

# 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 5-7

### OUR BODIES

Read Alma 5:14 together and help your little ones say, "I'm trying to be like Jesus." Hold up a picture of Jesus and explain that He has a body. Help your children point to His eyes, hands, feet, etc., and then point to those parts of their own bodies. Talk about how Jesus wants us to use our body to make good choices and follow His example.



FOR  
Alma 8-12

### FRIENDSHIP

Read Alma 8:26-27 together and help your little ones say, "I can be a good friend." Sing a song about friendship, like "Our Door Is Always Open" (*Children's Songbook*, 254). Practice sharing food with each other, like Amulek shared his food with Alma.



FOR  
Alma 13-16

### FOLLOW THE PROPHET

Read Alma 16:16 and help your little ones say, "We are blessed when we follow the prophet." Watch a child-friendly video about President Nelson at [children.ChurchofJesusChrist.org](http://children.ChurchofJesusChrist.org). Click on "Videos" and "Meet the Apostles."



FOR  
Alma 17-22

### TELLING ABOUT JESUS

Read Alma 19:17 and help your little ones say, "I can tell others about Jesus." Read about Abish on page FJ4. Then take turns knocking on the doors in your house and pretending to invite people to learn about Jesus.

