note, a bottle of food coloring labeled "ponder" with a post-it note, and a container of vinegar labeled "pray" with a post-it note. Explain in our song we will sing about how if we search, ponder, and pray, something very special will happen. We will know the scriptures are true! As we sing, we can pour little bits of our search, ponder, and pray ingredients and see something special happen.



Let's Play Together: Joseph Smith's Lost Pages Story

Tell the kids I had \$1 for each of them, but...I lost the money. How do the kids feel that the money is lost? Do they wish I could find it? Joseph Smith and his friend Oliver Cowdery worked really hard to translate 116 pages of the Book of Mormon. 116 pages! Joseph Smith translated the gold plates into English and Oliver Cowdery wrote down the words. The pages were truly lost and never found. BUT Heavenly Father prepared to make up for the lost pages because His wisdom is always greater than Satan's evil.

Read D&C 10:43. Thousands of years earlier Nephi felt inspired to create a 2nd record that covered the same time period as the lost 116 pages and Mormon was inspired to include the record in the Book of Mormon "for a wise purpose" known to the Lord. So even though the pages were lost, God planned for a different way to make it all work out ok. The lost pages had been taken by evil men who plotted to alter the words of those pages to make people doubt Joseph Smith's work. Heavenly Father didn't want Joseph Smith to redo the work of the lost pages, but just continue forward with the next pages. We can pray always to conquer wicked and Heavenly Father will help us to make things work out for our good. Let's search for those lost \$1 bills!



WEEK OF: FEBRUARY 8

Doctrine & Covenants 12-13; Joseph Smith-History 1:66-75



Family Target Objective: We will understand the Priesthood is God's power.



Let's Study Together: Do you remember Ammon who saved King Lamoni's sheep from the Book of Mormon? Remember that because Ammon was such a hard working servant to the King, the King was then willing to listen to Ammon teach Him about God? Joseph Smith was a really hard worker too. He worked on the farm of Joseph and Polly Knight and was the best worker they ever had! The Knight family believed Joseph's testimony about the gold plates and became missionaries helping restore Jesus' true church in New York, Ohio, Missouri, Nauvoo and Salt Lake City. As we serve others, we are helping to do God's work also.

Because Joseph Smith was restoring Jesus' true church back on the earth, something very important needed to happen. The Priesthood is the power of God and it had been taken away from the earth. Surely Jesus' church would have the power of God. Joseph Smith was visited by someone special who had baptized Jesus and held the Aaronic Priesthood when he was on the earth. Let's see who it was!

Print a coloring page from CFM for Primary for each child:

https://www.churchofjesuschrist.org/bc/content/shared/content/images/gospel-library/manual/PD60007744/PD60007745_000_wk7.pdf As the kids color, read aloud D&C 13. Show CFM picture on page 30.



Let's Sing Together: Create a simple trumpet with an empty paper towel roll and a cereal box. Cut a cone shape out of part of a cereal box and tape it to one end of the paper towel roll. By holding the empty side of the roll close to your mouth it will look like a trumpet.

Look at pictures about Joseph Smith from the Gospel Art Book celebrating Jesus' church being restored on the earth: Joseph Smith Reading James 1:5 (pg 89), 1st vision (pg 90), Moroni's 1st appearance (pg 91), Joseph translating gold plates (pg 92), Priesthood restoration (pg 93). Sing "The Priesthood Is Restored," Children's Songbook, 89. Let each child have a turn marching with the trumpet as you sing.



Let's Play Together : Ask the kids if they would like to help whip up some whipping cream. Let kids help pour whipping cream into a bowl. Set a hand mixer nearby but do not plug it in. Hold the hand mixer over the bowl and chat about how delicious this will be to dip some graham crackers in after our lesson is finished. Ask if I'm holding the hand mixer the right

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WEEK OF: FEBRUARY 8 *continued....*

Doctrine & Covenants 12-13; Joseph Smith-History 1:66-75



Let's Play Together (continued): way and if what I'm doing should get us delicious whipped cream. No? Why not? It's not plugged in? It doesn't have any power? Plug it in and let the kids help whip. While enjoying dipping graham crackers in the cream, have a discussion.

The priesthood is God's power here on the earth. On May 15, 1829, John the Baptist appeared to Joseph Smith and Oliver Cowdery and gave them the Aaronic Priesthood. Just like we needed to plug the hand mixer into a true power source for it to start whipping, we need God's power here on the earth to perform ordinances such as baptism and the sacrament. President Joseph F. Smith described the priesthood as "the power of God delegated to man by which man can act in the earth for the salvation of the human family."

WEEK OF: FEBRUARY 15

Doctrine & Covenants 14-17



Family Target Objective: We will understand that each of us can be a witness.



Let's Study Together: Put a toy, such as a ball, inside a gift bag and place tissue paper on top. Ask, "Do you think something is inside this bag?" Tell, "I put an orange ball in here. Do you believe me?" Ask one child to peek inside the bag and announce what she saw. "Now that we have both said the same thing about what's wrapped in this bag, does it help you know for sure that it is what we say?" Invite another family member to look and announce what he saw. "Is it even easier to believe me now that another person is witnessing that what I say is in the bag is true?" Heavenly Father promised to allow witnesses to see the gold plates so that these witnesses could tell other people that the plates did exist.

On a summer day in 1829, Joseph Smith, Oliver Cowdery, David Whitmer and Martin Harris prayed and were each able to see the Angel Moroni appear and show them the gold plates. A few days later, Joseph Smith was allowed to show 8 more witnesses the gold plates with his own hands, including 2 of his brothers and his father. All of the witnesses signed their names that they had seen the gold plates and their testimonies are at the beginning of the Book of Mormon.

Someone else named Mary Whitmer was able to see the plates too! For a time, Joseph and

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WEEK OF: FEBRUARY 15 *continued....*

Doctrine & Covenants 14-17



Let's Study Together (continued): his wife Emma along with Oliver Cowdery who was helping write down the words Joseph Smith translated, lived in the home of Peter and Mary Whitmer. Mary Whitmer had to do extra work hosting the extra guests, but she never complained. One day, as she went to the barn to milk the cows, she met a kindly old man, who was actually the angel Moroni, who had the plates at the time. Moroni said to her, "You have been very faithful and diligent in your labors, but you are tired because of the increase of your toil; it is proper therefore that you should receive a witness that your faith may be strengthened." Then he showed her the gold plates. (there is a great explanation of her experience here if you want more info <https://www.youtube.com/watch?v=FQEbVZoARyk>).

Can we be witnesses too? How could we be a witness of the Book of Mormon? A witness of Jesus?



Let's Sing Together: Sing "I'll Go Where You Want Me to Go," Hymns, no. 270.

Invite the kids to imitate your actions as you sing. Pretend that your body is on a mountain roller coaster moving up high with your body and hands on the high notes and sitting down low on the low notes.



Let's Play Together: Place a pair of overalls out for the kids to try on and act out being farmers. Read D&C 14:1-4. Chat about how this section of the D&C was given through Joseph Smith to David Whitmer, a farmer. The Lord compares His work to the kind of work David would be familiar with and understand best.

Write on a dry erase board things the family members call out regarding things that are important and of great worth to them.

Write "eternal life" large on a piece of paper. Write it a second time and cut apart the individual letters. Invite the kids to match the letters to the words and then read what it spells. Read D&C 14:6. Testify how happy we will be to live forever with God.



WEEK OF: FEBRUARY 22

Doctrine & Covenants 18-19



Family Target Objective: I know I am of great worth.



Let's Study Together: Pass a mirror around for each family member to view themselves as they listen to mom tell them they are a child of God and of great worth. Each of their sweet faces are most valuable to God.

Read D&C 18:10. Explain souls = all of God's children. Read again and replace "souls" with each family member's individual name. Testify that even if your child doesn't feel great or special or if someone is unkind and makes them feel bad about themselves, you KNOW they are great in the sight of God.

Ask, "Do you know what brings the Lord joy?" Read D&C 18:13. Talk about how when we make mistakes, we can repent by saying sorry, fixing our mistake and trying our best to not make that mistake again. We can pray to Heavenly Father to talk with him about what happened and tell him we're sorry and ask for His help. AND THAT'S WHAT MAKES JESUS HAPPY! When we try to be like Him little by little each day. Jesus loves us enough to die for us to give us the chance to repent. We are each very special.



Let's Sing Together: Materials: Balloon, wooden skewer, vaseline. Blow up a balloon $\frac{2}{3}$ of the way, not full. Explain you are going to put a skewer stick all the way through the balloon without popping it! "I wonder how I can do this"...have the kids show you their thinking/confused faces. Explain you purposely only blew the balloon up part way so there are two points of the balloon that are not as stretched (show the darker balloon areas on the top and bottom of the balloon). "If we cover the pointy ends of the stick with slippery Vaseline (dip the stick into the vaseline to cover it thickly), I think you will start to understand it may be possible to put the stick through the balloon without making it pop!" Have the kids nod and show you their understanding faces. Place the skewer through the balloon with the vaseline end. If it doesn't work, try again on another balloon. When successful, have the kids show you their amazed faces. "We get to sing a song today that includes the emotions we made faces for. Sometimes we are confused about something and we think about it to try to understand why. And then when we understand why, we might be so amazed!"

Idea from Melissa Hite Seager from the Latter-day Saint Primary Music Leaders Facebook page.

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WEEK OF: FEBRUARY 22 *Continued....*

Doctrine & Covenants 18-19



Let's Sing Together (Continued): Sing “I Stand All Amazed,” Hymns, no. 193

Optional: Print this adorable flip chart and tape the pictures up with painter's tape to the wall to point to as the family sings. <https://whipperberry.com/i-stand-all-amazed-flip-chart-lds-primary/>



Let's Play Together: Invite a child to hold up CFM picture page 38.

Read D&C 19:23-24. Ask the children for help to think of actions for verse 23, such as point to your mind for “learn” and cup your ear for “listen.” Have the children point to the picture of Jesus as you read verse 24. Make it clear that each of the children are loved for simply existing. They are loved because they are children of God. They are loved no matter what choices they make. As a way to help each child feel extra special for all the things that make them wonderful, write each child's name on a paper. Have each family member share out loud what things are incredible about each specific kiddo and write the words on that child's paper.