

# Come, Follow Me

## for Little Ones

Here are some activity ideas for toddlers and young children that go along with each week's reading.

FOR  
Alma  
43–52

### GOSPEL PROTECTION



Read Alma 49:28 together and help your little ones say, “The gospel helps protect us.” Cut out or draw pictures to represent parts of the gospel—like scriptures, a temple, etc. Tape them to a plastic lid, piece of cardboard, or pillow. Then use it as a shield! One person could throw crumpled balls of paper while the other person blocks the attack.

FOR  
Alma  
53–63

### BE BRAVE AND TRUST GOD



Read Alma 57:27 together. You could also read the story of the stripling warriors on page FJ4. Then march together around the room like the stripling warriors! You could repeat the words “I can be brave and trust God” or sing “Called to Serve” (*Children’s Songbook*, 174–75) as you march.

FOR  
Helaman  
1–6

### I CAN BE STRONG



Read Helaman 5:12 together and help your little ones say, “Jesus Christ can help me be strong.” Make two piles on a table—a pile of torn pieces of paper, and a pile of small stones. Let your children try to blow the paper and stones away. Testify that Jesus is strong, like the stones. He can help us be strong too.

FOR  
Helaman  
7–12

### I WILL LISTEN



Read Helaman 11:18 together and help your little ones say, “I will listen to the prophets and apostles.” Watch a short video of testimonies of the prophet and apostles at <https://bit.ly/333rMkn>. Teach your children the name of each person who speaks. When you see the prophet, help your children cup their hands around their ears to listen extra closely to what he has to say.