

ACTIVITY 1- MANNA STORY: Building on Chiara Despain and Donna Gabriel's ideas, I acted out the story of the Israelites and the manna with the Sunbeams.

SHOW: Picture 1-35

SAY: "The Israelites had to go on a looong trip in the wilderness. They didn't have cars so they had to walk! Everybody stand up and walk." (Exodus 16:1)

LEAD CHILDREN AROUND THE ROOM, SAYING: "Walk, walk, walk, walk! Oh, aren't we soooo hot and tired and hungry and thirsty from all this walking? Let's sit down!"

SHOW: Picture 1-35 again and explain, "Look! The Israelites are in the desert and there is no food, but they are hungry and tired. They complain to their leaders, Moses and Aaron. What do you think they said? They said, "We're SOOOO hungry! We're soooo thirsty! You are trying to kill us with hunger!" (Have the children repeat each sentence after you as they act it out by rubbing their tummies, their throats, and then pretending to fall over.) (Exodus 16:2-3)

SAY: "Heavenly Father and Jesus sent them some food from heaven called manna. They told the people to go pick it up off the ground every day."

DISTRIBUTE: Small baskets and then throw cotton balls into the air. When they land, tell the children to go pick up the "manna."



Once they have gathered it, have them bring it to you. Give each child several small, white mini-marshmallows and explain that manna looked like small, white seeds (you may wish to show a picture of [coriander seed](#) and tasted sweet like honey crackers. (Exodus 16: 14-15, 31) Tell the children that if they left the manna out, it rotted, smelled bad, and got worms in it (you might want to bring a picture of worms or [moldy bread 1](#), [moldy bread 2](#)). (Exodus 16:19-20) Let the children eat the marshmallows as you talk.

SAY: "On Saturday, Jesus told them to gather enough manna for Saturday AND Sunday." (Exodus 16:5) Throw the cotton balls again and have them repeat the process, gathering twice as much. Explain that there was no manna on the ground on Sunday morning, and the obedient people found there were no worms in the extra manna they gathered when they woke up on Sunday. (Exodus 16:24-27). Explain that this was because the Lord didn't want the people to work on Sunday. He wanted them to rest. (Exodus 16:29-30).

ACTIVITY 2 – STAND UP/SIT DOWN: I told children we want to do things that would invite Heavenly Father and Jesus to be close to us (through the Spirit of the Holy Ghost) on Sunday. I showed them pictures and asked them if each activity would welcome the Spirit or drive it away. If the activity was appropriate for Sunday, children stood up and cheered, "Yeaaaa!" If it was not, they sat down and shouted, "Not on Sunday!"

- 1-6 – Having family scripture study
- 1-7 or 1-5 – Spending time with our family
- 1-8 – Partaking of the sacrament
- 1-9 – Saying our personal prayers
- 1-10 – Saying family prayer
- 1-36 – Reading scriptures with our mom
- 1-46 – Visiting our neighbor
- 1-67 – Going to Primary class
- 1-47 – Fighting over a toy (No, because it drives the Spirit away)
- 1-51 – Working in the garden (No, because it is work and Heavenly Father said not to work on the Sabbath)
- 3-4 – Playing soccer (or ignoring our friends) (No, because it isn't kind and we aren't supposed to do recreational things on Sunday)
- 3-28 – Playing baseball (No, because we aren't supposed to do recreational things on Sunday)

ACTIVITY 3 – I'M TRYING TO BE LIKE JESUS: I reminded the children that we want to do things on Sundays that help us grow closer to Heavenly Father and Jesus by becoming more like them. I posted Picture 6-3 of Heavenly Father and Jesus Christ at one end of the room. I lined the children up at the other end of the room. I held up the pictures and objects we had just used in the previous game and asked, "Does this help us to become more like Jesus?" If the activity was appropriate for Sunday, the children shouted, "Yes!" and then took a giant step toward the picture of Heavenly Father and Jesus. If not, they shouted, "Not on Sunday!" and took a step backward. I eventually let them reach me (where I was holding a Gospel Art Picture Kit picture of Heavenly Father and Jesus).