



Come Follow Me

HOMESCHOOL CURRICULUM
GRADES K-3

Week of September 7th, 2026

Proverbs 1-4; 15-16; 22; 31; Ecclesiastes 1-3; 11-12

Monday

Listen to wisdom.

There are two books we are going to look at this week. One is the book of Proverbs, and one is the book of Ecclesiastes. Each have messages that are important! Both were written by King Solomon, David's son (two other people, King Lemuel and Agar are also helpers in writing Proverbs). Solomon may have learned the importance of writing from his father! Let's take a look at these two books:



Proverbs

- A proverb is a brief, often clever, saying to give us truth. For example: "The early bird catches the worm."
- Trust God first to become wise: Being truly smart starts by respecting God, listening to Him, and letting Him guide your choices every single day. (Prov. 3:5-6)
- Be a teachable listener: Wise kids listen to parents and teachers, accept correction when they make a mistake, and stay away from bad habits. (Prov. 1:8-9)
- Choose kindness, truth, and hard work: Use words that help instead of hurt, tell the truth, choose good friends, and do your best work instead of being lazy. (Prov. 6:6 & 12:22)



Ecclesiastes

- Presented as a preacher's sermon.
- Things come and go, like chasing the wind: Toys, trophies, and being popular don't make you truly happy forever, because they don't last. (Ecc. 1:2 & 1:14)
- Enjoy the good moments today: God gives us good gifts right now—like eating good food, playing outside, laughing with family, and enjoying our hard work. (Ecc. 3:11-13)
- Keep God first: The most important thing in life is to love God, listen to what He says, and make kind, good choices every day. (Ecc. 12:13)

Copy the scripture from Proverbs 3:5 in your best handwriting:

Trust in the Lord with all thine
heart; and lean not unto thine
own understanding.

Tuesday

To “fear God” means to love and obey Him.

Max, grade 2, asked:

“In the Bible it says to fear God, but it also says to not be afraid. My mom said that God isn’t scary like a monster. How can you fear God and not be afraid?”



In this box write or draw something that you fear.



Fear, the scary kind, was first introduced by Satan. Adam and Even didn’t know to be afraid until the serpent told them to hide from God. But God found them and asked why they hid from Him. He wanted to be there and help them.

Psalm 23:4 says, “Even though I walk through the valley of the shadow of death, I will fear no evil, for you (God) are with me.”

When you are scared what is something you can do to ask for God’s help? (Circle the ones you like the best, or write your own.)

**Sing a
Primary
song**

**Pray for
peace**

**Talk with a
trusted adult or
friend.**

My own idea:

Fearing God is very different than being fearful. Fearing God means having reverence, admiration, respect, and awe for him as your Father in Heaven.

Imagine in your head for a minute how it would feel to see Jesus Christ walk into your church building! Mouth would drop all around you. Your Mom might cry. The Bishop on the stand might stop speaking for a minute in shock and joy. People might run to Him.

Fearing God is kind of like that, except God is real, and he is always with you. God’s presence should cause us to feel awe and respect for him.

Ecclesiastes 12:13 says, “Fear God, and keep his commandments: for this is the whole duty of man.”



Wednesday I can use kind words.

Throughout scriptures we have reminders that we need to learn to control our bodies, our thoughts, and our actions. One action that is important to learn to control has to do with the words we speak.

Below are some Proverbs about the words we speak. Next to them is a translation you might understand better. Read them and decide which picture goes best with the Proverb. Draw your picture between the original verse and the one you might understand better. One has been done for you as an example!

PROVERBS 12:19

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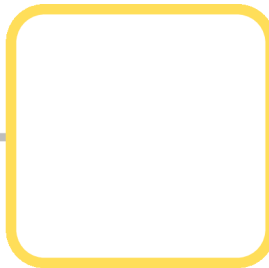


PROVERBS 12:19

Always tell the truth. The truth lasts forever, like a sturdy house that never falls down. A lie only lasts for a tiny minute before it crumbles away.

PROVERBS 15:1

A soft answer turneth away wrath: but grievous words stir up anger.

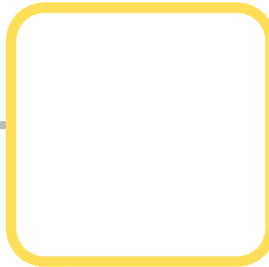


PROVERBS 15:1

When someone is mad, answering with a gentle, calm voice cools the anger down like water on a fire. But snapping back with mean, harsh words just makes everyone angrier.

PROVERBS 15:2

The tongue of the wise useth knowledge aright: but the mouth of fools poureth out foolishness.

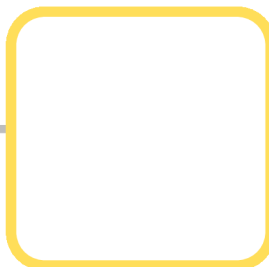


PROVERBS 15:2

A wise kid thinks before speaking and uses their words to help and teach others. A foolish kid just blabs out silly, hurtful, or thoughtless words without thinking at all.

PROVERBS 17:4

A wicked doer giveth heed to false lips; and a liar giveth ear to a naughty tongue.

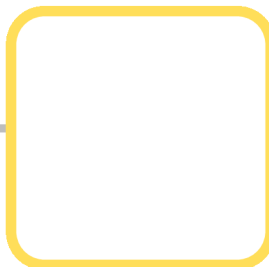


PROVERBS 17:4

People who want to do bad things love listening to mean talk, bad words, gossip, and lies.

PROVERBS 21:23

Whoso keepeth his mouth and his tongue keepeth his soul from troubles.



PROVERBS 21:23

When you know when to choose your words carefully, you save yourself a lot of trouble. Thinking before you speak keeps you out of sticky messes!

Thursday

I can be a peacemaker.

King Solomon words recognize that the words and actions we take in anger could lead to hurt. Have you ever been so ANGRY that you did something you weren't proud of? Maybe you said something you didn't want to say, or you made everything worse? We are ALL learning to control our tongues, our hands, and our thoughts. Solomon said in Ecclesiastes 4:6 "Better is an handful with quietness, than both the hands full with travail and vexation of spirit." This means it's much better to let go, take a deep breath, and keep your peace, than to fight with angry hands just to "win" an argument and end up feeling stormy, mad, and upset inside.

Better is an handful with quietness,
than both the hands full with
travail and vexation of spirit.

Below are some tools you can use to help you next time you feel angry, overwhelmed, or like you might lose your temper. Read the strategy to help you calm down, and then match it to the picture that best fits.

Write down (or draw) what I am angry about, and then stand over the garbage and rip that paper into teeny shreds until it is gone.



Take a pillow and put your face into it and scream as loud as you want. Then calmly wipe away your slobber like nothing just happened.



Slowly count from 1 to 20, taking a deep breath between each number. If you are still mad, do it again backwards.



Look around the room and see if you can find all the colors of the rainbow. Tell yourself inside your head what color you saw and where it was. "Mom is wearing a red sock. The microwave has an orange clock on it..."



If the feeling stays in your heart after your calmer tell someone you trust that you are feeling angry and need someone to talk to.



Friday

Learning and connecting the gospel to me

As a family sing “Love is Spoken Here” or “Kindness Begins With Me” and choose one or more of the following:

- Read as a family Ecclesiastes 3 and then watch on YouTube the song “Turn! Turn! Turn!” ([Ramunas Bruzas](#) has a version that is easy to read on his channel).
- Watch “God’s Story: Books of the Bible: Proverbs” by CrossRoad Kids Club on YouTube.
- Watch “Proverbs I | The Book of Proverbs for Kids” by Luz Designs on YouTube.
- Watch “Ecclesiastes 1:1-11 Kids Talk” by Wild Street Church on YouTube.
- Cut out the “Anger Bingo” for each child. Talk about some of the strategies on their Bingo card. Place it in a special spot where they might see it. Reward them with hugs, prizes or whatever you choose as a parent when they choose to control their anger instead of acting on it.
- Choose an article out of the Friend Magazine and read it together.
- Listen to Elder Rasband’s talk “Words Matter” from the April 2024 General Conference while you play with playdough, color, make bracelets, or do something with your hands.



- Listen to Elder Bednar’s talk “Therefore They Hushed Their Fears” from the April 2015 General Conference while you play with playdough, color, make bracelets, or do something with your hands.



Big Feelings Bingo

Choose a quiet space and stuffed animal to hug and calm down	Talk to an adult about how I’m feeling and ask for help	Scream into a pillow	Bounce a ball
Listen to music or sing a song	Count to 20 and take breaths	Do some exercises: pushups, jumping, sit ups, hand stands	Color a picture
Read a book	Write down on a blank paper all the big things I’m feeling and tear it up into a garbage can	Drink some water	Play with a fidget toy
Ask for a trusted adult to scratch your upper back	Pet an animal or squeeze a stuffed animal	Walk around the house and find all the colors of the rainbow	Eat something sour like a piece of sour candy or lemon

DIRECTIONS:
When you feel angry or upset and use a calming strategy, color in the box. 4 in a row is a bingo!



Come Follow Me

HOMESCHOOL CURRICULUM
GRADES 4-8



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Proverbs 1-4; 15-16; 22; 31; Ecclesiastes 1-3; 11-12

Monday

“Incline thine ear unto wisdom.”

There are two books we are going to look at this week. One is the book of Proverbs, and one is the book of Ecclesiastes. Each have messages that are important! Both were written by King Solomon, David's son (two other people, King Lemuel and Agar are also helpers in writing Proverbs). Solomon may have learned the importance of writing from his father! Let's take a look at these two books:



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- Keep God first: The most important thing in life is to love God, listen to what He says, and make kind, good choices every day. (Ecc. 12:13)

Choose 3 of the scriptures above to look up. Mark those in your copy of your scriptures that you feel inspired to mark. Copy the following scripture from Proverbs 2:6 in your best handwriting and then mark it carefully in your scriptures:

For the Lord giveth wisdom. Out of
his mouth cometh knowledge and
understanding.

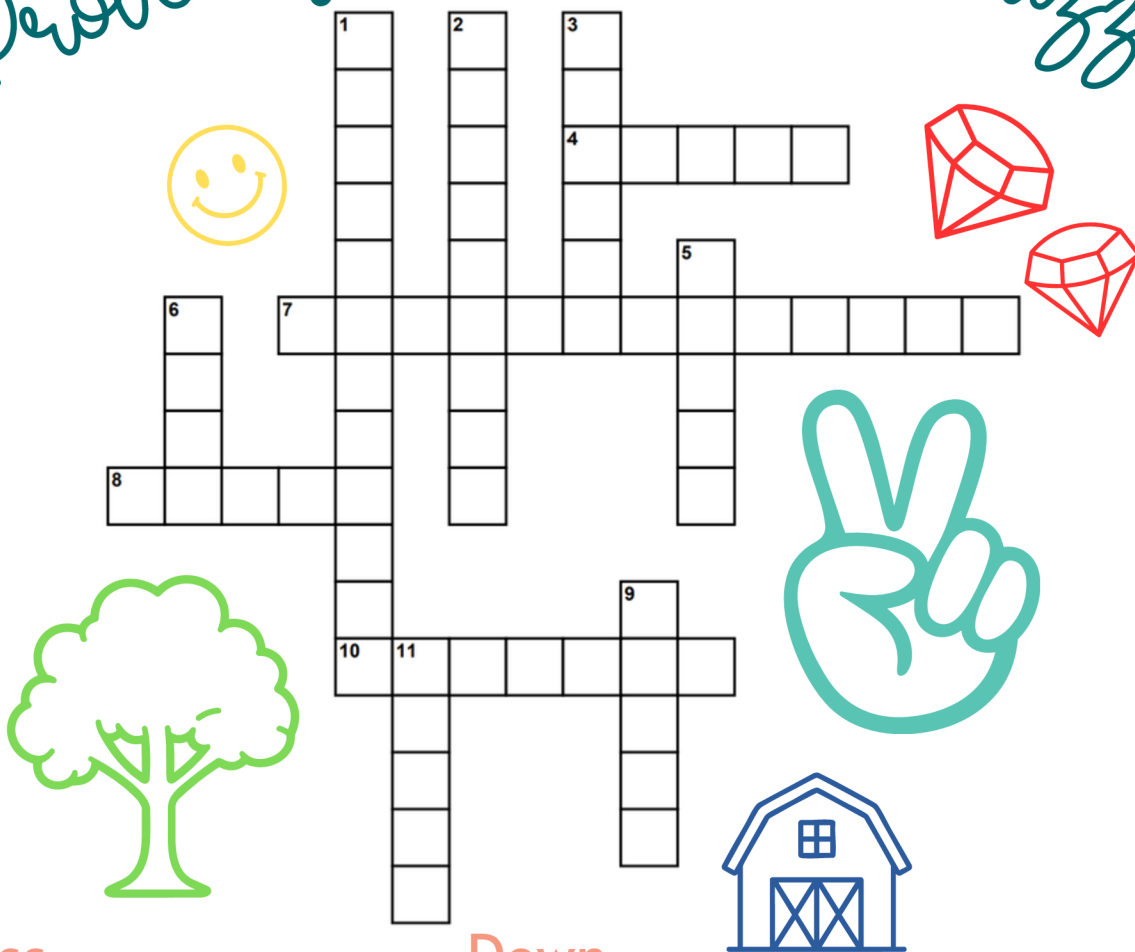
Tuesday

“Trust in the Lord with all thine heart.”

Proverbs 3:5-7 says: “Trust in the Lord with all thine heart; and lean not unto thine own understanding. In all thy ways acknowledge him, and he shall direct thy paths. Be not wise in thine own eyes: fear the Lord, and depart from evil.” These proverbs are little reminders of things we can do to build a relationship with God, and to turn to Him.

To complete the Proverbs Crossword Puzzle you will need your scriptures open to Proverbs 3. Read the excerpt, and then hunt through Proverbs 3 to find the missing word. Then use that word to fill in the puzzle blanks.

Proverbs 3 Crossword Puzzle



Across

- [4] So shall thy _____ be filled with plenty. (verse 10)
[7] Trust in the Lord with all thine heart; and lean not unto thine own _____.
[8] Her ways are ways of pleasantness, and all her paths are _____.
[10] Then shalt thou walk in thy way safely, and thy foot shall not _____.

Down

- [1] My son, forget not my law; but let thine heart keep my _____.
[2] By his _____ the depths are broken up, and the clouds drop down the dew.
[3] She is more precious than _____.
[5] _____ is the man that findeth wisdom.
[6] She is a _____ of life to them that lay hold upon her.
[9] The wise shall inherit _____: but shame shall be the promotion of fools.
[11] Bind them about thy neck; write them upon the _____ of thine heart:

Wednesday

"Incline thine ear unto wisdom."

Proverbs

BIBLE SCAVENGER HUNT

1 How many chapters are in the book of Proverbs?

2 Which famous, super-wise king wrote down most of these sayings?

3 The Secret to Wisdom
Look at Proverbs 1:7.
What is the very beginning of knowledge and wisdom?

4 Proverbs 6:6
Which tiny insect works hard all summer without being told?

5 Proverbs 15:1
What kind of answer turns away anger?

6 Proverbs 30:1
King Solomon didn't write this chapter!
Who did?

7 Proverbs 31:1. A wise queen taught her son some big life lessons.
What was this young king's name?

8 Proverbs 31:10. A faithful, hardworking wife is worth way more than which precious red gemstone?

9 Proverbs 16:18 warns us about bragging. What attitude always trips people up right before a big fall?

10 Finish the famous saying from Proverbs 27:17: "As iron sharpens iron, so one person sharpens..."

11 Draw your best illustration of the creature from question 4:

12 What is a proverb?

13 Who is Solomon's dad?

14 Proverbs 17:22 what does the Bible say "does good like medicine"?

15 Proverbs 17:17
"A _____ loveth at all times, and a _____ is born for adversity."

16 Proverbs 25:11
A word fitly spoken is like _____ of gold in pictures of silver.

Thursday

I can use kind words.

Throughout scriptures we have reminders that we need to learn to control our bodies, our thoughts, and our actions. One action that is important to learn to control has to do with the words we speak. Watch on YouTube "Proverbs Wisdom for Teens Day II |The Power of Gentle Answers & Self-Control for Teens |Proverbs 15:1" by Bible in Actions Animation.

Below are some Proverbs about the words we speak. Next to them is a translation you might understand better. Read them and decide which picture goes best with the Proverb. Draw your picture between the original verse and the one you might understand better. One has been done for you as an example!

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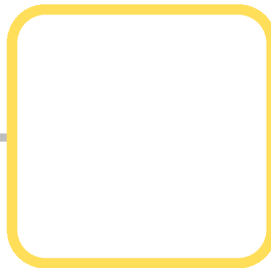


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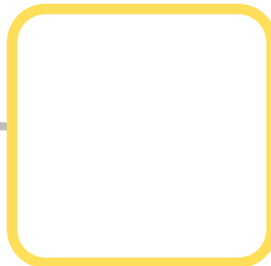


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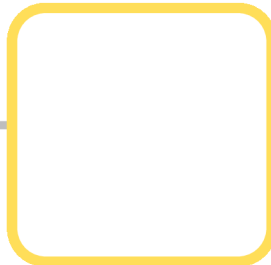


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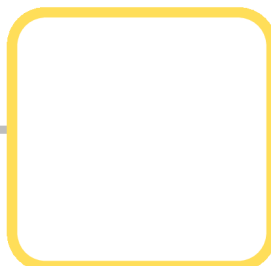


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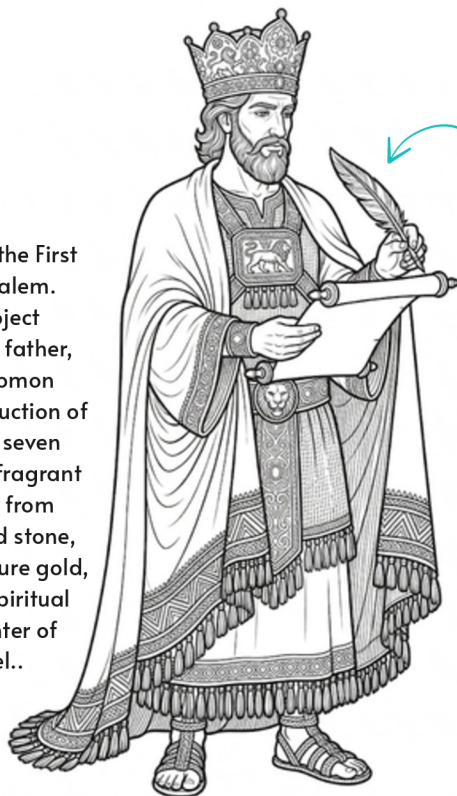
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- Watch “The Book of Proverbs • What It Teaches About Being Good at Life” by BibleProject on YouTube
- Watch “Proverbs Wisdom for Teens – Day 2 | The Power of the Friends You Choose | Proverbs 2:20” by Bible in Action Animation on YouTube
- Watch “Book of Proverbs Summary: A Complete Animated Overview” by BibleProject on YouTube.
- Watch “Book of Ecclesiastes Summary: A Complete Animated Overview” by BibleProject on YouTube.
- Watch “The Disturbing But Surprising Wisdom of Ecclesiastes” by BibleProject on YouTube.
- Read an article from September’s issue of “For the Strength of Youth”
- Go through the “Scripture Helps” on the Come Follow Me website page for this current week.
- Illustrate a Proverb of your choice.
- Listen to Elder Rasband’s talk “Words Matter” from the April 2024 General Conference while you play with playdough, color, make bracelets, or do something with your hands.



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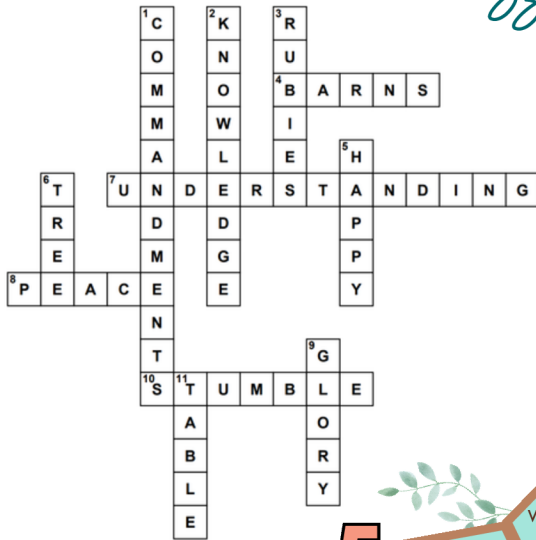
Fun Fact: He built the First Temple in Jerusalem. Fulfilling a project envisioned by his father, King David, Solomon oversaw the construction of the Temple over seven years. Built using fragrant cedar imported from Lebanon, quarried stone, and layered with pure gold, it served as the spiritual and cultural center of ancient Israel..

Fun Fact: He asked for wisdom instead of riches or a long life. According to I Kings 3, when God appeared to Solomon in a dream and told him to ask for whatever he wanted, Solomon asked for "a discerning heart" to govern the people well. Pleased that he didn't seek personal glory, God granted him unmatched wisdom as well as great wealth and honor..

Answer Key (for parents)



Proverbs 3 Crossword Puzzle



1

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31

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Solomon

3

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fear of the Lord

4

Proverbs 6:6 Which tiny insect works hard all summer without being told?

ant

5

Proverbs 15:1 What kind of answer turns away anger?

gentle & soft

6

Proverbs 30:1 King Solomon didn't write this chapter! Who did?

Agur

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a friend

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merry heart

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friend brother

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apple