

## A Year's Study of the Book of Mormon for Elementary Grades

Homeschool Curriculum Compiled by Sara Hartshorn

### Overview:

This curriculum is a 24-week study of the Book of Mormon laid out for three days per week. It draws on the stories on a level children can understand along with a few activities for reinforcement. Feel free to pick and choose from the activities that best suit your family. This study's goals are to teach the scripture story and to encourage children to search the story to identify lessons for their lives.

Resources include:

- Color pages and activity pages
- Living Scriptures (L.S.) videos of Book of Mormon stories
  - Can be found on:
    - Living Scriptures+ app or <https://shop.livingscriptures.com/products/the-animated-book-of-mormon-25th-anniversary-edition> for DVDs (also could find on ebay)
- *The Second Witness of Jesus Christ: Stories from the Book of Mormon* by Beth Spencer available at <https://bomf.org/product/the-second-witness-of-jesus-christ-stories-from-the-book-of-mormon/>
  - Feel free to replace with another storybook
- Various crafts or project ideas
- Comic book sheets
  - Use this as an opportunity to review and practice identifying key points in each story

### Week 1: Lehi and Nephi Leave Jerusalem

*\*Stepping Out in Faith into the Unknown when Called*

- Story Introduction - "Lehi" and "The Plates of Brass"
- Reinforcement Activities
  - Color page
  - L.S. video: "Nephi and the Brass Plates"
  - Fun Snack
    - Stack three crackers or graham crackers with cheese or icing between cracker layers to simulate the plates of brass.
  - Share a scripture story or testimony of someone who stepped out in faith.

- Review - Comic Sheet (3 key points of story)

### Week 2: The Tree of Life

*\*Keep Your Eye on the Goal of Eternal Life Through the World's Distractions*

- Story Introduction - “Lehi’s Vision” and “Nephi’s Vision”
- Reinforcement Activities
  - Color page
  - Craft: make a tree with a paper bag
    - Tutorial: <https://www.youtube.com/watch?v=5qhFbkYhFDo>
  - L.S. video: “Tree of life”
  - Rod of Iron Obstacle Course
    - Let children experience the importance of holding tight to the rod of iron by blindfolding them and having them follow a rope to the “Tree of Life”. Have many pitfalls and noises to distract them so they have to rely on the rope to safely reach their destination.
- Review - Comic Sheet (3 key points of story)

### Week 3: Journey to the Promise Land

*\*Look for Signs and Pray for God’s Direction*

- Story Introduction - “The Liahona,” “Nephi Builds a Ship,” and “A Trip on the Sea”
- Reinforcement Activities
  - Color page
  - Make the Liahona from clay
  - L.S. video: “Journey to the Promise Land”
  - Share a testimony of someone who asked the Lord for direction in their life and received an answer to prayer.
- Review - Comic Sheet (3 key points of story)

### Week 4: Enos Prays to God

*\*How to Pray Mightily*

- Story Introduction - “A Special Prayer”
- Reinforcement Activities
  - Color page
  - Accordion-fold paper like a fan and write blessings on half the folds to thank God and desires on half the folds. Add tape to the bottom.



- Discussion questions
  - Discuss what it means to pray mightily.
  - How did Enos pray mightily to the Lord?
- Review - Comic Sheet (3 key points of story)

### Week 5: Good King Benjamin

*\*Pass on Wisdom and Listen When Older People Want to Share with You*

- Story Introduction - “King Benjamin’s Proclamation”
- Reinforcement Activities
  - Color page
  - Role Play what we should do to listen when an older person talks to us.
  - Provide a real-life opportunity: Visit a grandparent(s) and ask them to share a testimony (or two).
- Review - Comic Sheet (3 key points of story)

### Week 6: Abinadi

*\*Speak the Truth Even When You Don’t Think Anyone Is Listening*

- Story Introduction - “The Prophet Abinadi and Evil King Noah” and “Alma Believes the Prophet”
- Reinforcement Activities
  - Color page
  - L.S. video: “Abinadi and King Noah”
  - Have two cups or cans connected with string (to form a “telephone”). Have one child talk (as they are turned away from the other children) and share a message of the goodness of God. They don’t know if anyone is listening or not. Then have someone listen. Abinadi didn’t know if someone would hear his words and have a change of heart, but he shared God’s message anyway. We should also listen to God’s message.

- Review - Comic Sheet (3 key points of story)

### Week 7: Conversion of Alma the Younger

#### *\*God Can Reach the Unreachable*

- Story Introduction - “The Conversion of Alma and the Sons of Mosiah”
- Reinforcement Activities
  - Color page
  - L.S. video: “The Conversion of Alma the Younger”
  - Brainstorm others with similar experiences (Example: Apostle Paul)
- Review - Comic Sheet (3 key points of story)

### Week 8: Alma to Zoramites

#### *\*Your Faith Is for You, Not to Put on a Show for Others*

- Story Introduction - “The Wayward Zoramites and the Rameumpton”
- Reinforcement Activities
  - Color page
  - L.S. video: “Alma and the Zoramites”
  - Share a testimony of faith.
- Review - Comic Sheet (3 key points of story)

### Week 9: Alma and Amulek in Prison

#### *\*Even When Things Look Rough, God Can Make the Walls Fall Down*

- Story Introduction - “Prison Walls Tumble Down”
- Reinforcement Activities
  - Reenactment with boxes to build prison wall and then knock them to have walls fall down around the children
    - Could also be done with toys as Alma and Amulek and blocks of most any type (Legos would be hard) to create the prison
  - Color page
  - YouTube video from Scripture Explorers called “Trouble in Ammonihah” (Link below)
    - ▶ [Alma 13-16 Trouble In Ammonihah | Come Follow Me 2024 | The Bo...](#)
- Review - Comic Sheet (3 key points of story)

### Week 10: Ammon and King Lamoni

*\*God Can Give You Strength and It Can Be a Testimony* (This could be a testimony for you or a testimony for someone else.)

- Story Introduction - “Ammon Saves the King’s Flocks” and “Ammon Builds a Church Among the Lamanites” (King Lamoni’s conversion)
- Reinforcement Activities
  - Color page
  - L.S video: “Ammon, Missionary to the Lamanites”
  - Share a scripture story or a testimony of a time you or someone else received strength from God.
- Review - Comic Sheet (3 key points of story)

### Week 11: Anti-Nephi-Lehis

*\*Importance of a Covenant*

- Story Introduction - “The Anti-Nephi-Lehis”
- Reinforcement Activities
  - Color page
  - Discussion:
    - What is a covenant? Brainstorm examples: (marriage, baptism, taking the sacrament)
- Review - Comic Sheet (3 key points of story)

### Week 12: Captain Moroni and the Title of Liberty

*\*What Is the Reason for Your Life or Your Fight?*

- Story Introduction - “Moroni Upholds the Standard of Liberty”
- Reinforcement Activities
  - Make a standard (Example: flag)
- Review - Comic Sheet (3 key points of story)

### Week 13: Helaman and His 2000 Sons

*\*Living Out what You Were/Are Taught*

- Story Introduction - “The 2000 Sons of Helaman”
- Reinforcement Activities
  - Color page
  - L.S. video: “Helaman’s Stripling Warriors”
  - Share a testimony or another scripture story about someone who lived out what he/she had been taught.

- Review - Comic Sheet (3 key points of story)

#### Week 14: Samuel the Lamanite

*\*When You're Told by God to Do Something, Go Forward Bravely*

- Story Introduction - "Samuel the Lamanite"
- Reinforcement Activities
  - Reenact the story: climb on something and deliver a message
  - Color page
  - L.S. video: "Samuel the Lamanite"
- Review - Comic Sheet (3 key points of story)

#### Week 15: Signs of Christ's Birth

*\*Listen and Look for Signs*

- Story Introduction - "Christ is Born!"
- Reinforcement Activities
  - Color page
  - Make cookies or a snack in the shape of a star
  - Compare and contrast what was happening in Jerusalem to what was happening in America
- Review - Comic Sheet (3 key points of story)

#### Week 16: Jesus Comes to America

*\*God Didn't Just Send Jesus for Those in Jerusalem, He Is for the Whole World*

- Story Introduction - "Jesus Comes to the Americas"
- Reinforcement Activities
  - Color page
  - L.S. video: "The Savior in America"
  - Share a testimony about a time Jesus helped you or showed His love for you.
- Review - Comic Sheet (3 key points of story)

#### Week 17: Lessons Jesus Taught

*\*His Message Is Universal*

- Story Introduction - "Jesus Speaks to the Multitude"
- Reinforcement Activities
  - Color page with the Beatitudes
- Review - Comic Sheet (3 key points of story)

## Week 18: Baptism of the Twelve

### *\*Importance of Being Baptized and the Covenant You Made (or Will Make)*

- Story Introduction - “Jesus Teaches About Baptism and the Sacrament”
- Reinforcement Activities
  - Color page
  - Draw a picture of either Jesus’ baptism or your own baptism.
  - Science Experiment to show we become “new creatures in Christ” through baptism.
    - Make a small ball of blue playdough.
    - Make a small ball of yellow playdough.
    - Have your child mix the two colored balls together to form a new ball color (green).
    - See below for Homemade Playdough Recipe
      - Other colors may be used. (Use two colors that form a new color when mixed together.)
      - Substitutions:
        - Two colors of icing
        - Two colors of water
        - Colored water and add bleach until the water turns clear to show how you get washed clean

Homemade Playdough Recipe: Mix 1 cup flour, ½ cup salt and 1 Tablespoon Cream of Tartar. Add 1 cup water and 1 Tablespoon cooking oil. Add drops of food coloring to desired color. Heat slowly, stirring constantly. Continue cooking and stirring until a ball forms. Remove from heat and knead until smooth. (Children can help with the mixing!) Store in an airtight container.

- Review - Comic Sheet (3 key points of story)

## Week 19: Jesus Blesses the People

### *\* Christ’s Message and Ministry Is for You No Matter Your Age*

- Story Introduction - “Jesus Heals the Sick and Blesses the Children”
- Reinforcement Activities
  - Color page

- Discuss times the sick asked for administration and received a blessing.
- Review - Comic Sheet (3 key points of story)

### Week 20: Tower of Babel

*\*Importance of Communicating with Others and Reaching Out for a Blessing in Chaos*

- Story Introduction - “Leaving the Great Tower”
- Reinforcement Activities
  - Color page
  - Build two towers as a group, one in silence and one being able to talk. Which way works better and why? Why did God confound languages?
    - Building material suggestions:
      - spaghetti and marshmallows
      - paper and tape
      - toilet paper tubes
      - Legos
- Review - Comic Sheet (3 key points of story)

### Week 21: Vision of the Lord by the Brother of Jared

*\*Praying Specifically and in Faith*

- Story Introduction - “The Brother of Jared Has a Vision”
- Reinforcement Activities
  - Color page
  - L.S. video: “The Brother of Jared”
  - Share a testimony or another scripture about faith.
- Review - Comic Sheet (3 key points of story)

### Week 22: The Jaredites Cross the Ocean

*\*Putting Faith into Action and Allowing God to Guide Your Way*

- Story Introduction - “The Jaredites in the Promised Land”
- Reinforcement Activities
  - Barges in a Bottle
    - Make eight barges small enough to fit inside a clear bottle or even a ziploc bag.
      - Building material suggestions:
        - foam pieces

- clay
  - Fill the plastic bottle or ziploc bag halfway with water, then add five drops of blue food coloring.
  - Add baby oil until full, then seal bag or bottle.
- Review - Comic Sheet (3 key points of story)

### Week 23: Compilation by Moroni and Mormon

#### *\*Importance of a Written Record*

- Story Introduction - “Mormon” and “Battle at Cumorah”
- Reinforcement Activities
  - Color page
  - Draw or write a testimony for others to read in the future.
    - Can also bury it like a time capsule to open on a date (i.e. in a year)
- Review - Comic Sheet (3 key points of story)

### Week 24: Moroni’s Farewell

#### *\*Remembering the Legacy Given by the Past and What You Will Pass On to the Future*

- Story Introduction - “Moroni’s Farewell”
- Reinforcement Activities
  - Color page
  - Draw or write a testimony for others to read in the future.
  - L.S. video: “Mormon and Moroni”
  - Trip to the Mormon Visitor Center in Independence or virtual tours of New York Church Historical Sites  
(<https://www.churchofjesuschrist.org/learn/locations/historic-sites-virtual-tours?lang=eng>)
- Review - Comic Sheet (3 key points of story)