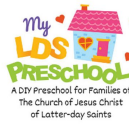


# Come Follow Me 2020 January through June

for Families with Preschoolers



Date	Scripture & Song	Lesson Activity	My LDS Preschool Resource for Members
<p>Week 1 Dec 30- Jan 5</p>	<p>Introductory Pages of the Book of Mormon</p> <p><b>“The Book of Mormon is the keystone of our religion.”</b> - Intro P6</p> <p><b>“Book of Mormon Stories”</b> (<i>Children’s Songbook</i>, 118–19)</p>	<p>New Year Lesson</p> <p>Explain that just like bedtime wouldn’t be the same without a bedtime story or cereal wouldn’t be the same without milk, our church, The Church of Jesus Christ of Latter-day Saints, wouldn’t be complete without the Book of Mormon.</p> <p>Point to the Book of Mormon and chant, “Another testament of Jesus Christ.” Read the scripture.</p> <p>Build a keystone arch with 5 large marshmallows. Talk about the importance of the center marshmallow to connect the structure together and how the Book of Mormon is an important part of our church.</p> <p>Blow up some colorful balloons to throw around in celebration of studying the Book of Mormon together as a family in 2020!</p>	<p>V is for Vision of Joseph Smith</p>
<p>Week 2 Jan 6-12</p>	<p>1 Nephi 1-7</p> <p><b>“I will go and do the things which the Lord hath commanded.”</b> <b>1 Nephi 3:7</b></p> <p><b>“Keep the Commandments”</b> (<i>Children’s Songbook</i>, 146–47)</p>	<p>Act out the story of Nephi and his family leaving their riches and nice home to live in tents in the wilderness. Briefly role play Nephi and his brothers going back to Jerusalem 3 times to get the brass plates from wicked Laban. Read the scripture. Talk about how these were hard choices but Nephi knew Heavenly Father would help make it possible.</p> <p>Place a picture of Jesus inside a brown paper bag. Fold the top of the bag down. Tell your child there is a picture of Jesus inside the bag. Ask if she wants to unwrap it to see which picture it is for herself.</p> <p>Explain Nephi wanted to know for himself about the vision his father Lehi had. Nephi prayed to understand and know the things his Father taught him.</p> <p>If something is hard or there is something we want to know about, we can pray and Heavenly Father will help us.</p>	<p>N is for Nephi</p>

<p>Week 3 Jan 13-19</p>	<p>1 Nephi 8-10</p> <p><b>“I beheld a tree whose fruit was desirable to make one happy.”</b> -1 Nephi 8:10</p> <p><b>“Search, Ponder, and Pray”</b> (<i>Children’s Songbook</i>, 109)</p>	<p>Ask your preschooler some of the ways God shows his love for us. You might mention the gift of families, bodies, food, plants, sunsets, etc. Explain God loves us so much He wants us to live with Him again after our turn on earth is done.</p> <p>Create a “rod of iron” from rope or string going from one end of a room to the other. Draw a quick sketch of a tree to tape to the end of the rope path along with one of your child’s favorite sweet fruits, such as a pear.</p> <p>Encourage your preschooler to hold on to the rope with one hand and help him hold scriptures in his other hand. When your child reaches the tree, invite him to eat the fruit.</p> <p>Teach that Lehi had a special dream where his family was holding on to a rod of iron, like our rope path. The rope is like holding on to and following the word of God in our scriptures.</p> <p>If Lehi’s family held on tight to the rope and followed the words of God, they made it safely to the tree at the end of the path. The tree represents living with Heavenly Father and Jesus and our family forever.</p> <p>Even when we are happy or sad or grumpy or angry, we always stay close to the rope which is following what Heavenly Father wants us to do. Then we will make it safely back to live with Heavenly Father again.</p>	<p>N is for Nephi</p>
<p>Week 4 Jan 20-26</p>	<p>1 Nephi 11-15</p> <p><b>“Blessed are they who shall seek to bring forth Zion.”</b> - 1 Nephi 13:37</p> <p><b>“The Iron Rod”</b> (<i>Hymns</i>, no. 274)</p>	<p>Teach your preschooler that Heavenly Father and Jesus love us. Use pictures from the GAK to show your preschooler a timeline of pictures representing God sending his love and</p> <p>Jesus’ examples of love. Show a picture of Jesus as a baby and encourage your preschool to point to the picture and say, “Look!” Show a picture of Jesus getting baptized, angels blessing the children, Jesus healing, Jesus dying on the cross, Jesus as a resurrected being, and Jesus returning from heaven. With each picture, encourage your child to point and say, “Look!”</p> <p>Explain that as members of The Church of Jesus Christ of Latter-day Saints, we get to live in a time when Jesus’ true church is restored on the earth. Over time, some of the things in the Bible have been changed or taken out. Set up 6 clear cups with a post-it note under each one stating a plain and precious truth such as “priesthood,” “temples,” “Book of Mormon,” “prophet,” and “baptism.” Stack the cups three on the bottom, two in the middle,</p>	<p>Z is for Zion</p>

		<p>and write a “Jesus” note to place on a cup at the very top. Teach, “Our church has been restored to the way Jesus wants His church to be. Jesus wants it to be clear and easy to understand how His church should be run, just like these cups are clear and easy to see through.”</p> <p>Encourage your preschooler to repeat after you, “Heavenly Father and Jesus love us. We can love others too.”</p>	
<p>Week 5 Jan 27- Feb 2</p>	<p>1 Nephi 16-22</p> <p><b>“I will prepare the way before you, if it so be that ye shall keep my commandments.”</b> <b>-1 Nephi 17:13</b></p> <p><b>“Nephi’s Courage”</b> (<i>Children’s Songbook</i>, 120–21)</p>	<p>Show your preschooler how to use googlemaps to get directions to a nearby favorite location. Explain Lehi’s family was blessed with a special type of round map called the Liahona to guide them toward the promised land. When Lehi’s family made good choices and believed in Jesus, the Liahona worked great. But when they made bad choices, the Liahona stopped working.</p> <p>Tell this story. “Nephi was hunting with his bow and arrow when his bow broke. His family was hungry. They were also tired from walking for so long in the wilderness. They felt angry at Nephi because they wouldn’t have a way to hunt for food anymore. Instead of complaining, Nephi built a new bow from wood and used a straight stick for an arrow. Then Nephi asked his father, Lehi, where he should go to hunt for food. Lehi prayed to ask the Lord. The Lord said to use the Liahona. The Liahona had directions for where Nephi should go to hunt!”</p> <p>Let your preschooler be like Nephi and explore with a DIY bow and arrow using a large paperclip, rubberband, and qtip. Take the paperclip and bend it out straight. Bend each outer edge back in about an inch so it makes a straight letter C shape. Slide the rubberband midway onto the paperclip “C”. Bend the edges down and around in a circular shape to secure the rubberband. Use a qtip as an arrow and practice with shooting your DIY arrow!</p> <p>Ask your preschooler if she knows how to build a big boat for the whole family to fit inside and float on the water safely. Explain Nephi didn’t know how to build a ship, but the Lord asked him to build one for his family to sail on to get to the promised land. So Nephi prayed to ask for help and believed the Lord would help him. And he did it! He built a ship with the Lord’s help to know how!</p> <p>Encourage your preschooler to exclaim, “Heavenly Father will help me do hard things!”</p>	<p>N is for Nephi</p>
<p>Week 6 Feb 3-9</p>	<p>2 Nephi 1-5</p> <p><b>“We lived after</b></p>	<p>Show your preschooler an oven mitt and ask her what it is used for. Talk about how an oven mitt is helpful for keeping our hands safe from burning</p>	<p>H is for Heavenly Father’s Plan</p>

	<p><b>the manner of happiness.”</b> - 2 Nephi 5:27</p> <p>“Praise to the Man” (Hymns, no. 27)</p>	<p>when we take something hot from the oven. Nobody makes us wear the oven mitt. We can choose to wear it or not wear it. But by choosing to wear it, we are kept safe.</p> <p>Heavenly Father doesn’t make us choose the right. We can choose to be good or bad. We can choose to follow Nephi’s example or we can choose to be like Laman and Lemuel.</p> <p>In our scriptures we read about the Nephites finding happiness in spending time as a family, reading scriptures, keeping the commandments, saying prayers, loving others, having a positive attitude, repenting, and focusing on the temple.</p> <p>Encourage your toddler to run around the room and point to things that bring happiness in your family.</p>	of Happiness
<p>Week 7 Feb 10-16</p>	<p>2 Nephi 6-10</p> <p><b>“My heart delighteth in righteousness; and I will praise the holy name of my God.”</b> -2 Nephi 10:49</p> <p>“I Feel My Savior’s Love” (Children’s Songbook, 74–75)</p>	<p>Vday Lesson</p> <p>Jesus is our ultimate example of love. His Atonement is the greatest gift of love.</p> <p>Watch this 4 minute child-friendly video about the Atonement: <a href="https://www.churchofjesuschrist.org/inspiration/latte-r-day-saints-channel/watch/collection/childrens-bible-videos/the-atonement?lang=eng">https://www.churchofjesuschrist.org/inspiration/latte-r-day-saints-channel/watch/collection/childrens-bible-videos/the-atonement?lang=eng</a></p> <p>Cut out a large heart from craft paper or construction paper. As a family, gather around the heart and draw or write ways you can fill your home with love. Ideas might include, sharing, speaking kindly, being patient, soft voices, listening, serving, trying to be like Jesus, etc. Tape the heart up in your home to view this week.</p>	L is for Loves His Little Ones
<p>Week 8 Feb 17-23</p>	<p>2 Nephi 11-25</p> <p><b>“We talk of Christ, we rejoice in Christ”</b> -2 Nephi 25:26</p> <p>“I Love to See the Temple” (Children’s Songbook, 95)</p>	<p>Jesus Christ brings us joy!</p> <p>Draw a simple happy face on 3 pieces of construction paper. Find a picture of Jesus’ birth, a picture of Jesus healing a blind man, and a picture of a temple in your GAK. Secretly cover each picture with a piece of construction paper. Then close the book.</p> <p>Let your preschooler search through the GAK to find the happy faces in the GAK and reveal the hidden pictures. Briefly talk about how each picture brings us joy.</p> <p>Explain that your home is a special place because you talk about Christ, rejoice in Christ, preach of Christ, prophesy of Christ coming again, and teach that we can repent when we make wrong choices because of Christ.</p>	T is for Temples

<p>Week 9 Feb 24- March 1</p>	<p>2 Nephi 26-30</p> <p><b>“It is a blessing unto them from the hand of God.”</b> - 2 Nephi 30:6</p> <p><b>“The Holy Ghost”</b> (<i>Children’s Songbook</i>, 105)</p>	<p>Wrap a ribbon around your scriptures. Explain our Bible and our Book of Mormon are both incredible gifts, even more precious than gold, for us to read each day. They both testify of Jesus and teach us examples of how we should live.</p> <p>Share your favorite Book of Mormon story and how glad you are to have the Book of Mormon in addition to the Bible.</p> <p>Ask your preschooler if he thinks Jesus would only want boys to read His scriptures and attend church? Or only girls? Or only moms and dads? Or only kids? Or only people with blue hats? Or only people with pets? No! The scriptures and Jesus’ church are a blessing that Jesus wants everyone to enjoy!</p>	<p>S is for Scriptures</p>
<p>Week 10 March 2-8</p>	<p>2 Nephi 31-33</p> <p><b>“Press forward, feasting upon the word of Christ.”</b> - 2 Nephi 31:20</p> <p><b>“When I Am Baptized”</b> (<i>Children’s Songbook</i>, 103)</p>	<p>Make a path to walk on with pieces of construction or computer paper that lead to a picture of Christ in your home. Write the following words, 1 on each paper: “Have Faith in Jesus,” “Repent,” “Be Baptized,” “Receive the Gift of The Holy Ghost,” “Feast Upon the Words of Christ,” and “Endure to the End.”</p> <p>Invite your preschooler to walk the paper path as you help her read the words on each paper. Explain, “Jesus taught us if we do these things we can return to live with Him again after we die.”</p> <p>Give your child 2 identical snacks or treats that she enjoys. Ask her to first take itty bitty bites out of the first one. Then invite her to devour and feast upon the second one. Explain we can feast upon the words of Christ by praying, reading scriptures, going to church, listening to the prophet, following Jesus’ example and following the promptings of the Holy Ghost.</p>	<p>B is for Baptism</p>
<p>Week 11 March 9-15</p>	<p>Jacob 1-4</p> <p><b>“Before ye seek for riches, seek ye for the kingdom of God.”</b> - Jacob 2:18</p> <p><b>“The Wise Man and the Foolish Man”</b> (<i>Children’s Songbook</i>, 281)</p>	<p>Take a collection of things your preschooler enjoys, such as candy or legos or crayons or coins, and show them off to your family. Say, “Look at all of these! They are all mine. I love them and I will keep them ALL for myself.”</p> <p>Pause and ask, “Uh oh. Do you think Jesus would want me to keep all the things He blessed me with without sharing? Would you like some?”</p> <p>Share your items with each family member and explain Jesus wants us to help others and follow Jesus and not only focus on trying to get lots of money to keep just for ourselves.</p> <p>Take a moment to see if there are any donations in your home of clothing or toys or books that could</p>	<p>The Golden Rule</p>

		be shared with others.	
<p>Week 12 March 16-22</p>	<p>Jacob 5-7</p> <p><b>“O be wise; what can I say more?” -Jacob 6:12</b></p> <p><b>“Dare to Do Right”</b> (Children’s Songbook, 158)</p>	<p>St Patrick’s Day</p> <p>Point out a tree in your yard or nearby. Teach, “In the Book of Mormon, Jacob tells a story about a Lord of a vineyard of trees that could represent Jesus. Jesus worked really hard to take good care of His trees because He loved them. The trees represent the people living on earth. Jesus called laborers as helpers to take care of the trees. The laborers are like missionaries called to teach people about Heavenly Father’s plan of happiness and Jesus’ love.”</p> <p>“Let’s go on a treasure hunt for clues of how we can be wise, strong examples of Jesus so we can be missionaries to bring others to Jesus.”</p> <p>Write on yellow post-it notes or gold pieces of paper taped around the house the following examples (or any that best fit your family):</p> <ul style="list-style-type: none"> <li>-Talk about Jesus</li> <li>-Go to church</li> <li>-Pray</li> <li>-Read scriptures</li> <li>-Follow the prophet</li> <li>-Serve neighbors</li> <li>-Use loving words</li> <li>-Be baptized like Jesus</li> <li>-Tell the truth</li> <li>-Put God first in our lives</li> </ul> <p>Optional: Place a gold Rolo candy, gold chocolate coin, skittle, Lucky Charm marshmallows or rainbow twizzler with each clue for your preschooler to collect as she searches for the clues.</p>	<p>X is for Example of Anti-Nephi-Le hies</p>
<p>Week 13 March 23-29</p>	<p>Enos-Words of Mormon</p> <p><b>“I kneeled down before my Maker, and I cried unto him in mighty prayer.” -Enos 1:4</b></p> <p><b>“A Child’s Prayer”</b> (Children’s Songbook, 12–13)</p>	<p>Give the following clues to see if your preschooler can guess the secret mystery word of “prayer”.</p> <p>Clue 1: I can be quiet so nobody hears or loud so everyone in the room hears. Clue 2: I can be used anytime, anyplace. Clue 3: I can be said when you are on your knees or when you speak into a microphone or when you talk in your mind. Clue 4: I can be used for gratitude, comfort, forgiveness, help, blessings or just for talking to about anything you want. Clue 5: You use me to talk with Heavenly Father.</p> <p>In our Book of Mormon, we read about Enos who prayed all night long for forgiveness and for his people.</p>	<p>E is for Enos</p>

		<p>When we pray to Heavenly Father, our words reach the heavens and God hears us! God loves us and cares about the things that are important to us.</p> <p>Make a simple peanut butter &amp; jelly or meat &amp; cheese sandwich talking about the steps of prayer. The bread is first where we address Heavenly Father. Next come the peanut butter (or meat) where we thank God for our blessings. Then we add jelly (or cheese) and ask Him for things on our hearts. Last is the second piece of bread where we close in the name of Jesus Christ, amen.</p>	
<p><b>Week 14</b> March 30- April 12</p>	<p><b>“He is not here: for he is risen.”</b> <b>-Matthew 28:6</b></p> <p><b>“Easter Hosanna”</b> <i>(Children’s Songbook, 68–69)</i></p>	<p>General Conference/Easter</p> <p>As you listen to General Conference, listen for the key words “Jesus” and “Resurrection.” Place a pom pom in a jar each time one of the words is said.</p> <p>-----</p> <p>Explain the beautiful things we see around us at Easter time, such as flowers, eggs and even spring itself, symbolize rebirth and new life that help us remember Jesus’ resurrection.</p> <p>Have a family passover meal. Serve lentil soup, unleavened bread, hard boiled eggs, olives, chopped apples, and grape juice. Sit on the floor around the coffee table together like Jesus did.</p> <p>While eating the passover meal do the following previously prepared activity:</p> <p>Fill 6 plastic numbered eggs with small printed pictures of Jesus that represent the events of the last week of Jesus’ life. Let your preschooler open the eggs and talk about each picture.</p> <ol style="list-style-type: none"> <li>1. <b>Jesus’ Triumphal Entry</b> (Jesus walked from Bethany to Jerusalem. He rode into the city on a donkey. People recognized Him as their King, shouting, “Hosanna,” and laying down palm leaves in front of the donkey to keep dust from getting on the Savior.)</li> <li>2. <b>Cleansing the Temple</b> (Jesus saw people buying and selling things in the temple. Because He wanted the temple to be a “house of prayer,” He made them leave. Then He healed people who were lame or blind.)</li> <li>3. <b>The Last Supper</b> (Jesus’s disciples got ready for the Passover meal. During the meal, Jesus told the disciples that one of them would betray Him. Then, to help them remember Him, He gave them the sacrament for the first time.)</li> <li>4. <b>His praying in the Garden of Gethsemane</b> (Jesus went to the Garden of Gethsemane)</li> </ol>	<p>R is for Resurrection</p>

		<p>to suffer for our sins and to pray to God. People came with swords and arrested Him.)</p> <p>5. <b>The Crucifixion</b> (He was condemned to die on the cross. Jesus was crucified. A rich man named Joseph laid Jesus in his tomb. Jesus's mother, Mary, and Mary Magdalene visited the tomb. A large stone was put in front of the door. The wicked priests asked Pilate to have guards stand outside the tomb to make sure no one went inside.)</p> <p>6. <b>The Empty Tomb</b> (Jesus was resurrected! He had risen from the tomb. An angel descended from heaven and rolled away the stone. Jesus told His disciples to teach and baptize others and promised to always be with them.)</p> <p>Ask each family member, "What does Jesus mean to you?"</p>	
<p><b>Week 15</b> April 13-19</p>	<p>Mosiah 1-3</p> <p><b>"Rejoice and be filled with love towards God and all men."</b> <b>-Mosiah 2:4</b></p> <p><i>"When We're Helping"</i> (<i>Children's Songbook</i>, 198)</p>	<p>King Benjamin was a great king that served his people and taught them to worship Jesus. He asked all the people to gather near the temple to hear him speak. The people gathered as families and set up their tents near the temple. King Benjamin had a tower built so he could stand on it to speak and have people far away hear his voice.</p> <p>Create a mini tower for your preschooler to stand on, such as a chair, stool, or counter and stand next to him for safety. Invite your child to role play King Benjamin speaking to the people. Optional: Wear a king's crown. Whisper the points below into his ear and let him announce them.</p> <p>-I have taught you to keep the commandments of the Lord and He will bless you. -When you serve others, you are also serving God. -My son Mosiah is now going to be your king. -Don't argue with one another. -The time comes soon that Jesus Christ, the son of God, will be born of Mary. He will work miracles! -Jesus will be crucified and rise again 3 days later to live forever. Everyone on the earth will have the opportunity to know He is our Savior. -Humble yourselves and become as little children.</p> <p>Write the name of each family member on a strip of paper and place them folded in a bowl. Let your preschooler hand a strip to each person. Whichever name you receive is the name of a person to do a secret service for this week.</p>	<p>K is for King Benjamin</p>
<p><b>Week 16</b> April</p>	<p>Mosiah 4-6</p>	<p>Use a washable black or brown marker to quickly draw about 5 "mud" spots on your arms and legs</p>	<p>K is for King Benjamin</p>



20-26	<p><b>“The Spirit of the Lord...has wrought a mighty change in...our hearts...to do good continually.”</b> -Mosiah 5:2</p> <p>“Love One Another” (<i>Children’s Songbook</i>, 136–37)</p>	<p>(about 3” round).</p> <p>Explain to your preschooler that you sometimes we wrong choices. Point to each “mud” spot and explain how you may have gotten each one.You may have colored on a wall, told a lie, taken something without asking, said an unkind word, or disobeyed your mom.</p> <p>When we sin, it’s like we have some mud on us and we want to get clean again. So we can repent! Jesus has the power to forgive us of our wrong choices and make us clean again!</p> <p>Explain, just like in our <u>Book of Mormon</u> when King Benjamin’s people felt sorry about their wrong choices, they asked for forgiveness, and you did too. Erase each “mud” spot with a wet soapy cloth as you talk through the four steps of repentance to 1. Feel sorry 2. Ask forgiveness 3. Right the wrong 4. Stop doing the wrong choice.</p> <p>Tell your preschooler she can repent when she makes wrong choices too and feel the joy of being clean again!</p> <p>King Benjamin taught his people to repent and also to share their things with one another so nobody is poor. The people promised to keep the commandments of God. Because the people’s hearts had changed from wanting to do bad things to always doing good, King Benjamin called them the “children of Christ.”</p>	
<p>Week 17 April 27-May 3</p>	<p>Mosiah 7-10</p> <p><b>“In the strength of the Lord did we go forth to battle against the Lamanites...and God did...answer our prayers.”</b> -Mosiah 9:17-18</p> <p>“<u>Book of Mormon Stories</u>” (<i>Children’s Songbook</i>, 118–19)</p>	<p>In the <u>Book of Mormon</u> we read about Limhi and his people. They needed help because the Lamanites had made them slaves.</p> <p>Limhi reminded his people that God can make miracles happen if we turn to Jesus with all our hearts and trust in Him and serve Him.</p> <p>Act out the 2 Bible story examples of when God helped His people. Role play the children of Israel being chased by Pharaoh's army and God causing the Red Sea to part. Hold up two blankets to be the sea. Encourage your preschooler to run toward the blankets and then part them down the middle for her to escape safely.</p> <p>Then pretend to be hungry in the wilderness and have manna fall from the sky so you won’t be hungry. Tear up a few pieces of bread and encourage your preschooler to pretend to sleep in the wilderness and let the bread fall down for her to eat in the “morning.”</p>	<p>S is for Scriptures</p>

		<p>Show your arm muscles and encourage your preschooler to show you her strong muscles too!</p> <p>Explain, when we do things on our own we might not win, but if we have the strength of the Lord with us, we are mighty and super strong and can do all things that Jesus wants us to do!</p>	
<p>Week 18 May 4-10</p>	<p>Mosiah 11-17</p> <p><b>“He is the light and the life of the world; yea a light that is endless, that can never be darkened...that there can be no more death.”</b> -Mosiah 16:9</p> <p>“I Will Be Valiant” (Children’s Songbook, 162)</p>	<p>Use a toy microphone (or paintbrush mock microphone). Pretend to be wicked King Noah and your preschooler can be courageous Abinadi. Take turns passing the microphone when it is your turn to speak.</p> <p>King Noah: “I am wicked and mean King Noah. I make my people give me their money so I can build my gold palace and they have to go hungry. I tell them to pray to statues instead of Heavenly Father.”</p> <p>Abinadi: “I am Abinadi. Heavenly Father sent me to tell you to repent. If you do not repent, you will become slaves to the Lamanites. Turn your hearts to Jesus.”</p> <p>King Noah: “My heart is hard and your words make me angry. I do not want to stop being bad, instead I want to kill you.”</p> <p>Abinadi: “Touch me not! The Spirit of the Lord is with me. God will not allow you to touch me until I have told you His message. Keep the commandments and pray only to God. Keep Sunday a holy day. Do not kill or steal or lie. Honor you dad and mom. Jesus is the light of the world, and He will be born on earth, He will die for us and be resurrected so we can be too. Repent and remember only through Jesus can you be saved.”</p> <p>Alma: “I am one of King Noah’s helpers, Alma. I believe the words of Abinadi. Please let him go!”</p> <p>King Noah: “The truth makes me angry. Because you said the Son of God will come to earth, you will be put to death. Unless you tell everyone your words are a lie.”</p> <p>Abinadi: “My words are true.”</p> <p>King Noah: “Then you will die by fire because you will not deny the commandments of God.”</p> <p>“Even though Abinadi died because he shared his true testimony, he shared the light of Jesus with those around him and Alma believed his words.”</p>	<p>J is for Jesus</p>
<p>Week 19</p>	<p>Mosiah 18-24</p>	<p>Ask your preschooler if she knows anyone who has</p>	<p>B is for</p>

<p>May 11-17</p>	<p><b>“Stand as witnesses of God at all times and in all things, and in all places.”</b> -Mosiah 18:9</p> <p>“Baptism” (Children’s Songbook, 100–101)</p>	<p>been baptized.</p> <p>Whose example of baptism do we follow? (Jesus)</p> <p>Alma believed the words of Abinadi. He repented of his sins and began to teach the words of Abinadi so others could learn about Jesus. Many people believed, repented, and wanted to be called the children of God by being baptized.</p> <p>They clapped their hands and exclaimed: “This is the desire of our hearts!” (Have your preschooler do the same.)</p> <p>Watch this 1 minute video explaining our promises at baptism and Jesus’ blessings: <a href="https://www.youtube.com/watch?v=7tDnv2oHns4">https://www.youtube.com/watch?v=7tDnv2oHns4</a></p> <p>Show a picture of Jesus being baptized, a picture of Alma baptizing his people (on page 77 of the 2020 CFM Individuals and Families), and then ask who has been baptized in your family already and who can be baptized when they turn 8.</p>	<p>Baptism</p>
<p>Week 20 May 18-24</p>	<p>Mosiah 25-28</p> <p><b>“And they were instruments in the hands of God.”</b> -Mosiah 27:36</p> <p>“Help Me, Dear Father” (Children’s Songbook, 99)</p>	<p>Explain, “Alma the Younger and his friends, the sons of Mosiah, tried to destroy the church of God and tried to get others to be wicked.”</p> <p>Fill a clear container with water. Drop a few drops of food coloring into the water representing how we sin.</p> <p>“An angel came and told Alma the Younger, ‘Go thy way and seek to destroy the church no more.’”</p> <p>“Alma and the sons of Mosiah repented and became missionaries teaching about Jesus.”</p> <p>Add some bleach to clear the color and represent that we are clean again when we repent.</p> <p>Act out how Alma the Younger spent his days before he repented (“Be wicked! Don’t keep the commandments!”) and how he spent his days after he repented (“Repent! Believe in Jesus! Be baptized! The scriptures are true!”).</p> <p>Teach, “Only through repenting can we be forgiven and feel joy.”</p>	<p>Y is for Alma the Younger</p>
<p>Week 21 May 25-31</p>	<p>Mosiah 29-Alma 4</p> <p><b>“They were steadfast and immovable in keeping the commandments</b></p>	<p>Use a chalkboard or dry erase board and divide the board with a line down the middle.</p> <p>On the left side draw a stick figure and tell the following story. “A man named Nehor (label Nehor above the stick figure) taught wrong teachings to the people and said they didn’t need to repent and</p>	<p>W is for 2,000 Warriors</p>

	<p><b>of God.”</b>  <b>-Alma 1:25</b></p> <p>“Testimony”  (Hymns, no. 137)</p>	<p>could make wrong choices because everyone would have eternal life.” Write the word repent and let your child cross it out. “Nehor taught those lies so the people would give him money (draw dollar bills and coins) to be their leader. Nehor and his followers were unkind and began to fight the people who belonged to the church of God.” Draw more stick figures with swords saying mean speech bubbles such as “Neener.” “A wicked man named Amlici even wanted to be the king so he could destroy the church of God! Oh no!” Let your child draw Amlici with a mean face.</p> <p>On the right side draw another group of stick figure people. Teach, “The humble people of the church of God, Alma and the other Nephites, kept the commandments (draw the scriptures) and loved others even though others around them did not (help your child draw hearts). They shared what they had with anyone in need so all could have clothing (draw pants and shirts and dresses) and food (let your preschooler dictate which foods to draw) and good health (draw medicine and blankets). They treated all people as equals and everyone worked to serve as best they could. They taught about Jesus for free.” Draw speech bubbles saying things such as “Pray to God” and “Repent” and “Love one another.”</p> <p>Draw lines connecting the people on the 2 sides showing they went to war. Add a large number of stick figure Lamanites to join the left hand wicked side Amlicites.</p> <p>“The good Nephites were strengthened by the hand of the Lord.” Even though there were many more Lamanites, the Lord helped strengthen the Nephites so they won the war. Let your child cross out the left hand side and draw a smiley face on the right side.</p>	
<p>Week 22  June 1-7</p>	<p>Alma 5-7</p> <p><b>“Have ye experienced this mighty change in your hearts?”</b>  <b>-Alma 5:14</b></p> <p>“Come, Follow Me”  (Hymns, no. 116)</p>	<p>Imagine our family is going on a camping trip for a long vacation.</p> <p>“What are some things we would need for a camping trip?” (Let your child answer.)</p> <p>“But we didn’t prepare by packing a tent or sleeping bags or flashlights or hot dogs or firewood or water or by reserving a campsite. Yikes! We couldn’t go camping could we?”</p> <p>We want to live with Heavenly Father and Jesus and they want to live with us. But only people with clean hearts can enter the kingdom of God. We need to <b>prepare</b> our hearts to meet them by following Jesus’ example, testifying of Jesus,</p>	<p>H is for Heavenly Father’s Plan of Happiness</p>

		<p>praying, loving one another, keeping the commandments, and repenting when we make wrong choices.</p> <p>Introduce a new family plant or seeds. The plant will need care to grow, such as daily water and sunlight. Ask, "How can we grow our testimonies?"</p>	
<p>Week 23 June 8-14</p>	<p>Alma 8-12</p> <p><b>"I did boldly testify."</b> -Alma 9:7</p> <p><b>"We'll Bring the World His Truth"</b> (<i>Children's Songbook</i>, 172-73)</p>	<p>Play the Obey Game. Ask your preschooler to run to the front door and clap her hands 3 times. Then ask her to turn in a circle and sit on the ground. Then ask her to jump 5 times and give you a high five.</p> <p>"Wow, you can be obedient! In the <u>Book of Mormon</u> we read about two missionaries named Alma and Amulek who were obedient and courageous to do what God asked them to do even when it was hard.</p> <p>Invite your preschooler to role play Alma speaking to the people of Ammonihah. "I am Alma. I am here to teach you about Jesus. Repent so you will be prepared to meet God!"</p> <p>Respond as the people of Ammonihah and shout, "No! I don't believe you! Leave the city!"</p> <p>Have your child walk out of the room like she is leaving the city as Alma did. Then explain, "An angel came and asked Alma to go back to the city to tell the people to repent again."</p> <p>"Alma quickly obeyed the angel and went right back to the city entering through another way." Invite your preschooler to come back into the room from a different direction.</p> <p>"An angel told a man named Amulek to feed Alma and teach the people too! Hearing 2 people testify of Jesus was even more powerful than 1. Alma and Amulek had the power of God with them so nobody could put them in a dungeon or hurt them as they taught the people to repent."</p> <p>Cut a hard sponge into a heart shape. Let your preschooler drop teaspoons of water on it as you talk about ways to have soft hearts (pray, follow the prophet, read scriptures, go to church, repent, follow Jesus' example).</p>	<p>Q is for Queen and King Lamoni</p>
<p>Week 24 June 15-21</p>	<p>Alma 13-16</p> <p><b>"Give us strength according to our faith which is in Christ."</b> -Alma 14:26</p>	<p>Make a mock prison using chairs, pillows, etc. Invite your preschooler to be Alma and Amulek put inside the prison.</p> <p>Briefly tell about the mocking and cruel treatment Alma and Amulek endured for 3 days. "No food or water for you. We will tie you up with strong cords.</p>	<p>Y is for Alma the Younger</p>

	<p>“Follow the Prophet” (Children’s Songbook, 110–11)</p>	<p>We are going to hit you and tell you that if you can get out of our prison then we will believe in your Lord.”</p> <p>Invite your preschooler to repeat Alma’s words, “O Lord, give us strength according to our faith which is in Christ, even unto deliverance.”</p> <p>Safely help the mock prison walls fall so “Alma and Amulek” can escape unharmed.</p> <p>Explain sometimes miracles happen like with Alma and Amulek and other times things don’t get easier in this life. But Jesus is always aware of our situations and loves us.</p>	
<p>Week 25 June 22-28</p>	<p>Alma 17-22</p> <p><b>“Show forth good examples unto them in me, and I will make an instrument of thee in my hands unto the salvation of many souls.”</b> -Alma 17:11</p> <p>“I Want to Be a Missionary Now” (Children’s Songbook, 168)</p>	<p>Ammon and Abish are two scripture heroes that set good examples of missionary work and were instruments in the hands of God.</p> <p>Show some screws and a screwdriver or a musical instrument. Ask, “What can these do in the hands of someone who knows how to use them?”</p> <p>“We can be like instruments in the hands of God.”</p> <p>Ammon went to a far away land where mean Lamanites lived to teach about Jesus. Some men captured Ammon and took him to King Lamoni. Ammon told the king he wanted to serve him. Ammon worked hard. He protected the king’s sheep from robbers. The king was grateful so he listened to Ammon teach about God.</p> <p>Abbish’s father taught her to believe in Jesus. Not many people in her city believed in Jesus. After Ammon came to teach her people, Abbish knew Heavenly Father wanted her to share the gospel with her people too. She was finally able to tell everyone about Jesus!</p> <p>Read this story from <i>The Friend</i> comparing Abish to how we can be missionaries too. <a href="https://www.churchofjesuschrist.org/bc/content/shared/content/images/magazines/friend/2016/11/november-2016-friend-magazine-mormon_1821614.pdf">https://www.churchofjesuschrist.org/bc/content/shared/content/images/magazines/friend/2016/11/november-2016-friend-magazine-mormon_1821614.pdf</a></p> <p>Without your child seeing, build a simple structure with blocks and cover it with a blanket. Ask your preschooler if he can build the same building without uncovering the blanket. Let him try. Then uncover the blanket and let him try to build it again following your example this time. When we have good examples to follow, it is easier, isn't it? We can be good examples!</p>	<p>A is for Ammon and Q is for Queen and King Lamoni</p>