



comefollowmekid.com

August 16-22

## "A Principle With Promise"

1. Scripture Hop – Follow instructions on page 3 below for a scripture hop for D&C 89:18-19. Explain that today we're going to talk about the Word of Wisdom. Review what they know about it. Emphasize the blessings promised in these verses to those who follow it.
2. The Word of Wisdom – Read "[The Word of Wisdom](#)" from *The Friend*. Watch "[Chapter 31: The Word of Wisdom](#)" 2-minute video from the church and discuss.
3. Hidden Card Activity – Follow instructions on page 4 below to talk about different aspects of the Word of Wisdom. Discuss each one in as much depth as you feel is needed.
  - I also felt like our kids might benefit from actual photos of some of these. They are on page 8 below. These pictures could be useful in helping them practice paying attention to how the Holy Ghost makes them feel. Ask questions like: How do you feel when you look at the pictures of the healthy foods? How do you feel when you look at the other pictures? Help them understand that these feelings come from the Holy Ghost, which tries to warn us about things that might hurt us.
4. Plate/Garbage Can Activity – Cut apart the images on page 5 below and place in an upside-down pile. Set out a plate and a garbage can on opposite sides of the room. Take turns choosing one of the papers out of the pile. If it's a picture of something we should use that's good for our bodies, put it on the plate. If it's a picture of something we shouldn't use, put it in the trash. (based on idea from manual)
  - To help them visualize that the healthy foods help us be strong and the unhealthy ones make our bodies weaker, tell them to run, skip, or hop on their way to the plate. If they get a garbage can item, have them limp or walk weakly toward the garbage can.
  - If you don't want to print anything for this, you could have everyone draw a couple pictures of healthy/unhealthy items and then place all of the drawn pictures in a pile.



5. Role Play – Use scenarios on page 6-7 below (taken from *The Friend*) to practice ways to respond to different situations.

6. Song and Friend Story –

- Listen to/sing “[The Lord Gave Me a Temple](#)” and talk about what it means.
- Choose one or more stories about the Word of Wisdom to read and discuss from [these stories in The Friend magazine](#).
- Testify of the importance of taking good care of our bodies, which are just as special as temples. Help them see that when we take good care of our bodies, it helps us be closer to the Lord and feel the Spirit better.

7. The Word of Wisdom Helps Me Be Happy Treat – Review promises of blessings we’ll receive for following the word of wisdom. Each person make a promise to follow it. Use apple slices, peanut butter, and mini marshmallows to make these smile treats (picture and instructions from [this website](#)).

- It could also be a good idea to have everyone sign a paper saying that they’re willing to follow the word of wisdom. You could print up page 9 below for them to sign.



## Additional Ideas:

More Great Free Ideas at [www.theredcrystal.org](http://www.theredcrystal.org)

[Word of Wisdom Stories and Activities from The Friend](#)

[Test Your Health IQ](#) from The Friend

[Word of Wisdom Worksheet](#) (cross out what you shouldn’t eat, color what you should)

# Scripture Hop

(DeC 89:18-19)

Cut apart the following strips and spread them out far enough in a room so that the kids will need to hop from one strip to another. Make sure to keep them in the correct order. Have them stand by the first one and help them say the top line out loud. Explain what it means. Then have them jump to the next one and do the same thing until they've jumped on each of them, said them out loud, and discussed them one at a time. Then have them start back at the beginning and practice saying the phrases from this verse in order while hopping from strip to strip again. Try going a little faster each time. Repeat as many times as wanted/needed. These can also be used as flash cards, taped onto the wall to practice throughout the week, etc.



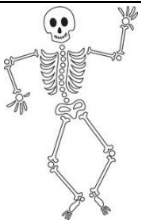
All saints who REMEMBER



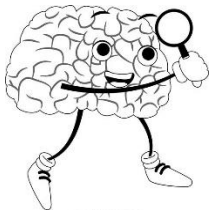
To KEEP and do THESE sayings



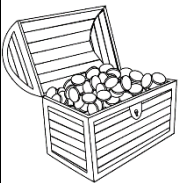
Shall RECEIVE health in THEIR navel



And marrow To THEIR bones



And shall find wisdom



And GREAT TREASURES of knowledge.

Note: The whole verses say, "And all saints who remember to keep and do these sayings, walking in obedience to the commandments, shall receive health in their navel and marrow to their bones; And shall find wisdom and great treasures of knowledge, even hidden treasures;"

**Hidden Card Activity Instructions:** Hide these cards around the room. Take turns finding them. Read/discuss each one at a time.

## Exercise



What are your favorite activities that get you moving?

### Tips

- Try to play outside for a while every day.
- Make it fun! Have a dance party, play a sport, or take a nature walk.
- If you are sitting for a long time, take breaks to stretch and walk around.

*"[They] shall run and not be weary, and shall walk and not faint" (Doctrine and Covenants 89:20).*

## Getting Enough Sleep



What can you do to get a good night's sleep?

### Tips

- Go to bed and wake up at the same time every day.
- Try to get nine to eleven hours of sleep each night.
- Shut off your devices an hour before bedtime to help you rest better.

*"Retire to thy bed early, that ye may not be weary" (Doctrine and Covenants 88:124).*

## Eating Healthy Food



What are your favorite healthy foods?

### Tips

- Try to eat a balanced mix of good foods. (See Doctrine and Covenants 89:10–17 for examples.)
- Eat treats in small amounts and try not to have them too often.
- Drink plenty of water each day.

*"All things which come of the earth ... are made ... to strengthen the body" (Doctrine and Covenants 59:18–19).*

## Relaxing



What do you like to do to relax?

### Tips

- If you feel worried, sad, or angry, talk to a trusted adult.
- Take time every day to be still and quiet.
- Pray to Heavenly Father every day. Tell Him what you are grateful for and what you need help with.

*"Be still, and know that I am God" (Psalm 46:10).*

## Avoiding the Bad



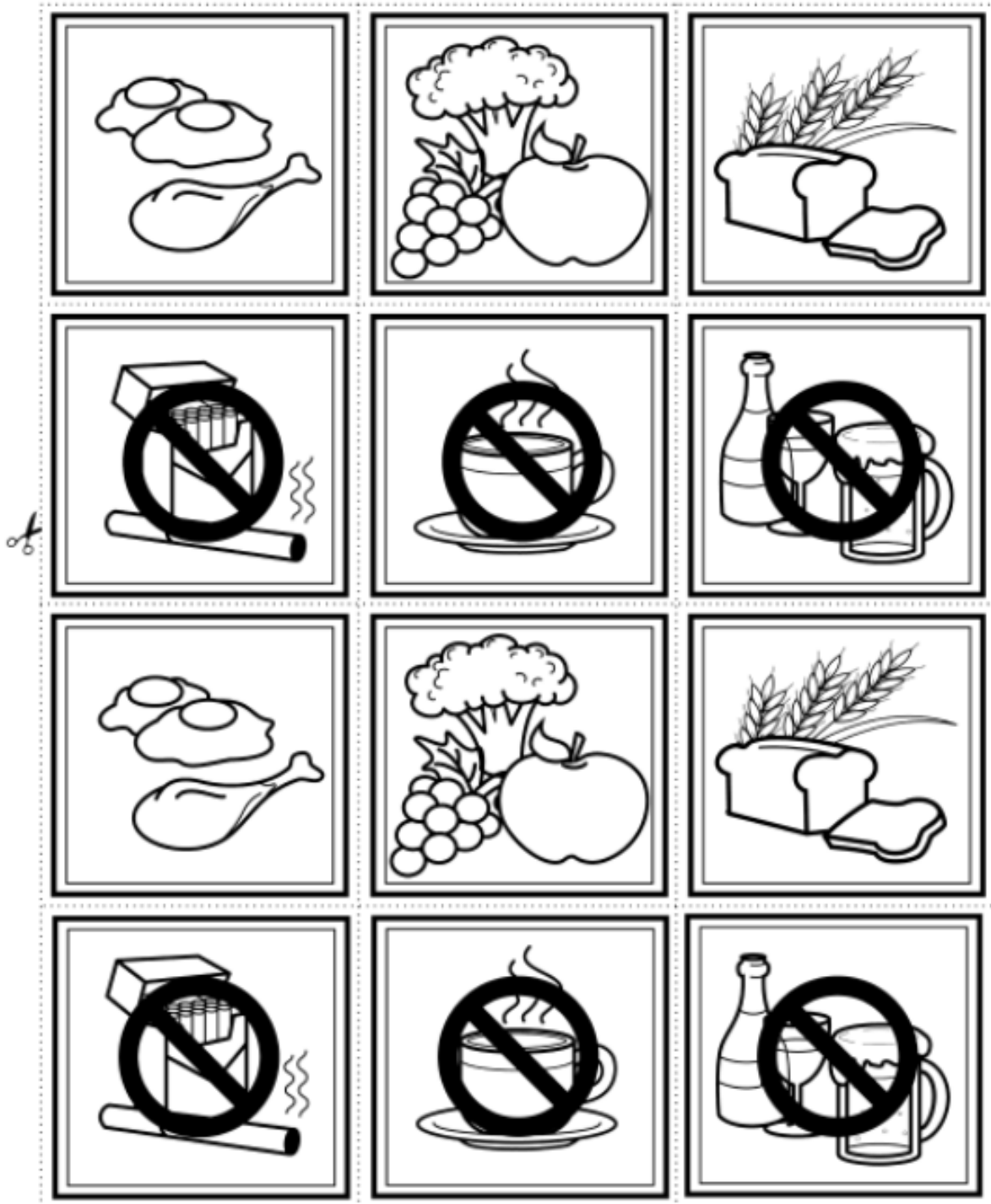
Some things can damage our bodies or become addictive so that it's very hard to stop using them. Here are some things you should stay away from:

- Tobacco
- Coffee
- E-cigarettes/vaping
- Tea
- Alcoholic drinks
- Harmful drugs

# Plate/Garbage Can Activity

Cut apart the images on page 5 below and place in an upside-down pile. Set out a plate and a garbage can on opposite sides of the room. Take turns choosing one of the papers out of the pile. If it's a picture of something we should use that's good for our bodies, put it on the plate. If it's a picture of something we shouldn't use, put it in the trash.

*\*To help them visualize that the healthy foods help us be strong and the unhealthy ones make our bodies weaker, tell them to run, skip, or hop on their way to the plate. If they get a garbage can item, have them limp or walk weakly toward the garbage can.*



You're visiting a friend and her mom offers you tea.



Hey, come try this!





My sister said she can get us some alcohol! Wanna try some?



Why don't you want a coffee?







**The Word of Wisdom Helps Me Be Happy**

