**Infant and Toddler Lesson**

**Special Learning Lesson**

**The Sabbath**

**Teach your child about keeping the Sabbath day holy.**

Purpose

Keeping the Sabbath day holy can be difficult in the world we live in, but it is an important commandment to follow, that will yield wonderful blessings!

“Oh, my dear brothers and sisters, there is power in keeping the Sabbath day holy – power to help others as well as ourselves. If we would have God’s blessings and protection as individuals, as families, as communities, and as nations, we must keep His Sabbath day holy.” ~ John H. Groberg

**Preparation**

Pull up any links you might need for the lesson – look at the Family Night website for quick links

Learn Sign – Sabbath

Mark Genesis 2:2

Know where a picture of the World is

Prepare for the Activities you want to do.

Prepare Treat ~ Yummy bread!

**The Sabbath**

**Opening Song** ~ Saturday (Primary Hymnbook; Hymn 196)

**Opening Prayer**

**Learn Sign** ~ The Sabbath; see the link on the FHE website to see someone doing the sign

**Scripture** ~ Open Scriptures to Genesis 2:2, and read. To reinforce the idea that goes with the lesson you can say, “Heavenly Father rested on the 7th day or the Sabbath!”

**Scripture Story** ~ The Creation

Heavenly Father and Jesus created the earth.

They also created everything on it, including the animals and the people

On the seventh day they rested and blessed that day to be holy.

The seventh day is called the Sabbath, we still have the Sabbath today!

**Activity** ~ Sunday Pictures

Look at the pictures of things you can do on Sunday! There are a few, talk about each one and how it can bring us closer to Heavenly Father. Afterwards have each member of the family color a picture or two and make a book that your child can look at more if they wish!

**Coloring Page** ~ See Activity “Sunday Pictures” above.

**Closing Song** ~ Remember the Sabbath Day (Primary Hymnbook; Hymn 155)

**Closing Prayer**

**Treat** ~ Suggested Treat ~ Some kind of yummy bread! Make some bread, and act out the “manna” story from the scriptures while eating it! Break the bread into small pieces, and each “day” only pick up 1 piece, except for the 6th day, pick up 2…but save one for the next “day”. You can show the “days” changing by holding up pages with numbers or days of the week written on a piece of paper so you know what day it is! Make sure to tell them it is a real story from the scriptures!

**Extra Activities for This Lesson ~**

**1** ~ Make a “Sunday” bag or box.

Put things in the box or bag that you can do on Sunday. Then every Sunday take it out and use it to help you keep the Sabbath Day Holy! Coloring pictures, looking at the friend, reading scriptures, are just a few of the many things you can do on the Sabbath day!

**2** ~ The Sabbath ~ file folder game by Megan Mills

A file folder game with a Sabbath Day Theme!

**3** ~ Practice being reverent.

Being reverent is an important part of keeping the Sabbath day holy, and something children need to practice as often as possible to get it down! Give lots of praise when they are reverent to help them continue to do it in the future!