

Singing Time – 9/29/19

I can plant good seeds that produce the fruit of the Spirit.

Wiggle Songs for Transition Time

60 – Jesus Wants Me for a Sunbeam
 88 – On a Golden Springtime
 198b – When We're Helping
 236 – "Give," Said the Little Stream
 243 – Little Seeds Lie Fast Asleep
 167 – Go the Second Mile OR 197a A Happy Helper

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

Transition Time Songs			
	Page	Songs	Activities
	60	<i>Jesus Wants Me for a Sunbeam</i>	Actions
	88	<i>On a Golden Springtime</i>	Actions
	198b	<i>When We're Helping</i>	Actions
	236	<i>"Give," Said the Little Stream</i>	Ribbon wands
	243	<i>Little Seeds Lie Fast Asleep</i>	Actions

Introduction

ASK: If I plant an apple seed, will a peach tree grow from it? (Target answer: No.)

SAY: That's right! Jesus said, "...for whatsoever a man soweth, that shall he also reap" (Galatians 6:7). That means that if we think good thoughts, say kind words, and do good things, our lives will be filled with good and happy things.

ASK: If I plant an apple seed today, will I be able to eat an apple from it today? (Target answer: No. You have to wait a long time for it to grow.)

SAY: The scriptures tell us that is true in life too: "And let us not be weary in well doing: for in due season we shall reap, if we faint not" (Galatians 6:9). Just because we do good things today doesn't mean all of the blessings will come to us today. We have to be patient and keep trying to do good things.

SAY: When we do good things, we feel the Holy Ghost and over time, that will produce a lot of fruit, or happy consequences. "But the fruit of the Spirit is love, joy, peace, longsuffering, gentleness, goodness, faith," (Galatians 5:22).

SAY: Today we are going to sing some songs and do some activities to help us learn more about the fruits of the Spirit.

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Key Principle	Page	Song	Activity
<p>Heavenly Father sent His Son to show us how to live an "abundant" (i.e., happy) life.</p> <p><i>"I am come that they might have life, and that they might have it more abundantly" (John 10:10).</i></p>	<p>34</p> <p>267b</p> <p>266</p>	<p>He Sent His Son</p> <p>OR</p> <p><i>A Smile is Like the Sunshine</i></p> <p>OR</p> <p><i>If You're Happy →</i> (Replace the rest of the words in the song with those to the right)</p>	<p>Does happiness grow on trees? No, it doesn't. But when Jesus came to earth, He showed us how to plant the seeds of happiness in our lives. Help me plant them while we sing a song.</p> <p>Smile: Wave hand in smile shape Sunshine: Cross hands in arc Day: Wave arms back and forth Twinkle: Flick fingers Chases: Fake run after ea. other</p> <p>Plant good seeds Do kind things Do your chores Help your friends Say hello</p>
<p>When I listen to Jesus, I am planting seeds of faith that will grow into a strong testimony.</p> <p><i>"...If ye have faith as a grain of mustard seed, ye shall say unto this mountain, Remove hence to yonder place; and it shall remove; and nothing shall be impossible unto you" (Matthew 17:20).</i></p>	<p>#116</p> <p>110</p>	<p>Come, Follow Me</p> <p>OR</p> <p><i>Follow the Prophet</i></p>	<p>Seeds of Faith</p> <ol style="list-style-type: none"> 1) Sing your testimony (i.e., the song). 2) I will give super singers a sticker. 3) Fill the watermelon with "seeds" of faith (i.e., the stickers) before the song ends. <p>Variation: Give super singers markers and have them draw the seeds on the watermelon.</p>

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<p>Jesus taught me that keeping commandments makes the fruit of peace.</p> <p><i>"If ye love me, keep my commandments. 15 And I will pray the Father, and he shall give you another Comforter, that he may abide with you for ever; 17 Even the Spirit of truth;" (John 14:15-17).</i></p>	<p>146</p> <p>197b</p>	<p>Keep the Commandments</p> <p>OR</p> <p><i>Quickly I'll Obey</i></p>	<p>Go Bananas</p> <ol style="list-style-type: none"> 1) Sing the song. 2) When I say "banana," go bananas (like we sometimes do when we don't keep the commandments). 3) When I hold up the banana, bring peace to the room again by singing reverently.
<p>Jesus taught me that searching the scriptures makes the fruit of wisdom (smart).</p> <p><i>"...for they were men of a sound understanding and they had searched the scriptures diligently, that they might know the word of God" Alma 17:2).</i></p>	<p>109</p> <p>116</p> <p>118</p>	<p>Search, Ponder, & Pray</p> <p>OR</p> <p><i>The Books in the New Testament</i></p> <p>OR</p> <p><i>Book of Mormon Stories</i></p>	<p>Search the Soil</p> <ol style="list-style-type: none"> 1) Sing the song. 2) Search the "soil" for fruits of the Spirit. 3) Try to find them all before the song ends. <p>Note: The "soil" is a flower pot filled with dry black beans and play fruits buried within them.</p> <p>You could also play the hot/cold game and have children look for a hidden piece of play fruit.</p>

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<p>Having clean thoughts, words, and actions helps me feel happy.</p> <p><i>"But this much I can tell you, that if ye do not watch yourselves, and your thoughts, and your words, and your deeds, and observe the commandments of God, and continue in the faith of what ye have heard concerning the coming of our Lord, even unto the end of your lives, ye must perish. And now, O man, remember, and perish not" (Mosiah 4:30).</i></p>	<p>105</p> <p>107</p>	<p>The Holy Ghost</p> <p>OR</p> <p><i>Listen, Listen</i></p>	<p>Musical Fruits of the Spirit:</p> <ol style="list-style-type: none"> 1) Your class will come to the front. 2) Sing as you walk in a circle (like musical chairs). 3) When the pianist stops, grab one of the "fruits of the Spirit" from the middle of the circle. 4) If you don't have a fruit, sit down. <p>Variation: <u>Upset the Fruit Basket</u></p> <ol style="list-style-type: none"> 1) Sit in a circle. 2) Hold a fake fruit. 3) If I call your fruit (of the Spirit), stand up. 4) Look for another seat. 5) Try to sit in a new seat before I do.
<p>Being kind to others helps me feel joy.</p> <p><i>"And be ye kind one to another, tenderhearted, forgiving one another, even as God for Christ's sake hath forgiven you" (Ephesians 4:32).</i></p>	<p>140</p> <p>61</p>	<p>I'll Walk With You</p> <p>OR</p> <p><i>Jesus Said Love Everyone</i></p>	<p>Please Pass the Fruit Game</p> <ol style="list-style-type: none"> 1) Hold a spoon. 2) Pass your fruit. 3) Give a compliment. 4) When we are kind, we help everyone around us to feel happy.

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<p>Saying sorry and trying to change fills the world with goodness.</p> <p><i>"For I will declare mine iniquity; I will be sorry for my sin" (Psalm 33:18).</i></p>	98	<p>Repentance</p>	<p>Fill the Fruit Basket:</p> <ol style="list-style-type: none"> 1) Sing the song with me. 2) If I sing the name of a fruit, shift one seat to the right (or trade places with a friend if I say your fruit). 3) Try to be the first person in your row who makes it back into Heavenly Father's fruit basket.
<p>Keeping the commandments and taking the sacrament help me feel the Holy Ghost and Jesus's love for me.</p> <p><i>"And that thou mayest more fully keep thyself unspotted from the world, thou shalt go to the house of prayer and offer up thy sacraments upon my holy day" (D&C 59:9).</i></p>	74 228	<p>I Feel My Savior's Love</p> <p>OR</p> <p><i>My Heavenly Father Loves Me</i></p>	<p>Strawberry Surprise:</p> <ol style="list-style-type: none"> 1) Sing the song with me. 2) I will hide a strawberry under a cup. 3) When the song ends, try to guess which cup it is under.
<p>When I plant good thoughts, words, and actions that produce good spiritual fruit, miracles can happen.</p> <p><i>"Yea, even that ye would have so much faith as even to plant the word in your hearts, that ye may try the experiment of its goodness" (Alma 34:4).</i></p>	Music	<p>The Miracle</p>	<p>Scarves: Good thoughts, words, and actions fill our lives with color and happiness, just like fruit salad.</p> <p>Testify: I know that when we follow Jesus, we plant good thoughts, words, and actions into our lives. The Holy Ghost fills us up with good feelings of happiness and love that help us to be patient until all of our hard work grows into the delicious fruits of the Spirit like happiness and love and joy.</p>

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		OR	
	267b	<i>A Smile is Like the Sunshine</i>	
	266	OR <i>If You're Happy →</i> (Replace the rest of the words in the song with those to the right)	
When I listen to Jesus , I am planting seeds of faith that will grow into a strong testimony.	#116	Come, Follow Me	Seeds of Faith
	110	OR <i>Follow the Prophet</i>	
Jesus taught me that keeping commandments makes the fruit of peace .	146	Keep the Commandments	Go Bananas
	197b	OR <i>Quickly I'll Obey</i>	
Jesus taught me that searching the scriptures makes the fruit of wisdom (smart).	109	Search, Ponder, & Pray	Search the Soil
		OR	
	116	<i>The Books in the New Testament</i>	
	118	OR <i>Book of Mormon Stories</i>	
Having clean thoughts, words, and actions helps me feel happy .	105	The Holy Ghost	Musical Fruits of the Spirit OR <u>Upset the Fruit Basket</u>
	107	OR <i>Listen, Listen</i>	

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<p>Being kind to others helps me feel joy.</p>	<p>140</p> <p>61</p>	<p>I'll Walk With You</p> <p>OR</p> <p><i>Jesus Said Love Everyone</i></p>	<p>Please Pass the Fruit Game</p>
<p>Saying sorry and trying to change fills the world with goodness.</p>	<p>98</p>	<p>Repentance</p>	<p>Fill the Fruit Basket</p>
<p>Keeping the commandments and taking the sacrament help me feel the Holy Ghost and Jesus's love for me.</p>	<p>74</p> <p>228</p>	<p>I Feel My Savior's Love</p> <p>OR</p> <p><i>My Heavenly Father Loves Me</i></p>	<p>Strawberry Surprise</p>
<p>When I plant good thoughts, words, and actions that produce good spiritual fruit, miracles can happen.</p>	<p>Music</p>	<p>The Miracle</p>	<p>Scarves:</p> <p>Good thoughts, words, and actions fill our lives with color and happiness, just like fruit salad.</p>
<p>Testify: I know that when we follow Jesus, we plant good thoughts, words, and actions into our lives. The Holy Ghost fills us up with good feelings of happiness and love that help us to be patient until all of our hard work grows into the delicious fruits of the Spirit like happiness and love and joy.</p>			