

Come Follow Me FHE

# About This Download

## PRINTING

The majority of our downloads are formatted to print on 8.5x11" paper unless otherwise noted. You may print at home or a local print shop. We recommend using a recent version of Adobe Acrobat PDF Reader to view and print your files. It is available for free online. If you run into problems with pages being cut off, select "fit to page" in your print dialogue box to make sure it fits on your page correctly.

To print large page sizes (anything larger than 8.5x11"), we recommend going to a local print shop like Kinko's, Staples, AlphaGraphics, etc. and ask them to print your file as a black and white "engineer print" or "blueprint." These larger prints are big, fun and fairly inexpensive.

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If you need assistance, please email us at [info@comefollowmefhe.com](mailto:info@comefollowmefhe.com).



# Hello, friend!

Our mission is to bring families closer to Christ by providing fun, age-appropriate activities to help teach the lessons found in the Come, Follow Me manuals from the Church of Jesus Christ of Latter-day Saints.

**Did you know we have a membership?** This is how we help families come closer to Christ each week. (It's a great resource for moms/dads at home, primary and youth Sunday School teachers!) We know that every family is different. Ages of your children, individual needs and developmental levels will vary. That is why we offer ONE value-packed Come, Follow Me membership for just \$10 a month. There are several payment options, including getting a month free when you sign up for a whole year!

## WHAT'S INCLUDED IN YOUR MEMBERSHIP

**Toddler Bundle:** Includes a full lesson plan with THREE activities that align with scripture written by an early childhood educator. This bundle includes: a printable activity, movement activity and a coloring page all aligned with the scripture for each week. Recommended for ages 2-5 year olds, Nursery and Sunbeam teachers.

**Elementary Bundle:** Includes a full lesson plan with SIX activities that align with scriptures written by an elementary educator. These include things like: a coloring page, Go & Do Family Activity (something for doers/kinesthetic learners), media page (something for those visual and auditory learners) and more!

**Primary Bundle:** Includes a full lesson plan to guide Primary teachers in class time. Each lesson can be done in 20-25 minutes and includes an activity or handout, as well as a take-home reminder for each child.

**Teen Bundle:** These study pages are meant for teens to study independently and include: key passages with thoughtful questions, a weekly invitation, links to correlating songs and videos, and quotes from modern-day prophets and leaders. Plus, mini scripture cards to hang on a bathroom mirror, in a locker, share with others, etc.

**PLUS Merry Mail:** A fun, new printable item each month for your family to use!

Scan the QR code below to become a member now! Use the code **TRYIT** to get your first month for \$5 in 2025 and receive amazing lessons for Come, Follow Me every single week for your family.

We can't wait to help your family love learning about Jesus Christ and His gospel!



Questions? Email us at:  
[info@comefollowmefhe.com](mailto:info@comefollowmefhe.com)

Become a member here.



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# Stained Glass Heart Craft

## SUPPLIES NEEDED

paper plate or construction paper  
contact paper or plastic wrap  
tissue paper pieces  
\*glue and staples

\*You will only need glue if you are using plastic wrap instead of contact paper.

## DIRECTIONS

Cut out a large heart out of the paper plate or construction paper.  
Cut out the center of the large heart so it is just a frame.  
Place the heart frame on the contact paper with the sticky side facing up.  
Stick the tissue paper pieces on the contact paper.  
Place another piece of contact paper on top of the heart to cover the sticky surface.  
Trim the contact paper around the edges of the heart.

\*If using plastic wrap, staple the heart frame to the wrap.  
Stick or glue the tissue paper pieces to the inside of the heart.  
Place another piece of plastic wrap on top of the heart to cover the tissue paper pieces. Staple again.

Stick to a window and watch the light shine through!



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