

Singing Time – 3/31/19

I can help Jesus feed His sheep.

Wiggle Songs for Transition Time

61 – Jesus Said Love Everyone (Actions)
244 – Little Purple Pansies
267b – A Smile is Like the Sunshine
275a – Head, Shoulders, Knees, & Toes
Music – I Will Be What I Believe

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

1) How does it feel to be hungry? (2 minutes)

SING: *For Health and Strength – 21a*

SAY:

- 1) Look at these pictures of food. [[Pizza](#), [Sloppy Joe](#), [Soup](#), [Tacos](#)]
- 2) Find the number of your favorite food.
- 3) Hop the number of your favorite food. (Now spin if you chose pizza. Clap if you chose a sloppy joe. Slurp if you chose soup. Rub your tummy if you chose tacos.)

SCRIPTURE: *"2 And when he had fasted forty days and forty nights, he was afterward **an hungred**" (Matthew 4:2).*

THINK: Now, think of a time when you were really, really hungry.

PAIR: Turn to your partner.

SHARE: Tell your partner how being so, so hungry made you feel. [Target answers: angry, growly, grumpy, impatient, tummy hurt, whiny] [For Senior Primary, connect this to how they might feel when they are fasting.]

ASK: Is it easy to be nice to others when you were really, really hungry?

ASK: How would you feel if you didn't get to eat all day?

ASK: Can you think of a story you read this past week where the people didn't get to eat all day?

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2) What did Jesus do for the people when he realized they were tired and hungry after listening to His teachings all day? (4 minutes)

SHOW: [The Miracle of the Loaves & the Fishes](#) (82990)

SAY:

- 1) Turn to your partner.
- 2) Decide who is A and who is B.
- 3) Look at these pictures. [Use *Images for Retelling Jesus Feeds the 5,000*]
- 4) When it is your turn, tell your partner what is happening in the picture.
- 5) You only have 2 minutes, and I will start.

I	5,000 people came to hear Jesus teach.	Picture of people listening to Jesus	Listeners Learn of the Higher Law
A	The disciples told Jesus the people needed to buy food.	Picture of disciples with a speech bubble that says, "The people are hungry!"	Jesus Walks with His Disciples
B	Jesus told the disciples to feed the people.	Picture of Jesus with a speech bubble that says, "Feed the people!"	Go and Feed Them
A	The disciples only had 5 loaves and 2 fishes.	Picture of 5 loaves and 2 fishes	The Feeding of the 5,000 (Screenshot)
B	Jesus told the people to sit on the grass.	Picture of people sitting on the grass	Feeding the 5,000 (The Miracle of the Loaves and Fishes)
A	Jesus blessed the food and gave it to the disciples.	Picture of Jesus holding baskets of food	Jesus Feeds the 5,000
B	The disciples gave the food to the people.	Picture of Jesus walking with disciples carrying baskets of food behind him	Abundance of Bread and Fish
A	There was a lot of food left over.	Picture of loaves and fishes	Bread & Fish

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SING: *The Miracle by Shawna Belt Edwards (with actions)*

ACTIVITY 1: Actions for *The Miracle*

Walked – “Balance” with arms spread wide as you pretend to step
Stilled – Finger to lips, then cross hands and spread wide
Calmed – Cross hands above head and then lower them, spreading apart at end
Hands – Hold up hands, then place right palm on back of left hand (like blessing)
Lame – Hold arms and legs out stiff (like a zombie) and walk back and forth
Blind – Cover eyes and then remove hands from eyes
Fed – Hold pretend food to mouth and then spread hands outward
Died – Drop to floor
Raised – Slowly stand up
Jesus – Point upward
Miracles – Cross hands, flash outward, and then spread wide
Nothing – Shake head and finger
To Him – Point upward
Know – Point to head
Rescues – Hug self

ACTIVITY 2: Picture Test: Point to A/B, Boys/Girls, Teachers/Children, etc.
A sings 1st half of the phrase, B sings 2nd half of the phrase.

A	B
Jesus walked upon	the water
He stilled	the storm
And calmed	the angry sea
With His hands he healed	the leper
He made	the lame to walk
	the blind to see
He fed a thousand people	with a loaf or two of bread
And when the ruler’s daughter died	He raised her from the dead
Jesus is a God	of miracles
Nothing is at all impossible	to Him
But I know this, of all	His miracles
The most incredible must be	the miracle that rescues me

SAY: Jesus helped the people because He loved them. He will help you too because He loves you.

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3) Did you know that Heavenly Father loves and takes care of ALL of His children, no matter where they live? (2 minutes)

SING: *Children All Over the World – 16 OR He Sent His Son - 34*

ASK: Did you know that when people all over the world get hungry, they eat different kinds of bread?

SAY:

THINK: Think of as many different kinds of bread as you can.

PAIR: Turn to your partner.

SHARE: Try to name as many different kinds of bread as you can before I put up their pictures. [For example, bagels are a kind of bread.]

POST: Images of Bread Around the World

SCRIPTURE: *“35 And Jesus said unto them, I am the bread of life: he that cometh to me shall never hunger; and he that believeth on me shall never thirst” (John 6:35).*

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4) What are some other things people might be hungry for besides bread? (6 minutes)

SCRIPTURE: *“6 Is not this the fast that I have chosen? to loose the bands of wickedness, to undo the heavy burdens, and to let the oppressed go free, and that ye break every yoke? 7 Is it not to deal thy bread to the hungry, and that thou bring the poor that are cast out to thy house? when thou seest the naked, that thou cover him; and that thou hide not thyself from thine own flesh?” (Isaiah 58: 6-7).*

*“10 And if thou draw out thy soul to the hungry, and **satisfy the afflicted soul**; then shall thy light rise in obscurity, and thy darkness be as the noonday:” (Isaiah 58:10).*

SHOW: [The Lost Lamb by Del Parson](#) (GAB 64)

SAY: Jesus has asked us to “feed His sheep,” (John 21:16 and D&C 112:14), but there are many other parts of a person’s body that can be hungry besides their tummies!

Have volunteers come choose a body part, tell how that body part is hungry, and then sing one of the related songs:

- **EYES:** Someone can be hungry for **attention** or **appreciation**

SING: *I’m Trying to Be Like Jesus – 78*

- **EARS:** Someone can be hungry for someone to **listen** to them

SING: *I’ll Walk with You – 140*

- **MOUTH:** Someone can be hungry for **kind words**

SING: *A Special Gift is Kindness – 145a OR Kindness Begins with Me – 145b OR Love Is Spoken Here - 190*

- **NOSE:** Someone can be hungry for someone else to **sense** that they need to be cheered up

SING: *Little Purple Pansies – 244 OR Smiles – 267a*

- **HANDS:** Someone can be hungry for **friendship** or **help**

SING: *Hello, Friends – 254a OR Come with Me to Primary – 285*

We won’t have time for all the songs, so we will just sing until it is time to move on.

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5) How can we ? (SR: 1 minute; JR: 5 minutes)

SING: *Head, Shoulders, Knees, & Toes – 275*

SAY: Jesus told us that if we come to Him, we will never be hungry again. We come to Jesus by getting baptized and keeping the promises we made to Him when we did.

SAY: When we got baptized, we promised to: *“8 And it came to pass that he said unto them: Behold, here are the waters of Mormon (for thus were they called) and now, as ye are desirous to come into the fold of God, and to be called his people, and are willing to **bear one another’s burdens**, that they may be light; 9 Yea, and are willing to **mourn with those that mourn**; yea, and **comfort those that stand in need of comfort**, and to **stand as witnesses of God at all times and in all things, and in all places that ye may be in, even until death, that ye may be redeemed of God, and be numbered with those of the first resurrection, that ye may have eternal life—**” (Mosiah 18: 8-9).*

SAY: Jesus fed the 5,000 people because He loved them. We can help Jesus feed the people who are hungry by fasting and giving a generous fast offering, but we can also help him to feed the people around us by using our: (show each body part and let the children tell what to do with that body part)

- EYES to NOTICE them
- EARS to LISTEN to them
- MOUTHS to SPEAK KIND WORDS to them
- NOSES to SNIFF OUT those who need to be cheered up
- HANDS to help and become friends with them

TESTIFY:

Jesus told us that He is “the **bread of life**” (John 6:35). He promised us that if we would eat “the bread of life” (or in other words, take the **sacrament**), we would never be hungry again. I know that when we use our 5 senses to **find out how other people might be feeling hungry and then try to do something about it**, Jesus will “**magnify**” our tiny efforts (or make them bigger), just like He made a lot of food out of just five loaves of bread and 2 fish. More importantly, he will **fill us with His Spirit**, just like bread fills our tummies. When we have His Spirit with us, we are **happy**.

POSTLUDE: *Little Purple Pansies – 244*

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Transition Time Songs			
Scripture	Page	Songs	Activities
	61	Jesus Said Love Everyone	Actions
	244	Little Purple Pansies	Little – Pinch finger Purple, yellow, gold – Stand if wearing Growing – Act out Corner – Make w/ hands Tiny – Pinch finger Try – ASL One – 1 Gladden – Smile You & I – Point to each
	267b	A Smile is Like the Sunshine	Smile – Smile Sunshine – Hands over head in a circle Brightens – Move circle to left and right Day – ASL Eye – Point to eye Twinkle – Flash hands Chases – Run in place
	275a	Head, Shoulders, Knees, & Toes	Actions
	Music	I Will Be What I Believe	Actions
Scripture	Page	Singing Time Songs	Activities
	21a	<i>For Health & Strength</i>	Health: Vitamins Strength: Weights Food: Play food Praise: ASL Sign
Yellow songs = program songs	Music	<i>The Miracle</i>	Actions Call & response (A: sings 1 st 1/2, B: sings 2 nd 1/2) (Boy/girl, adult/child)
	16 34	<i>Children All Over the World</i> He Sent His Son	Flipchart, emphasize last word of each line with picture and ASL
	78	<i>I'm Trying to Be Like Jesus</i>	Dynamics or ASL
	140	<i>I'll Walk with You</i>	Sing with silly voices
	145a 145b 190	<i>A Special Gift is Kindness</i> <i>Kindness Begins with Me</i> <i>Love Is Spoken Here</i>	Flipcharts
	244 267a	<i>Little Purple Pansies</i> <i>Smiles</i>	Actions (see Transition Time) Actions
	254a 285	<i>Hello, Friends</i> <i>Come With Me to Primary</i>	Echo singing
	275	<i>Head, Shoulders, Knees, & Toes</i>	Actions – faster and faster