



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: MAY 3

Doctrine & Covenants 46-48



Family Target Objective:

God has given us each spiritual gifts to bless one another.

Let's Study Together:

D&C 46:8-11 "...seek ye earnestly the best gifts...they are given for the benefit of those who love me...that all may be benefited...and to every man is given a gift by the Spirit of God."



Play a peek-a-boo memory game with an assortment of household objects representing spiritual gifts. Cover the object with a blanket. Remove the blanket and let your child study the objects. Then cover the objects with the blanket and see if your child can remember anything that is hiding under the blanket. Repeat until each object is identified. Chat about how each item can be related to a spiritual gift.

Ideas for household objects representing spiritual gifts:

- A picture of Jesus representing the gift of having faith in Jesus
- A book in another language representing the gift of tongues
- A box of band-aids representing the gift of having faith to be healed
- An alphabet book or nonfiction book representing the gift of wisdom
- A missionary tag representing the gift of teaching the gospel of Jesus Christ
- A happy face and sad face drawn on paper representing the gift of recognizing right and wrong
- Scriptures representing the gift of understanding the scriptures
- A doll representing the gift of noticing those who need a friend
- A heart representing the gift of love

End sharing that we know every good gift comes from Christ and we can use our special spiritual gifts to help one another.

(continued on the next page)



WEEK OF: MAY 3

Continued....

Doctrine & Covenants 46-48



Let's Sing Together:

“Have I Done Any Good?,” Hymns, 223.

Play the music video “Have I Done Any Good?” featuring Alex Boye and Carmen Rasmussen: <https://www.churchofjesuschrist.org/inspiration/latter-day-saints-channel/watch/series/music-videos/have-i-done-any-good-in-the-world-today-3?lang=eng>

The official video starts at 2:40 to keep your little one's interest.

Chat for a moment about how Heavenly Father and Jesus want people from all over the world, people of all languages and skin colors, to be invited and feel welcome in our church meetings.



Let's Play Together :

Pass something, such as a bag of gummy bears, to your child. Ask your child to share the treat with everyone in the family. Explain Heavenly Father gives us gifts, and He wants us to use them to help others. As the family munches, share a time when someone blessed your life with their spiritual gift.



WEEK OF: MAY 10

Doctrine & Covenants 49–50



Family Target Objective:

Things that are light and bring us peace and happiness are of God. Things that make us feel scared and unhappy are darkness and not of God.



Let's Study Together:

D&C 50:24

Read the verse in a dimly lit room. Light one candle, then another, and another. Or turn on one flashlight, then another, and another. Chat about what we can do to make our gospel light continue to grow and shine brightly and never turn off, such as singing primary songs, reading scriptures, following our prophet, being kind to others like Jesus, etc.



Let's Sing Together:

“Shine On,” Children’s Songbook, 144

Lyrics

1. My light is but a little one,
2. My light of faith and prayer;
3. But lo! it glows like God’s great sun,
4. For it was lighted there. *Actions: Start crouched down low and small. As you sing the verse, stand taller and wider with your arms spread above you like a rising sun.
5. [Chorus]
6. Shine on, shine on, shine on bright and clear;
7. Shine on, shine on now the day is here. *Actions: Flash fingers like twinkling stars.

I may not hide my little light;

The Lord has told me so.

’Tis given me to keep in sight,

That all may see it glow. *Actions: Hold up 1 pointer finger like a single candle. Hide it behind your other hand’s palm then reveal it and wave it high.



Let's Play Together :

Show the Come Follow Me picture on page 87 or any picture of Christ as the Good Shepherd. Read D&C 50:41–42. Draw a simple sheep on paper and write your child’s name on it. Hide the sheep around the room. Encourage your child to find the missing sheep and place it by Jesus the Good Shepherd. Testify you know Jesus loves children and loves your child.



WEEK OF: MAY 17

Doctrine & Covenants 51-57



Family Target Objective:

Heavenly Father wants us to be honest.



Let's Study Together:

D&C 51:9

Play Button Button - Who's Got the Button. Sit in a circle as a family. Press your hands together with a button or other small object inside. Show your family how to press their hands together. Go from person to person, passing your hands between theirs. Drop the button into one person's hands. Have each person keep pressing their hands together, pretending they each have the button. Say, "Button, button, who has the button?" Invite your preschooler to guess which person has the button by asking, "Do you have the button?" The person has to answer truthfully "yes" or "no." Play the game several times, choosing a new person to pass and guess. Praise your child for being honest.



Let's Sing Together:

"Give, Said the Little Stream," Children's Songbook, 236.

Sing along with the song (<https://www.churchofjesuschrist.org/music/library/childrens-songbook/give-said-the-little-stream?lang=eng>). Share a blue curling ribbon with your child to play with during the song. In verse 1, the ribbon can act like the little stream waving horizontally. In verse 2, the ribbon can be the rain coming down vertically. In verse 3, your child can wave the ribbon at each family member to demonstrate giving and sharing. During the chorus, your child can wave the ribbon all around.



Let's Play Together :

Play a preschool-appropriate quick family board game. Before the game, ask each family member if they promise to follow the rules. Afterward, talk about how the game would have been different if someone had cheated. Is it more fun, fair, and happy for everyone when we are honest with one another in all we do?



WEEK OF: MAY 24

Doctrine & Covenants 58-59



Family Target Objective:

We have the power to choose to do good even when things are hard.



Let's Study Together:

D&C 58:27-28

Draw a happy face on paper and tape it to a wall. Draw a sad face on another piece of paper and tape it to the opposite wall. Invite your child to run from one face to another according to how she might feel with the following scenarios. Add your own that your child will relate with.

- You feel angry at your brother but make a good choice to not hit him.
- You tell a lie to your Mom.
- You listen the first time Dad asks you to come.
- Your friend wasn't kind to you and didn't share.
- You helped clean up and it was such hard work, but you kept helping!
- You made a mess with your snack and didn't clean it up as you should.
- It was so hard to be quiet during the sacrament of bread and water, but you did your best.
- Someone made a mean face at you.
- You helped say the family prayer.



Let's Sing Together:

"Choose the Right," Hymns, 239.

Print a CTR shield (<https://www.beccaallred.com/design/wp-content/uploads/2010/05/myctr2.png>) for your child to color as you listen to the song a couple of times through. Then play the first verse and help him hold the shield up high each time "choose the right" or "right" is sung.



Let's Play Together :

Read D&C 59:9-10

Teach your child the "Here is the Church" finger play. Interlock your fingers and close your hands with all your fingers in the middle of your hands. Put your pointer fingers up tall to look like a chapel. Make your thumbs the chapel doors. Open your hands, wiggle your fingers to be like the people inside the church. Say, "This is the Church and here is the steeple. Open the doors and see all the people." Teach that Jesus wants us to be at His church on Sundays (or at home church when appropriate). Print this coloring page (<https://media.ldscdn.org/pdf/magazines/liahona-april-2016/2016-04-37-the-sabbath-is-a-special-day-eng.pdf>) for your child to color as you chat as a family about ways you honor the commandment to keep Sundays a holy day.



WEEK OF: MAY 31

Doctrine & Covenants 60-62



Family Target Objective:

I can open my mouth to tell others about Jesus.



Let's Study Together:

Read D&C 60:2

Hide a coin “treasure” for your child to dig up from a bowl of brown sugar or flour. Explain our testimony knowing about Jesus is like a special talent and treasure from God. If we don't open our mouths and talk about Jesus and His love for us, we are burying and hiding our special treasure. We are happy when we unbury the treasure coin. We are also happy when we open our mouths to share what we know about Jesus with others. We should tell others about Jesus so they can have treasure too.

Print these puppets

(https://www.churchofjesuschrist.org/bc/content/shared/content/images/gospel-library/manual/PD60007744/PD60007745_000_wk23.pdf) to role play with your child how you can open your mouths to talk about Jesus.

Let's Sing Together:

“I Want to Be a Missionary Now,” Hymns, 168.

Sing along with this video: <https://www.youtube.com/watch?v=i3clCXFy-sM>



Talk about how missionaries get to knock on doors of people in their neighborhood to see if they can help serve their family and if they would like to learn about Jesus. As you listen to the song and sing along, knock on your front door to the beat of the music.

Let's Play Together :

Read D&C 61:36

Gather a stack of post-it notes and markers. Draw pictures as a family on post-it notes about things that bring you joy and “good cheer.” Remember every good thing is from God. Place the post-it notes around a picture of Jesus in your home.

