

Here We Come!

Have an assortment of young plants and seeds for the children to inspect. Use the following fingerplay for an opening activity.

Plant a Seed

Author unknown

Dig a hole.

(Use a pointer finger of one hand to dig a hole in the fist of the other hand.)

Put in a seed.

(Pinch thumb and finger to hold a pretend seed. Plant it in the hole.)

Cover it up.

(Pat palm over top of fist.)

Water it.

(Sprinkle with fingers.)

Put it out in the sun.

(Extend fist.)

Watch it grow.

(Open fingers like a flower.)

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Herald House, p.198.

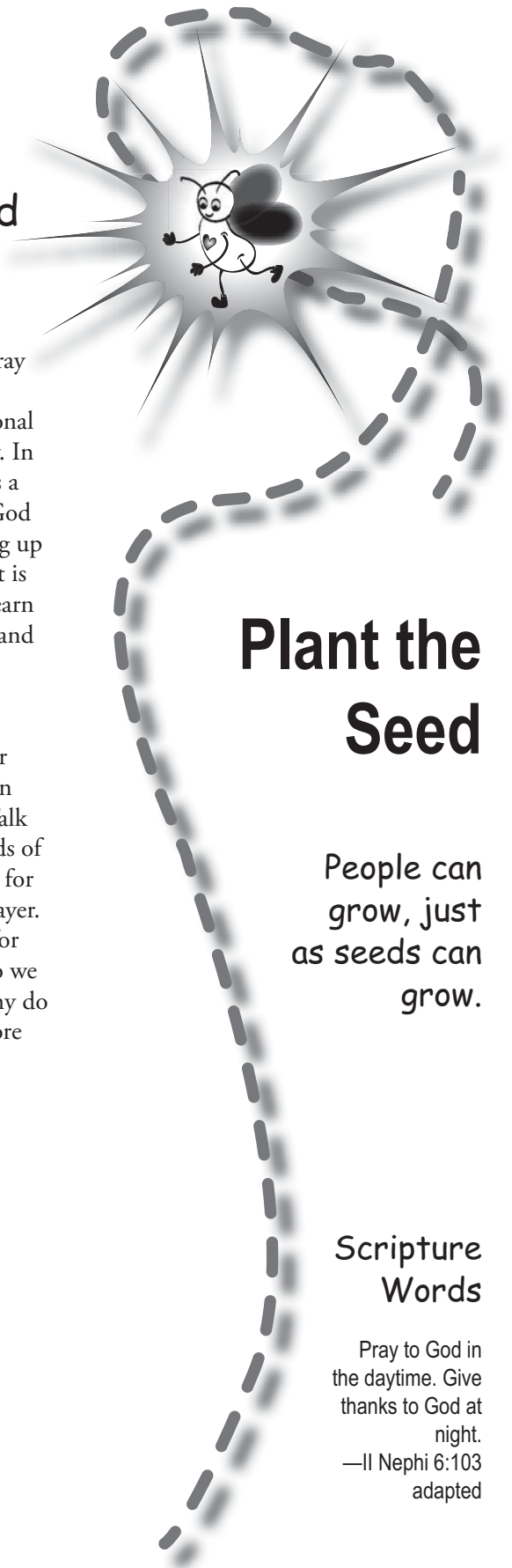
Story Talking

Babies are a way of watching humans grow. Let the children tell you about babies in their families or ones they are familiar with. Anyone know a set of twins or triplets? What things can they do that a baby cannot? How are babies cared for? How does that change as the child grows older? What things are these children looking forward to as they grow?

Scripture Words and Worship

Prayer is a time to connect with God. We learn ways to pray when we are young and develop additional patterns as we grow. In our prayers, there is a tendency to “tell” God everything and hang up with “Amen.” But it is also important to learn to give God a turn and listen.

Use praying-hand shapes and a sun for daytime and a moon or stars for night. Talk about different kinds of prayers and reasons for going to God in prayer. When do we pray for ourselves? When do we pray for others? Why do we need to pray more than once a day?



Plant the Seed

People can grow, just as seeds can grow.

Scripture Words

Pray to God in the daytime. Give thanks to God at night.
—II Nephi 6:103
adapted

Live and Learn

When two people get married, sometimes they have children. They might have children right away or they might wait awhile. In the case of Isaac and Rebekah, it took some time. Isaac was forty years old when he married Rebekah, but it took another twenty years before they became parents.

- Isaac and Rebekah got married and lived in a tent, just like the rest of Abraham's family.
- They wanted to have a baby, but none ever came.
- Isaac and Rebekah prayed about a baby. They asked God to help them.
- Finally Rebekah became pregnant. She knew the baby was growing inside her, because she could feel the baby moving around.
- But this baby moved around a lot! Rebekah wondered why it was so active.
- So she prayed and asked God about it. And God had a surprise for her.
- "The reason the baby moves around so much is because there are two babies! You are going to have twins!"
- Rebekah and Isaac were really excited now.
- When it came time for the babies to be born, sure enough there were two of them.
- Rebekah named the first little boy Esau and the second little boy Jacob.
- Isaac and Rebekah prayed and thanked God for their two new babies. They asked God to help them be good parents and raise the children the way God wanted.

Sense-ations

Let the children run their hands through a bowl of seeds in assorted sizes. Explain that they are not for eating, but for planting. Show plants that have grown from seeds or bulbs. Pull one gently from the soil and let the children see the roots. Replant it carefully, adding a little water.

Give each child a copy of the garden picture (page 35). The flower, child, and carrot can be cut out ahead of time, as can the slits in the garden. The children can color the parts of the picture. Carefully insert the top of the flower through the slit from behind the picture. This creates a little tab for the child to grasp. As the tab is slowly pulled up, the flower emerges from the ground. The extended tab on the bottom of the flower, slightly larger than the slit, will keep the flower from pulling clear out. Do the same for the child and the carrot.

Moving Music

- "We're Not Too Small" (page 22)
- "Wiggle Song" (page 24)

Up and at 'Em

Use the following fingerplay, "Seeds," for action and movement.

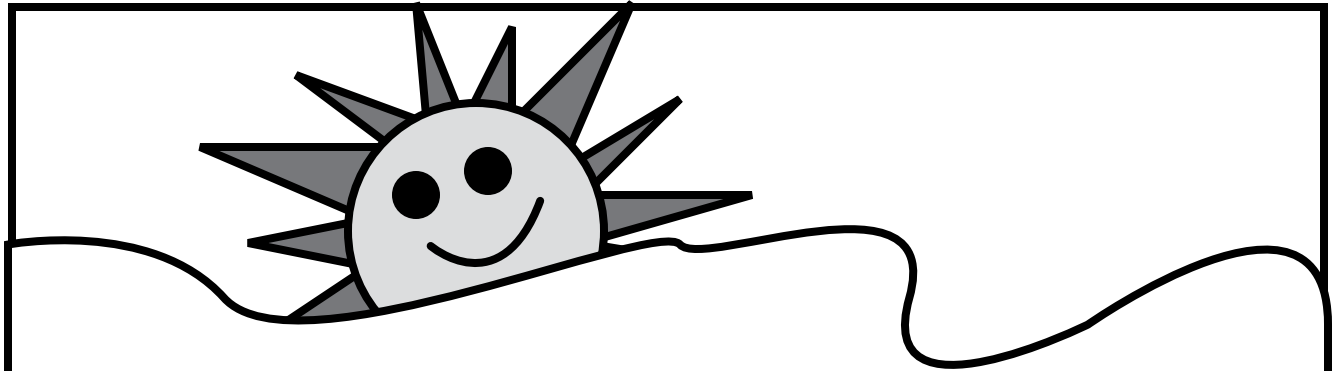
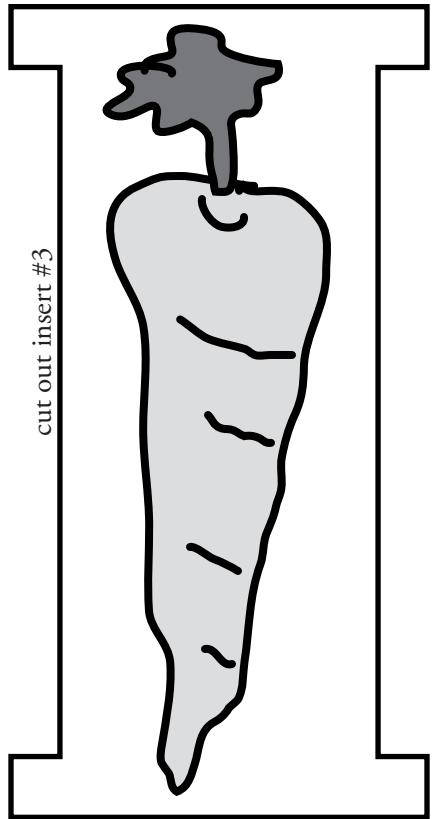
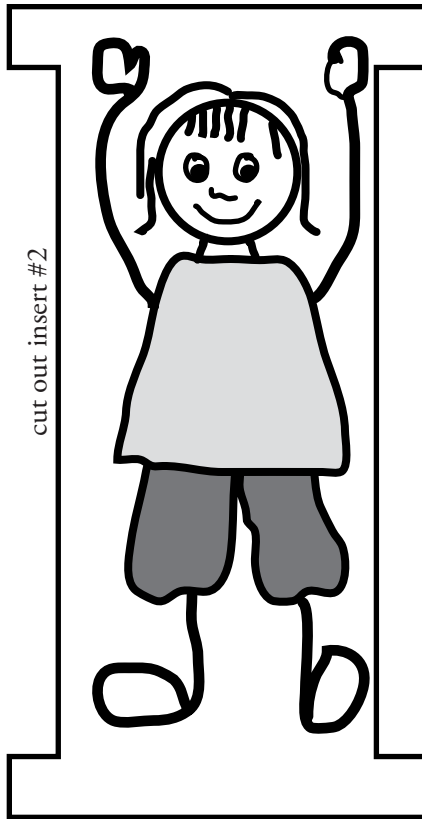
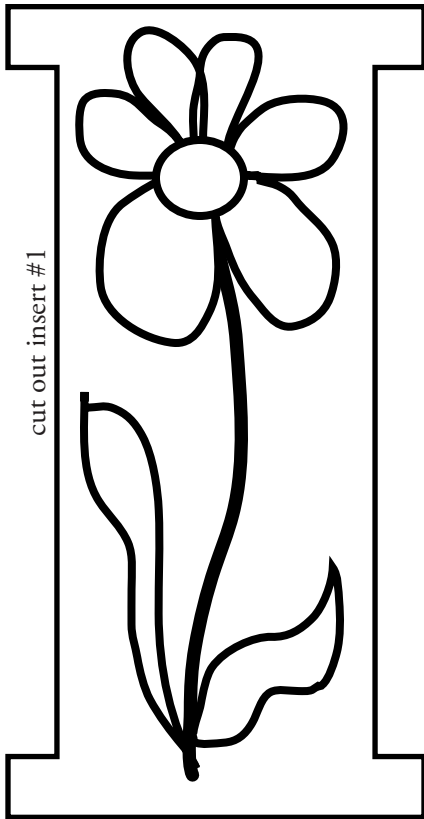
Seeds

by Marge Nelson

I'm a seed—tiny little seed
Growing in the ground.
(Stoop down with arms over head.)
I stretch and grow and pop right
out
In the sun to look all around.
(Stretch up slowly, then straighten
with arms up.)
I have green leaves
And blossoms here and there.
(Wave arms for leaves, point for
blossoms.)
And a strong tall flower stem.
(Stand straight, arms at sides.)
I shake my head and wiggle my
leaves
(Do motions suggested by words.)
When the raindrops fall on them.
(Fingers make falling raindrops.)

There We Go

Ask the children to share the picture they made with family and friends.



cut for insert #1

cut for insert #2

cut for insert #3

God made things to grow. God made flowers. God made
growing food. God made boys and girls.

_____ child's name _____ is growing too!