



COME, FOLLOW ME

Hands-On
Learning

WEEKS 1-13

Old Testament

www.comefollowmekid.com



Printable **PAGES**

Feel free to print and use any or all of the following pages to aid in teaching children.

If you would like to save on ink and purchase a physical copy of a book containing all of these ready-to-use activities, please visit our website (www.comefollowmekid.com).



WEEK 1

LEARNING ABOUT JESUS

Cut out the pieces on the following pages. Use them to help discuss how we can learn about Jesus Christ while we study the Old Testament this year.

Basketball Backboard:

- Cut out the backboard and tape it onto the wall.
- Read and discuss the quote from Elder Dale G. Renlund.
- On the backboard, everyone will take turns writing short words or phrases describing Jesus (what is He like, what stories have we already learned about Him, etc.)

Basketball Hoop:

- Assemble the hoop and tape it onto the backboard.
- Discuss: When we play basketball, the hoop is what we're aiming for. When we study the scriptures, one of the things we're aiming to do is to learn more about Jesus. As we study the Old Testament this year, we will want to try to keep that focus in mind.

Basketball Question Cards:

- Cut apart the cards. Place them in a pile with the questions upside-down and the basketball pictures facing up.
- Take turns choosing one out of the pile and answering it.
- If a meaningful answer is given to a question, the person who answered it can carefully try to throw their basketball into the hoop. If you're teaching kids who might get a little rowdy, you might want to instruct them just to drop their basketball into the hoop rather than throwing it in.

Wrap-Up:

- Wrap up with a discussion reminding them that Jesus Christ should be our goal, our focus, and what we look for as we study the Old Testament this year. Share testimonies of Him and why He is important to us.

WEEK 1

LEARNING ABOUT JESUS

Example of assembled basketball hoop ↪



Introduction to the Old Testament

Basketball Backboard (cut out and tape onto wall)

I ENCOURAGE YOU TO REMEMBER AND
ALWAYS FOCUS ON JESUS CHRIST. HE IS
OUR SAVIOR AND REDEEMER, THE "MARK"
TO WHOM WE SHOULD LOOK, AND OUR
GREATEST TREASURE.

-Elder Dale G. Renlund



Basketball Hoop (assemble and tape onto backboard)

Side #2 ↺



Side #1 ↻

Basketball Question Cards



WHOSE BIRTH
DID ISAIAH
WRITE ABOUT
IN ISAIAH
7:14?

WHO IS
ISAIAH
DESCRIBING
IN ISAIAH 9:6?

TRUE OR
FALSE: WE
CAN LEARN
ABOUT JESUS
IN THE OLD
TESTAMENT.

READ PSALM 23.
WHAT DO
THESE VERSES
TEACH US
ABOUT JESUS?

READ ISAIAH
53:3-9. WHAT
DO THESE
VERSES TEACH
US ABOUT
JESUS?

TRUE OR
FALSE:
JESUS LOVES
ME!

TRUE OR
FALSE: JESUS
CHRIST IS
JEHOVAH IN
THE OLD
TESTAMENT.
(EXODUS 6:3)

WHO DOES
THE LAMB IN
EXODUS
12:3-5
REPRESENT?
SEE ALSO
JOHN 1:29.

TRUE OR
FALSE:
JESUS CAN
HELP ME IN
MY LIFE.

NAME
SOMETHING
YOU KNOW
ABOUT JESUS
OR WHY HE IS
IMPORTANT
TO YOU.

NAME
SOMETHING
YOU KNOW
ABOUT JESUS
OR WHY HE IS
IMPORTANT
TO YOU.

NAME
SOMETHING
YOU KNOW
ABOUT JESUS
OR WHY HE IS
IMPORTANT
TO YOU.

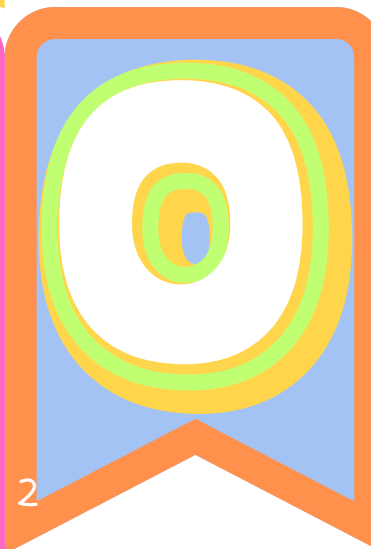
WEEK 1

COVENANT BANNER

The Old Testament will teach us a lot about covenants this year. Use these covenant banner pieces in the way that you feel will best help the kids you teach. You could hide the pieces and let kids take turns finding them or just set them out in order and take turns reading and answering what is on the back side of each.



Place these pieces on the first and last ends of the banner. Discuss their meaning.
(Russell M. Nelson, "The Everlasting Covenant," *Liahona*, Oct. 2022)



Introduction to the Old Testament

What
covenant do
we make
with God
when we are
baptized?

(Mosiah 18:10, 13)

Why is
keeping
promises
important?

What are
some
promises
you make
and keep
with family
or friends?

WEEK 1

COVENANT BANNER

Extension Ideas:

- Display a treat, such as cupcakes. Explain that if they do an act of service for someone, you will give them a cupcake. Compare this to how covenants work. When we do what we have promised to do through covenants, Heavenly Father gives us "sweet" blessings.
- Write everyone's names on a piece of paper. Set out a picture of Jesus. Hang the banner between the paper with names and the picture of Jesus. Discuss how making and keeping covenants connects us to the Savior and gives us access to His help and power.



True or
False:
Heavenly
Father
wants to
make
covenants
with me.

True or
False:
Heavenly
Father made
covenants
with people
in the Old
Testament.

True or
False:
We make
promises
with God
when we
make
covenants.

True or
False:
Jesus
loves me!

True or
False:
Heavenly
Father
loves me!

True or
False:
We can make
covenants in
the temple.

WEEK 1

JEHOVAH

What names was Jesus Christ known as before He was born? Cut out the letters below and let them work together to unscramble them. Read Exodus 6:3 and teach that Jesus Christ is Jehovah in the Old Testament.

EXODUS 6:3

AND I APPEARED UNTO ABRAHAM, UNTO
ISAAC, AND UNTO JACOB. I AM THE LORD
GOD ALMIGHTY; THE LORD JEHOVAH. AND
WAS NOT MY NAME KNOWN UNTO THEM?
(JOSEPH SMITH TRANSLATION FOOTNOTE C)

H

O

A

J

H

E

V

WEEK 2

SCRIPTURE HOP MOSES 1

Cut apart the scripture strips on the following page 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 the verse in order, while hopping from strip to strip again. Try going a little faster each time. Repeat as many times as wanted.

These can also be used as flash cards for memorizing the words or taped onto the wall to practice throughout the week.

See Moses 1:1–4,6 for full verses. We cut these verses up a lot to help with our discussion with our young kids.

Extension: Take turns holding the “I Am a Child of God” sign and saying the phrase out loud. The manual also recommends saying this into a mirror.



Moses 1; Abraham 3

WEEK 2

SCRIPTURE HOP MOSES 1



AND GOD SPAKE



UNTO MOSES SAYING,



THOU ART MY SON



AND I HAVE A WORK



FOR THEE.

WEEK 2

CHILDREN OF GOD

Cut out the circle below and glue it onto a paper bag. Cut out the "People Cards" from the following pages. Play the music to "I Am a Child of God." While the music is playing, everyone will write names or color pictures of specific people they know on the people cards and place them in the paper bag. Challenge them to complete as many people cards as possible during the song!

After the song, have a discussion about how we are all children of God. We lived with our Heavenly Parents before we came to Earth, and They love us lots. Emphasize that we are all different, but we are all children of Heavenly Parents. How can this knowledge help us feel more joy in our lives? How can it affect the way we treat ourselves and others?

Glue or tape onto a paper bag.

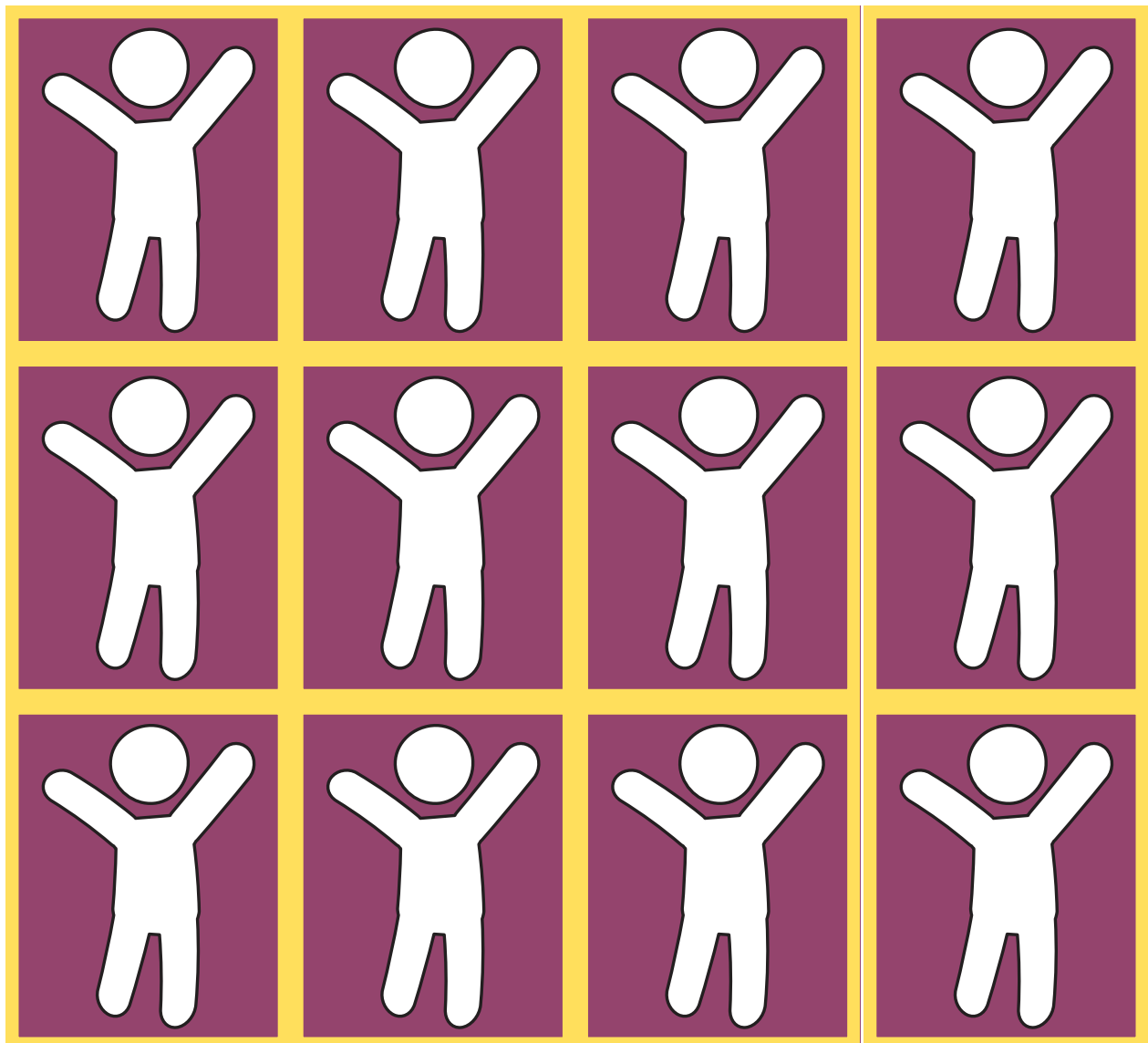
**To simplify, just place the "Children of God" sign on the table and have everyone place their people outlines around the sign instead of putting them in a bag.*



WEEK 2

CHILDREN OF GOD

People Cards

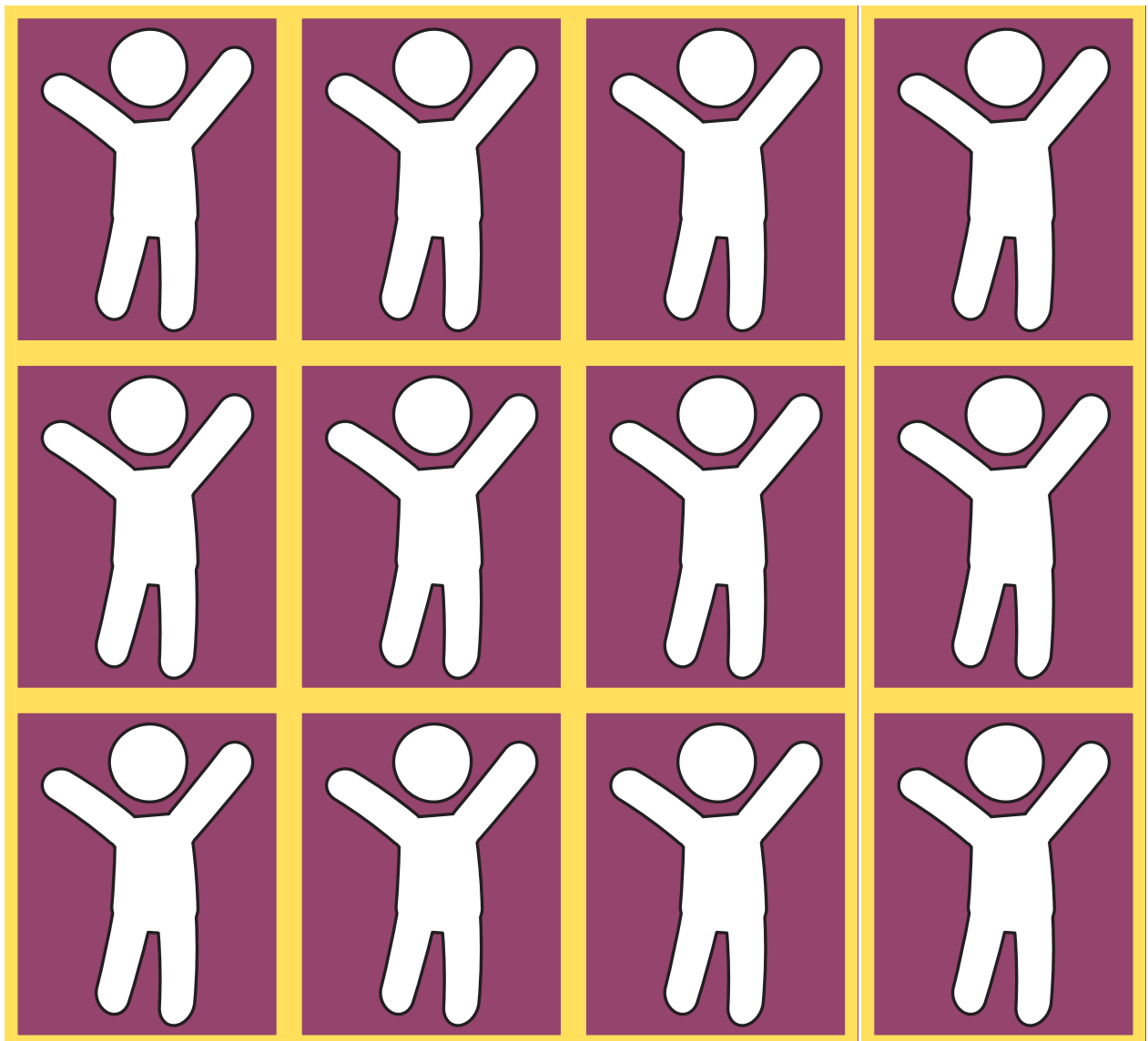


Moses 1; Abraham 3

WEEK 2

CHILDREN OF GOD

People Cards

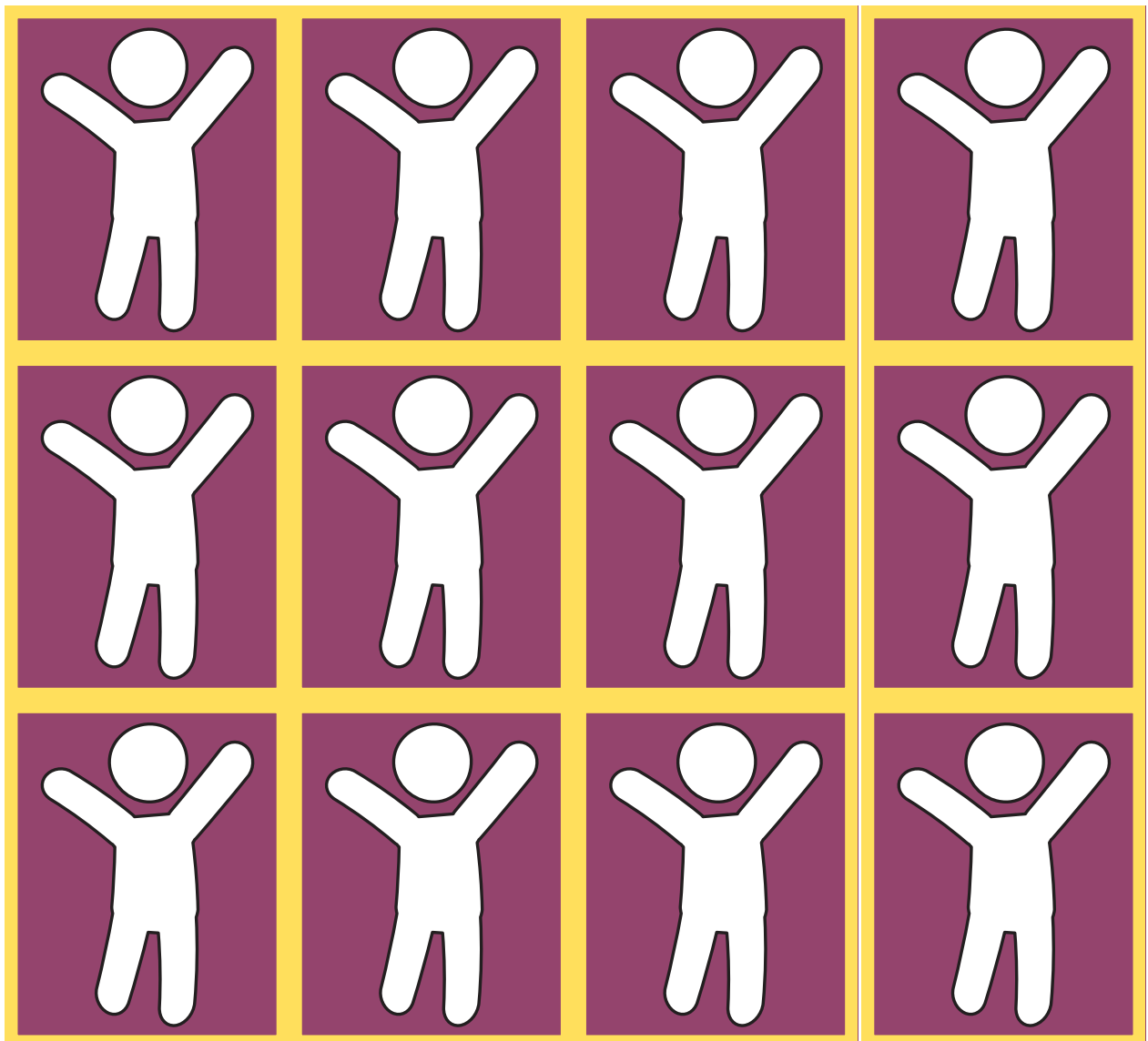


Moses 1; Abraham 3

WEEK 2

CHILDREN OF GOD

People Cards



Moses 1; Abraham 3

WEEK 2

RESISTING TEMPTATIONS

Satan wanted to confuse Moses. Read and discuss the message Satan tried to give to Moses in Moses 1:12. How is this different from what God told Moses in Moses 1:4?

What did Moses do to resist Satan? Read and discuss Moses 1:13, 15, 18, 20–22, 26. What can we do to resist Satan?

On the rectangles below, everyone will write or draw things Moses did to resist Satan as well as things we can do to resist Satan's temptations in our lives. Cut the rectangles apart and place them in a bowl. Take turns pulling a card out of the bowl and acting out what is written on the card.

WEEK 2

I WILL FOLLOW GOD'S PLAN

Listen to "I Will Follow God's Plan" (*Children's Songbook*, 164–65). Cut the pictures apart and put them in order. Use them to discuss what we can learn from Abraham 3:22–28.



GOD'S
LIGHT



HIS
LOVE



PRAY



Moses 1; Abraham 3

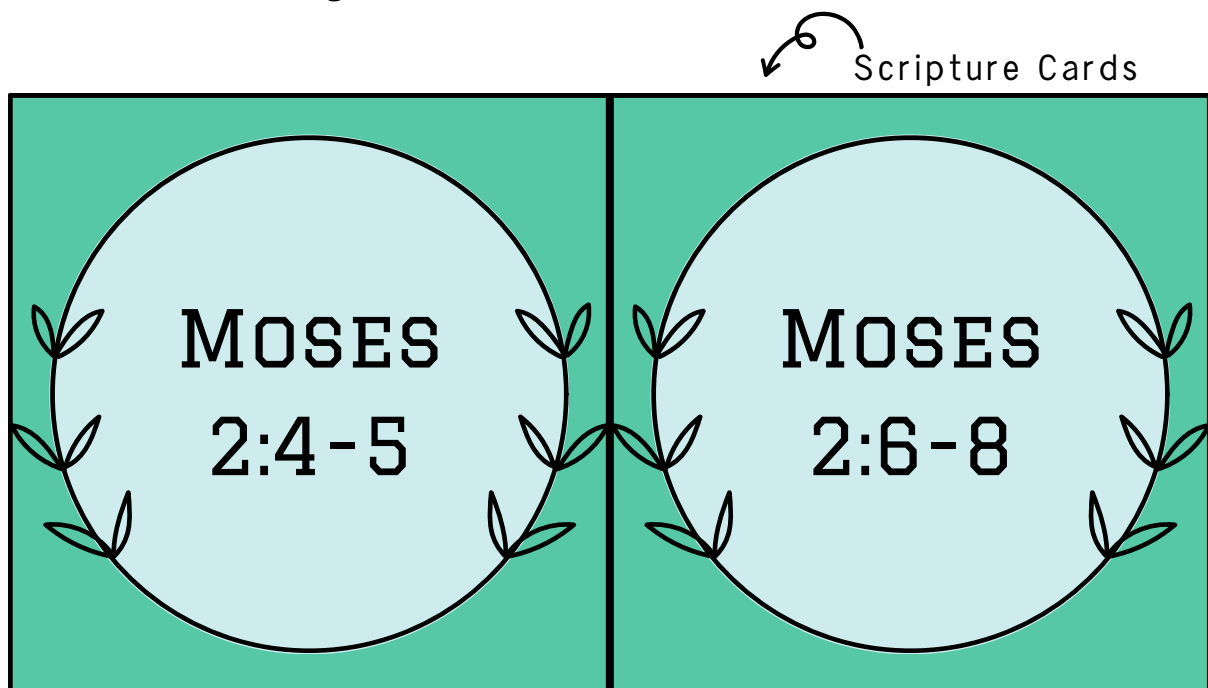
WEEK 3

CREATION

Cut out the green scripture cards and put them in a pile. Cut out the circle creation pictures from the following pages and spread them out to display all of the pictures. Take turns choosing a green scripture card, reading the verses on the card, and finding the circle picture that matches those verses. Place each picture on the correct corresponding scripture card.

Extension Ideas:

- After matching the pictures to scripture verses, glue the pictures onto a sheet of paper. Go on a walk outside while attempting to find as many things as possible that were made during each part of the Creation. Reference the picture sheet during the walk.
- Give each person a piece of paper. While listening to “I Feel My Savior’s Love” (Children’s Songbook, 228–29), have them draw a picture of one of their favorite things God created (without letting everyone else see!). When the song is done, everyone will take turns giving clues about what they drew until the others can guess it.



Genesis 1-2; Moses 2-3; Abraham 4-5

WEEK 3

CREATION

<p>MOSES 2:11-13</p>	<p>MOSES 2:20-23</p>
<p>MOSES 2:16-17</p>	<p>MOSES 2:26-31</p>

WEEK 3

CREATION

Creation Pictures



Genesis 1-2; Moses 2-3; Abraham 4-5

WEEK 3

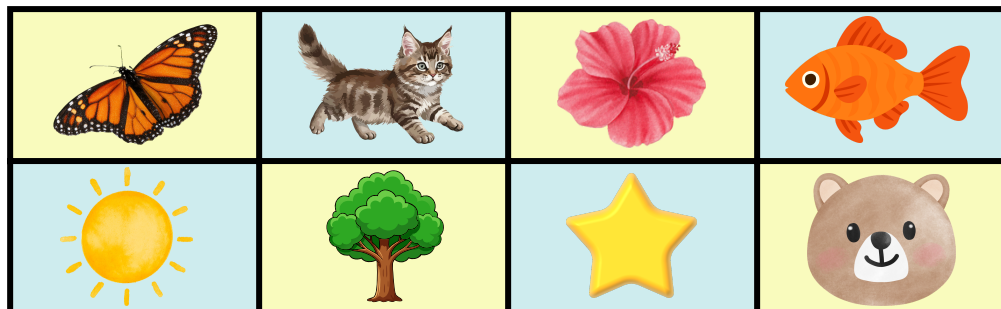
CREATION



Idea for Younger Children: Read the scripture verses that go along with each part of the Creation in order from the first day to the sixth day. As you study each of the different parts of the Creation, use Playdough to make that part. For day 1, you could separate the dark colors of playdough from the light colors.

Additional Extension for Younger Children:

Each kid will choose a picture from the cards below without letting anyone else see. They will mold that item out of Playdough while others try to guess what the creation is.



WEEK 3

HIS IMAGE

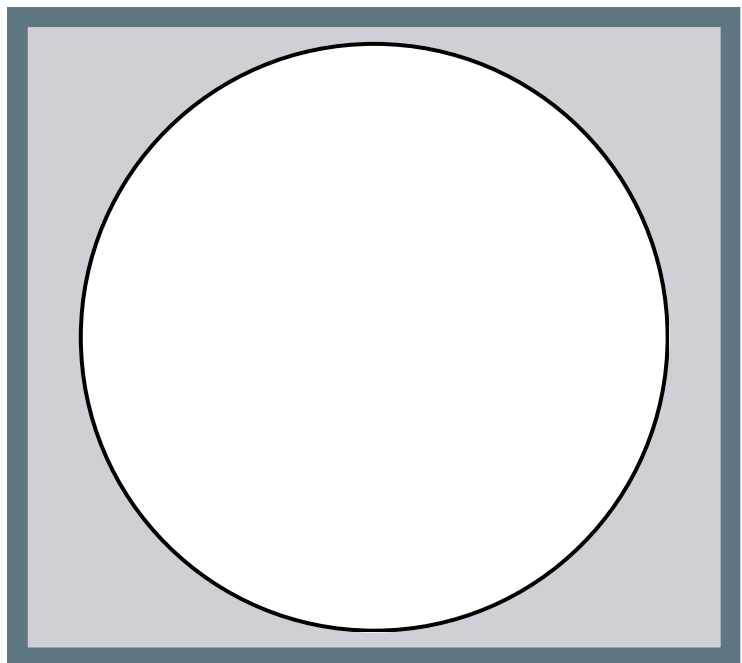
Review the story of the Creation. Cut out the circle picture and take turns writing or drawing specific things that Heavenly Father and Jesus created on the Earth. Remind them of how much They love us. We are an important part of the Creation!

Read Moses 2:26–27. Whose image were we created in? Discuss what it means to be created in God's image.

After explaining how amazing our bodies are and how great it is to be created in God's image, remind them that what's inside of us can also be shaped by Heavenly Father and Jesus. Discuss some of the attributes Heavenly Father and Jesus have (loving, honest, humble, patient, etc.). Read the quote from the manual below. Then display the person outline on the following page. Take turns writing Christlike attributes inside of the person outline. Remind them that Jesus Christ can help us become like Him on the inside if we let Him.

“Heavenly Father and Jesus Christ are Creators, and Their creative work with us is not finished. They can make light shine in dark moments in our lives. They can fill our emptiness with life. They can transform us into the divine beings we were meant to be. That’s what it means to be created in God’s image, after His likeness (see Genesis 1:26). We have the potential to become like Him: exalted, glorified, heavenly.”

(Come, Follow Me Old Testament manual 2026)

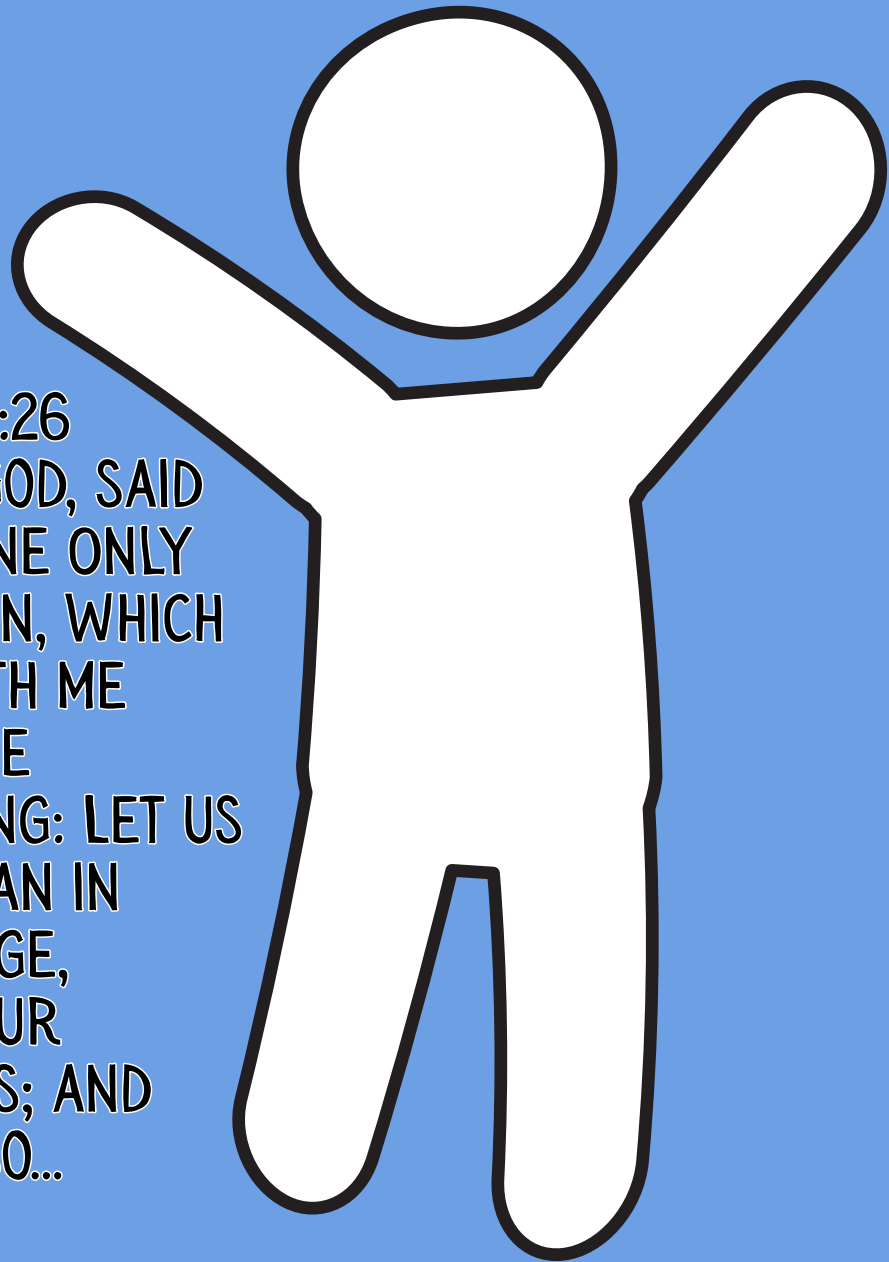


Genesis 1-2; Moses 2-3; Abraham 4-5

WEEK 3

HIS IMAGE

MOSES 2:26
AND I, GOD, SAID
UNTO MINE ONLY
BEGOTTEN, WHICH
WAS WITH ME
FROM THE
BEGINNING: LET US
MAKE MAN IN
OUR IMAGE,
AFTER OUR
LIKENESS; AND
IT WAS SO...





WEEK 3

BECAUSE I AM CREATED...

Discuss how our bodies are sacred. Taking good care of our bodies can help our spirits be strong as well. Give everyone a slip of paper. Let them fill in the blank with one specific way they will take care of their bodies or their spirits.

(Phrase from Come, Follow Me manual)

BECAUSE I KNOW I
AM CREATED IN GOD'S
IMAGE, I CHOOSE TO...

BECAUSE I KNOW I
AM CREATED IN GOD'S
IMAGE, I CHOOSE TO...

BECAUSE I KNOW I
AM CREATED IN GOD'S
IMAGE, I CHOOSE TO...

BECAUSE I KNOW I
AM CREATED IN GOD'S
IMAGE, I CHOOSE TO...

WEEK 3

BECAUSE I AM CREATED...

BECAUSE I KNOW I
AM CREATED IN GOD'S
IMAGE, I CHOOSE TO...

BECAUSE I KNOW I
AM CREATED IN GOD'S
IMAGE, I CHOOSE TO...

BECAUSE I KNOW I
AM CREATED IN GOD'S
IMAGE, I CHOOSE TO...

BECAUSE I KNOW I
AM CREATED IN GOD'S
IMAGE, I CHOOSE TO...

BECAUSE I KNOW I
AM CREATED IN GOD'S
IMAGE, I CHOOSE TO...

BECAUSE I KNOW I
AM CREATED IN GOD'S
IMAGE, I CHOOSE TO...

WEEK 3

SABBATH DAY

Read Genesis 2:2–3. Discuss ways we can keep the Sabbath day holy and honor Heavenly Father and Jesus. Cut out the picture below. Let the kids pretend that this is their friend who is not a member of the church. They are asking you why you do certain things on Sundays. Take turns role-playing how you could explain why and how you keep the Sabbath day holy.



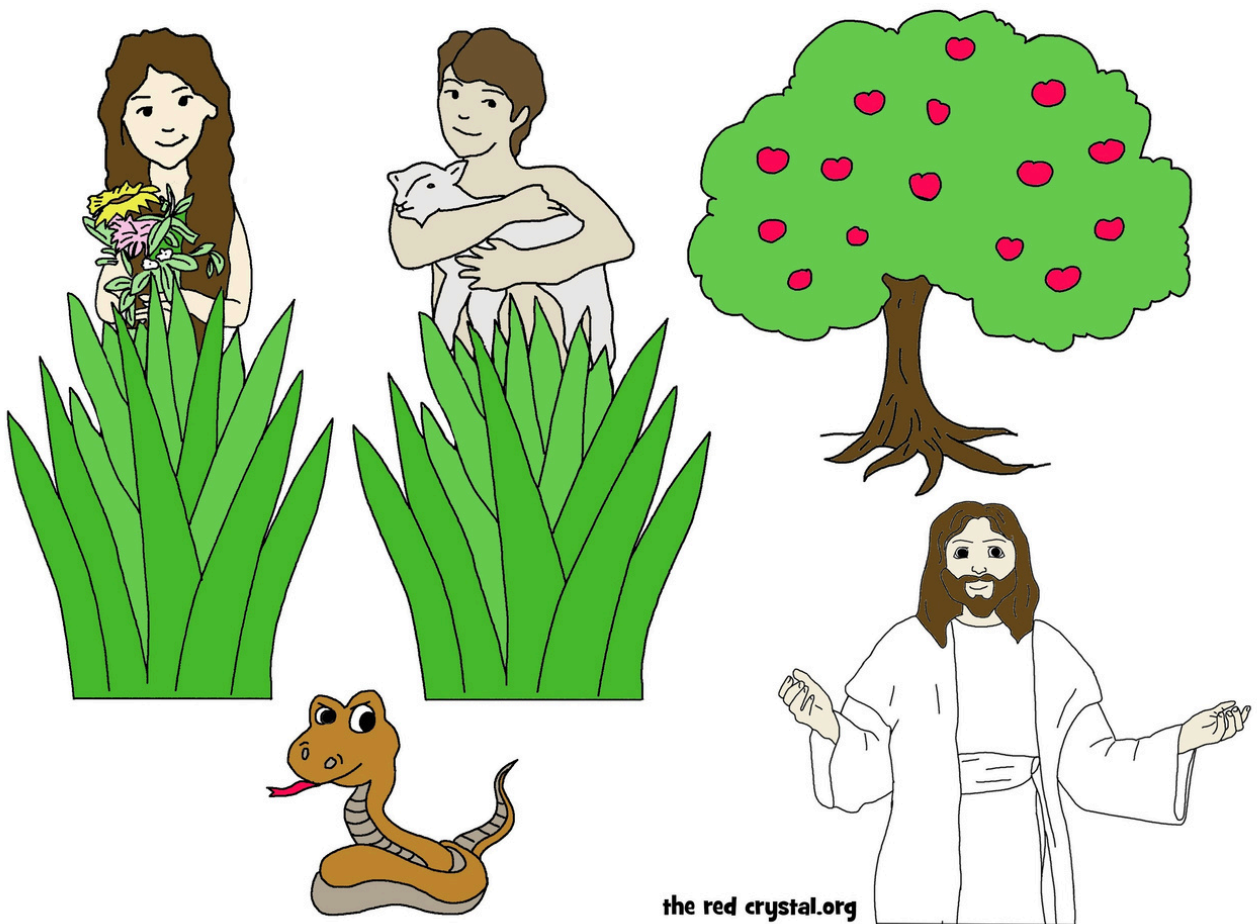
Genesis 1-2; Moses 2-3; Abraham 4-5

WEEK 4

ADAM AND EVE STORY

Use these pictures to help children learn the story of Adam and Eve. Summarize and share phrases from Moses 4. Assign pictures to different kids, and as the story is told, have them hold up their pictures when that part of the story is shared.

Idea from Come, Follow Me manual, artwork by Crystal Wallace



WEEK 4

THE FALL AND JESUS CHRIST

Add details to the "Because of the Fall" chart while reading Moses 4:25; 6:48; Romans 5:12; and 2 Nephi 2:22–23 together. Then turn the chart around and add details to the "Because of Jesus Christ" chart while reading Moses 5:8–11, 14–15; 6:59; and Alma 11:42. Testify of Christ's importance to us and how He overcomes the effects of the Fall. (*Idea from Come, Follow Me manual*)

Because of the Fall, I...

Because of
JESUS CHRIST, I...



Genesis 3-4; Moses 4-5

WEEK 4

CHOICES GAME

Read Moses 4:1-4. Discuss agency and why it's important.

Play "Don't Eat Pete" as a way to discuss the idea of using our agency to make choices.

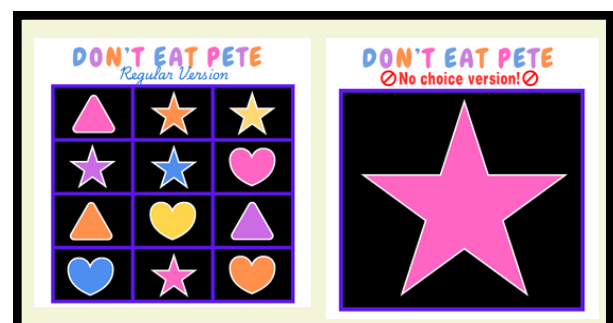
- Follow instructions on the following page to play the REGULAR version of "Don't Eat Pete" first.
- Then flip the instruction card and game board card over for the "No Choice" version. Follow the steps and discussion from that side of the card.
- Play music to "Choose the Right" in the background while playing the regular version.
- Remind them that God guides us in our lives and helps us know what choices would be good. He wants to bless us.

Note: There are two board options to choose from on the following pages, depending on the ages of the kids you are teaching. Both sides have a regular version as well as a "no choice" version.

For Older Kids: They can practice saying the names of some of the books in the Old Testament with this version.



For Younger Kids: simple shapes and colors



Genesis 3-4; Moses 4-5

WEEK 4

CHOICES GAME

DON'T EAT PETE

Regular Version

INSTRUCTIONS:

- Place one small piece of candy or snack on each square (Skittles, Goldfish crackers, mini marshmallows, cereal, etc.).
- Choose one person to be “it” and send them out of the room (where they can’t hear or see) while everyone else decides which square will be “Pete.” Don’t tell the “it” person which one is Pete when they come back into the room.
- The person who was sent out of the room will then come back and start choosing one piece of candy at a time from the squares. If the piece of candy they pick up is not “Pete,” they are allowed to eat that piece. If the candy is “Pete,” everyone else will shout out, “DON’T EAT PETE!” and that person’s turn is over.
- Repeat the process until everyone has had a turn.

DON'T EAT PETE

⊘ No choice version! ⊘

INSTRUCTIONS:

- Flip the “Don’t Eat Pete” card over to the side of the game board that only has ONE square choice on it.
- Discuss: If there were no other choices to choose from, would this game be fun still?
- Would it be better if we could make choices? Would we have as much joy when we found the good spots? As much sadness when we chose the wrong spot?
- If necessary, let a kid or two try it out.
- Talk about how it felt to make choices with this game. Was it stressful doing the regular version with choices sometimes? Were you glad when you chose ones that weren’t Pete? How did it feel when you chose the one that was Pete? etc.
- Review how Heavenly Father’s plan for us on Earth includes giving us the chance to make our own choices.
- Can choices make us happy sometimes? Can choices make us sad sometimes?
- Remind them that we learn, grow, and become more like Christ as we make good choices. Heavenly Father and Jesus can help us make good choices and feel joy through those choices.



WEEK 4

CHOICES GAME

DON'T EAT PETE

Regular Version

GENESIS	EXODUS	LEVITICUS
NUMBERS	DEUTER- ONOMY	JOSHUA
JUDGES	RUTH	SAMUEL
KINGS	CHRON- ICLES	EZRA

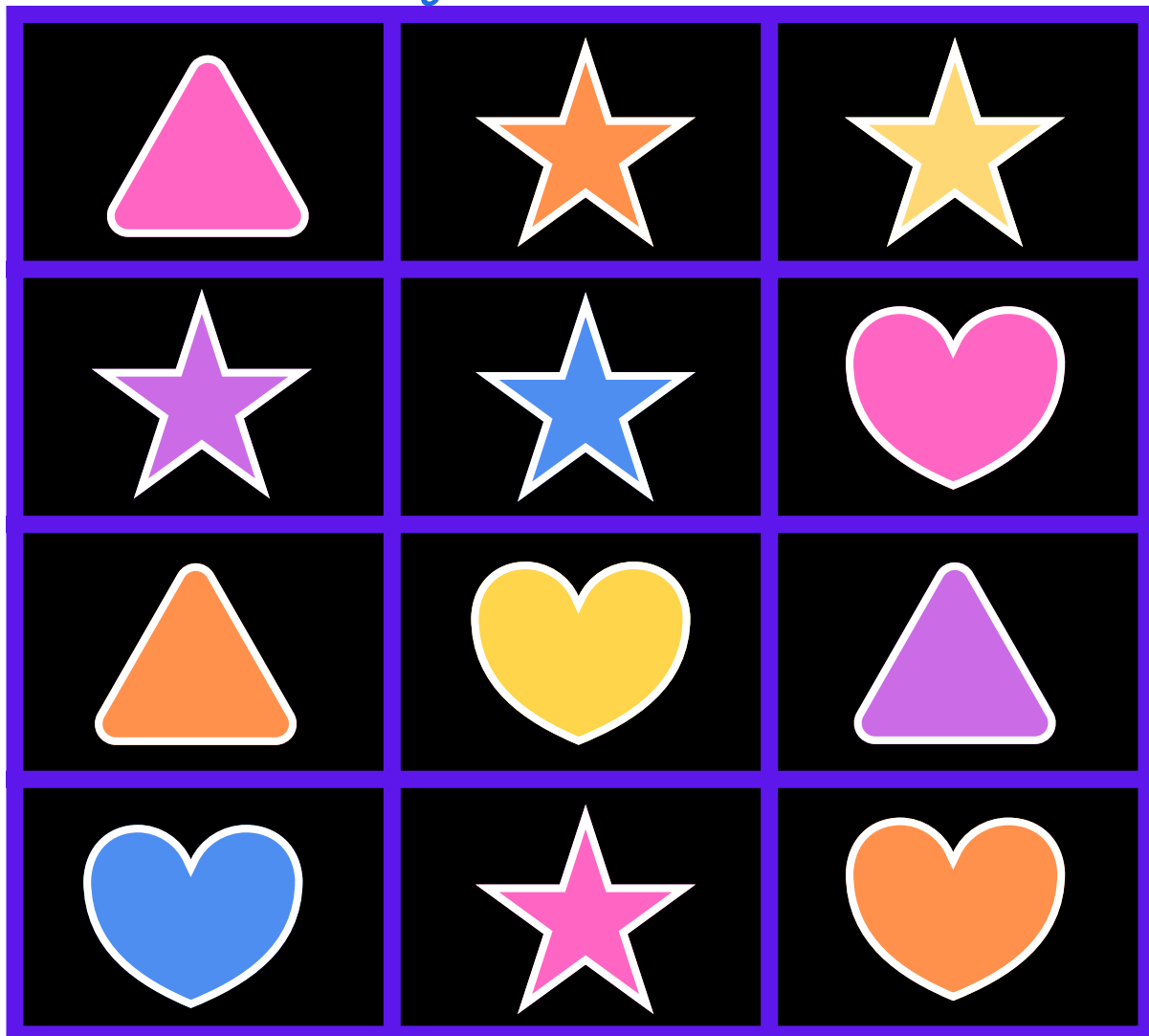
DON'T EAT PETE
⊘ No choice version! ⊘

GENESIS

WEEK 4

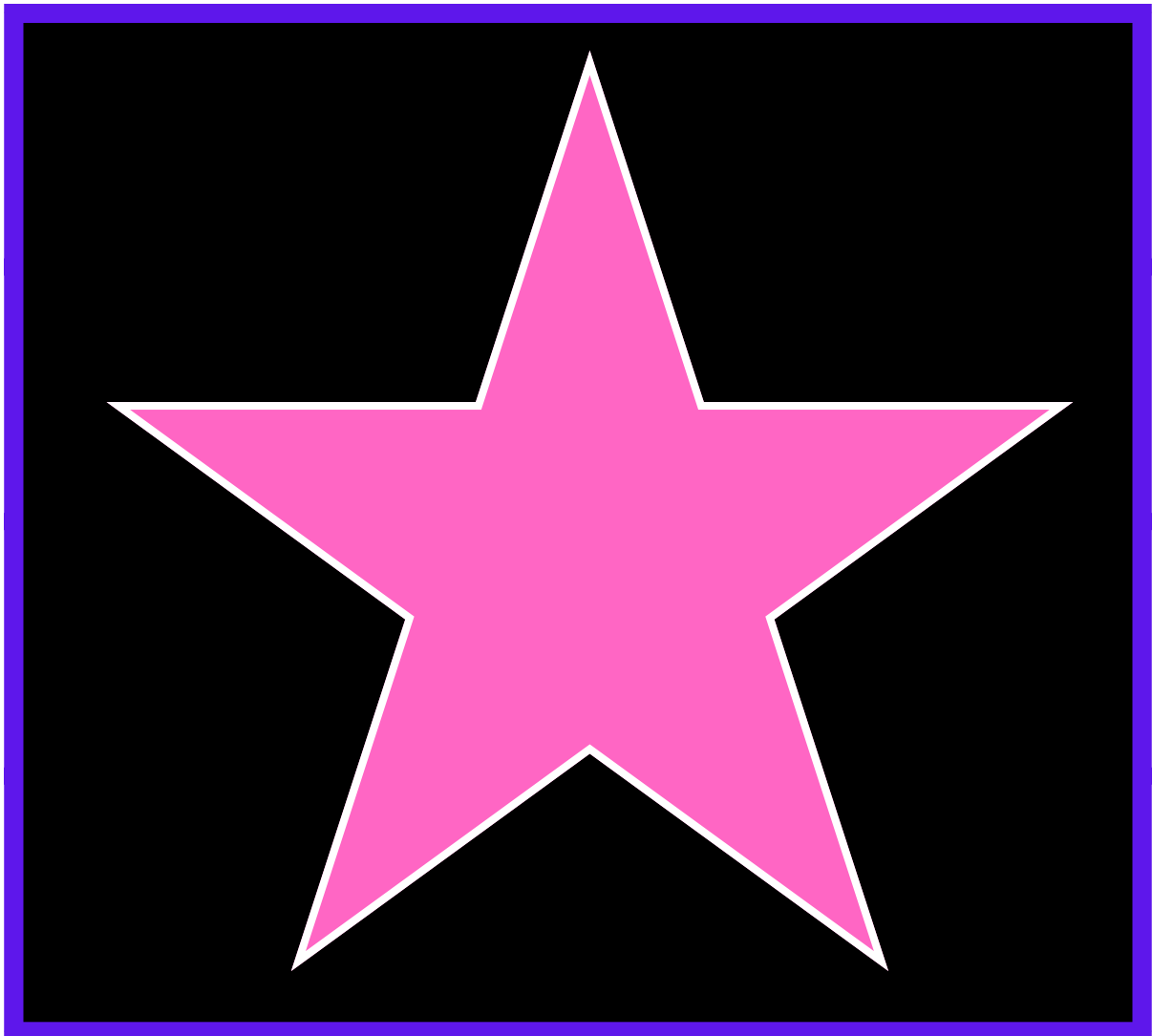
CHOICES GAME

DON'T EAT PETE
Regular Version



Genesis 3-4; Moses 4-5

DON'T EAT PETE
⊘ No choice version! ⊘



Genesis 3-4; Moses 4-5

WEEK 4

GOOD CHOICES

Work together to fill in the poster with pictures or words describing good choices we can make. Talk about good feelings we might feel when we make these choices.

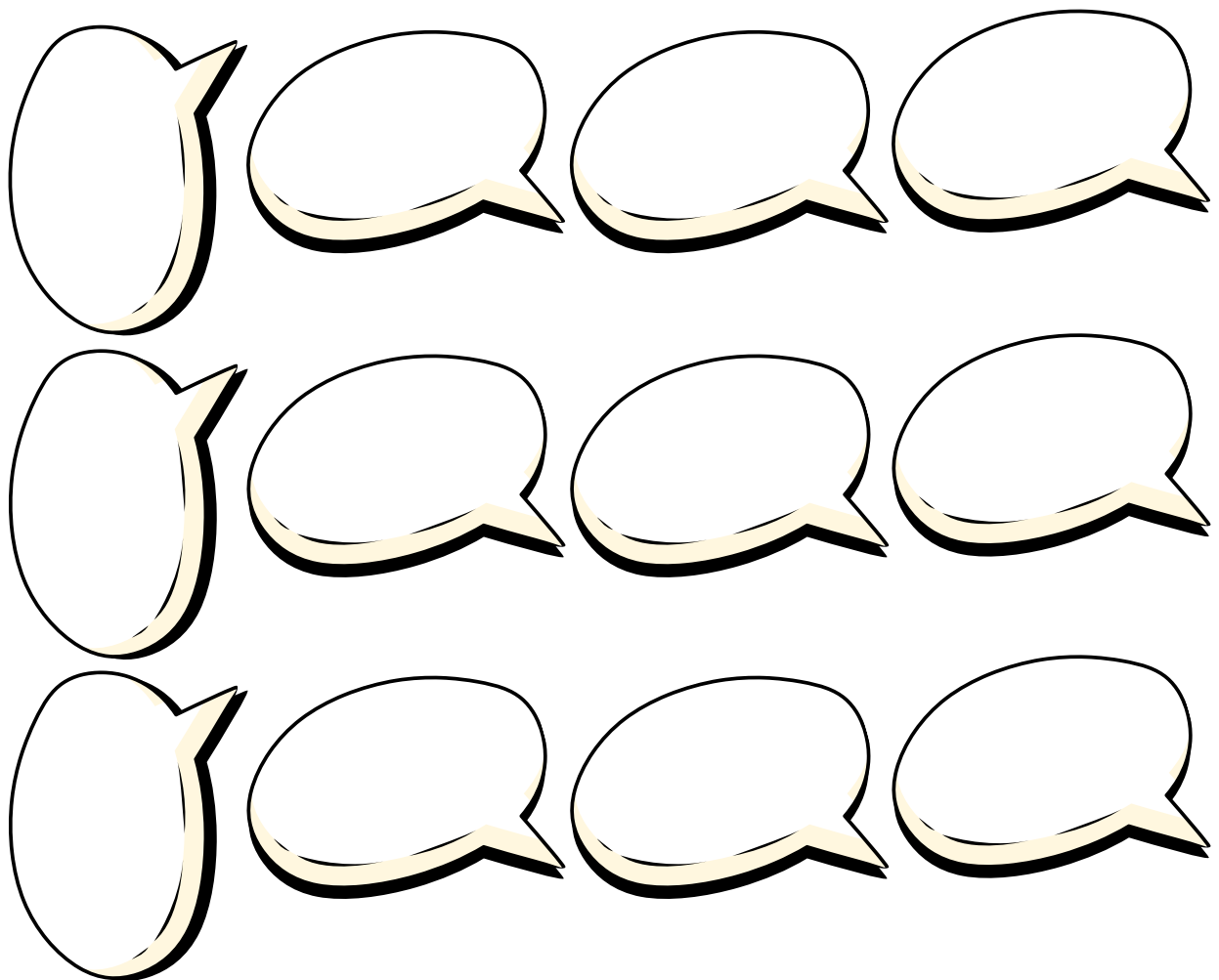


Genesis 3-4; Moses 4-5

WEEK 4

WHAT TO SAY IN PRAYER

Moses 5:4, 8 teaches us that after Adam and Eve left the Garden of Eden, prayer helped them feel close to Heavenly Father. We can also be blessed through prayer. Everyone will write down or draw specific things they might say in their prayers on different speech bubbles. Take turns sharing them and gluing them onto the "What Can I Say When I Pray?" chart. Remind them that Heavenly Father hears our prayers and wants to help us in our lives.





WEEK 4

WHAT TO SAY IN PRAYER

WHAT CAN I SAY
WHEN I PRAY?

WEEK 5

GOD HELPS PEOPLE

Study the story of God helping Enoch in Moses 6:26–34 and Moses 7:13. If teaching older kids, ask them to look at the verses in the orange rectangle and draw stars by the places that show how God helped Enoch and what he was able to do with God's help. Remind them that God can help us do hard things too!

Then use the nametags below to let kids take turns wearing them and acting out how God also helped these people from the scriptures.

Moses 6:32–34

32 And the Lord said unto Enoch: Go forth and do as I have commanded thee, and no man shall pierce thee. Open thy mouth, and it shall be filled, and I will give thee utterance, for all flesh is in my hands, and I will do as seemeth me good.

33 Say unto this people: Choose ye this day, to serve the Lord God who made you.

34 Behold my Spirit is upon you, wherefore all thy words will I justify: and the mountains shall flee before you, and the rivers shall turn from their course: and thou shalt abide in me, and I in you: therefore walk with me.

Moses 7:13

And so great was the faith of Enoch that he led the people of God, and their enemies came to battle against them: and he spake the word of the Lord, and the earth trembled, and the mountains fled, even according to his command: and the rivers of water were turned out of their course: and the roar of the lions was heard out of the wilderness: and all nations feared greatly, so powerful was the word of Enoch, and so great was the power of the language which God had given him.



NOAH



DAVID



AMMON



SAMUEL

the Lamanite

WEEK 5

GOD CAN HELP ME

Give each kid a badge. Depending on what the Spirit guides you to do, you can let kids share difficult things they have been through or might go through, share ways God helps them do hard things, or role-play righteous ways they might respond to difficult situations they could be placed in.



Genesis 5; Moses 6

WEEK 5

GOD CAN HELP ME

These can be attached to a ribbon to create a necklace or just taped onto shirts. If attached to ribbon to make a necklace, it could also be fun to glue a chocolate gold coin onto the back.



Genesis 5; Moses 6

WEEK 5

GOSPEL PRINCIPLES

Song:

Display the 4 gospel principle signs from the following pages. Listen to the song for the fourth article of faith and have everyone point to each sign as they hear it in the song. Discuss why each of these things is important.

Hop to Jesus:

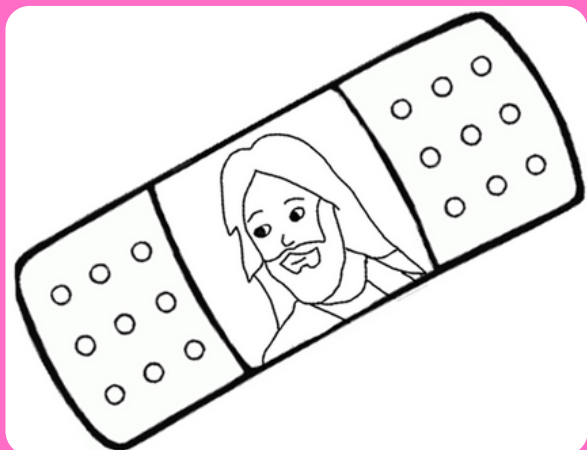
Place the signs on the floor in a line that leads to the Jesus picture from the following pages. Then read Moses 6:52, 57 out loud and have them hop to stand by each card as they hear it being referenced in the verses. (*Idea from Come, Follow Me manual*)

Teaching Each Other:

Let each kid choose one of the principles to teach everybody else about. If they are older, you can ask them to give a short talk which includes what the scriptures say about it as well as an experience they've had and their testimony. (*Idea from Come, Follow Me manual*)



Faith



Repentance

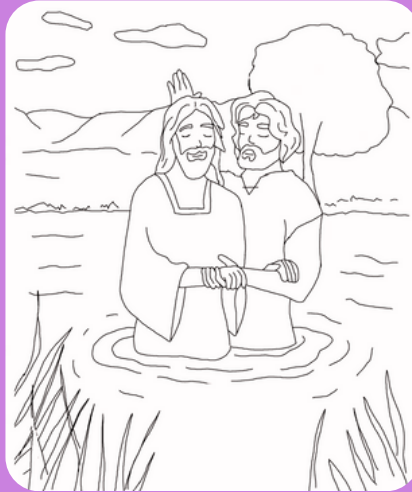
WEEK 5

GOSPEL PRINCIPLES

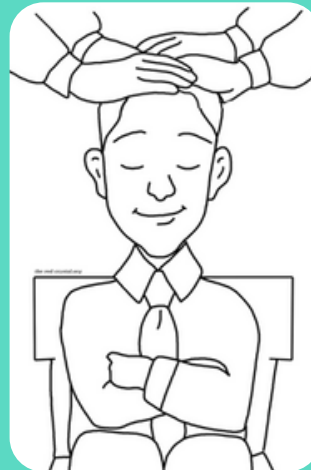
Moses 6:52, 57

52 And he also said unto him: If thou wilt turn unto me, and hearken unto my voice, and believe, and repent of all thy transgressions, and be baptized, even in water, in the name of mine Only Begotten Son, who is full of grace and truth, which is Jesus Christ, the only name which shall be given under heaven, whereby salvation shall come unto the children of men, ye shall receive the gift of the Holy Ghost, asking all things in his name, and whatsoever ye shall ask, it shall be given you.

57 Wherefore teach it unto your children, that all men, everywhere, must repent, or they can in nowise inherit the kingdom of God, for no unclean thing can dwell there, or dwell in his presence: for, in the language of Adam, Man of Holiness is his name, and the name of his Only Begotten is the Son of Man, even Jesus Christ, a righteous Judge, who shall come in the meridian of time.



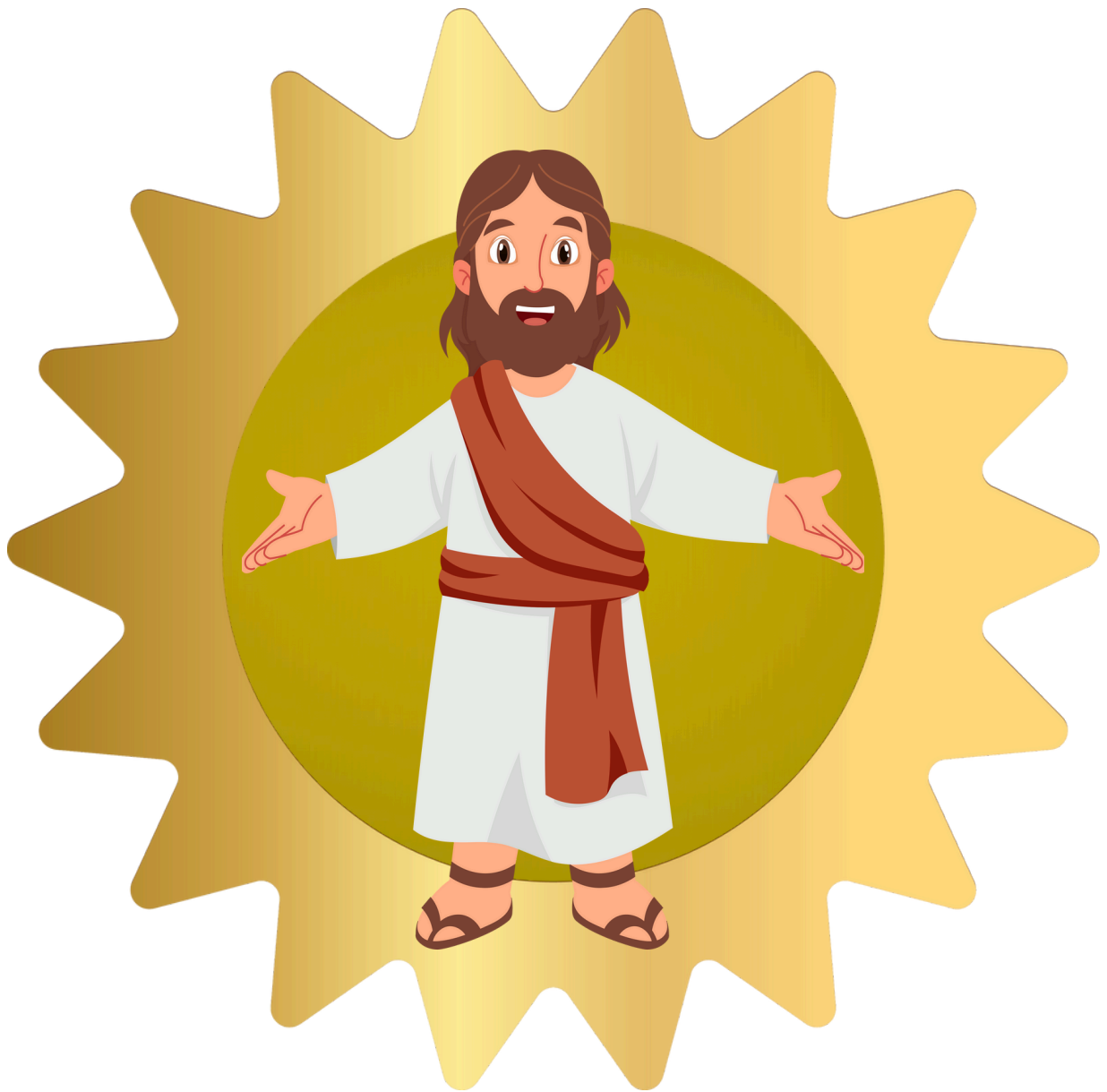
Baptism



The Holy Ghost

WEEK 5

GOSPEL PRINCIPLES



Genesis 5; Moses 6

WEEK 5

TEACH YOUR CHILDREN

Explain that there is a scripture that was given just for parents! Ask them what they think God would tell parents to do. Show them the scripture card below and see if they can guess what words go in the blank. Then read and discuss Moses 6:57–58. Remind them to be supportive and cooperative when their parents are trying to teach them the gospel of Jesus Christ.

Moses 6:58

Therefore I give unto
you a commandment,
to _____ these
things freely unto
your _____



WEEK 6

BUILDING ZION

ZION Letters:

Cut out the letters on the following page and lay them out in order to spell the word "Zion." Explain that Zion means "of one heart and mind." Read Moses 7:18–21, 62–63, 68–69. Each time it mentions the word "Zion," everyone can add something inside the letters to help "build" the word Zion. Some items that could be fun for this are: candy hearts, small hearts cut out of paper, or small blocks or Lego pieces. You could also just have them color in sections of the letters each time they hear the word "Zion."

Enoch and His People:

Summarize how Enoch and his people built a city called Zion. The people in Zion were righteous and "were of one heart and one mind" (Moses 7:18). That means they loved and cared for each other. They didn't fight or hurt each other and they helped people in need. Work together to fill in the chart below with ways we can be like the people in Moses 7.

I Can Be Like the People in Zion by:

WEEK 6

Z

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WEEK 6

HAPPY HEARTS ACTIVITY

Talk about things that make us happy and things that make us sad. What do you think makes God happy? What makes Him sad? Do you think He ever cries? Explain that in Moses 7:28–33, it says that God wept because the people didn't love each other and were "without affection." Remind them of how much He loves all of us and wants us all to be kind to each other. Explain that when we are kind to others, it also makes us happy. Read/discuss/summarize 4 Nephi 1:15–18. The people described in this chapter were some of the happiest people to ever live because they loved others and didn't fight with each other.

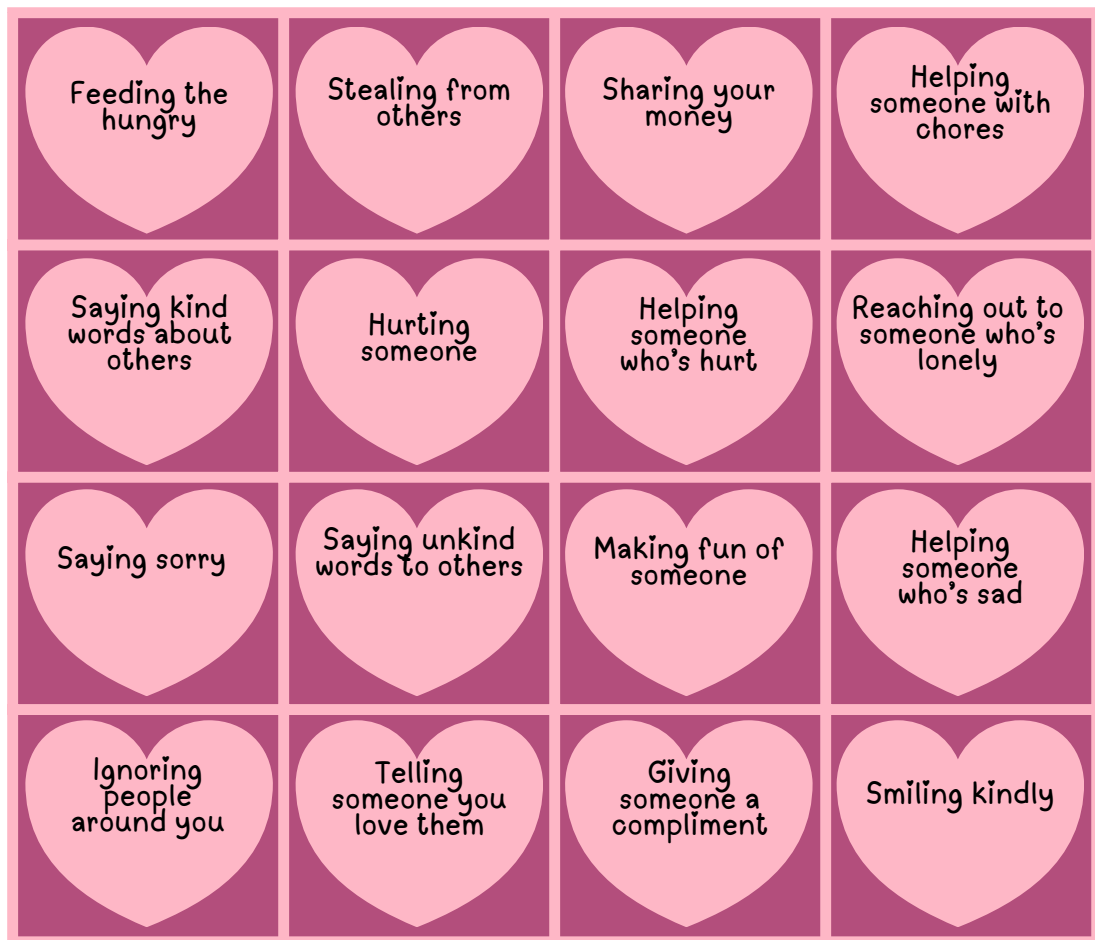


Use this picture for the happy hearts activity on the next page.

WEEK 6

HAPPY HEARTS ACTIVITY

Cut the hearts apart and place them in a pile upside-down. Take turns choosing one heart. If the heart says something that is a kind, loving thing, color a smiley face on it and place it by the picture of Jesus from the previous page. If it's not a loving thing, rip it up or throw it away. Remind them that when we show love for others, we help make them happy, Heavenly Father and Jesus happy, and ourselves happy.





WEEK 6

"OF ONE HEART"

Cut the heart into the number of pieces based on the number of people in your family or class. Each person will write their name on a piece. Put the puzzle together and discuss how each family member/class member is an important part of our group. Talk about ways we can show love to each other and be "of one heart."
(Idea from Come, Follow Me manual)



OF ONE HEART

Moses 7:18

WEEK 6

KING OF ZION

In Moses 7:53, Jesus says that He is "The King of Zion." His power can help build Zion much bigger than we can do on our own. He can help us have pure hearts and be one with others.

Display the crown below and discuss what it means to have Jesus Christ as our King. Explain that one day, He will come back to the earth (Moses 7:60). How will we feel? How will He treat us? (with love and kindness) We need to be prepared and be loving and kind to others as well, and this will be a happy time for many!

Take turns holding the crown while sharing ways we can get ready for Jesus, the King of Zion, to come back to the Earth.



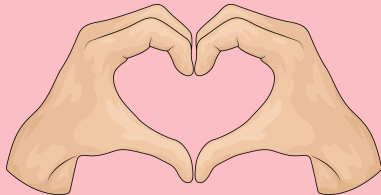
WEEK 7

STORY OF NOAH

Use the story cards on this page and the next to tell the story of Noah's ark. Cut the cards out. Explain to the kids that they are going to help you tell this story with actions! Hold the cards up one at a time, starting with number 1 and continuing in order. Kids will do each action described on the number side of the card while you read the back to them.

1

Make a heart sign
with your hands.



2

Make a sad face.



4

Pretend to walk
like animals
entering the ark.



3

Pretend to use a
tool to build the
ark.



The people would
not listen to Noah.
It made him and
the Lord very sad.
The Lord told Noah
a flood would
cover the Earth
if the people did
not repent.

Noah was
commanded by
the Lord to build
an ark. He obeyed.

Noah taught that
Jesus loves
everyone. He told
the people to
have faith in
Jesus and repent.

At least two of
every kind of
animal was sent
by The Lord. They
got on the ark.

WEEK 7

STORY OF NOAH

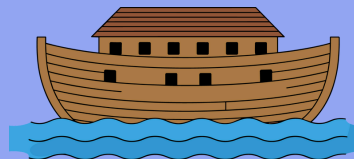
5

Make pretend
rain with
your fingers.



6

Link arms with
everyone in the
room.



7

Arch your arms
over your head in
a rainbow shape.



8

Make a happy face.



Noah's family
and the animals
were safe
because they
were on the ark.

Seven days later,
the rain started to
fall. Just like the
Lord had warned,
a flood covered
the Earth. It
rained for 40 days
and nights.

One thing we can
learn from this
story is that
following what the
prophets teach us to
do will keep us safe!

When the ark
landed safely on
dry ground, the
Lord sent a rainbow
as a reminder of
His promise to
never flood the
Earth again.

WEEK 7

NOAH'S TEACHINGS

Read Moses 8:16–24. What things did Noah teach his people? Which of those things are still taught by prophets today? Write or draw pictures of those things on the poster.



Genesis 6-11; Moses 8

WEEK 7

RAINBOWS AND COVENANTS

Discuss the verses below. What do rainbows represent? The *Come, Follow Me* manual also recommends coloring or drawing a rainbow while discussing these verses. It could be fun to use finger paints, watercolor paints, playdough, Fruit Loops with marshmallow clouds, or whatever other art medium your kids would enjoy to create a rainbow with.

JST GENESIS 9:21-25

Joseph Smith Translation

21 And the bow shall be in the cloud; and I will look upon it, that I may remember the everlasting covenant, which I made unto thy father Enoch; that, when men should keep all my commandments, Zion should again come on the earth, the city of Enoch which I have caught up unto myself.

22 And this is mine everlasting covenant, that when thy posterity shall embrace the truth, and look upward, then shall Zion look downward, and all the heavens shall shake with gladness, and the earth shall tremble with joy;

23 And the general assembly of the church of the firstborn shall come down out of heaven, and possess the earth, and shall have place until the end come. And this is mine everlasting covenant, which I made with thy father Enoch.

24 And the bow shall be in the cloud, and I will establish my covenant unto thee, which I have made between me and thee, for every living creature of all flesh that shall be upon the earth.

25 And God said unto Noah, This is the token of the covenant which I have established between me and thee; for all flesh that shall be upon the earth.

WEEK 7

NOAH'S MUSICAL ARK GAME

Follow instructions below to help the kids gather animals into the ark while role-playing how following the words of the prophets is like leading us into the safety of the ark.

NOAH'S MUSICAL ARK

There is spiritual safety in following the prophet, just like the ark kept Noah's family and the animals safe from the floods! For this game, we are going to help animals get in the ark so they can be safe!

INSTRUCTIONS:

- Place the animal cards in a large circle on the floor.
- In the center of the circle, place a picture of Noah's ark (on the back of this card) or something representing an ark (a box, a fort-like ark made out of chairs/blankets, etc.).
- Play the song "Follow the Prophet" while everyone walks around the circle.
- Stop the music at random times. When the music stops, each person will pick up the animal card they're closest to, read the card, and role-play how those animals could follow the prophet.
- If their response is appropriate, they can place that animal in the safety of the ark. Repeat until all animals are placed safely in the ark.

Extension Idea: If making a 3D “Ark Box,” write things on the sides of the box that prophets have taught us. Remind them that there is safety in following what prophets teach us!

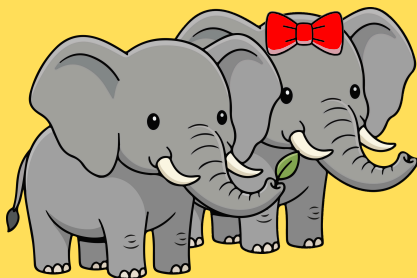
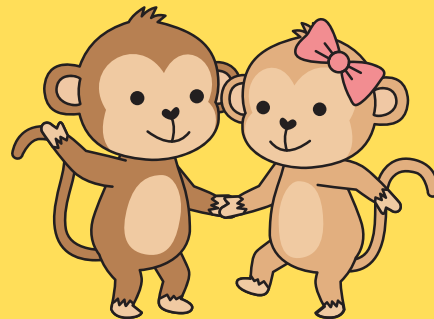
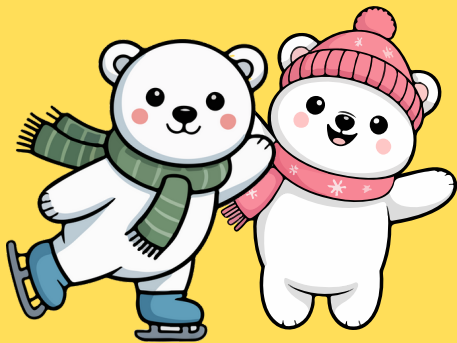
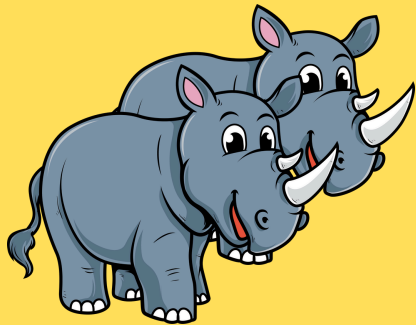
To make your ark 3D, tape this picture onto the side of a small box or container. Place the animal cards inside the “ark box” as each is answered.



Genesis 6-11; Moses 8

WEEK 7

NOAH'S MUSICAL ARK GAME



Larry and Lola Lion got a new student in their class. Their friends are making fun of the new girl. How can Larry and Lola follow the prophet's counsel to love others?

Ruby and Roger Rhino see some other animals drinking alcohol. The other animals offer to share with Ruby and Roger. They don't want to be rude, but they know they shouldn't drink it. How can Ruby and Roger follow the prophet's counsel to take good care of our bodies?

Marvin and Maribel Monkey have a friend who asks them to do something they don't feel right about. The Spirit gives them a yucky feeling to warn them not to do it. How can Marvin and Maribel respond to their friend?

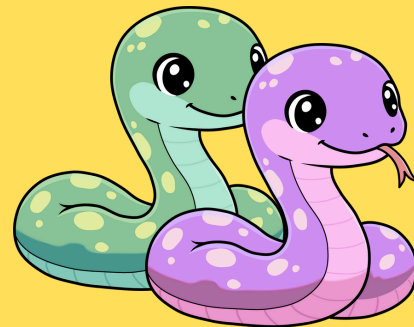
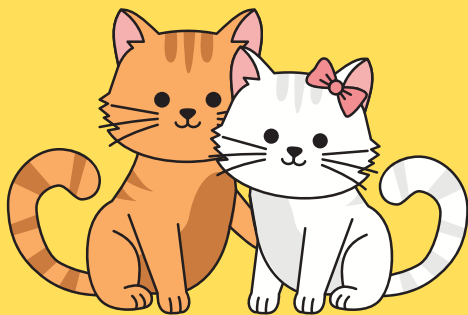
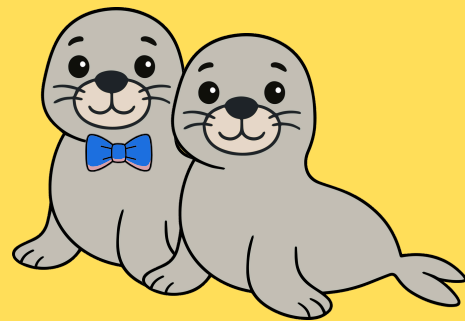
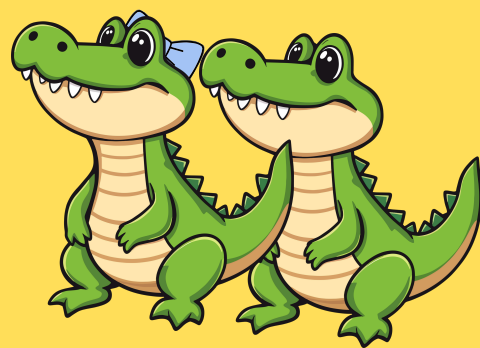
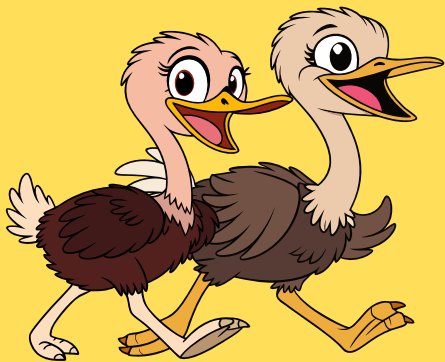
Barry and Bertha Bear are almost old enough to go inside the temple! How can they prepare now to follow the prophet's counsel of going to the temple when they are old enough?

Zach and Zuri Zebra each earned \$10 from doing extra jobs. How can they follow the prophet's counsel to pay tithing?

Ellie and Elvis Elephant accidentally broke their friend's new toy when they were playing with it. Their friend didn't see them break it and would never know it was them. How can Ellie and Elvis follow the prophet's counsel to be honest and work to fix their mistakes?

WEEK 7

NOAH'S MUSICAL ARK GAME



Allie and Alex Alligator are almost 8 years old. They want to be baptized, but they're a little nervous about it. What's one thing they can do to help them be brave enough to follow the prophet's counsel to be baptized?

Oliver and Odette Ostrich want to be better at "Hearing Him" (Christ) like the prophet has asked us to do. They're not sure how they can do that though. What's one way they can work on hearing Christ in their lives?

Sally and Sammy Seal love Jesus, and they know that Jesus loves them. However, one of their friends tell them they're silly for believing in Jesus. What can they do to follow the prophet's teachings of having faith in Christ while still being kind to their friend?

It's Sunday, and Peter and Penelope Penguin are ready for church. However, while they're at church, their friend tells them they should skip their class. How can they handle this situation and follow the prophet's counsel to go to church classes?

Name one thing prophets have taught us to do. How might we be blessed for following what they've asked us to do?

Name one thing prophets have taught us to do. How might we be blessed for following what they've asked us to do?

WEEK 8

PEACEMAKER ROLE-PLAY

Assign different people to wear the name tags for Abraham, Lot, and the herdsmen. Act out the story told in Genesis 13:5–12 and summarize how Abraham was a peacemaker. Then take turns wearing the peacemaker name tag and role-playing ways we could be peacemakers in different situations.

Hello, I am...

LOT

Hello, I am...

ABRAHAM

Hello, I am...

HERDSMEN

Hello, I am...

A PEACEMAKER!

WEEK 8

COVENANT RELATIONSHIP

Display the quote below. Assemble the picture of Jesus on the following page and place it standing next to the quote card. What kind of relationship do we want to have with Heavenly Father and Jesus? Discuss the quote on the back of the Jesus picture in as much depth as is helpful to the people you're teaching. Explain how our covenants help us have meaningful, deep relationships with Heavenly Father and Jesus and give us access to their power.

On the strips on the following page, everyone can write their name on one of the blank rectangles. Let them glue their name onto the picture of Christ while reminding them that making and keeping covenants binds us to Them.

“Each person who makes covenants in baptismal fonts and in temples-and keeps them-has increased access to the power of Jesus Christ...[to lift] us above the pull of this fallen world.”

-President Russell M. Nelson

WEEK 8

COVENANT RELATIONSHIP



A covenant is not only about a contract, although that is important. It's about a relationship. President Russell M. Nelson taught, "The covenant path is all about our relationship with God." ...We must remember: it's not the course alone that will exalt us; it's the companion—our Savior. And this is the why of covenant relationship.

(President Emily Belle Freeman, "Walking in Covenant Relationship with Christ," October 2023 General Conference)

GLUE THIS TAB BEHIND
THE TOP FLAP.

Genesis 12-17; Abraham 1-2

WEEK 8

ABRAHAM

While studying Genesis 15:1–6; 17:1–8; and Abraham 2:9–11, write some of the blessings promised to Abraham and Sarah on the chart. Remind them that we can trust God's promises to us.

BLESSINGS GOD PROMISED TO ABRAHAM AND SARAH:



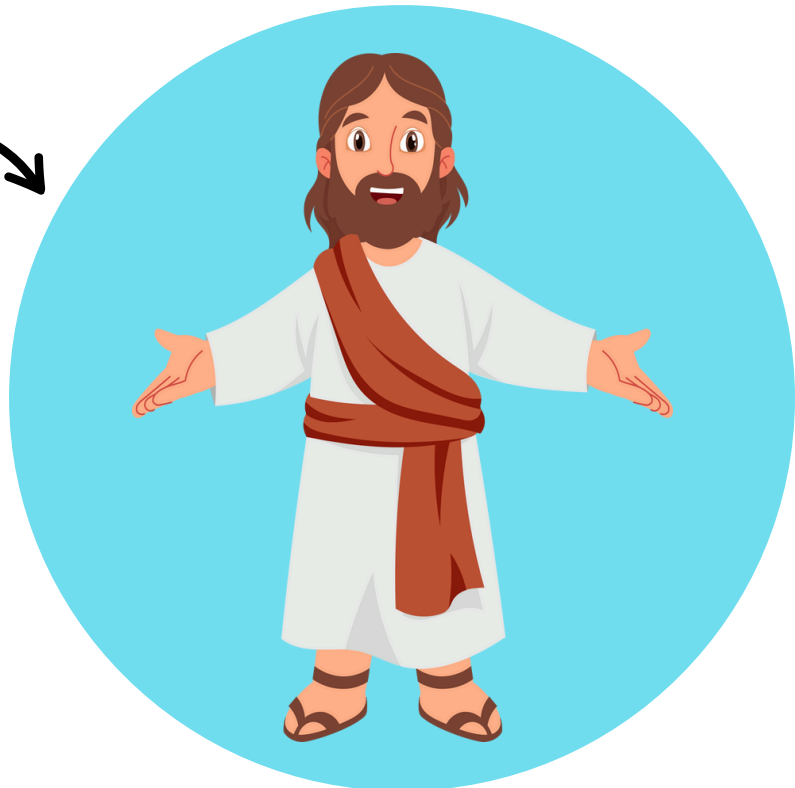
WEEK 9

FLEE WICKEDNESS

Sometimes in life we might be put in situations where the best way for us to obey the Lord's commandments is to get out of those situations (to "flee" from them). Read Genesis 19:15–26. Summarize how Lot's family was warned to leave a wicked city.

Cut the strips on the following page apart. Put them in a pile upside-down. Each person will take turns choosing one. If the situation is a wicked situation that they should flee from, have them throw the strip on the floor and run to a spot designated as a safe spiritual spot, such as a wall with a picture of Christ (can use picture below). It could also be a good idea to role-play appropriate ways to respond to some of these scenarios and talk about how Christ would act. If it's a righteous situation rather than a wicked situation that they should flee from, decide on some kind of happy action they could do (clap/cheer/sigh of relief/etc.).

*Put on a wall to
designate as a safe
spiritual spot.*



Genesis 18-23

WEEK 9

FLY WICKEDNESS

Someone you know asks you to do something that you get a yucky feeling about. You know that feeling is the Holy Ghost warning you not to do it.

There is an important rule at school that you know you should follow, but your friends dare you to break that rule.

Your friends remind you to follow the rules your parents have set.

You are looking at your friend's phone and an inappropriate picture pops up.

Your friend offers you a drink with alcohol in it and promises not to tell anyone if you taste it.

Your friends see another kid who is hurt and are trying to help them.

Some kids at school are making fun of another kid. They try to get you to join them.

You are at a party and the other kids want to watch a movie that you know is not good to watch.

Your friends decide to collect money to help someone in need.

WEEK 9

IS ANYTHING TOO HARD?

Cut apart the squares below and scramble them. Let everyone work together to put them in the correct order, referencing the first part of Genesis 18:14 to help figure it out.

(idea from Come, Follow Me manual)

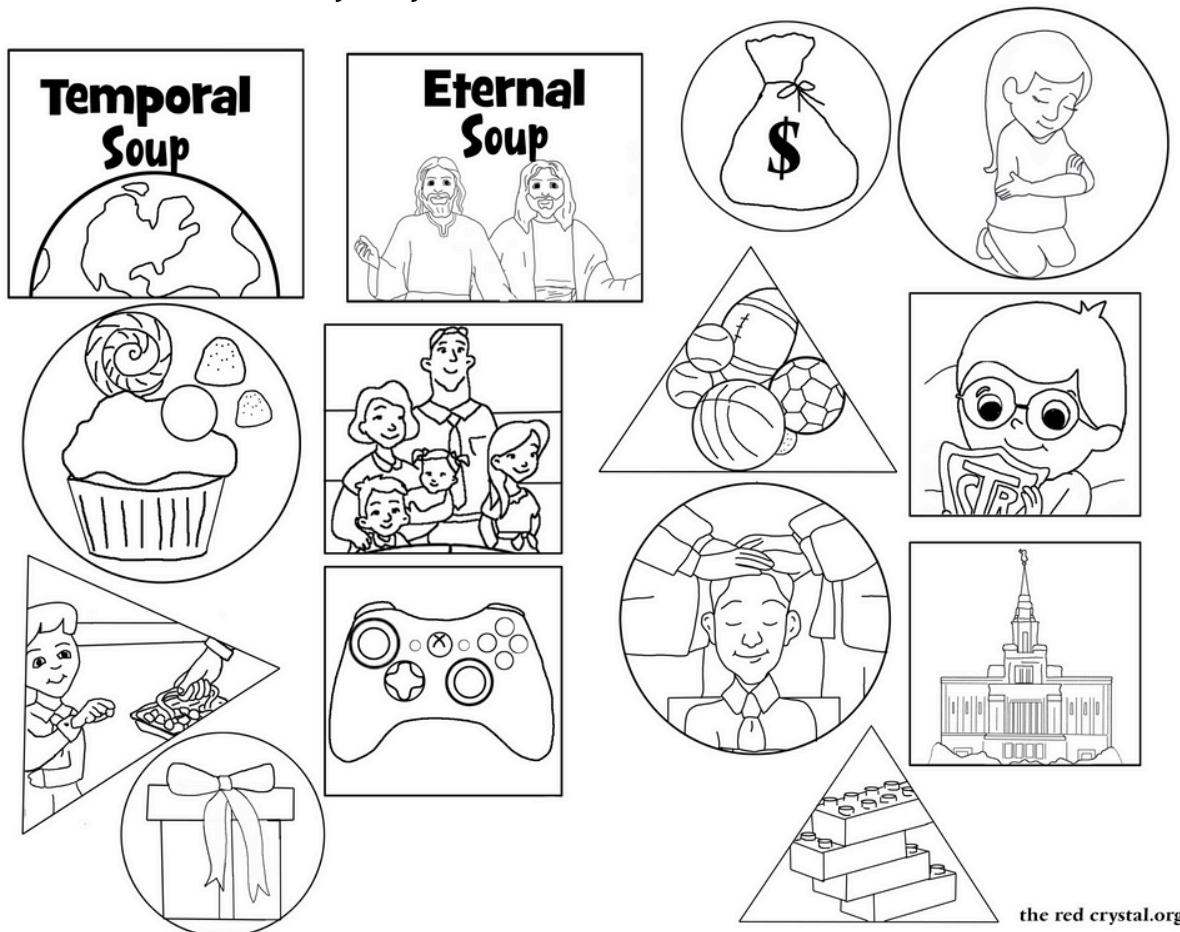
Read/summarize/discuss Genesis 17:15–21; 21:1–7. What promise did the Lord make to Sarah? Why did this seem like an impossible thing to have happen? Discuss how God will always keep His promises. We can trust Him.



WEEK 10

ETERNAL SOUP

After studying the story of Jacob and Esau found in Genesis 25:21–34, discuss what types of things are eternally important. Tape the “Temporal Soup” and “Eternal Soup” labels onto the sides of two different bowls. Place the other pictures in an upside-down pile. Have each person take turns choosing one and putting it into the bowl that best represents it. With each picture, ask, “Is this something that will help us return to live with Heavenly Father again? Is it ETERNALLY important?” Testify of the blessings we receive from focusing on the things that are eternally important in our lives. *Artwork by Crystal Wallace*

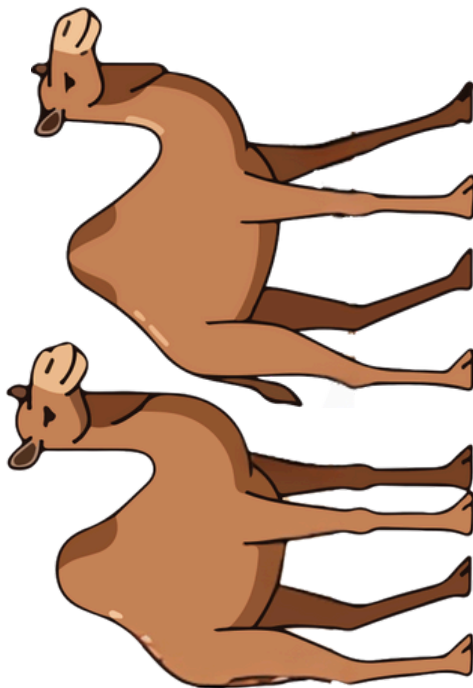


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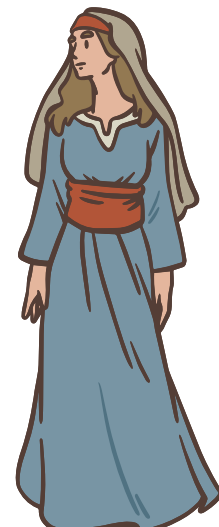
WEEK 10

STORY OF REBEKAH

Use the pieces below to act out the story of Rebekah found in Genesis 24:10–21. The discuss ways we can be hard-working and kind like she was.



Abraham's Servant



Rebekah





WEEK 10

WATER FOR CAMELS RACE

We don't know for sure how much water Rebekah had to get for the camels, but we do know that one camel can drink 30 gallons of water in just a few minutes! It was so nice of Rebekah to get water for all of the camels. Not only was she kind, but she was also a hard worker!

Water for Camels Race Instructions:

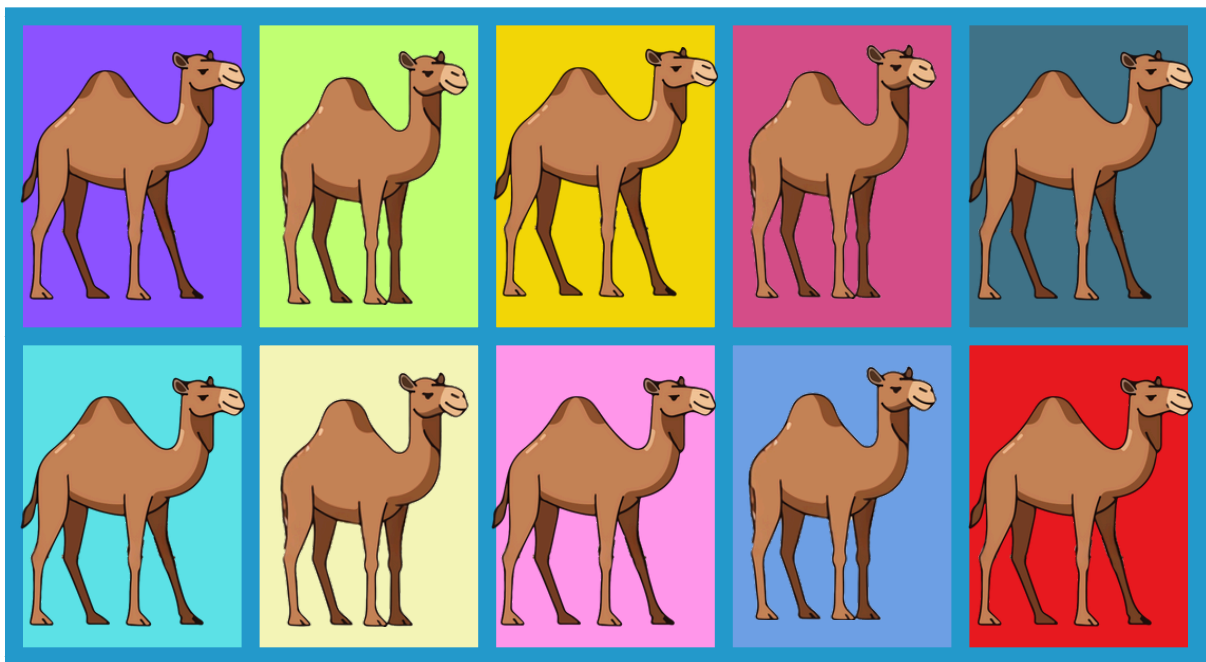
Supplies Needed: Large bucket or container of water, ten cups, and small measuring spoons/water bottle lids/water droppers. You'll probably want to make sure this is done outdoors or on a towel so you don't have a huge water mess when it's done!

- Tape each camel picture from the following page onto a cup. We are going to see how long it takes us to feed the camels 30 "gallons" of water.
- Give the kids a small measuring spoon/water bottle lid/water dropper/etc. to represent a gallon. You might want to compare this to a gallon of milk to help them see how big a gallon actually is. Explain that we're just doing mini versions of gallons for our camels.
- Place a large bucket full of water in the middle of everyone to represent the well. Tape the well picture onto the bucket.
- Have the kids use their measuring spoon/bottle lid/water dropper to count out 30 measures of water for each camel.
- Play the music for "Kindness Begins with Me" (*Children's Songbook*, 145) while feeding the camels.
- Do you think Rebekah had to work hard to get enough water for all of the camels? Would you have been willing to do that?

**Feeding all 10 camels could be time-consuming. Adjust this activity however you feel will best meet the needs of the kids you are teaching.*

WEEK 10

WATER FOR CAMELS RACE



**If you prefer to do this without water or other extra supplies, kids can instead use the paper pitcher from the previous activity to pretend to scoop water out of the well to give to the camels.*

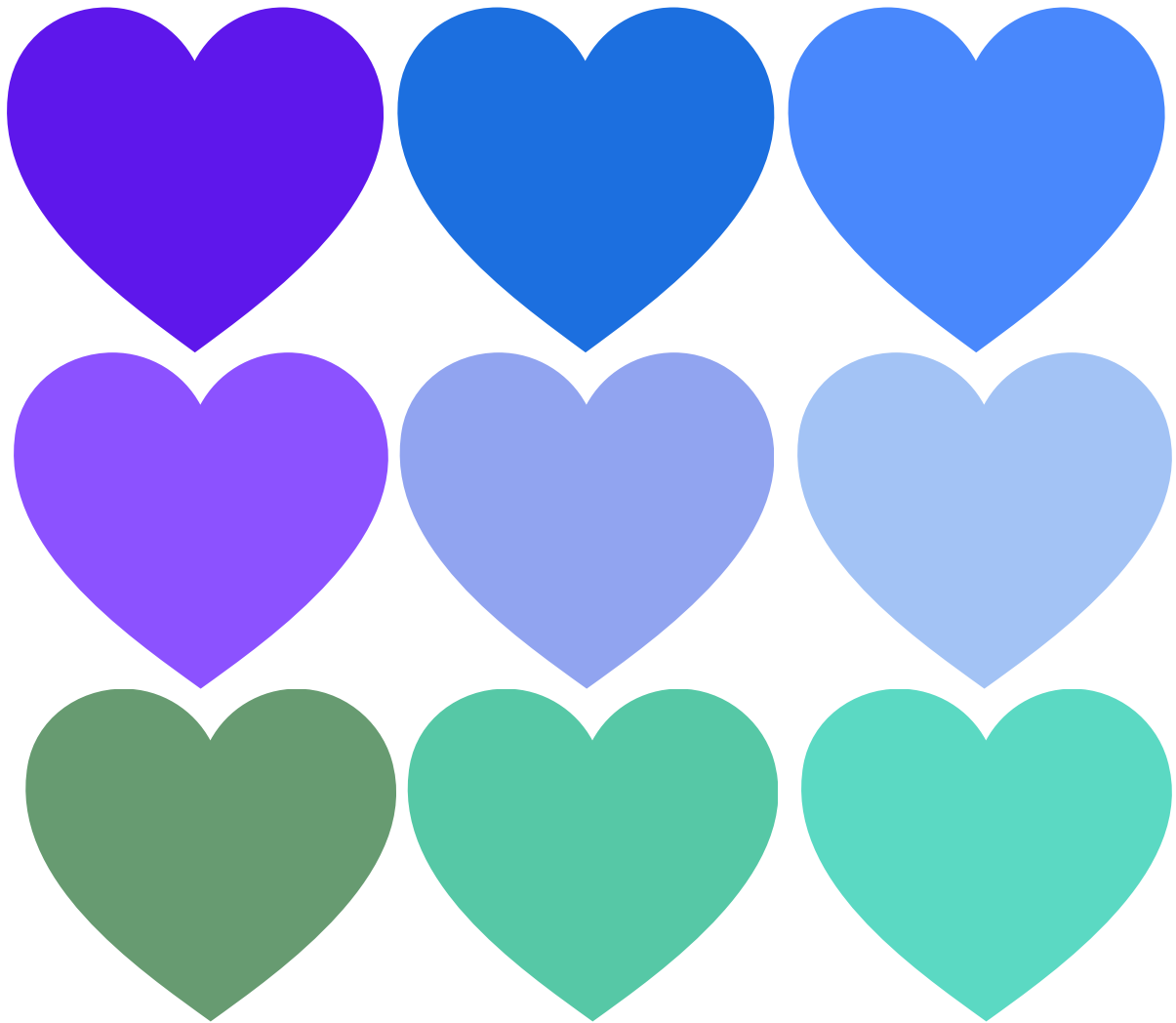




WEEK 10

KINDNESS BEGINS WITH ME

There are many ways to show kindness. Everyone will write or draw ways to show kindness on the hearts. Listen to "Kindness Begins with Me" (Children's Songbook, 145) while writing on the hearts.



WEEK 10

CLOSER TO GOD

Read Genesis 28:10–22. On the staircase below, write ways our covenants are like a steps that bring us closer to God.



WEEK 11

STORY OF JOSEPH

Use the figure below to retell the story of Joseph found in Genesis 37. Then let each person take turns pretending they were one of Joseph's siblings. Role-play how they could have been a peacemaker when other siblings were jealous of Joseph and being mean to him. *(Idea based on suggestion from CFM manual)*



Genesis 37-41



WEEK 11

SPEAK PEACEABLY

Write or draw ways we will “speak peaceably” (Genesis 37:4) with our family members. If doing this with your own family, you can have each person sign their name on the bottom pink section to show their willingness to do these things.

"SPEAK PEACEABLY"

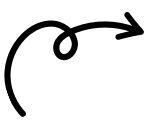
Genesis 37:4

Genesis 37-41

WEEK 11

THE LORD WAS WITH JOSEPH

Read Genesis 39:1–3, 20–23. While reading, everyone will listen for the phrase “The Lord was with Joseph” or something that helps us see that the Lord was with him through hard times.



Options for using Jesus cards:

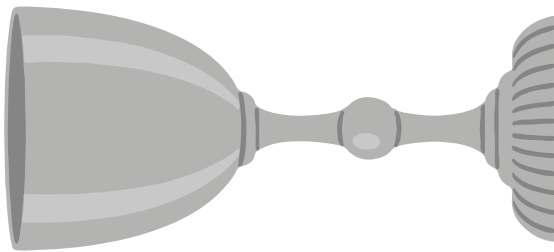
- Each person can have their own card and hold it up when they hear the phrase mentioned in the verses.
- Let someone pretend to be Joseph. Each time that phrase is mentioned, someone can tape one of the cards onto Joseph.
- Any other creative idea you can think of!



WEEK 12

STORY OF JOSEPH

Use these nametags and the silver cup picture to act out the story of Joseph and his brothers reuniting (Genesis 42–44 and Genesis 45:4–15). It could be fun to find extra costumes and props to use while acting out the story (bags of food, wig for Joseph, etc.).



JOSEPH

JUDAH

JACOB

BROTHERS

BENJAMIN

WEEK 12

LOVE AND FORGIVENESS

Instructions: Tape these onto the bottom of a treat, such as Hershey's Kisses. Each person will take turns choosing one out of a bowl and answering the corresponding question from the chart on the following page.



WEEK 12

LOVE AND FORGIVENESS

1

Tell the story of Joseph reuniting with his family in your own words. (Genesis 42-44)

2

Name one way Joseph showed love for his family.

3

How does Jesus show us love and forgiveness?

4

Practice saying, "I'm sorry" and role-play actions might we do to show we're sorry.


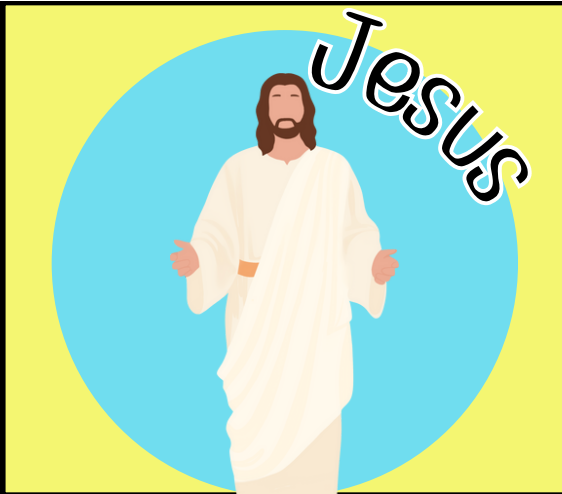
5

Practicing saying "I forgive you." How can we be forgiving like Joseph was to his brothers?

WEEK 12

JOSEPH AND JESUS

Read the scriptures and fill in the chart with ways Joseph and Jesus are similar. (Idea from Come, Follow Me manual)

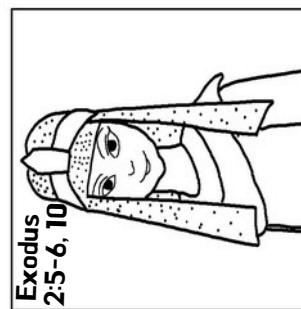
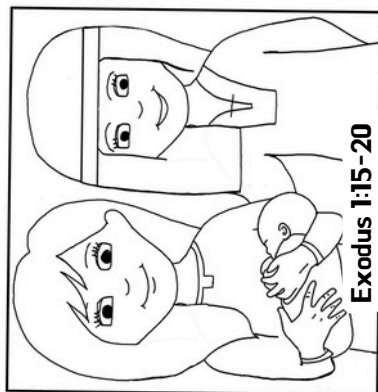
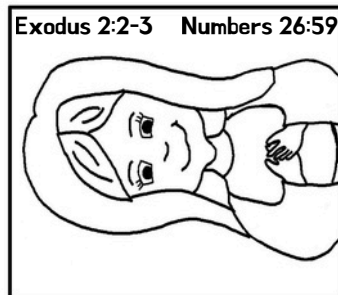
	
Genesis 37:3	Matthew 3:17
Genesis 37:26–28	Matthew 26:14–16
Genesis 45:5–7	Luke 4:18
Genesis 47:12	John 6:35

WEEK 13

WOMEN WALL OF FAME

There were a lot of important women involved in the story of Moses. Tape the "Wall of Fame" sheet (from the following page) onto the wall. Cut the picture cards on this page apart. Place them in a pile upside-down and take turns pulling one out of the pile. When each is chosen, read the scripture reference for that woman and then glue her picture onto correct spot on the wall of fame. Then let them each draw a small picture of themselves or write their names in the middle while talking about why they are also important to Heavenly Father and Jesus.

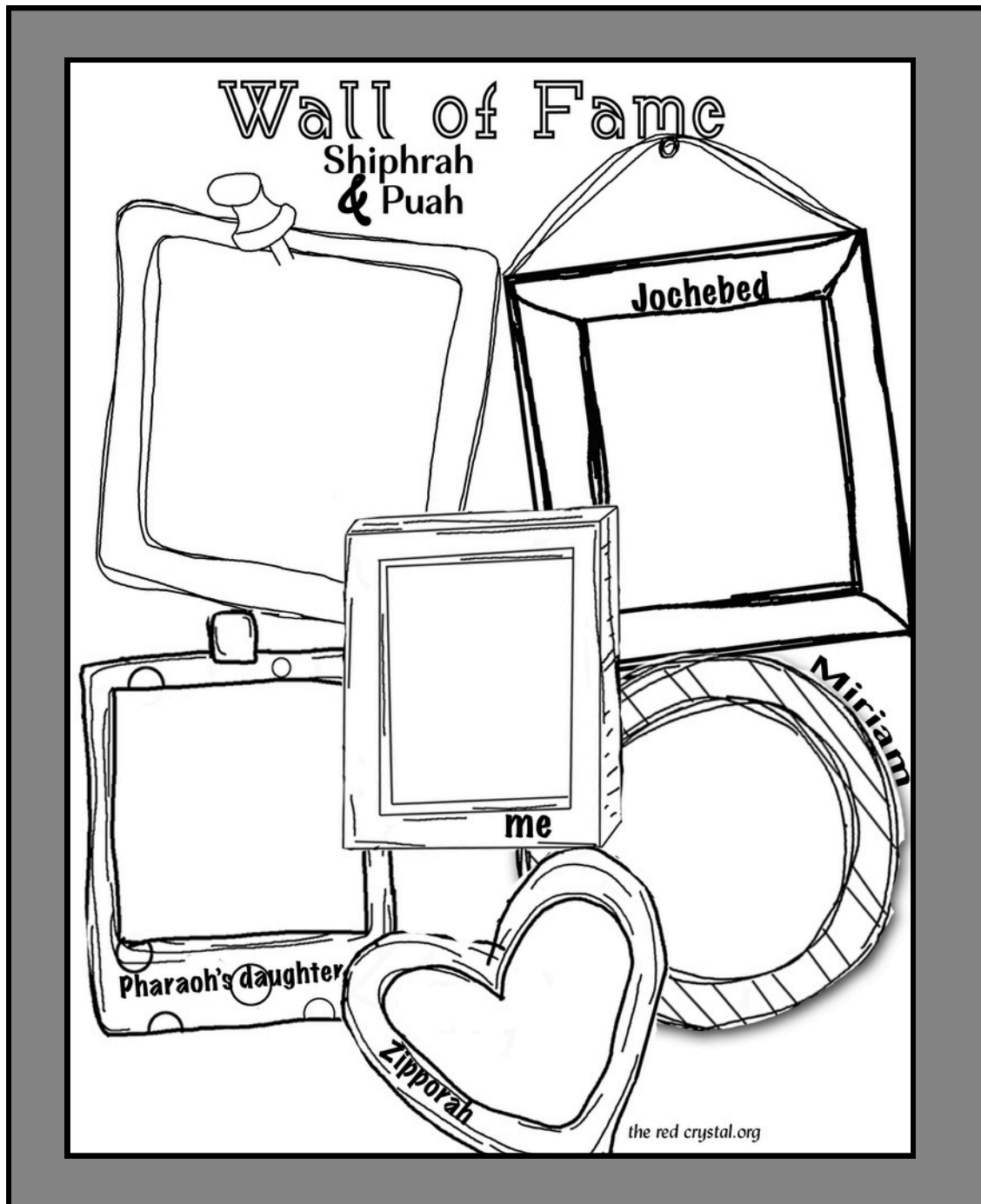
Artwork by Crystal Wallace



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WEEK 13

WALL OF FAME



Exodus 1-6

WEEK 13

REVERENCE

Moses removed his shoes as a sign of reverence when the Lord appeared to him in a burning bush (Exodus 3:4–5). Write or draw ways we can show reverence on the circles while listening to “Reverence Is Love” (*Children’s Songbook*, 31). Share answers with each other.



Exodus 1-6

WEEK 13

THE LORD HELPED MOSES

Read the scriptures on the pink ovals, which describe some of the things Moses feared about what the Lord had asked him to do. Let kids color in the worried faces while summarizing those verses.

After discussing the fears Moses had, read the verses on the blue Jesus ovals. Cut them out and glue them over the pink ovals. Remind them that the Lord can help us when we're scared to do important things.



**Exodus
3:12**



**Exodus
4:2-9**



**Exodus
4:11-12**

**Exodus
3:11**



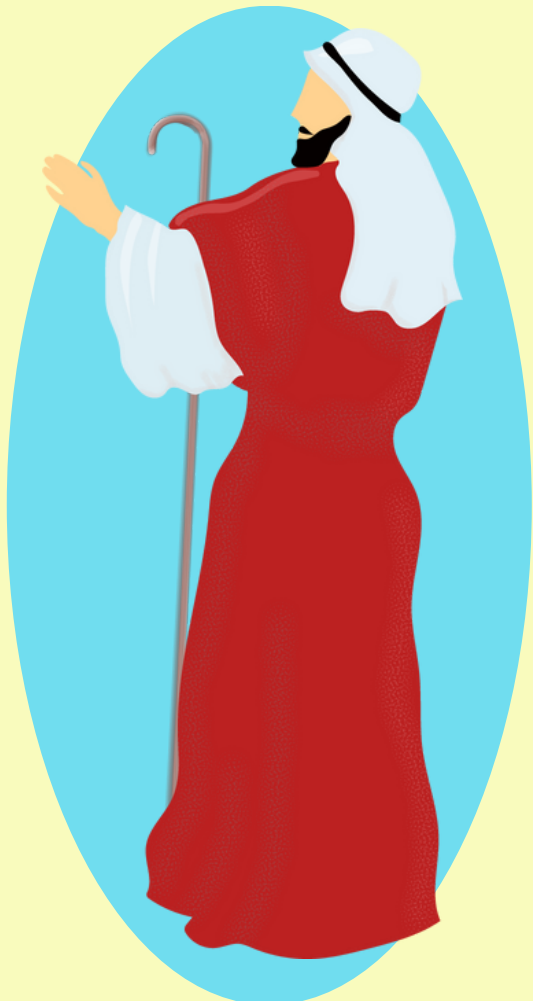
**Exodus
4:1**



**Exodus
4:10**



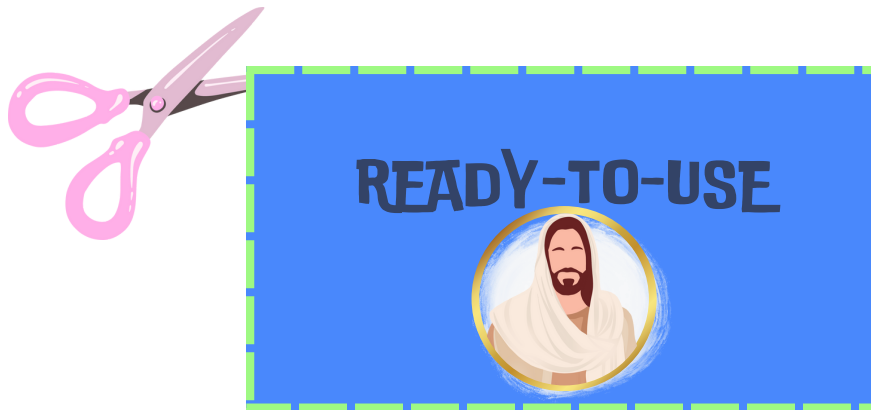
Moses



thank you

Thank you to Crystal from
theredcrystal.org for her help in
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for these activities!

Thank you to Hannah and Lucy
for many great activity ideas!



COME, FOLLOW ME

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