



# Come Follow Me <sup>Preschoolers</sup> 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: JULY 5



Doctrine & Covenants 76

### Family Target Objective:

God has a special plan for me on earth and after I die.



### Let's Study Together:

D&C 76:62 "These shall dwell in the presence of God and his Christ forever and ever."

Teach your child about the plan of salvation with visuals or snacks. See our preschool curriculum lesson "H is for Heavenly Father's plan of Happiness." for printables or snack ideas. If you don't own our curriculum you could also use this visual from Latter Day Lane. (<https://www.ldslane.net/2014/06/plan-of-salvation-lds.html>)



### Let's Sing Together:

"I Am A Child of God," Children's Songbook, 2-3.  
Use the following finger play actions as you sing.

Point to yourself for "I am a child of God."

Point up toward the sky for "And He has sent"

Point to the ground for "me here."

Touch your two pointer fingers together to make a roof for "Has given me an earthly home."

Introduce one pointer finger at a time out in front of you representing a mom and a dad for "With parents kind and dear."

Move pointer fingers back and forth for "Lead me, guide me, walk beside me"

Point off to one direction for "Help me find the way."

Pound one fist on top off a flat palm for "Teach me all that I must do."

Raise one pointer finger up and have the second pointer finger follow toward heaven for "To live with him someday."

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## WEEK OF: JULY 5

*Continued....*

Doctrine & Covenants 76



### Let's Play Together :

Use a brown washable marker to draw a spot on your child's hand. Show a picture of Jesus and explain when we sin we choose to make a bad choice and it's like dirt on our spirits. But Jesus came to earth to help us become clean again so we can live with Heavenly Father again. Use a washcloth with soap and water and scrub the brown spot away. I drew a mark on your skin and washed it away with a washcloth, but sin is like marking our spirits inside our bodies with dirt and only Jesus can clean there. Have your child repeat, "Jesus helps us to be clean and make good choices so we can live with Heavenly Father again."

## WEEK OF: JULY 12

Doctrine & Covenants 77-80



### Family Target Objective:

Heavenly Father and Jesus love us and will help us.



### Let's Study Together:

Stand outside in your yard to identify some of the beautiful things God has created for us because He wants us to be happy. Are there any flowers or butterflies? Any neat rocks or pretty clouds? Listen to and sing along with "My Heavenly Father Loves Me," Children's Songbook, 228. Testify that you know Heavenly Father and Jesus love you and will always help when we are in need. We can ask for help through prayer. Share an experience if you can think of one when you know Heavenly Father helped you during a hard time or how you know Heavenly Father and Jesus love you.



### Let's Sing Together:

"I'm Trying to Be Like Jesus," Children's Songbook, 78.

Take turns playing follow the leader as you listen to and sing "I'm Trying to Be Like Jesus." Whoever is taking a turn as the leader holds a picture of Jesus up high for everyone to see and follow.

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## WEEK OF: JULY 12

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Doctrine & Covenants 77-80



### Let's Play Together :

Read D&C 82:19

Ask your child if she thinks Heavenly Father wants us to help others. Yes! Think of a way your little one can help serve this week. Maybe donating some cans of food? A free lemonade or popsicle stand for the neighbors? Donating some extra diapers or outgrown clothes or less played with toys to a shelter or sharing with another family? Helping pull in a neighbors' trash can?

## WEEK OF: JULY 19

Doctrine & Covenants 81-83



### Family Target Objective:

Family Target Objective: We can always say a prayer.



### Let's Study Together:

D&C 81:3

Cut out paper hearts for your family to write or draw ideas of things we can pray about. Chat about how we can pray with others like during family prayer or Primary. We can also pray by ourselves. And if it's not quite a good time to pray out loud, we can even pray in our hearts quietly in our minds.



### Let's Sing Together:

"Jesus Wants me for A Sunbeam," Children's Songbook, 103

Print off a darling sun printable for your little one to stick her head through from <https://littledsideas.net/primary/singing-time/jesus-wants-me-for-a-sunbeam-printable-song-helps/> as you sing. We can make the world a better place by shining for Jesus as we help others.



### Let's Play Together :

Make a sandwich with your little one where it's important to follow the directions. It may be fun to try a new recipe such as a Nutella and peanut butter sandwich, cream cheese and jelly sandwich, or a peanut butter banana cinnamon sandwich. Guide your little one with each step to help you make the sandwich. Explain God gives us instructions, like you gave instructions for how to make the sandwich. God's instructions are called commandments. When we follow them we are safe and happy and they help us to know what we should do on earth so we can live with Heavenly Father and Jesus again after earth.



## WEEK OF: JULY 26

Doctrine & Covenants 84



### Family Target Objective:

The Priesthood is special and important. It is the power of God on earth. ( If you own our preschool curriculum see "P is for Priesthood" for printables and materials on this topic)



### Let's Study Together:

D&C 84:20

Collect the following household items in a basket: a baby doll representing baby blessings, a loaf of bread representing the sacrament, a thermometer representing blessing the sick, and a white bath towel representing baptism. Let your child touch and pull out each item one at a time as you explain what it represents in regard to the priesthood. Explain men and women both use the priesthood to serve others and both benefit from the blessings of the priesthood. Men have a special responsibility to perform priesthood ordinances.



### Let's Sing Together:

"The Priesthood Is Restored," Children's Songbook, 89.

Play the song <https://www.churchofjesuschrist.org/music/library/childrens-songbook/the-priesthood-is-restored?lang=eng>.

As you listen to the song, invite your child to pretend to play a trumpet using a paper towel roll or rolled up paper to create a tube. He can celebrate the priesthood while listening to the song and singing "doo doo doo" along with the music into his trumpet tube.



### Let's Play Together :

Print the following pictures from The Friend Magazine showing priesthood ordinances. Color or watercolor paint the pictures as a family.

- [https://www.churchofjesuschrist.org/bc/content/shared/content/images/gospel-library/magazine/fr09dec41\\_color.jpg](https://www.churchofjesuschrist.org/bc/content/shared/content/images/gospel-library/magazine/fr09dec41_color.jpg)
- [https://www.churchofjesuschrist.org/bc/content/shared/content/images/gospel-library/magazine/fr09aug48\\_color.jpg](https://www.churchofjesuschrist.org/bc/content/shared/content/images/gospel-library/magazine/fr09aug48_color.jpg)
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