

Relief Society Canning Activity Children's Class

I can follow the prophet by helping my family store food.

1) **Song:** Follow the Prophet

Follow the prophet, follow the prophet,
Follow the prophet; don't go astray.
Follow the prophet, follow the prophet,
Follow the prophet; he knows the way.

2) **Coloring Page:** Grasshopper & Ant

- a) Next to the grasshopper, draw the toys you like to play with.
- b) Next to the ant, draw the foods you would like to have in your food storage to eat in the winter.
- c) Color the picture.

3) **Story:** Grasshopper and the Ant.

- a) Sit in a circle on the floor.
- b) Half of you will be "grasshoppers," the other half will be "ants."
- c) Act out the story as I tell it.

Grasshoppers: hop, chirp, sing, lie in the sun

Ants: Carry corn, wheat

Etc.

- d) Why do you think that the prophets want us to store food? (For hard times)
- e) What other problems could food storage help us with? (If parents lose their jobs, if there is a natural disaster like an earthquake, flood, or tornado, etc.)

4) **Song:** Be Prepared Song (to the tune of *Yankee Doodle*)

5) **Dramatic Role Play:** Grasshopper & Ant Stick Puppets

- a) Color the puppets.
- b) Tape each puppet to a stick.
- c) Use the puppets to act out the story with a partner.

- 6) **Coloring Page, Story, & Video:** Joseph & the 7 Years of Plenty, 7 Years of Famine
 - a) The Lord told the prophets in ancient times to tell people to store food too—such as Joseph of Egypt.
 - b) Color the picture (as you read the story).
 - c) Watch the video: <https://www.lds.org/children/videos/scripture-stories/old-testament/13-joseph-in-egypt?&lang=eng>
- 7) **Story:** Frederick.
 - a) In hard times, we will need more than just food. We also need to gather spiritual gifts and talents.
 - b) Read the *Frederick* story.
 - c) How did Frederick store up spiritual treasures that helped his family in hard times?
 - d) How can you store spiritual treasures that will help you in hard times?
 - e) Canning jars coloring sheet: Draw the food items and spiritual items you would like to have for your family in hard times.
- 8) **Worksheet:** Wash Your Hands Worksheet
 - a) If there is extra time, you can talk about how important it is to make sure that our canning jars and work areas are clean before we make applesauce or store other kinds of food.
 - b) Color the “wash your hands” worksheet
 - c) Talk about how to keep our kitchens clean so that our food is safe to eat
- 9) **Snacks:** Have some applesauce

