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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 |
| JR or SR? | Page | Songs | Activities |
| JR | 268 | *Two Little Eyes* | Actions |
| JR | 271 | *I Wiggle* | Actions |
| JR | 273 | *My Hands* | Actions |
| JR | 275a | *Head, Shoulders,* *Knees, & Toes* | Actions |
| JR SR | 269 | *I Have Two Ears* | Matching Worksheet |
|  SR | 153 | *The Lord Gave* *Me a Temple* | Posters/4 corners |

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| Introduction |
| SAY: If you went back to school this week, stand up, spin around, then sit down.ASK: What do we do in school? (Targeted answer: Learn things!)ASK: Where else can we learn things? (Targeted answer: Everywhere! We learn things at home, at school, at church, at work, and at play.)SAY: Heavenly Father sent us here to earth to get bodies so we could learn things. ASK: Who teaches us things at school? (Targeted answer: Teachers.]ASK: Who teaches us things at home? (Targeted answer: Parents and family members.]ASK: Who teaches us things at church? (Targeted answer: Teachers and leaders]SAY: There is someone else who can teach us all the time, even when we are alone. Do you know who that is? (Targeted answer: The Holy Ghost)SAY: The Holy Ghost is one of Heavenly Father’s best friends. Heavenly Father tells Him important things that He wants us to know. When we take care of our bodies inside and out, the Holy Ghost will spend time with us and teach us the things Heavenly Father wants us to know. SAY: The Holy Ghost helps us to learn by study, by faith, and by experience. That means we have to think, feel, and try things. Some people think that means that learning is work, but it can also be fun too! Today, we are going to use our bodies to help us learn things better! *“And as all have not faith, seek ye diligently and teach one another words of wisdom; yea, seek ye out of the best books words of wisdom; seek learning, even by study and also by faith” (D&C 88:118).*  |

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| Body Part | Page | Song | Activity |
| Post picture of a HEAD:Study: I can learn by *remembering* the things I have read, heard, or watched.Faith: I can learn by *remembering* times when I felt the Holy Ghost.Experience: I can learn by *remembering* my own experiences and the examples of others.*“But the Comforter, which is the Holy Ghost, whom the Father will send in my name, he shall teach you all things, and bring all things to your remembrance, whatsoever I have said unto you”* (John 14:26). | 100 | *Baptism**Pictures:*[Jesus](https://www.lds.org/media-library/images/light-of-the-world-jesus-christ-1301483?lang=eng) (OR 1-3)[John the Baptist](https://www.lds.org/media-library/images/john-baptist-lds-art-parson-39541?lang=eng)[Judea](https://pixabay.com/en/israel-judea-desert-hills-1444843/) (OR 4-44) [Long ago](https://pixabay.com/en/pocket-watch-time-of-sand-1637396/) [Baptized by immersion](https://www.lds.org/media-library/images/john-baptizes-christ-39544?lang=eng) (7-7)[River Jordan’s flow](https://www.lds.org/scriptures/bible-photos/photo-25?lang=eng)Law (6-24)Questioned (question mark)Enter (6-36 & 6-3)[Kingdom](https://www.lds.org/media-library/images/resurrected-christ-wilson-ong-212048?lang=eng&_r=1) (6-28) | Memory Game:1. Sing the song.
2. Look at the pictures as you sing.
3. Close your eyes and remember the pictures.
4. Sing the song again.
5. Sing the part of the song that tells which picture(s) are missing.
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| Post picture of EYES:Study: I can learn by *reading* “the best books.”Faith: I can learn by *reading* the scriptures.Experience: I can learn by “*reading”* the lives of other people (i.e., following their examples).*“Look unto me in every thought, doubt not, fear not” (D&C 6:36).* | 109 | *Search, Ponder, & Pray*Choose scriptures from this week’s reading or use:* Seek learning: D&C 88:118 (OR D&C 109:7, 14)
* Intro: Mosiah 2:9
* Mind: John 14:26 OR D&C 8:2-3
* Eyes: D&C 6:36
* Ears: Moroni 8:8
* Mouth: Exodus 4:12 OR D&C 88:122
* Nose:
* Hands: 1 Thessalonians 4:11
* Feet: Luke 18:22
* Body = temple: 1 Corinthians 6:19
 | Scripture Chase:1. Two classes sit up front as Primary sings.
2. Look at the scripture reference.
3. Find the scripture.
4. Stand when you have it.
5. The first class standing tells the Primary what the scripture means.
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| Post picture of EARS:Study: I can learn by *listening* to experts in their subjects.Faith: I can learn by *listening* to the Holy Ghost.Experience: I can learn by *listening* to my parents, teachers, family, and friends.*“Listen to the words of Christ, your Redeemer, your Lord and your God” (Moroni 8:8).* | 105 | *The Holy Ghost*Sound Effects on Spotify:<https://open.spotify.com/user/chericemm/playlist/7EBLAhk8YbjjwlkdOZ7mgc?si=GJWFbPTLSeKd1_qDZiuDA>*Earth:* Meditative Deep Bubbly Forest Brook *Send:* Children Running Laughing OR Man Whispering “Go, Go” *Comfort us:* Woman Saying  “Poor Baby”*Friend:* Young Children in Park  (Elementary)*Whispers:* Man Whispering Over  Here*Voice:* Shush – Shush: Short*Testifies:* Man Whispering Go  Ahead*Rejoice:* Group with  Giggling and Laughing | Are You Listening? Game:1. Close your eyes.
2. Sing the song until the piano pauses.
3. Listen.

🡨JR: Sound effectsSR: Name a related Primary song:*Earth:* The World is So Big*Send:* He Sent His Son *Comfort us:* Oh Hush Thee, My Baby*Friend:* Jesus Is Our Loving Friend*Whispers:* My Heavenly Father Loves Me*Voice:* Listen to the Still Small Voice*Testifies:* I Know My Father Lives*Rejoice:* If You’re Happy & You Know It1. Tell what you heard.
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| Post picture of a MOUTH:Study: I can learn by *talking* with others about what I believe and what I am learning.Faith: I can learn by *talking* with Heavenly Father (through prayer).Experience: I can learn by *talking* to other people who have done the things I’m trying to learn to do.*“I will be with thy mouth, and teach thee what thou shalt say” (Exodus 4:12).**“Appoint among yourselves a teacher, and let not all be spokesmen at once; but let one speak at a time and let all listen unto his sayings, that when all have spoken that all may be edified of all, and that every man may have an equal privilege” (D&C 88:122).* | 34 | *He Sent His Son*Picture clues:Newborn babeWalk with menDie for us/riseFaith, live like His Son | 1: Q&A Game (JR & SR)* Find a partner.
* Decide on a questioner and an answerer.
* Stand back to back and lock arms.
* A faces me and sings the question (or the first phrase)
* Flip so B faces me, looks at a picture clue, & sings the answer (or the next phrase).

2: Sharing Time (SR)* Sing a line of the song then pause.
* Listen to my question:
1. How do you know that H.F. loves and cares for you?
2. How do you know what H.F. wants you to do?
3. How can I help someone who is sad because a family member died?
4. What do the scriptures say H.F. wants me to do?
* Think of an example from your own life.
* Use your story to answer the question if called on.
* Model: *What does He ask of us, what do the scriptures say?* (Story about my friend who testified of how her faith produced hope and miracles)
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| Post picture of a NOSE:Study: I can learn by “*smelling*” (i.e., recognizing) what is true and what is false/fake.Faith: I can learn by “*smelling”* right from wrong.Experience: I can learn by “*smelling”* (i.e., recognizing) when I am doing right or wrong, and becoming spiritually clean through repentance. | 98 | *Repentance*For mistakes, replace with words in parentheses:I am sorry is not always easy to say (not sorry, hard, think)When I know I’ve been thoughtless and done something wrong (thoughtful, right)I’ll try to repent, to do better, to pray (worse, run away)That Heavenly Father will help me be strong. (my earthly father, weak)  | That Stinks Game:1. Sing the song.
2. When you hear me/the pianist make a mistake, stand up.
3. Help us fix the mistake by singing the line again correctly.
4. If you sing it correctly, you get to smell a smelly sticker/a candle that smells good/a special spice as you sing the next time.
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| Post picture of HANDS:Study: I can learn by *feeling* that what I am studying is right.Faith: I can learn by *feeling* the Holy Ghost.Experience: I can learn by *feeling and sharing* Jesus’slove.*“And that ye study to be quiet, and to do your own business, and to work with your own hands, as we commanded you” (1 Thessalonians 4:11).* | 74 | *I Feel My Savior’s Love*Objects to put in socks: Love: plastic heart World: globeWarm: candle or blanketSee: plastic sunglassesFollow: shoeLife: baby | What Do You Feel?1. Sing the song.
2. Put your hand in the sock.
3. Feel the object.
4. Pass the sock down the row.
5. When the song ends, tell me what was in your sock.

Sing the song again, classes stand when we sing about the item they felt. |
| Post picture of FEET:Study: I can learn by *following* experts. Faith: I can learn by *following* Jesus. Experience: I can learn by *following* the good examples of prophets, my parents, teachers, and friends.*“…and come, follow me” (Luke 18:22).* | 140#116 | *I’ll Walk With You* OR *Come, Follow Me*Pictures:U2 “don’t” symbolswalk/talk2 people symbolsDO2 people symbolsWalk/talkWalk away/laugh2 you symbolsI2 “don’t” symbols2 more “don’t” symbolsIWalkUTalkU2 love symbolsU | Hopscotch Game:*I will choose a child (or a class) to play.*1. Sing the song.
2. Hop onto the correct pictures as we sing.
3. Try to get to the end of the hopscotch before the song ends.
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|  *“…open your ears that ye may hear, and your hearts that ye may understand, and your minds that the mysteries of God may be unfolded to your view” (Mosiah 2:9).**“But as it is written, Eye hath not seen, nor ear heard, neither have entered into the heart of man, the things which God hath prepared for them that love him” (1 Corinthians 2:9).**“Yea, behold, I will tell you in your mind and in your heart, by the Holy Ghost, which shall come upon you and which shall dwell in your heart. 3 Now, behold, this is the spirit of revelation; behold, this is the spirit by which Moses brought the children of Israel through the Red Sea on dry ground” (D&C 8:2-3).*Testify: Heavenly Father wants us to learn by study, by faith, and by our own experiences (D&C 88:118; D&C 109:7, 14). He also wants us to learn from each other (D&C 84:110; D&C 88:122). I know that when we study our scriptures, listen to the Holy Ghost, and try to use what we learn to help others, we will feel His Spirit in our hearts, in our homes, and in our relationships (John 14:26-27; 1 Corinthians 6:19).  |

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| JR | 275a | *Head, Shoulders,* *Knees, & Toes* | Actions |
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|  SR | 153 | *The Lord Gave* *Me a Temple* | Posters/4 corners |

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| Body Part | Page | Singing Time Songs | Activities |
| Head: I can learn by *remembering* times when I felt the Holy Ghost. | 100 | *Baptism* | Memory Game |
| Eyes: I can learn by *reading* the scriptures. | 109 | *Search, Ponder, & Pray*Choose scriptures from this week’s reading | Scripture Chase |
| Ears: I can learn by *listening* to the Holy Ghost. | 105 | *The Holy Ghost* | Are You Listening? Game*Pianist pauses on:**Earth / Send* *Comfort us / Friend**Whispers / Voice**Testifies / Rejoice* |
| Mouth: I can learn by *talking* with others about what I believe. | Music34 | *The Miracle**He Sent His Son* | 1: Q&A Game (JR & SR)2: Sharing Time (SR) |
| Nose: I can learn by *smelling* rotten actions and becoming spiritually clean through repentance. | 98 | *Repentance* | That Stinks! Game |
| Hands: I can learn by *feeling and sharing* Jesus’slove. | 74 | *I Feel My Savior’s Love* | What Do You Feel? |
| Feet: I can learn by *following* Jesus.  | 140#116 | *I’ll Walk With You* OR *Come, Follow Me* | Hopscotch Game |
| Testify: Heavenly Father wants us to learn by study, by faith, and by our own experiences (D&C 88:118; D&C 109:7, 14). He also wants us to learn from each other (D&C 84:110; D&C 88:122). I know that when we study our scriptures, listen to the Holy Ghost, and try to use what we learn to help others, we will feel His Spirit in our hearts, in our homes, and in our relationships (John 14:26-27; 1 Corinthians 6:19).  |