



COME, FOLLOW ME ACTIVITIES

Our Heavenly Home

FOR MOSES 1; ABRAHAM 3

STORY: We all lived with Jesus and Heavenly Father before we were born. Heavenly Father made a plan for us to come to earth. (See Abraham 3:24–25.)

SONG: “I Know My Father Lives” (*Children’s Songbook*, 5)

ACTIVITY: Read the scripture story on page 8. Then make some rock art! Gather different rocks. Make a scene of Heavenly Father, Jesus, and you before we came to earth.



*For home evening,
scripture study,
or just for fun!*

Thankful Memory Game

FOR GENESIS 1–2; MOSES 2–3;
ABRAHAM 4–5

STORY: Heavenly Father told Jesus Christ to create the earth for us to live on (see Genesis 1–2). Jesus created plants and animals for us to take care of. We can be thankful for the earth.

SONG: “My Heavenly Father Loves Me” (*Children’s Songbook*, 228–29)

ACTIVITY: Now play a game! The first person says, “I am thankful for . . .” and then says something Heavenly Father and Jesus created. The next person repeats it and then adds something new. Keep going around in a circle as long as you can.

FOR YOUNGER CHILDREN:

- Read the scripture story on page 8. Then color the picture on page 48.
- Read the story on page 46. Have your child look in a mirror while you say, “Heavenly Father loves [their name].”
- Color the pictures on page 3. Take a walk to look for beautiful things Jesus made for us.



Good Choices Toss

FOR GENESIS 3–4; MOSES 4–5

STORY: In the Garden of Eden, Eve chose to eat the fruit of the tree of knowledge. She offered the fruit to Adam. He also chose to eat the fruit. (See Moses 4:12.) After they ate the fruit, they learned the difference between right and wrong.

SONG: “Choose the Right Way” (*Children’s Songbook*, 160–61)

ACTIVITY: Sit in a circle and toss a ball around. When you catch the ball, tell about a good choice you made this week.



Building Love

FOR MOSES 7

STORY: 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.

SONG: “Love at Home” (*Hymns*, no. 294)

ACTIVITY: Read Moses 7:19–21. Then build a city with blocks, stones, or sticks. As you build, talk about how you can make your family more like Zion. You can send pictures of your finished city to the *Friend!*

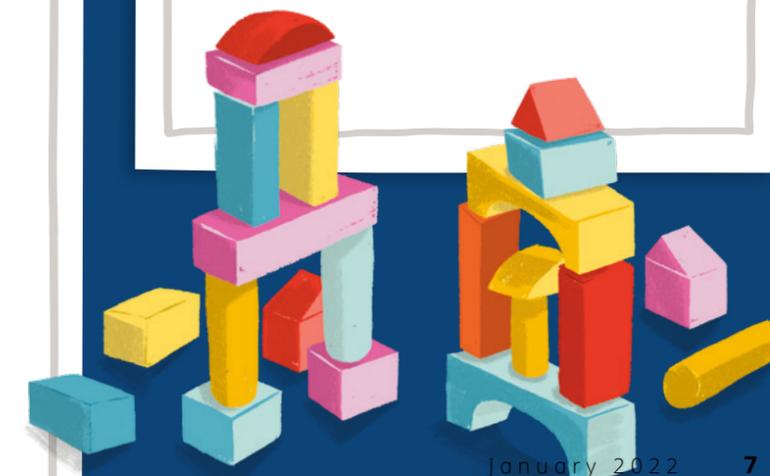
Family Testimony Book

FOR GENESIS 5; MOSES 6

STORY: Adam and Eve’s family made a “book of remembrance” (Moses 6:5). They wrote about Jesus Christ and Heavenly Father’s plan. This book was the beginning of the scriptures.

SONG: “Love Is Spoken Here” (*Children’s Songbook*, 190–91)

ACTIVITY: You can make a book of remembrance too! Ask everyone in your family to write down their testimony of Jesus Christ. Then attach the pages together to make a book. Add it to your treasure box on page 30.



ILLUSTRATIONS BY KATY DOCKRILL