

## Here We Come!

Play a game of “Where did it come from? Where did it go?” Have the children sit with their backs to you and their hands over their eyes. Place an object in front of you. When the children turn around, they must tell you where the object came from. Was it part of the worship center, the toy box, the art supplies? Reverse the game by removing an object from a collection made in front of you and placing it somewhere visible in the room, but not in its normal location.

## Scripture Words and Worship

Introduce the two sets of scripture words from the Book of Mormon and from Psalms. What are some of the things Jesus did that we can do? How does God help us? If we can't see God and Jesus how do we know they are real? (You may have some children who insist they can. Take their word for it.)

## Of Water and Spirit

Some things  
you can see, and  
some things you  
can feel.

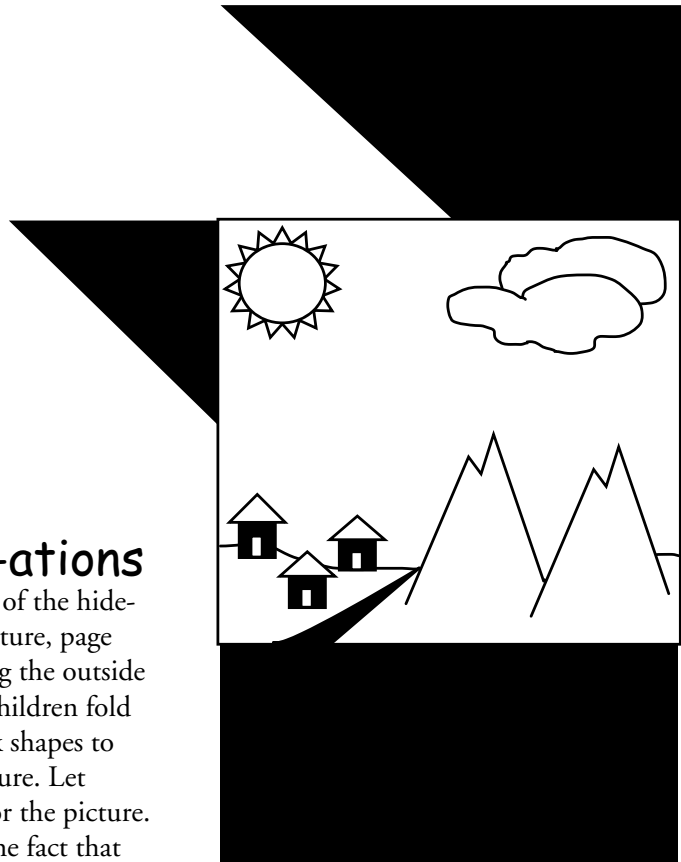
### Scripture Words

Do what Jesus does.  
—3 Nephi 12:35 adapted

My help comes from God.  
(or God helps me.)  
—Psalm 121:2 adapted

### Sense-ations

Make copies of the hide-and-peek picture, page 48. Cut along the outside edge. Help children fold over the dark shapes to hide the picture. Let children color the picture. Talk about the fact that just because you can't see the sun, or clouds, or mountains doesn't mean they aren't still there.



## Live and Learn

Some of the things Jesus did we can do right now. We can be nice to each other. We can help people who are hungry or need a friend. To do some of the things Jesus did we will have to wait until we get older. Jesus was baptized in water. When we reach the age of eight, we can make the choice to do what Jesus did and get baptized in water too.

Show pictures of people being baptized. Visit the baptismal font in the church. Some of the children may have older brothers and sisters who have been baptized. Let them tell about what they remember or understand.

Have towels and a tub of water available. The children can experiment with the water. How does it look? How does it feel? What happens when water gets on your hands or clothes? How do you get dry?

Experiment with drying. Dampen a dark-colored cloth and spread it out on the table. Talk about how it looks. Have an assistant focus a blow dryer on one part of the cloth for a few minutes. Examine the cloth when the color changes. Let the children tell you what they think happened.

The motor in the dryer makes the air flow out forcefully. What are some other ways to make air move? Where is the air? Why can't you see air like you can see water?

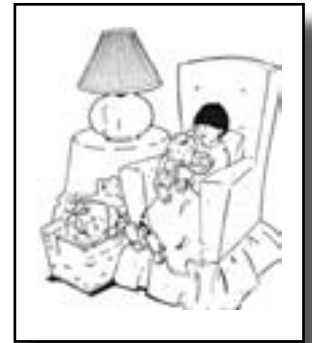
Have a child dip one hand in water and keep the other dry. Fan both hands with a piece of cardboard. Which hand feels cold?

Some things we can see. Some things we can feel. Some things we can both see and feel. We can see water. We can feel water. We can choose to be baptized when we are old enough.

We can't see the air. We can feel the air move. We can see things move when the air becomes wind. But we just have to believe the air is there because God said so. God's Spirit is like the air. We can't see it but God promised the Spirit would always be there. When we're scared, the Spirit can help us feel better. When we're not sure what to do, the Spirit can help us decide.

## Story Talking

Give each child a picture to color from the pattern section, page 49. As they work, repeat the words below the picture. Ask the children about things they do to help others.



## Moving Music

- "A Helper I Will Be"
- "Make New Friends" (page 40)

### A Helper I Will Be (tune: "The Farmer in the Dell")

A helper I will be.  
A helper I will be.  
I'll do my chores and ask for more,  
A helper I will be.

I'll share my toys with friends.  
I'll share my toys with friends.  
I'll laugh with you and play nice too,  
I'll share my toys with friends.

I'll help a friend who's hurt.  
I'll help a friend who's hurt.  
No one will cry. I'll tell you why,  
I'll help a friend who's hurt.

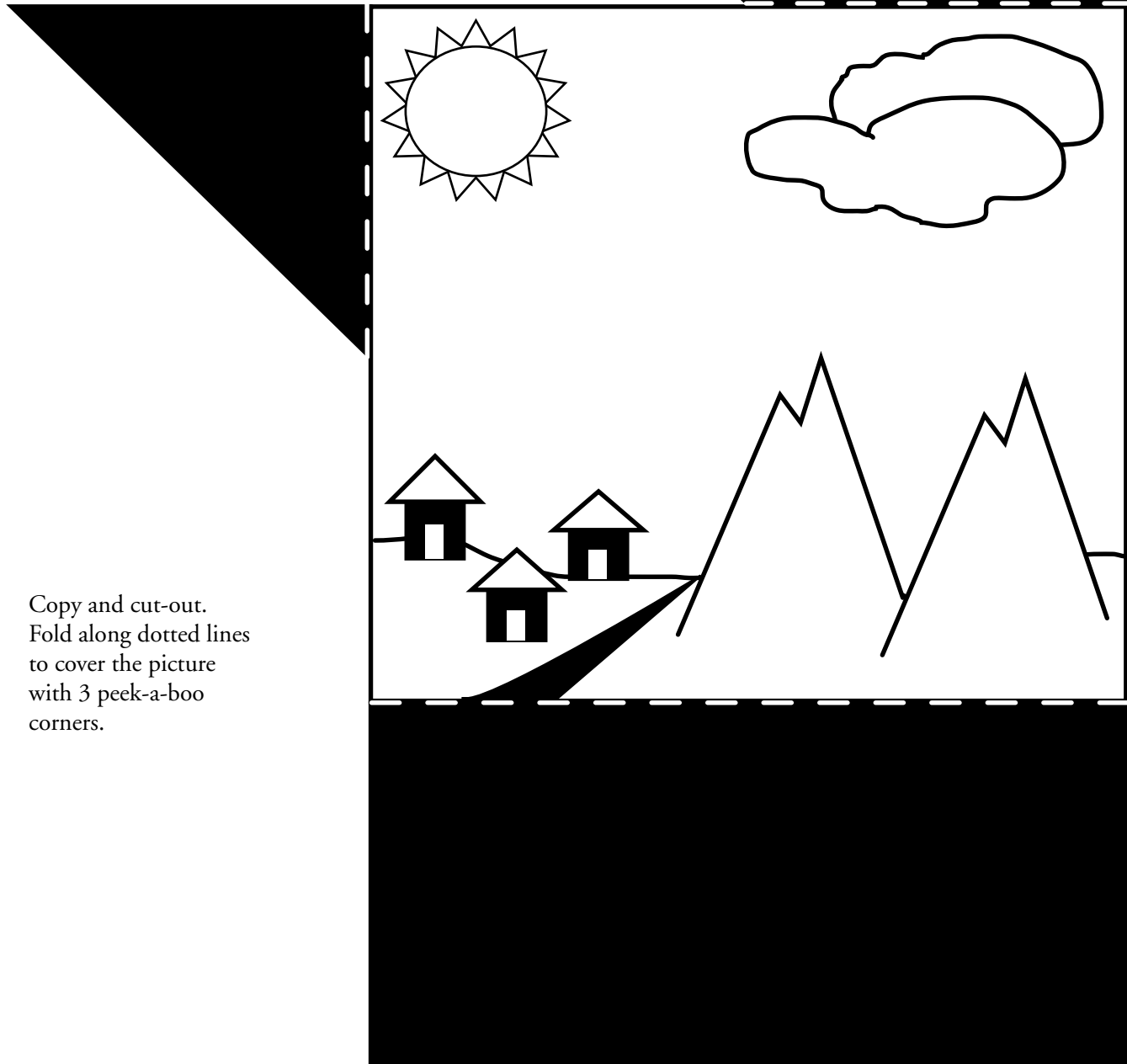
## Up and at 'Em

Tie streamers on the wrists of the children and then let them wave their arms around to see the motion.

## There We Go

Send the children home with their pictures. Encourage them to share the stories with others.

# Hide-and-Peek Picture



Copy and cut-out.  
Fold along dotted lines  
to cover the picture  
with 3 peek-a-boo  
corners.



God helps me.  
I can be a  
helper, too.