



comefollowmekid.com

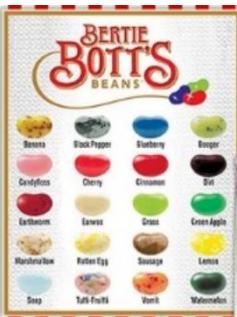
January 10-16

“The Fall of Adam and Eve”

1. Choice Game (Don't Eat Pete) – Play “Don't Eat Pete” as a way to introduce the idea of making choices. If you want to tie this into gospel topics and also do a review at the same time, there are two board choices on pages 4-5 below. If you use the board on page 4, everyone will draw pictures of things or people they've learned about in the scriptures. If you use the board on page 5 with pictures already on it, they'll talk about what they know about each gospel picture as they uncover them.
 - After everyone has had a turn with the game, talk about how it felt to make choices with this game. Was it stressful sometimes? Were you glad when you chose ones that weren't Pete? How did it feel when you chose the one that was Pete? Etc.
 - Review how Heavenly Father's plan for us on Earth includes giving us the chance to make our own choices.
 - Can choices make us happy sometimes? Can choices make us sad sometimes?
 - What are some choices you've made today?
2. Pictures of Adam and Eve and Video – Show pictures of Adam and Eve on page 6 below and ask if they know anything about them and the choices they made while they were on Earth. They made a big choice that affected us. Explain how Eve chose to eat the fruit of knowledge and helped Adam to make that choice as well. Their choice was part of Heavenly Father's plan.
 - Watch “[Adam and Eve](#)” video from the church's website and talk about it in as much depth as you feel like your kids need.
3. Friend Story/Puppet Reenactment – Read “[Adam and Eve Taught Their Family](#)” from *The Friend* to review what happened with them. Then have the kids reenact the story using paper figures. Theredcrystal has some great [paper figures of Adam and Eve](#) that could be used to act this story out. The manual suggests reading phrases from [Moses 4](#) while holding the pictures up.
4. Good Choice Ball Toss – After their choice to eat the fruit, Adam and Eve still continued to make many great choices (they taught their family about Heavenly Father and Jesus, prayed, etc.). What kinds of good choices can we make in our lives?
 - Do the “[Good Choices Toss](#)” activity suggested in *The Friend* magazine (Sit in a circle and toss a ball around. When you catch the ball, tell about a good choice you made this week).
5. Choices Role-Play – Look at scenario pictures on page 7 below (from *The Friend* magazine). Ask how they might make good choices with their responses in each situation. Give them additional scenarios for times when they'll need to make choices and have them act out how they would respond. Remind them that making good choices will help them be happy. Possible scenarios:
 - You're playing with a new dinosaur toy when your mom says it's time to do scriptures and pray. You really want to keep playing with the toy. What would you do?

- You're at the store with your friend buying candy. You don't have enough money to buy what you want. Your friend tells you to just put the candy in your pocket without paying. What would you do?
 - A new girl at school is eating by herself at lunch and looks nervous. What would you do?
 - Your sister is sharing a story about her day with Mom and Dad, but you have a story you REALLY want to share. Do you interrupt her or patiently wait for her to finish?
 - You notice people teasing a girl you know. What would you do?
 - It's your birthday! Your sibling really wants a turn choosing a game to play, but you think you should be able to choose since it's your birthday. What would you do?
 - Your friend offers you some alcohol. What would you do?
 - A kid in your church class whispers mean things to you about your teacher while your teacher is teaching. What would you do?
 - A friend tells you to ignore something important that one of your parents told you to do. What would you do?
6. Song – Sing and discuss the words to “[Choose the Right Way](#)” and talk about specific things we can do in the coming week to “Choose the Right Way” and how those choices will help us be happy.
7. Scripture Draw – Share and discuss 2 Nephi 2:25 (“*Adam fell that men might be; and men are, that they might have joy.*”). Talk about the blessings we have in our lives because of the choices made by Adam and Eve. Even though life is hard sometimes, the joy we can feel because of Jesus Christ can be so great.
- Print up page 3 below. Read and discuss Moses 5:11, and have each kid draw pictures or write responses about the verse (what it means and how it applies to themselves).
 - Links to free cover pages that can be used if you want to put these pages into binders throughout the year can be found [here](#).

Extra Idea: Jelly Bean Choices – Have some fun with the [Harry Potter Bertie Botts Jellybeans](#). (some good jellybeans, some gross flavors)



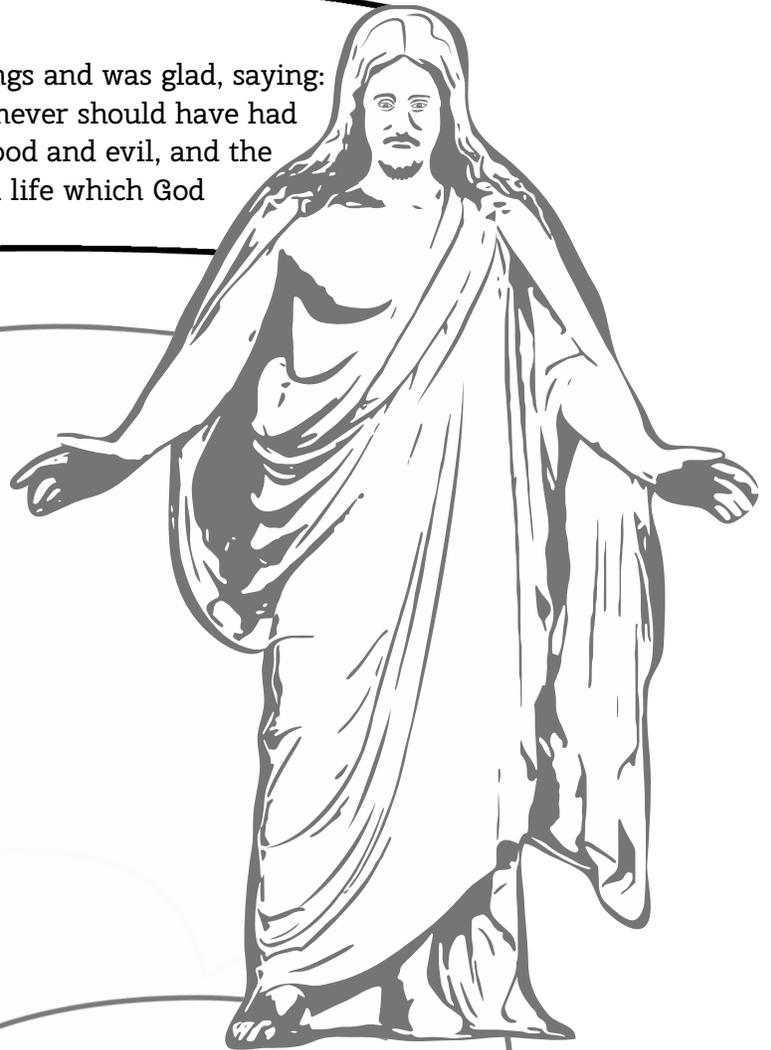
- Is it risky to just randomly choose one without knowing anything about it?
- How does looking at the picture guide help you with these choices?
- What kinds of things does Heavenly Father give us in our lives to guide us? How does He help us know what kind of choices are good and will bring us blessings (make us happy!)?
- Talk about how Heavenly Father helps us know what choices will make us the happiest, and how we are happiest when we follow His guidance.

Additional Ideas:

More Great Free Ideas at www.theredcrystal.org
 Old Testament Cartoon Videos from the Church Website
 “[Like Adam and Eve](#)” from *The Friend*
 Garden of Eden finger puppets from *The Friend*
 Free Printables for Primary Song Activities

Moses 5:11

¶And Eve, his wife, heard all these things and was glad, saying:
¶Were it not for our transgression we never should have had
seed, and never should have known good and evil, and the
joy of our redemption, and the eternal life which God
giveth unto all the obedient.



¶What this scripture means:

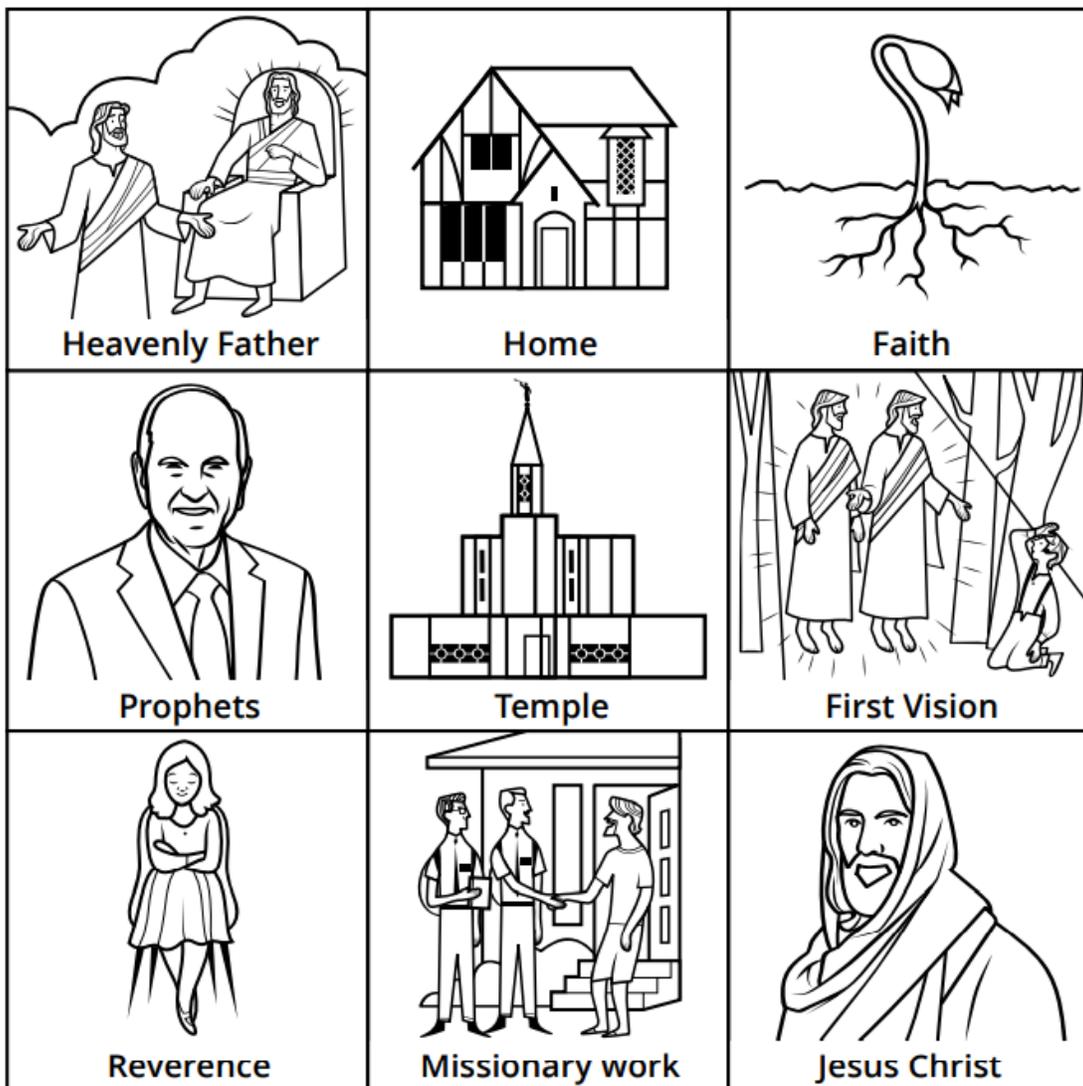
¶What I want to focus on or do differently in my
own life because of this scripture:

Don't Eat Pete!

- Let each person take turns coloring in a square with something they've learned about Jesus Christ and His Gospel or of a specific person we've learned about in the scriptures.
- After all of the squares are colored in, place one small piece of candy or snack on each square (Skittles, Goldfish crackers, mini marshmallows, cereal, etc.).
- Choose one person to be "it" and send them out of the room (where they can't hear or see) while everyone else decides which square will be "Pete." Don't tell the "it" person which one is Pete when they come back into the room.
- The person who was sent out of the room will then come back and start choosing one piece of candy at a time from the squares. If the piece of candy they pick up is not "Pete," they are allowed to eat that piece. If the candy is "Pete," everyone else will shout out, "DON'T EAT PETE!" and that person's turn is over.
- Repeat the process until everyone has had a turn.

Don't Eat Pete!

- Place one small piece of candy or snack on each square (Skittles, Goldfish crackers, mini marshmallows, cereal, etc.).
- Send one person out of the room (somewhere where they can't hear or see) while everyone else decides which square will be "Pete."
- The person who was sent out of the room will then come back and start choosing one piece of candy at a time from the squares. If the piece of candy they pick up is not "Pete," they are allowed to eat that piece if they can share something they know about what that picture shows. If the candy is "Pete," everyone else will shout out, "DON'T EAT PETE!" and that person's turn is over.
- Repeat the process until everyone has had a turn.



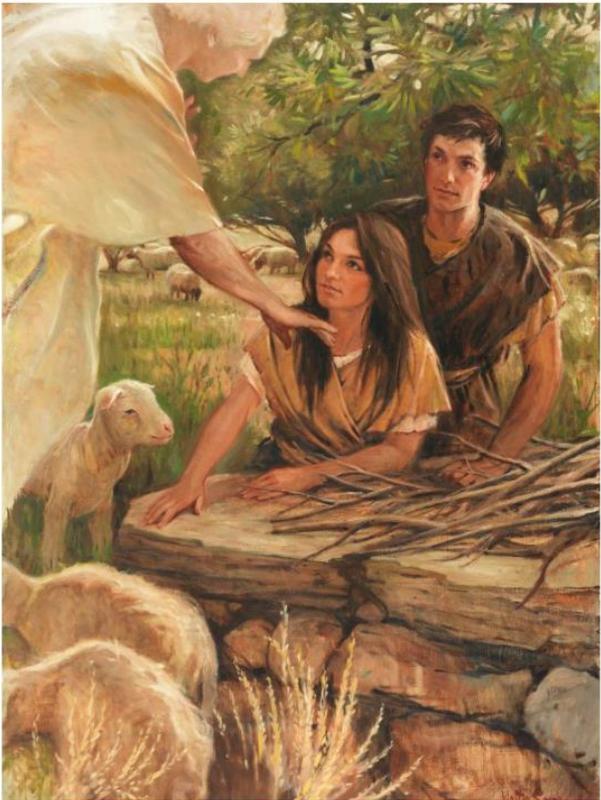
(images from the [church's website](#))



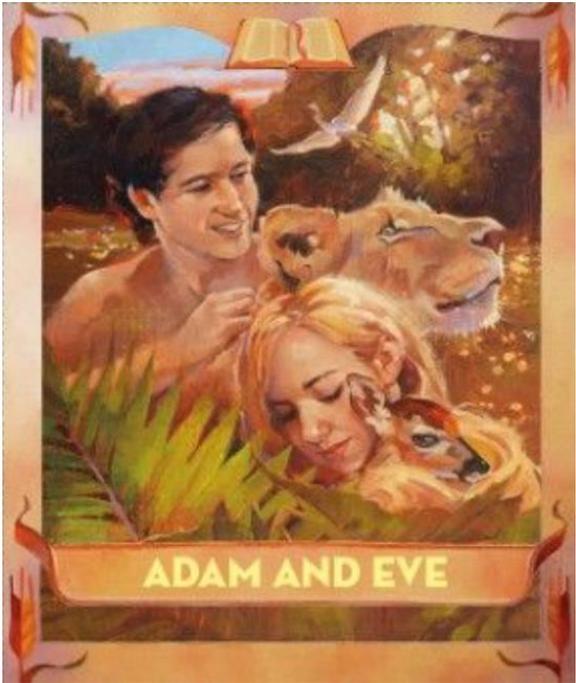
Adam and Eve, by Douglas M. Fryer

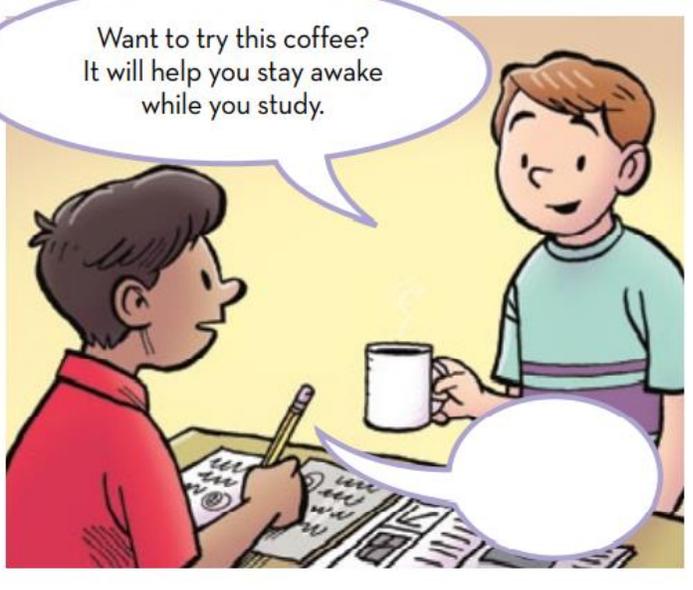
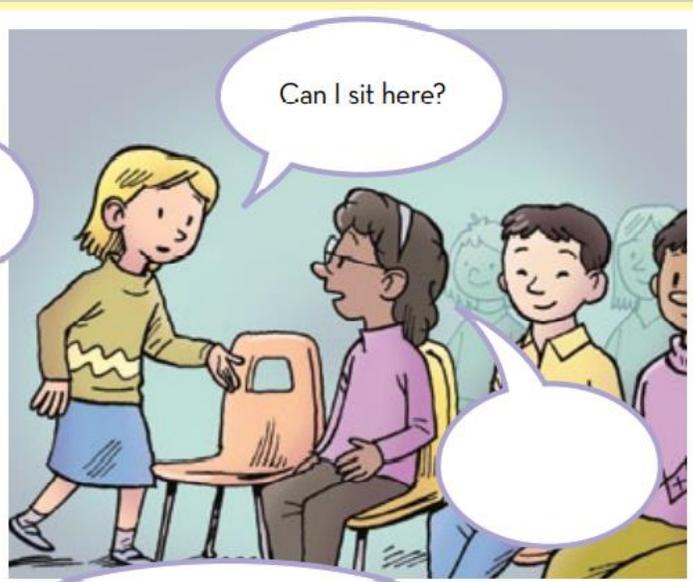
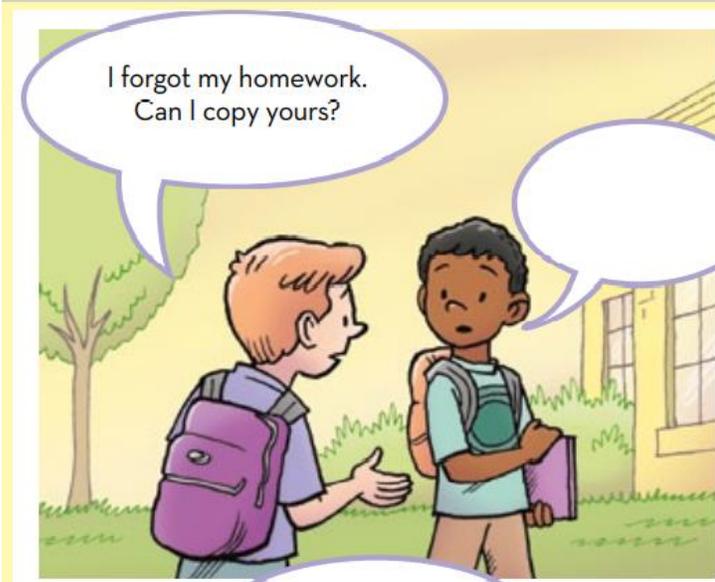


Leaving Eden, by Annie Henrie Nader



Similitude, by Walter Rane





From *The Friend*