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| JR. OPENING EXERCISES: 10:10 – 10:15 AM |
| JR. SINGING TIME: 10:15 - 10:35 AM |
| SR. OPENING EXERCISES: 10:40 – 10:45 AM |
| SR. SINGING TIME: 10:45 – 11:00 AM  |

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| Transition Time Songs |
| Page | Songs | Activities |
| 145a | *A Special Gift is Kindness* | Actions:Gift – ASLKindness – Hug selfHappiness – Jump up and downOthers – Spread hands wideHeart – Fake heart beat with handsSings – Sing like an opera singer or La la la (@ end) |
| 266 | *If You’re Happy* (modified to say: If you want to be like Jesus) | Modified words with activities:If you want to be like Jesus (x2)* Say hello (in FLs hel-lo, bon-jour, pri-viet, etc.)
* Give a high five
* Help a friend (link arms and swing around)

If you want to be like Jesus, then you’ll try to do what He didIf you want to be like Jesus |
| 263 | *We Are Different* | Actions:I love you – point, hug self, pointYou love me, point, hug self, pointWe are as different – Stand back to backAs the sun and the sea – Hands over head, then wave arms like oceanI’ll help you and you’ll help me – Shake handsAnd that’s the way it is – Arms spring upwardSupposed to be – Hands on hips and nod |
| 61 | *Jesus Said Love Everyone* | Actions:Jesus said - Point upwardLove everyone – Hug self then spread arms wideTreat them kindly too – Hands on hips and nodWhen your heart is filled with love – Hand on heartOthers will love you – Spread hands wide & hug self |
| MusicOR 78 | *If the Savior* *Stood Beside Me OR* *I’m Trying to be Like Jesus* | With Senior only: Sing reverently |
| 1 - Heavenly Father is no respecter of persons. He loves all of His children. | 241b | *Rain Is Falling All Around* | Actions |
| 2 - Rainbows remind us that Heavenly Father loves us and always keeps His promises. | 103 | *When I Am Baptized, First line only**(Use activity for whole song)* |  |
| 3 - Rainbows remind us that even though being a Christian can be hard sometimes, Heavenly Father promises us big blessings when we follow Jesus after we are baptized. | #116 | *Come, Follow Me (v. 2)*Enough = ASLKnow = Point to headFollow, below = ASL, pt.Traveling, tears = Act outExtends = Arms outHolier spheres = pt. up, then arms in a circle | Rain or Shine Color Toss Game1. Rain = hips, shine = sun
2. Coin flip
* Rain = Silly Singing
* Shine = Singing Surprises
1. Color toss = which activity
 |
| 4 - Rainbows remind us that H.F. sent us to earth to show us how to love everyone, no matter what color they are or how they treat us. He sent us to help others learn that Jesus loves them and that the gospel is true. | 146 | *I’ll Walk with You* | 1: Rainbow: Sing line if wearing color I hold up2: Rainbow Races: Each child sings a different word (like raindrops that make the rainbow) |
| 5 - Sometimes, it is hard to be like Jesus, but when we make a mistake, we can repent. | 98 | *Repentance* | Rainbow Scarves with Dynamics: Show symbols, connect to storm:1: Legato: Make a rainbow w/ hand 2: Staccato: Flick fingers then hop like raindrops3: Accent: Clap like lightening for “repent” “better” and “pray”4: Diminuendo: Twirl, sit, fold arms |
| 6 - Just as rainbows are made with different colors, 1 line @ time, testimonies are built one choice at a time. The sacrament reminds us that when we try to always remember Jesus and keep His commandments, He sends the H.G. to help us become more like Him. | 10574 | *The Holy Ghost**OR**I Feel My Savior’s Love* | Rainbow Density Experiment 1: Purple (Karo syrup, dyed purple)2: Blue (blue Dawn dish soap)3: Green (Water, dyed green)4: Yellow (Vegetable oil)5: Orange (Skip this layer, it gets created when you add red)6: Red (Rubbing alcohol, dyed red)  |
| Challenge & brain teasers |  |  | Rainbow Cutouts |

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| Key Point | Page | Singing Time Songs | Activities |
| 1 – Heavenly Father is no respecter of persons. He loves ALL of His children.SING: *Rain is Falling All Around, 241b*SAY: Sometimes when we are having a really bad day, it feels like our lives are one giant soggy mess of a thunderstorm…* with *rain* (make your fingers “rain” like mine),
* and *wind* (wave your arms and twirl around like a big gust of wind),
* and *lightening* (clap hands),
* and *thunder* (stomp feet on floor).

ASK: Thumbs up or thumbs down: When you are having a bad day like that, do you sometimes feel like Heavenly Father doesn’t love you? (Target answer: Yes, sometimes.)SAY: The scriptures tell us that “God is no respecter of persons.” This means that He loves ALL of His children, including you! SAY: The scriptures also say that Heavenly Father takes care of His children and blesses them, even when they’re naughty!**“…he maketh his sun to rise on the evil and on the good, and sendeth [c](https://www.churchofjesuschrist.org/study/scriptures/nt/matt/5.45?lang=eng&clang=eng" \l "note45c)[rain](https://www.churchofjesuschrist.org/study/scriptures/nt/matt/5.45?lang=eng&clang=eng" \l "note45c) on the just and on the unjust” (Matthew 5:45).****ASK:** What do you think that scripture means? **SAY:** In order to grow, we all need both sunshine (i.e., happiness) and rain (i.e., sadness). **Heavenly Father allows us to have both happy and sad times so that we can grow. Sad times do not mean that He doesn’t love us!** **SHOW:** “When it rains, look for rainbows!” poster |
| 2 – Rainbows remind us that Heavenly Father loves us and always keeps His promises.SHOW: A picture of a rainbow.ASK: What is this? (Target answer: A rainbow)SAY: What makes a rainbow? (Rain and sunshine)ASK: Can you think of a Primary song you know about rainbows? Sing the first line for me.SING: *When I Am Baptized, 103, 1st line (I like to look for rainbows whenever there is rain)*SAY: Did you know that Heavenly Father uses rainbows to remind us that He loves us, even in the sad times, and that He will always keeps His promises to us? He told Noah that the rainbow is a reminder of His promise that the whole earth will never be completely flooded again.  |
| **3 – Rainbows remind us that even though being a Christian can be hard sometimes, Heavenly Father promises us big blessings when we follow Jesus after we are baptized.****SAY:** When we get baptized by the authority of Jesus Christ, we become **Christians,** or **people who believe in and follow Jesus Christ**. (In the church, we sometimes call this promising to take the name of Jesus Christ on ourselves.) **SING:** *Come, Follow Me, #116* OR *The Church of Jesus Christ, 77* |
| **4 – Rainbows remind us that Heavenly Father sent Jesus to earth to show us how to love everyone, no matter what color they are or how they treat us.** **He sent us to help others learn that Jesus loves them and that the gospel is true.**SHOW: [Be a rainbow in someone else’s cloud meme](https://www.findingzest.com/free-quote-printable-be-a-rainbow-in-someone-elses-cloud/)Jesus taught us that **we should be nice to other people, even when they are mean to us**! When we are kind to everyone, we are showing others that **Jesus loves them and that the gospel is true**. This is called being Christian (or like being like Jesus Christ). ***“44****But I say unto you,****[a](https://www.churchofjesuschrist.org/study/scriptures/nt/matt/5.45?lang=eng&clang=eng" \l "note44a)[Love](https://www.churchofjesuschrist.org/study/scriptures/nt/matt/5.45?lang=eng&clang=eng" \l "note44a) your [b](https://www.churchofjesuschrist.org/study/scriptures/nt/matt/5.45?lang=eng&clang=eng" \l "note44b)[enemies](https://www.churchofjesuschrist.org/study/scriptures/nt/matt/5.45?lang=eng&clang=eng" \l "note44b)****, [c](https://www.churchofjesuschrist.org/study/scriptures/nt/matt/5.45?lang=eng&clang=eng" \l "note44c)[bless](https://www.churchofjesuschrist.org/study/scriptures/nt/matt/5.45?lang=eng&clang=eng" \l "note44c) them that [d](https://www.churchofjesuschrist.org/study/scriptures/nt/matt/5.45?lang=eng&clang=eng" \l "note44d)[curse](https://www.churchofjesuschrist.org/study/scriptures/nt/matt/5.45?lang=eng&clang=eng" \l "note44d) you, do [e](https://www.churchofjesuschrist.org/study/scriptures/nt/matt/5.45?lang=eng&clang=eng" \l "note44e)[good](https://www.churchofjesuschrist.org/study/scriptures/nt/matt/5.45?lang=eng&clang=eng" \l "note44e) to them that [f](https://www.churchofjesuschrist.org/study/scriptures/nt/matt/5.45?lang=eng&clang=eng" \l "note44f)[hate](https://www.churchofjesuschrist.org/study/scriptures/nt/matt/5.45?lang=eng&clang=eng" \l "note44f) you, and****[g](https://www.churchofjesuschrist.org/study/scriptures/nt/matt/5.45?lang=eng&clang=eng" \l "note44g)[pray](https://www.churchofjesuschrist.org/study/scriptures/nt/matt/5.45?lang=eng&clang=eng" \l "note44g) for them which despitefully use you, and [h](https://www.churchofjesuschrist.org/study/scriptures/nt/matt/5.45?lang=eng&clang=eng" \l "note44h)[persecute](https://www.churchofjesuschrist.org/study/scriptures/nt/matt/5.45?lang=eng&clang=eng" \l "note44h) you****;****45****That ye [a](https://www.churchofjesuschrist.org/study/scriptures/nt/matt/5.45?lang=eng&clang=eng" \l "note45a)[may be](https://www.churchofjesuschrist.org/study/scriptures/nt/matt/5.45?lang=eng&clang=eng" \l "note45a) the [b](https://www.churchofjesuschrist.org/study/scriptures/nt/matt/5.45?lang=eng&clang=eng" \l "note45b)[children](https://www.churchofjesuschrist.org/study/scriptures/nt/matt/5.45?lang=eng&clang=eng" \l "note45b) of your Father which is in heaven: for* ***he maketh his sun to rise on the evil and on the good, and sendeth [c](https://www.churchofjesuschrist.org/study/scriptures/nt/matt/5.45?lang=eng&clang=eng" \l "note45c)[rain](https://www.churchofjesuschrist.org/study/scriptures/nt/matt/5.45?lang=eng&clang=eng" \l "note45c) on the just and on the unjust****” (Matthew 5:44-45).***SING:** *Jesus Said Love Everyone, p. 61 OR I’ll Walk With You, p. 146* |
| **5 - Sometimes it is hard to be like Jesus, but when we make a mistake, we can repent.****SING:** *Repentance, 98* |
| **6 - Just as rainbows are made with different colors, line upon line, our testimonies are built one choice at a time. The sacrament reminds us that we try to always remember Jesus and keep His commandments, He will send us the Holy Ghost to help us become more like Him.***“3**O God, the Eternal Father, we ask thee in the name of thy Son, Jesus Christ, to bless and [a](https://www.churchofjesuschrist.org/study/scriptures/bofm/moro/4.3?lang=eng&clang=eng" \l "note3a)[sanctify](https://www.churchofjesuschrist.org/study/scriptures/bofm/moro/4.3?lang=eng&clang=eng" \l "note3a) this [b](https://www.churchofjesuschrist.org/study/scriptures/bofm/moro/4.3?lang=eng&clang=eng" \l "note3b)[bread](https://www.churchofjesuschrist.org/study/scriptures/bofm/moro/4.3?lang=eng&clang=eng" \l "note3b) to the souls of all those who partake of it; that they may eat in [c](https://www.churchofjesuschrist.org/study/scriptures/bofm/moro/4.3?lang=eng&clang=eng" \l "note3c)[remembrance](https://www.churchofjesuschrist.org/study/scriptures/bofm/moro/4.3?lang=eng&clang=eng" \l "note3c) of the body of thy Son, and witness unto thee, O God, the Eternal Father, that they are willing to take upon them the [d](https://www.churchofjesuschrist.org/study/scriptures/bofm/moro/4.3?lang=eng&clang=eng" \l "note3d)[name](https://www.churchofjesuschrist.org/study/scriptures/bofm/moro/4.3?lang=eng&clang=eng" \l "note3d) of thy Son, and always remember him, and keep his commandments which he hath given them, that they may always have his [e](https://www.churchofjesuschrist.org/study/scriptures/bofm/moro/4.3?lang=eng&clang=eng" \l "note3e)[Spirit](https://www.churchofjesuschrist.org/study/scriptures/bofm/moro/4.3?lang=eng&clang=eng" \l "note3e) to be with them. Amen.” (Moroni 4:3).***SING:** *The Holy Ghost, 105* OR *I Feel My Savior’s Love, 74* |
| **TESTIFY:** Heavenly Father loves all of His children, so He allows us to have both happy and sad times in our lives so that we can grow. He promises us that He will send the Holy Ghost to help us feel His love in the hard times. As we practice keeping His commandments, showing love to others, and repenting when we make mistakes, we will become more like Him and our lives will become as beautiful as rainbows!**CHALLENGE:** Write one way you will try to be a better Christian (i.e., more like Jesus) on each color of the rainbow. Each day this week, try to accomplish your goal. Show me your rainbows next week! |

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