



## Heavenly Mother, Eve, and Matryoshka Dolls (Ages 3-8)

*I am like my Heavenly Mother. I am made in Her image. My body is a gift from her.*

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### Preparation

Print 1 copy of the Matryoshka doll coloring page for each child.

Gather:

- Crayons, colored pencils, or markers
- Scissors
- Glue sticks

If you have matryoshka dolls, you may want to show them to the children.

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### Discussion

Remind the children that they have a Heavenly Father. Invite them to sing the song I Know My Father lives with you.

([https://www.churchofjesuschrist.org/music/library/childrens-songbook/i-know-my-father-lives?lang=eng&\\_r=1](https://www.churchofjesuschrist.org/music/library/childrens-songbook/i-know-my-father-lives?lang=eng&_r=1))

After singing the song, tell the children they also have a Heavenly Mother. Invite them to sing the song again, changing the words to Mother and feminine pronouns.

#### "I Know My Mother Lives"

##### *Alternate lyrics*

1. I know my Mother lives and loves me too.  
The Spirit whispers this to me and tells me it is true,  
And tells me it is true.
2. She sent me here to earth, by faith to live Her plan.  
The Spirit whispers this to me and tells me that I can,  
And tells me that I can.

A woman named Rachel Hunt Steenblik wrote a poem about how we come from our mothers and our Heavenly Mother.

Matryoshka Dolls (published in [\*I Gave Her a Name\*](#))

Cora inside  
Rachel inside  
Claudia inside  
Zena inside  
Allie inside  
Maria inside  
Hannah inside  
...  
Eve inside  
Heavenly Mother.

Explain the following to the children in your own words: Before you were born you were inside your mother, who created you. She was once inside her mother, who was inside her mother, who was inside her mother, all the way back to Eve. Eve was created by Heavenly Mother and Heavenly Father, so Eve's mother is Heavenly Mother.

Explain to the children that we look like our parents. Ask the children to describe some of the ways they look like their parents or are like their parents in other ways.

We also all look like our Heavenly Mother. We are like Her, too. How are we like our Heavenly Mother? Discuss any ideas the children have, and add your own thoughts.

Testify that each of us have a loving Heavenly Mother and a loving Heavenly Father.

### **Activity**

Give children the Matryoshka Doll coloring page.

Help them cut the dolls out, roll them up and glue the tab inside the tube.

Show the children how the doll representing them fits inside the doll representing their mom, etc. all the way to Heavenly Mother.

