



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: MARCH 1

Doctrine & Covenants 20-22



Family Target Objective: We will understand Joseph Smith brought Jesus' church back to the earth because it was gone. All parts of Jesus' church including baptism, priesthood service, and a living prophet are restored.

Let's Study Together:

Doctrine & Covenants 20:1

Watch this video from sister missionaries singing new lyrics to the "Cup Song" in a primary singing time: <https://www.youtube.com/watch?v=fw6HOYClndQ&feature=youtu.be>

Print this picture

(https://www.churchofjesuschrist.org/bc/content/shared/content/images/gospel-library/manual/PD60007744/PD60007745_000_wk10.pdf). from the CFM Primary manual for each child. Gather 3 brads per child from around your home to use with the printable. Invite your child to color as you teach.

Teach that when Jesus lived on the earth, He wanted the people to learn and obey His teachings. These teachings would help people learn what they must do to return and live with Jesus and Heavenly Father again. Jesus organized His church to help people learn to live His teachings. After Jesus and His apostles died, the people on earth did not live by what Jesus taught. People changed His teachings so the true church of Jesus was lost. Jesus took His priesthood from the people on the earth. This meant that people could not be baptized with proper authority or receive the gift of the Holy Ghost. Families couldn't be sealed

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WEEK OF: MARCH 1

Continued....

Doctrine & Covenants 20-22



Let's Study Together (continued):
together as a family.

On April 6, 1830 (191 years ago!), Joseph Smith and Oliver Cowdery gathered with others to organize the restored church of Jesus Christ just how Jesus wanted. We now have the Book of Mormon to read, we know how we should be baptized just like Jesus, we have priesthood power to serve and bless others, and we have a living prophet to lead the church. Invite each family member to share why they are thankful we have Jesus' church.



Let's Sing Together: "The Church of Jesus Christ," Children's Songbook, 77.

If you want a visual, use this tip from Kenzee Jo Mullins shared on the Latter-day Saint Primary Music Leaders Facebook page. You can use paper speech bubbles or draw on a dry erase/chalkboard.



Let's Play Together: Grab 10 plastic cups. Write the following words, 1 on each cup. Prophets, scriptures, priesthood authority, revelation, faith, repentance, baptism, endure to the end, Holy Ghost, Jesus Christ. Write on one cup at a time and invite your child to start stacking the cups into a pyramid with 4 on the bottom row, then 3 cups, then 2 cups, and the final top of the tower the Jesus Christ cup. Let the children knock the cups over to represent how Jesus' teaching were changed and lost from the earth until Joseph Smith restored them and stack the tower again properly.



WEEK OF: MARCH 8

Doctrine & Covenants 23-26



Family Target Objective: We can strengthen The Church of Jesus Christ of Latter-day Saints.



Let's Study Together:

D&C 23:5

Read Chapter 13 in Doctrine and Covenants Stories about Joseph and Emma. Joseph and Emma worked incredibly hard and made difficult sacrifices to restore and strengthen Jesus' church. We can strengthen Jesus' church too. How can we help?



Let's Sing Together:

Read D&C 25:11-12.

Singing is one way we can show our love for God! When we sing we can feel the Holy Ghost testify that the words we are singing are true and we can know Heavenly Father and Jesus' love better.

The Lord commanded Emma Smith to make a collection of hymns that the Saints could sing in their church meetings. She included 90 hymns in that very first church songbook and some are still sung today, such as "How Firm a Foundation," and "Redeemer of Israel." Way to go, Emma!

Sing "Lift Up Your Voice and Sing," Children's Songbook, 252. If desired, let your family each decorate a plastic spoon with markers and craft supplies as a prop for the song. This idea was shared on the Latter-day Saint Primary Music Leaders Facebook page by Jeanette Pitcher. Invite each family member to share his/her favorite church song for the family to sing. My family will each get a simple plastic spoon and two minute access to a sharpie.



Let's Play Together : Recreate the marshmallow experiment with your little ones teaching the rewards of patience as referenced by President Uchtdorf. Watch the video "Continue in Patience" on ChurchofJesusChrist.org.



WEEK OF: MARCH 15

Doctrine & Covenants 27-28



Family Target Objective: We will understand what it means to put on the armor of God.



Let's Study Together:

D&C 27:15

Ask your family why soldiers would want to wear additional special clothes while going to battle. Set out clothing such as hats, aprons, vests, shoes, and coats. Let your children dress up in them as you talk about how armor could help protect us in battle. Even though we don't actually put on special armor each morning, we still need to protect our minds, hearts, and bodies from Satan each day. What can we do to protect our minds to stay pure thinking of goodly things? How can we protect our hearts to be focused on righteousness and feel God's love for us? How can we keep our feet to walk in the right direction and be good missionaries? How can we hold a shield of faith to always believe in Jesus? How can we hold a sword of the spirit to have the Holy Ghost with us to warn us from dangers?



Let's Sing Together:

"Come, Listen to a Prophet's Voice," Hymns, no. 21.

Ask your family how following the prophet helps us to stay safe and wear our armor of God. Consider making a countdown until general conference.



Let's Play Together :

Materials: 2 oranges, 1 large glass bowl of water

Place both oranges in the bowl of water with their "armor" (ie skin) on. Notice how the oranges are floating and standing firm in the water. Slowly, little by little, begin peeling away some of the "armor" of 1 of the oranges. As you take off chunks say something like, "Oh no, this orange forgot to obey. Uh oh, this orange chose not to tell the truth. Bummer, this orange forgot to pray before bedtime." The orange will begin to dip further in the water compared to the orange still wearing its armor.



WEEK OF: MARCH 22

Doctrine & Covenants 29



Family Target Objective: We will know our Savior wants us to gather close to Him.



Let's Study Together:

D&C 29:1-2

Read the verses and take turns acting as chicks and a hen. Then hold a picture of the Savior up and invite your family to gather around Jesus. Watch the video “Chicks and Hens” from [ChurchofJesusChrist.org](https://www.churchofjesuschrist.org/media/video/2012-01-007-chicks-and-hens?lang=eng): <https://www.churchofjesuschrist.org/media/video/2012-01-007-chicks-and-hens?lang=eng>.

Print a coloring page for each child from the Primary Come Follow Me D&C manual. https://www.churchofjesuschrist.org/bc/content/shared/content/images/gospel-library/manual/PD60007744/PD60007745_000_wk13.pdf

Let's Sing Together:

“When He Comes Again,” CSB pg 82.



If you want a visual, Camillesprimaryideas.com has a wonderful printable under her resources links that she shares for free! Print her “Wonder When He Comes Again” single pdf for each child or a larger version your children can color as you sing the words! <https://camillesprimaryideas.com/2017/04/when-he-comes-again-1st-verse.html>



Let's Play Together :

If desired, print this cute, one-page booklet for your children to read about the Plan of Happiness. <https://www.churchofjesuschrist.org/bc/content/shared/content/images/gospel-library/magazine/friendlp.nfo:o:4b.jpg>

Role play The Plan of Salvation.

Start in one room of your home representing premortal life and explain before we were born on earth we all lived with Heavenly Father and Jesus. While we were there, Heavenly Father presented a plan to us. He told us about His plan to create a world with plants, animals and oceans and send a Savior for us. We were so excited to be able to have bodies and live on the earth with our family that we shouted for joy!

Let's shout for joy! Invite each family member, oldest to youngest walk into another room representing Earth one at a time as you tell them it's their turn to be born on Earth. As each

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WEEK OF: MARCH 22

Continued....

Doctrine & Covenants 29



Let's Play Together (continued): family member enters the room, the others can exclaim, “Hooray! Your turn on earth is here!” Once each child has arrived on Earth, teach that we are faced with choices each day. Making good choices helps us to return to live with our Heavenly Father. The great news is Jesus lived on the Earth before us to show us the way to make good choices by praying, being baptized, and showing kindness to others. Explain after our life on Earth is over, we go to the Spirit World. Walk into another room of the house representing leaving the Earth. It can be sad when someone we love leaves us but we can remember we will all be together again. We can live together as a family forever and even be with Jesus and Heavenly Father again!

Group family hug!