

COMPLETE LEARNING SYSTEM

The
Animated
from the
Stories
of **Book**
Mormon™

Resource & Activity Book



Helaman's Stripling Warriors

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ISI *The
Living
Scriptures®*

Parent and Teacher Guide

The purpose of this Resource & Activity Book is to help individuals, families, and groups alike learn to use the scriptures in conjunction with the Living Scriptures **Complete Learning System** DVDs of *The Animated Stories of the Book of Mormon*[™]. The coloring pages, games, activities, scriptural references, and questions for each particular story are contained in separate sections of this book to help make complete study of the individual DVDs easier.

Scriptural Reference Sections. The Scriptural Reference sections contain a comprehensive, alphabetical listing of the scriptural topics and principles that are found in each of the animated stories. After each topic is listed, the scriptural reference or references can be found.

References preceded with a “see” do not completely state all of the information indicated. They do, however, relate to that topic and are good sources for that entry.

References with a “+” sign indicate that many of the scriptures immediately following that reference also go along with that particular topic or principle.

Points to Ponder. There are no answers indicated for Points to Ponder in the Answer Key. We have included these questions for the sole purpose of encouraging both children and adults to think and study more about these topics.

Questions. Answers to some of the questions are not found within the DVDs. These are “expert questions,” in most cases, and were designed so children, together with their parent, teacher, or caregiver, will turn to the scriptures to find the answers. The references where each story can be found is indicated at the bottom of each page.

Living Scriptures hopes that this Resource & Activity Book will make your *Animated Stories from the Book of Mormon* DVDs become even more valuable as you study the scriptures and learn more about our Savior, Jesus Christ, and His prophets on the earth.

“For he that diligently seeketh shall find; and the mysteries of God shall be unfolded unto them, by the power of the Holy Ghost, as well in these times as in times of old, and as well in times of old as in times to come; wherefore, the course of the Lord is one eternal round.”

1 Nephi 10:19

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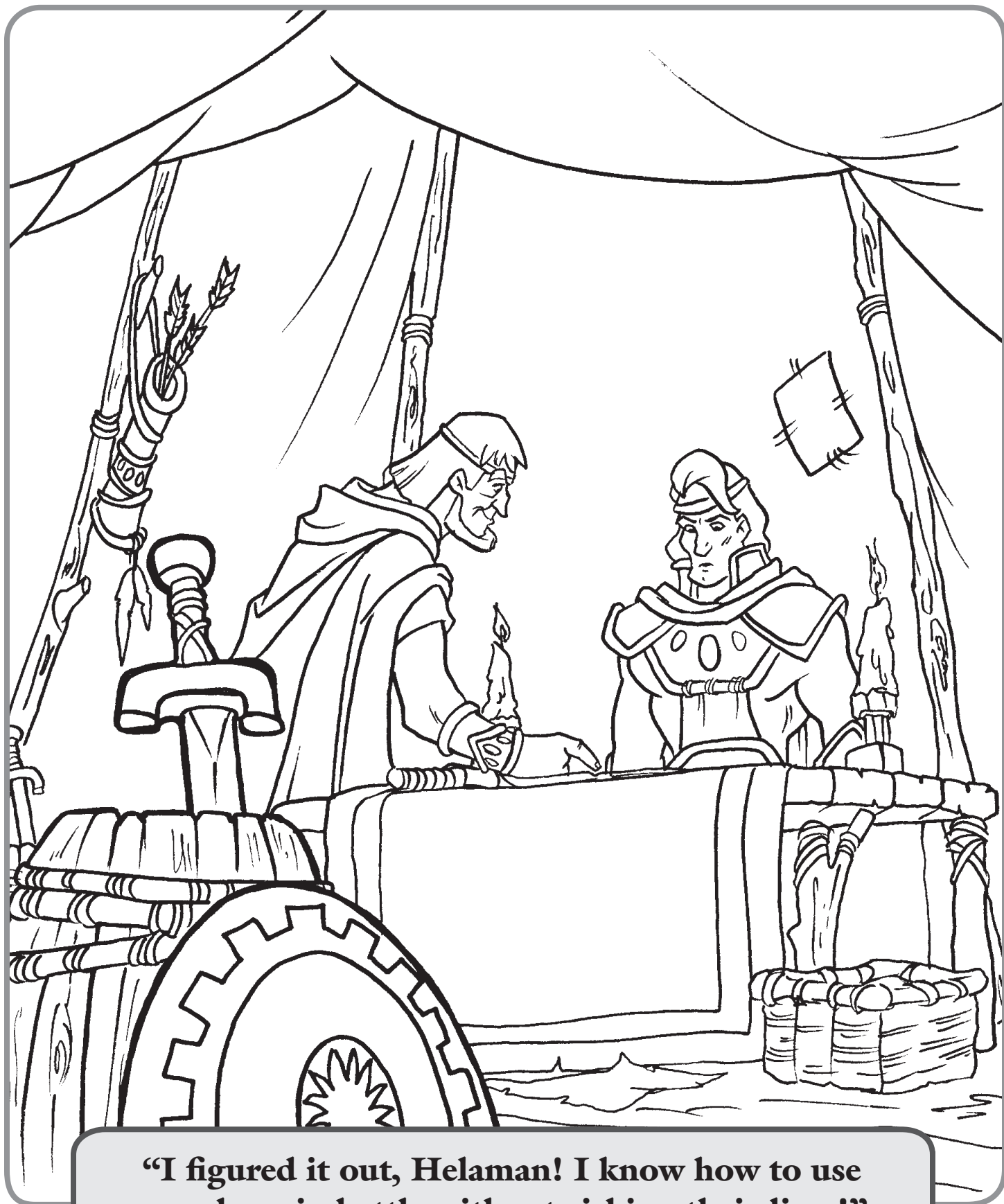
**Helaman and his stripling
warriors prepare for war.**

Alma 53:16–22



**Helaman testifies of his
courageous stripling warriors.**

Alma 53:16–22; Alma 56



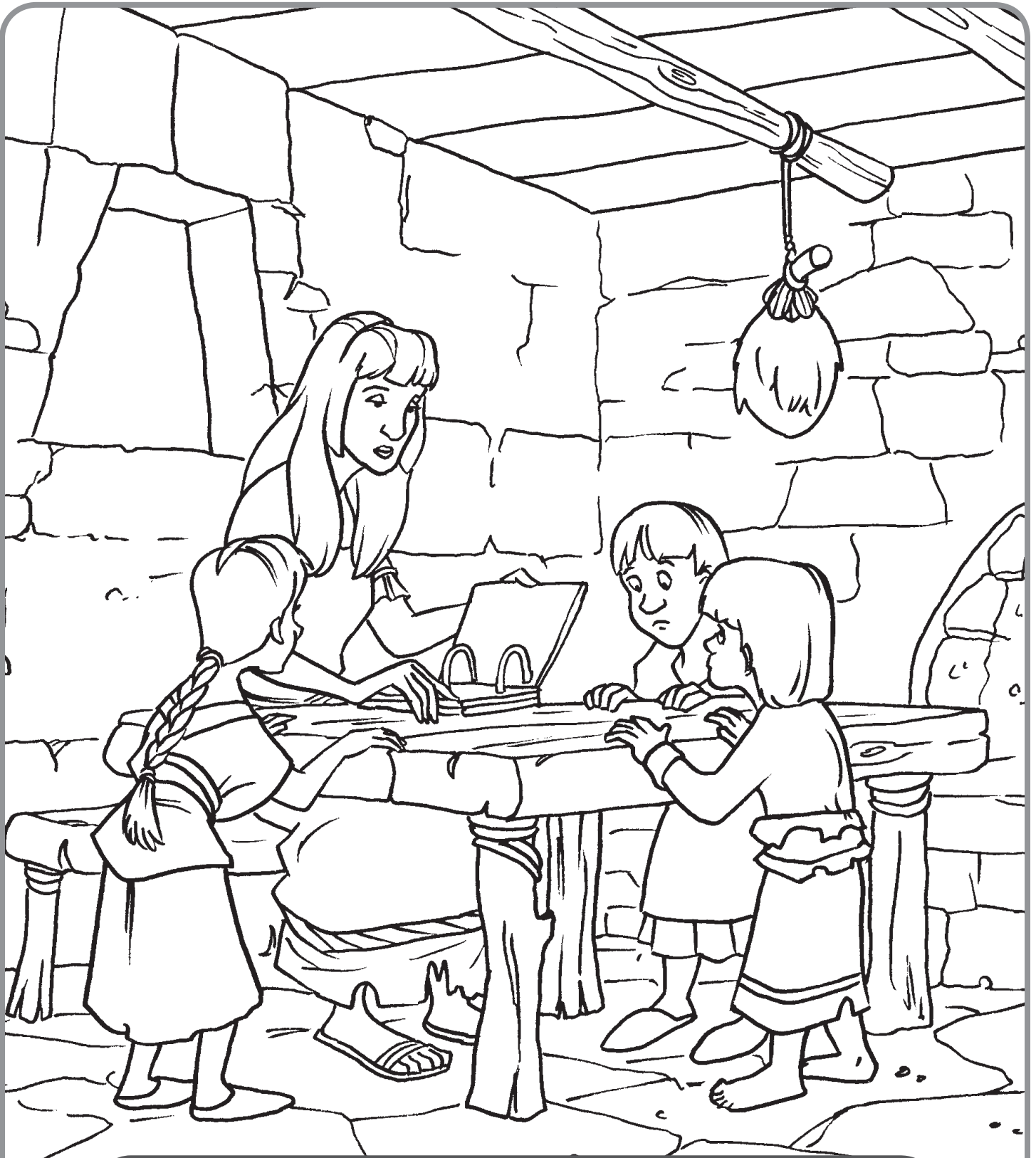
**“I figured it out, Helaman! I know how to use
your boys in battle without risking their lives!”**

Alma 56:30–56



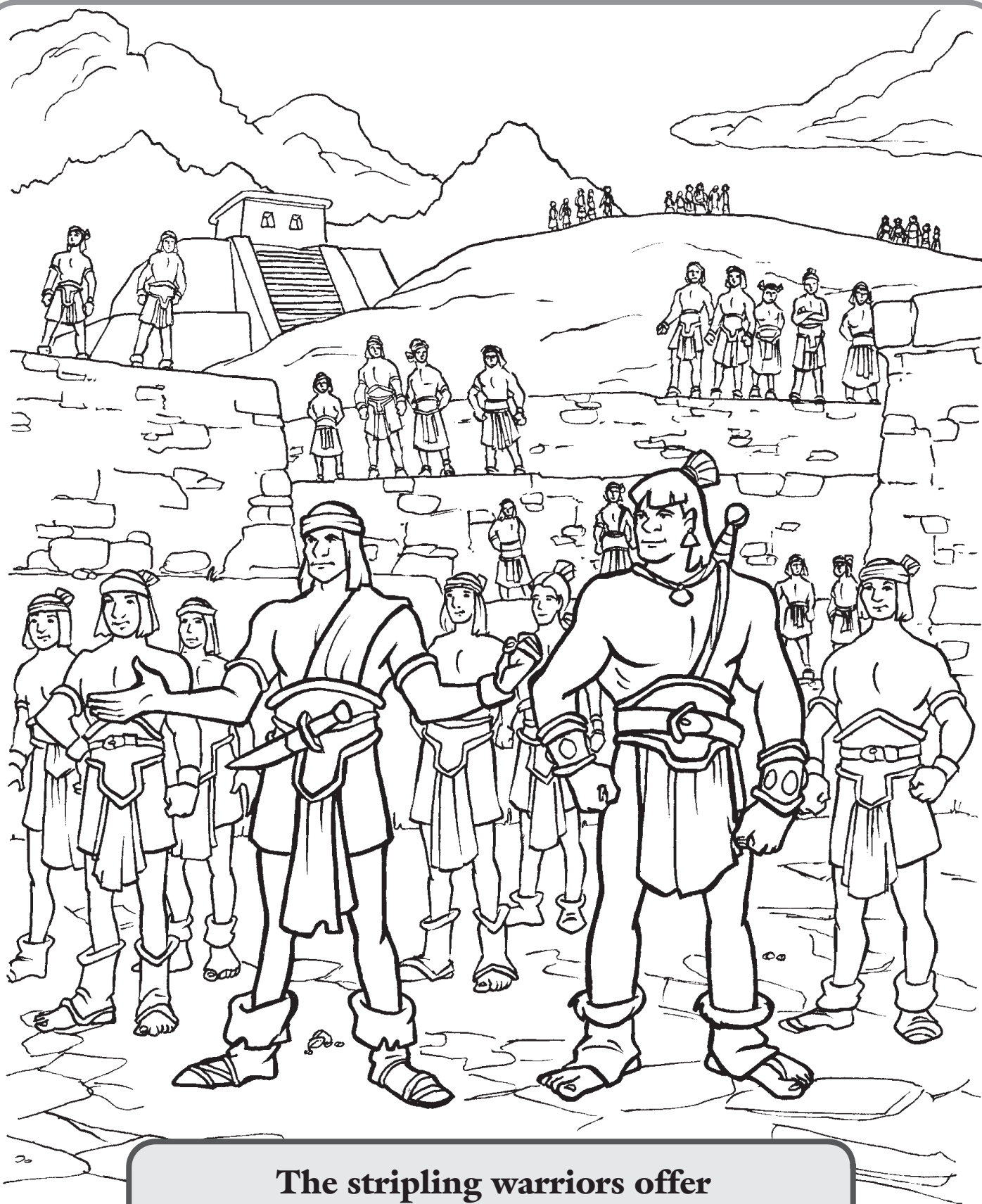
**The fathers of the stripling warriors covenant
with God that they will never kill again.**

Alma 53:10–12; Alma 56:6



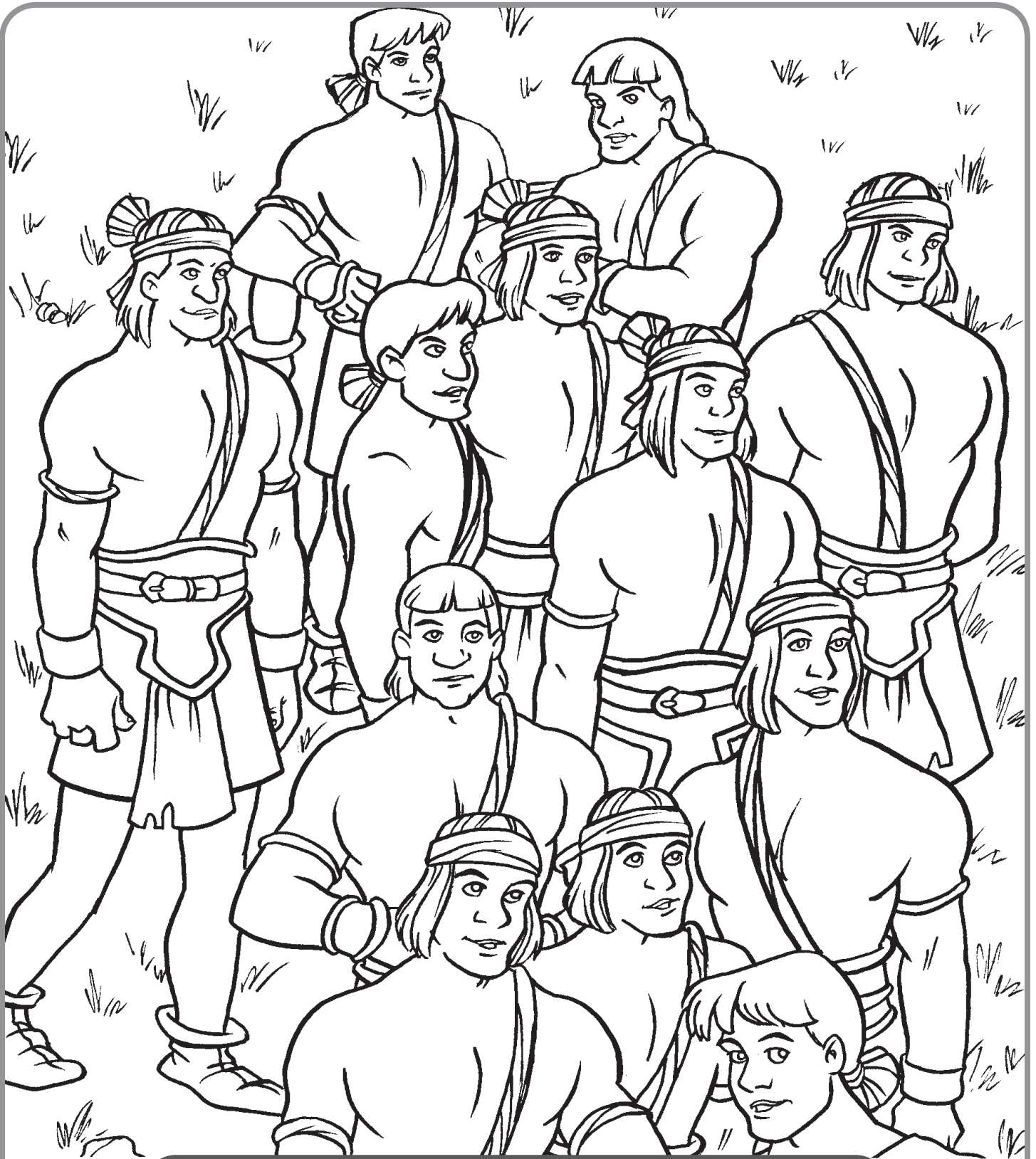
**The mothers of the warriors teach them to
have faith and obey the commandments of God.**

Alma 53:21



**The stripling warriors offer
their lives to protect the Nephites.**

Alma 53:16–22

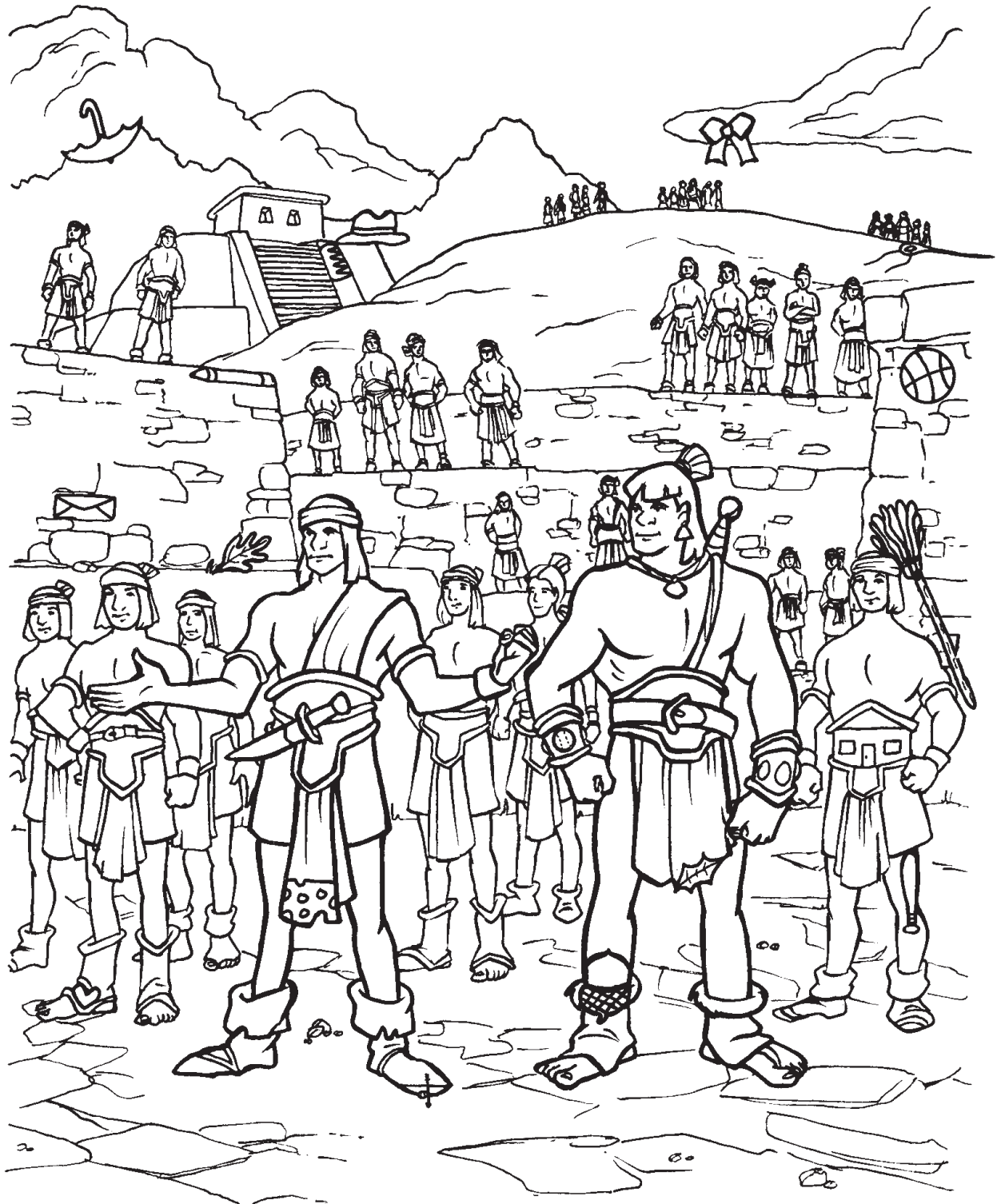


**The stripling warriors are courageous
and righteous young men.**

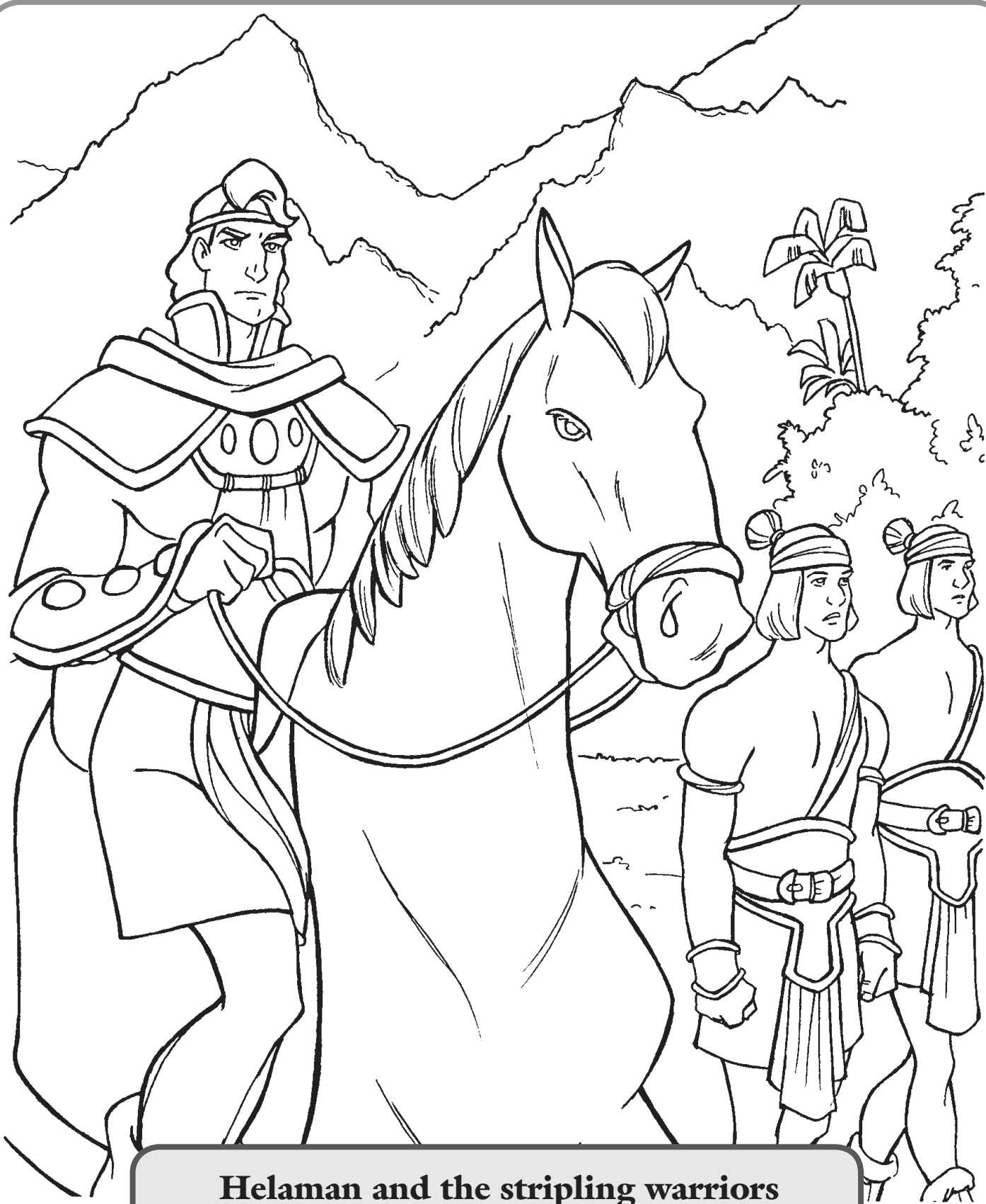
Alma 53:16–22

HIDDEN OBJECTS

Find the objects hidden in the picture below.

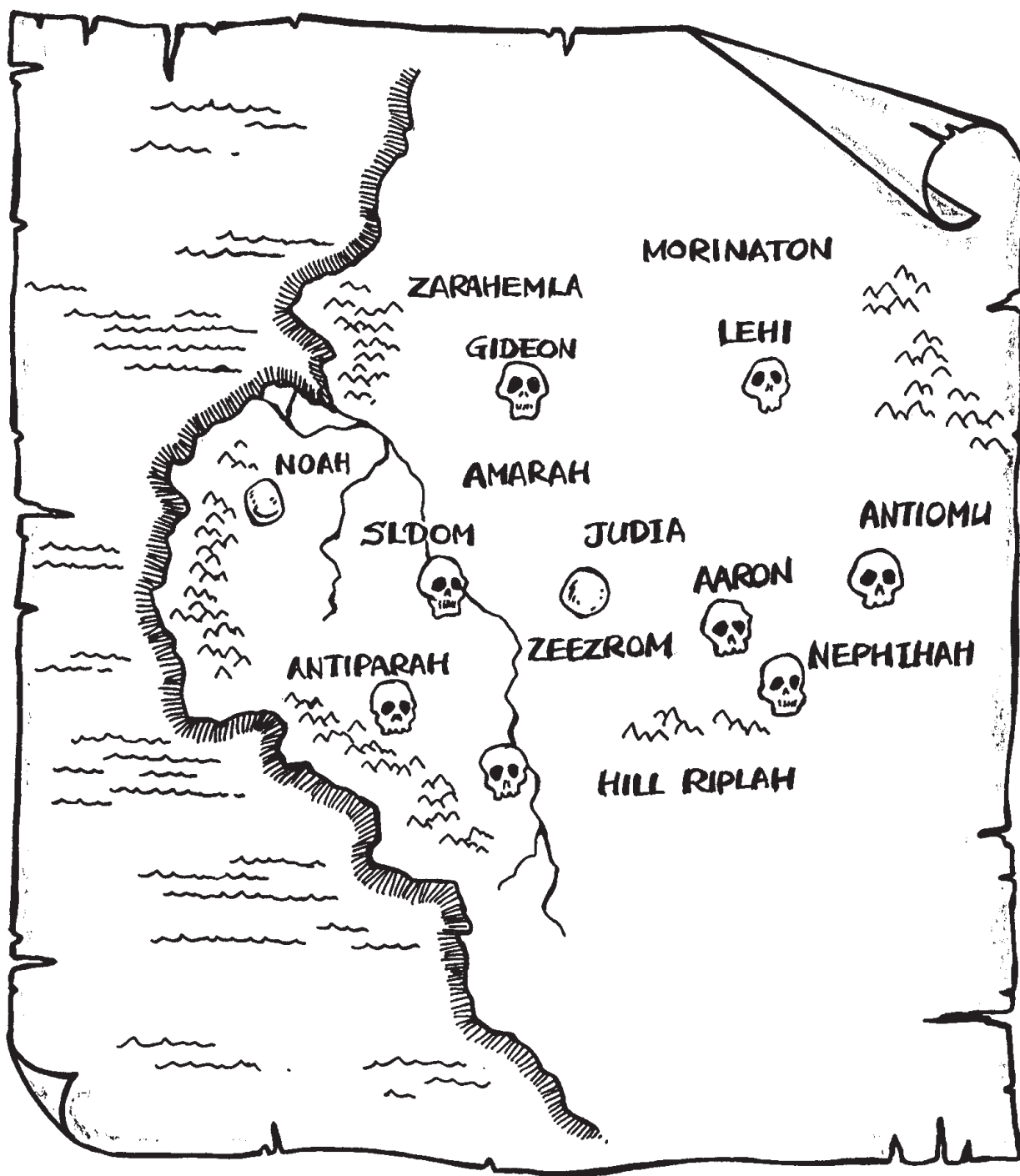


Acorn	Bow	Comb	Hat	House	Oak Leaf
Baseball	Block Letter "V"	Crayon	Heart	Mop	Piece of Swiss Cheese
Baseball Bat	Bow & Arrow	Envelope	Holly Leaf	Needle & Thread	Umbrella



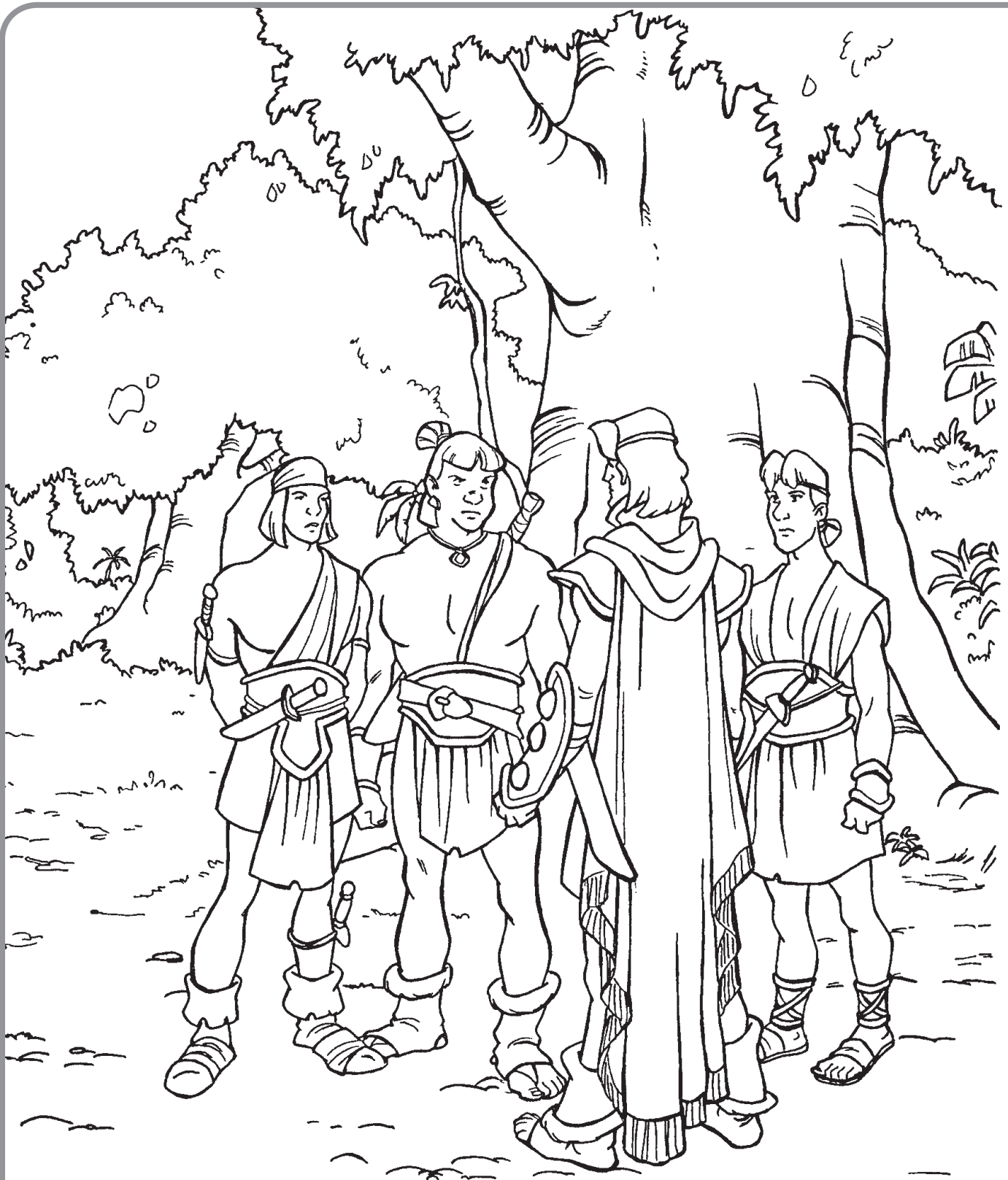
**Helaman and the stripling warriors
begin their march into battle.**

see Alma chapters 53 & 56



“Soon, every Nephite city will be mine.”

see Alma 53:57



**“When Ammoron comes out after us,
we’ll start off at a slow march.”**

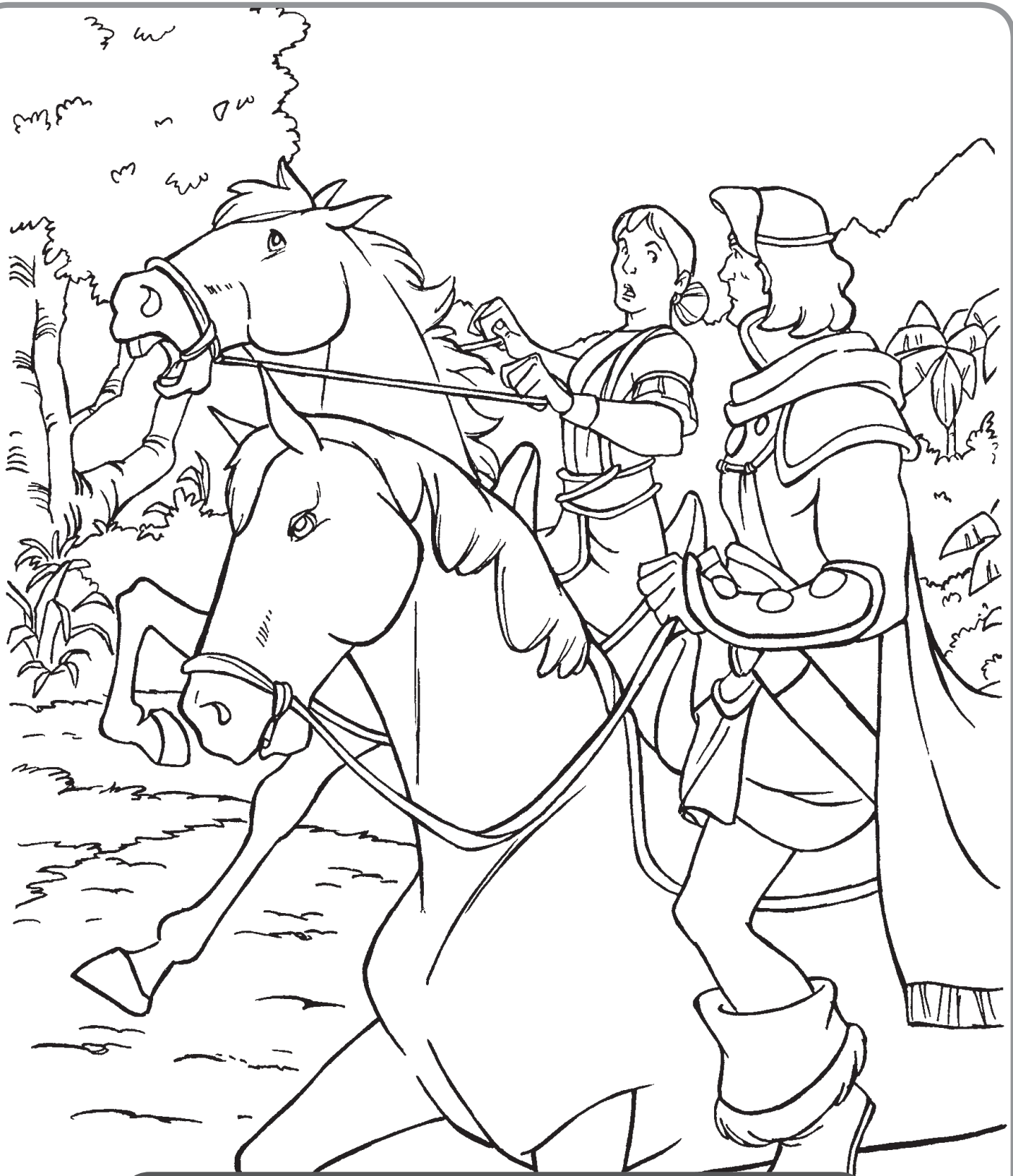
see Alma 56:30–35



Antipus addresses his troops.



**“...And remember, the sons of Helaman
depend on you for their lives.”**



**The stripling warriors act as a decoy to
Ammoron and the wicked Lamanites.**

Alma 56:30–43

WORD SEARCH

Look in every direction to find the hidden words below:

C	E	J	S	A	M	M	O	R	O	N	M	Q	F	P	K	G	C	AMMORON
I	G	V	R	K	V	L	S	U	Y	N	X	D	I	C	R	M	Y	ANTIPUS
P	H	M	E	Q	A	S	U	O	E	G	A	R	U	O	C	O	E	BATTLE
O	S	L	H	D	F	P	X	P	Z	S	H	W	J	V	C	T	R	CAPTAIN
M	W	R	T	H	U	K	H	W	L	T	Q	B	M	E	Z	R	D	COURAGEOUS
B	F	P	O	Y	T	I	R	C	Y	I	R	N	D	N	H	E	I	COVENANT
R	L	T	M	I	T	G	P	J	N	K	H	W	F	A	V	Y	O	DECOY
H	A	N	T	E	R	H	N	O	D	V	I	N	C	N	L	A	K	EPISTLE
J	M	R	S	O	S	R	R	E	F	E	A	G	A	T	A	R	N	HELAMAN
G	A	E	I	B	N	O	A	M	R	M	E	L	T	S	I	P	E	LAMANITES
L	N	I	A	G	M	Z	U	W	A	T	V	P	I	L	B	V	A	MARCH
K	I	D	N	P	H	G	A	L	G	T	S	M	Q	A	Y	O	X	MORONI
E	T	Q	T	Q	O	T	E	Y	C	N	A	Y	E	X	N	Z	F	MOTHERS
U	E	M	I	G	S	H	E	L	F	R	I	S	Z	U	Q	T	I	NEPHITES
B	S	B	P	X	F	N	P	O	C	D	W	L	C	J	X	V	B	PRAYER
T	A	W	U	O	J	A	Z	H	U	Y	C	A	P	T	A	I	N	RIGHTEOUS
A	W	T	S	R	M	H	K	V	O	S	X	O	H	I	T	P	S	SONS OF HELAMAN
O	R	N	T	C	H	E	L	A	M	A	N	V	N	K	R	O	C	STRENGTH
I	O	S	V	L	F	X	S	Z	Q	T	Y	G	U	W	Z	T	W	STRIPLING WARRIORS
S	J	A	L	U	E	D	E	K	B	I	R	X	A	M	J	E	S	VALIANT

WHICH WORD DOES NOT BELONG?

Circle the one word in each row that does not belong with the others.

- | | | | |
|--------------|--------------------|-----------|----------|
| 1. Helaman | Stripling Warriors | Weak | Brave |
| 2. Helaman | Antipus | Ammoron | Hercules |
| 3. Disobey | Mothers | Faith | Prayers |
| 4. Lamanites | Nephites | Antipus | Helaman |
| 5. Ammoron | Lamanites | Righteous | Wicked |



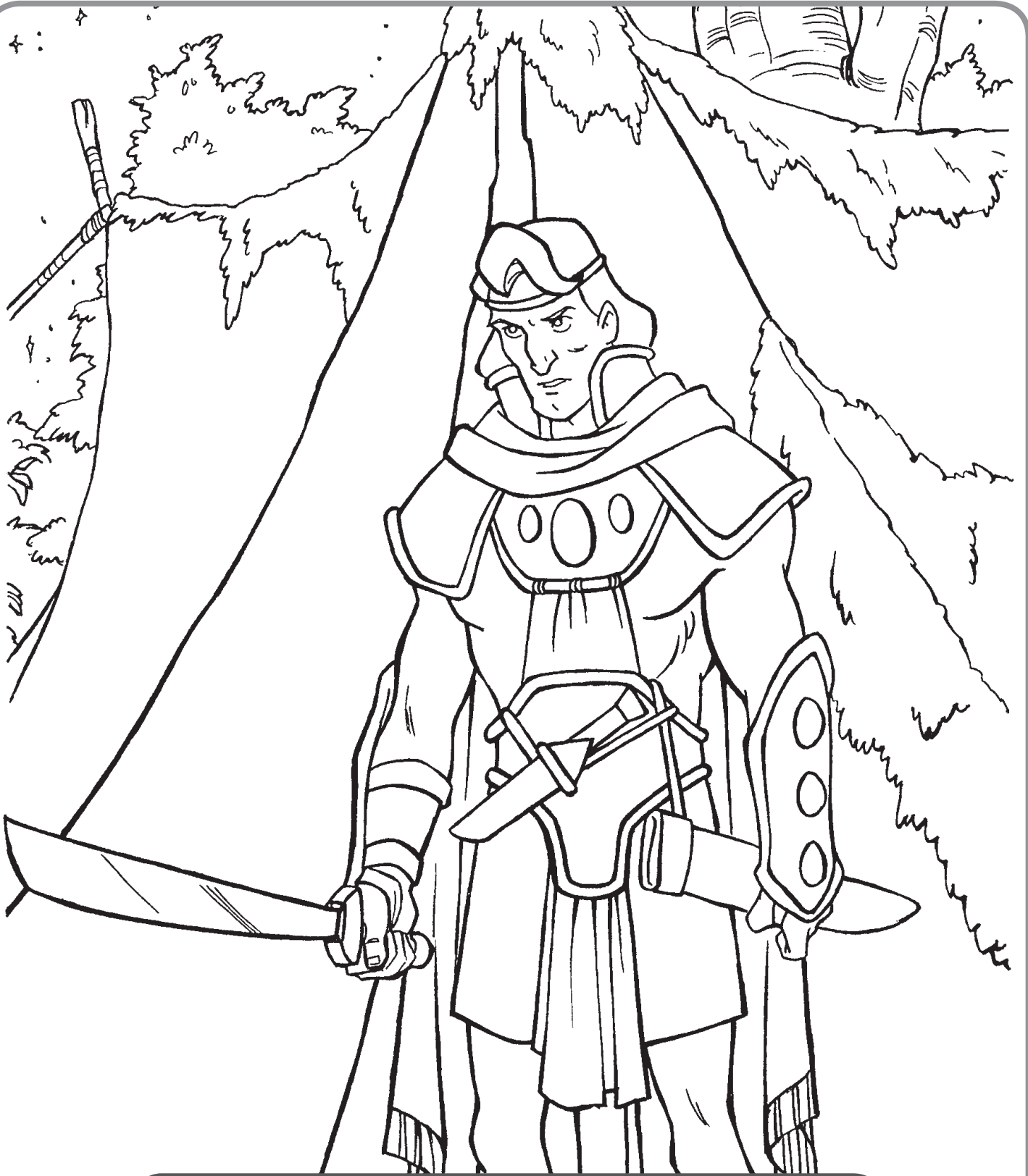
**The stripling warriors increase
their speed to a full march.**

Alma 56:35–36

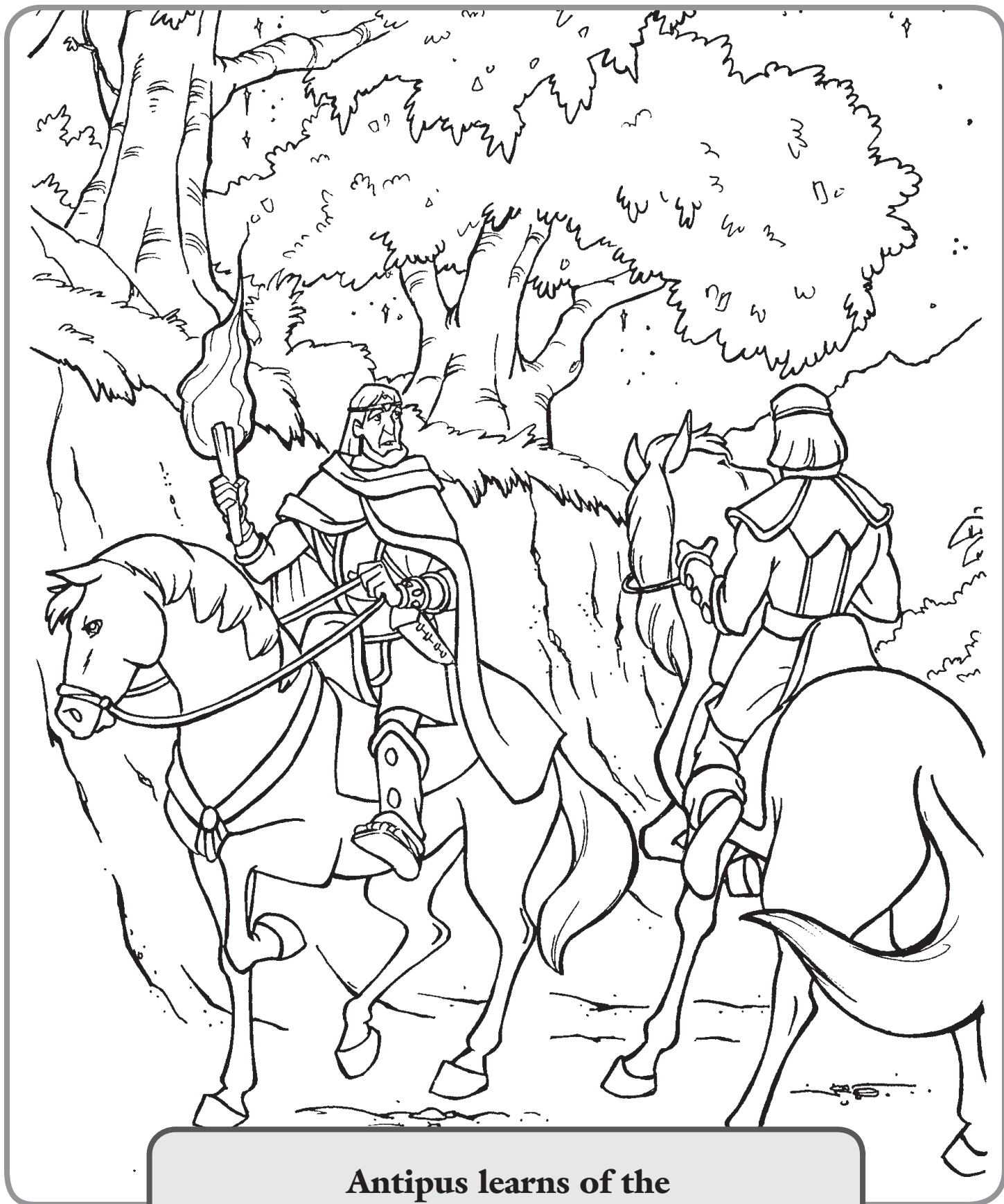


**The Lamanite captain tells Ammoron that
the stripling warriors have pulled away.**

see Alma 56:35–36



**Helaman asks his warriors
to pray for Antipus.**

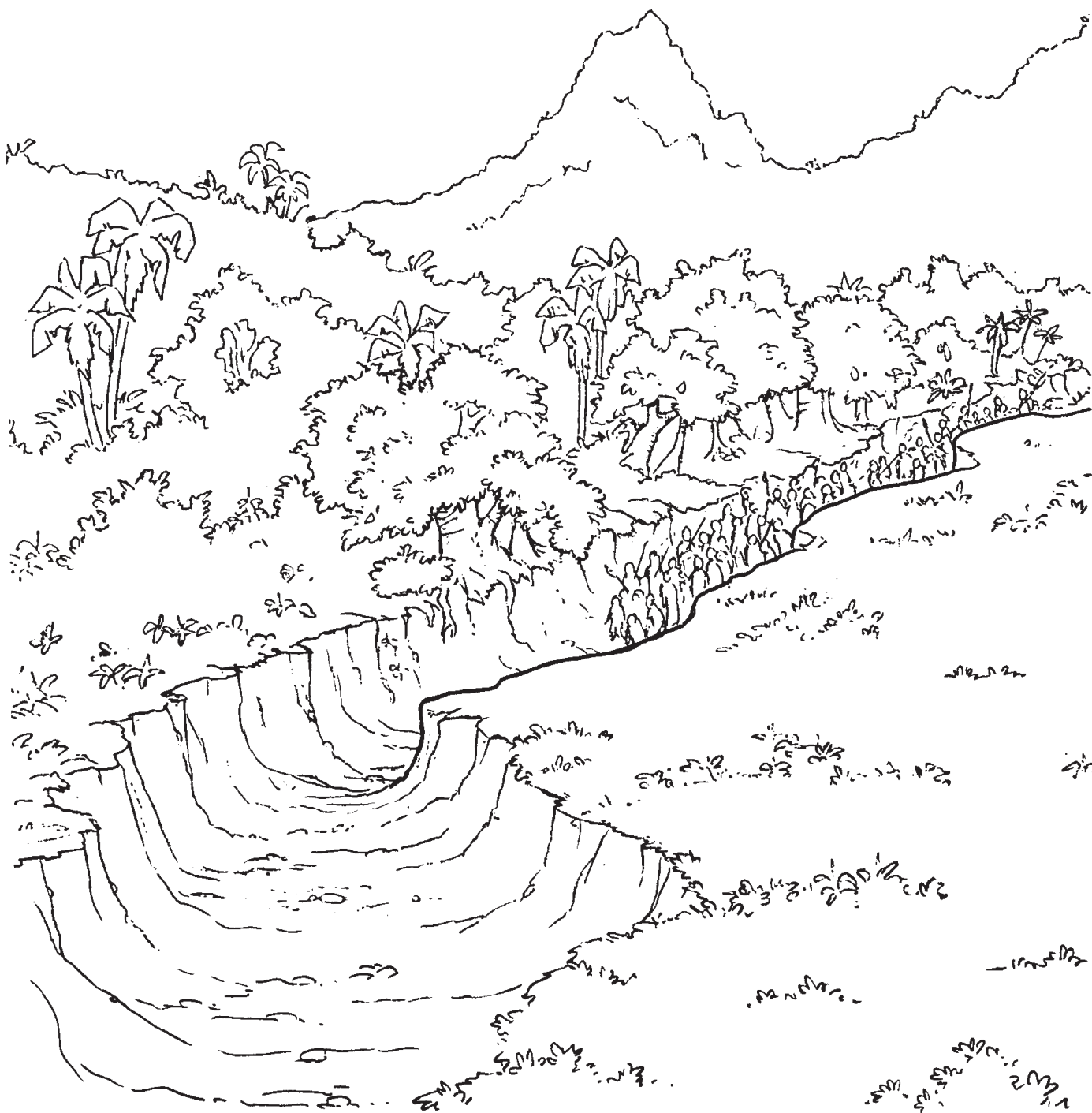


**Antipus learns of the
stripling warrior's safety.**



**Ammoron discovers the
army of Antipus behind him.**

Alma 56:37



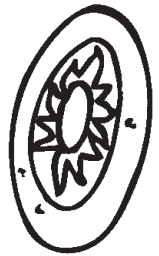
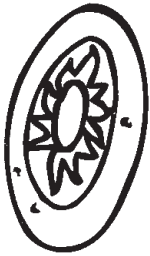
**“It was a trick! Those boys drew
us out of our stronghold!”**

see Alma 56:30–37

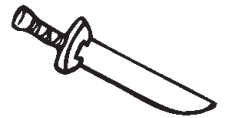
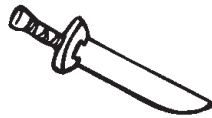
WHICH PICTURE IS NOT LIKE THE OTHERS?

Look closely at each picture and circle the one that is not alike in each row.

1.



2.



3.



4.



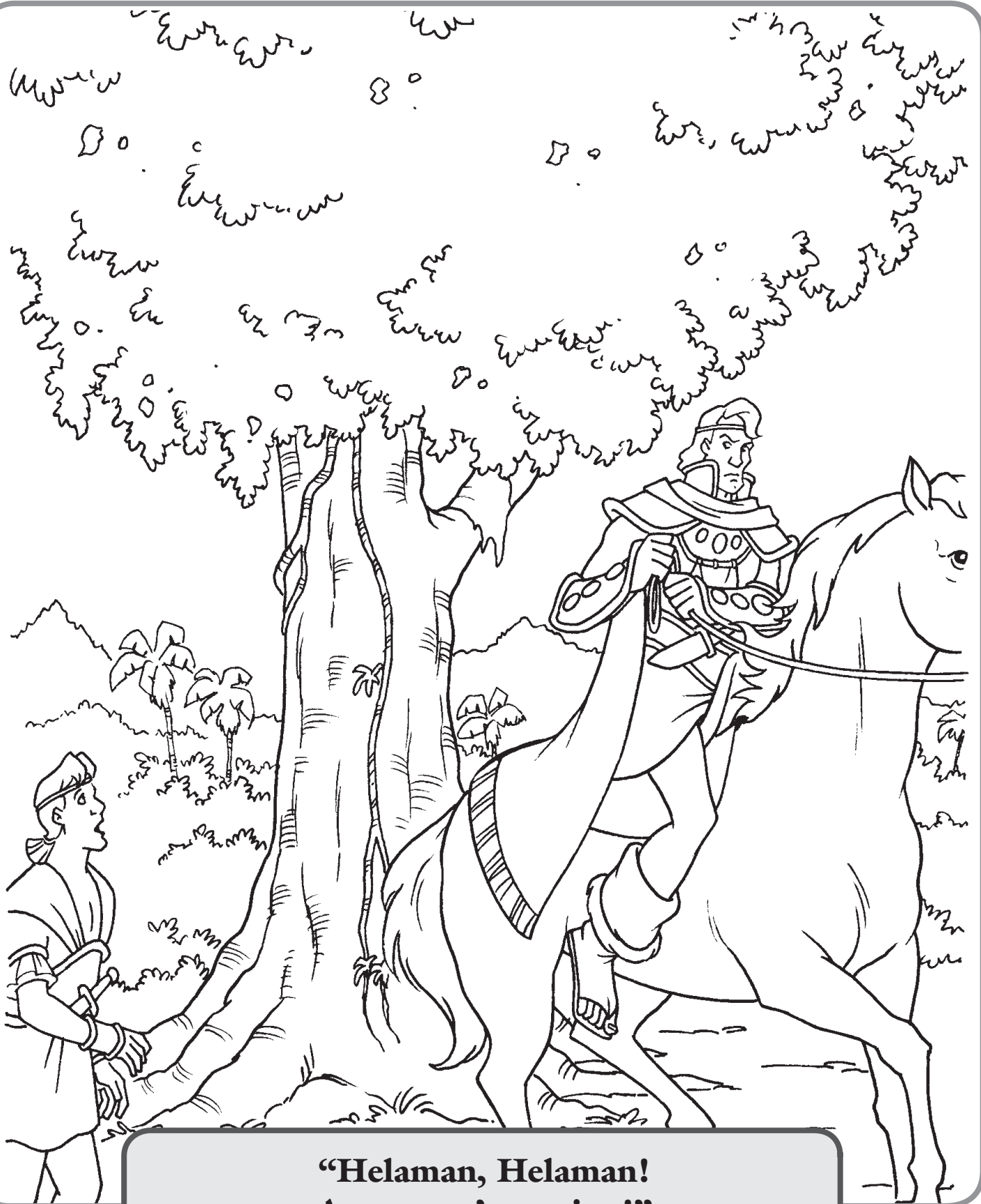
5.





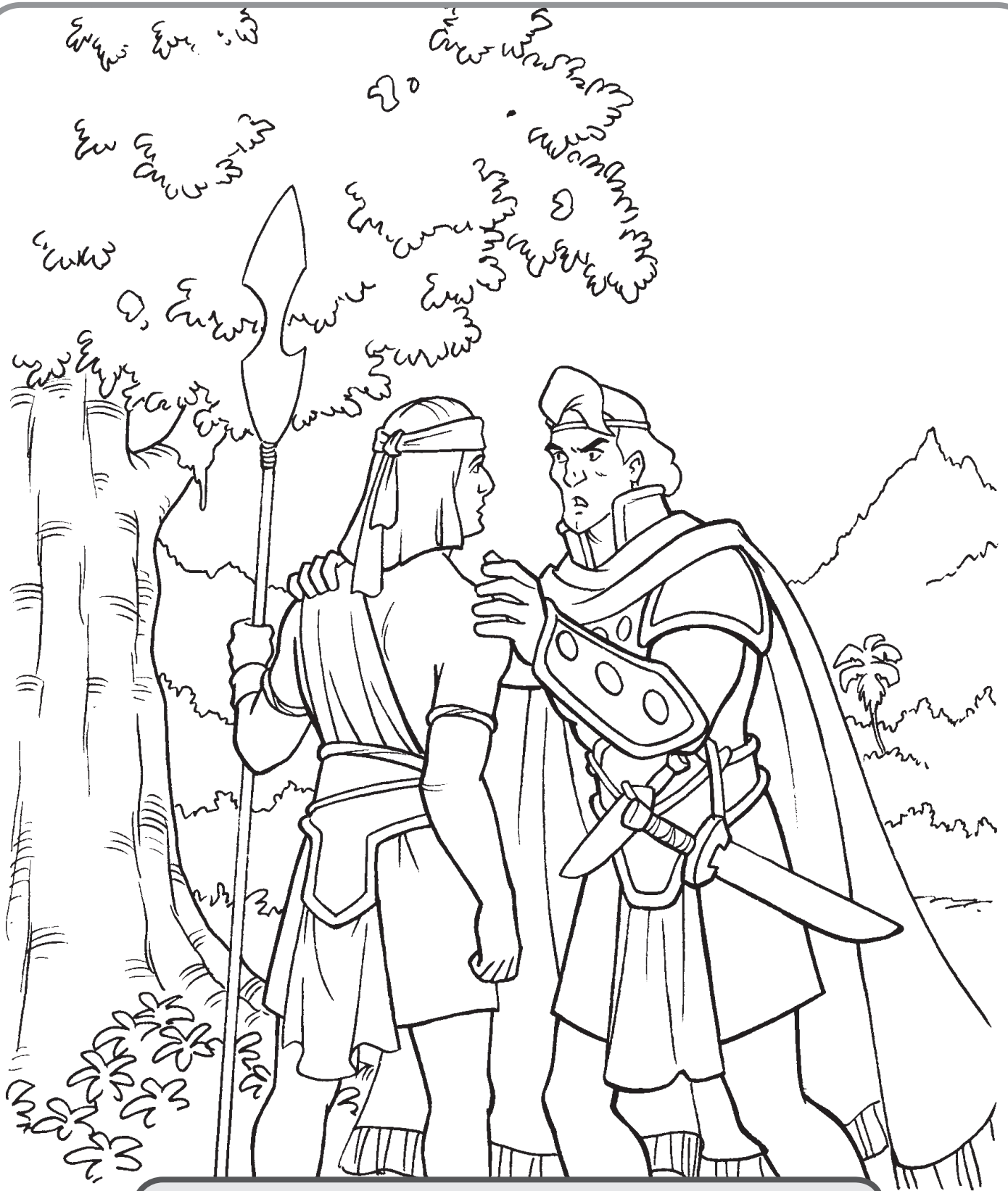
“Ammoron has gone after the boys!”

see Alma 56:37

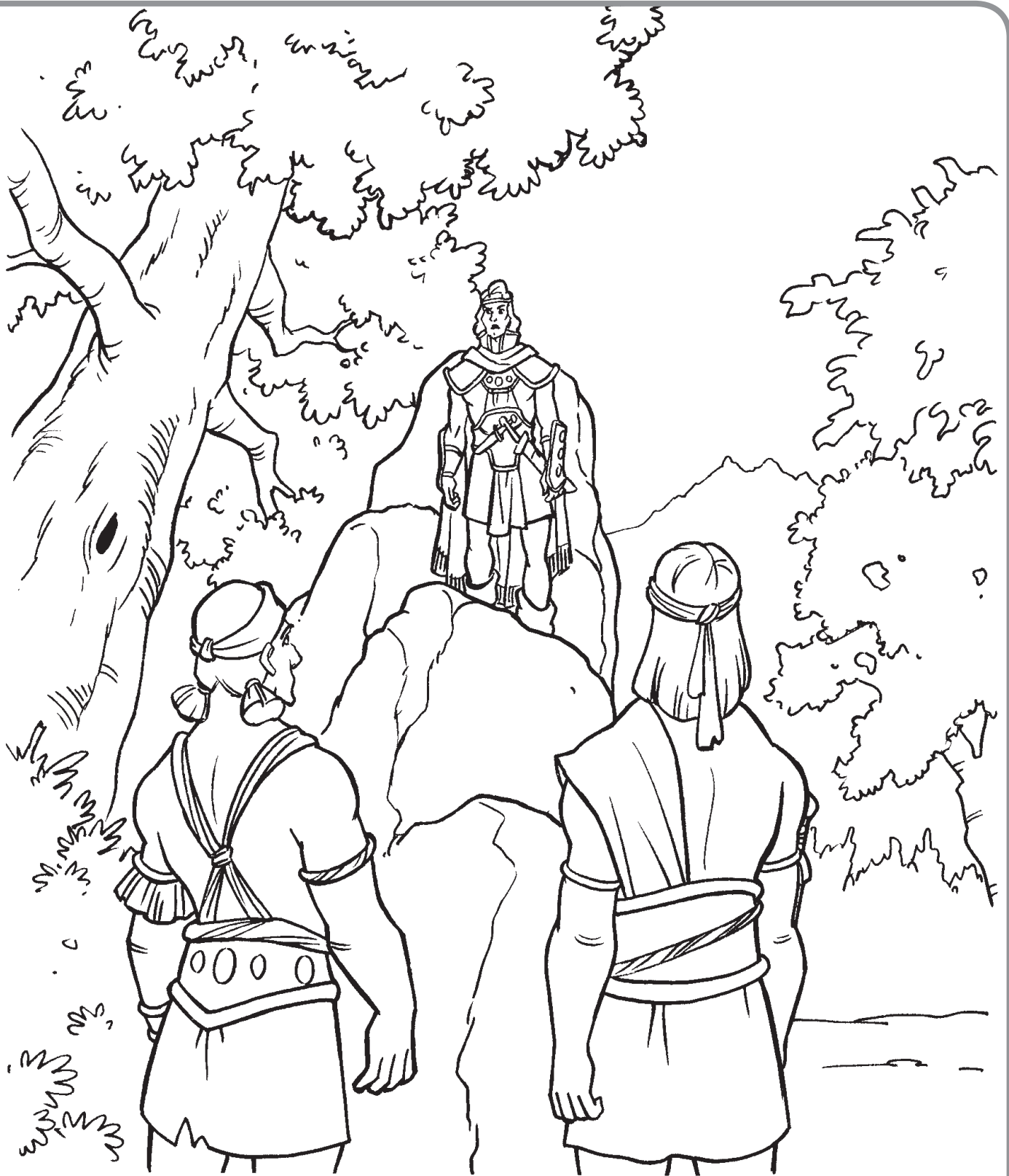


**“Helaman, Helaman!
Ammoron’s coming!”**

see Alma 56:35–41



**“I had hoped it would never
come to this, my son.”**



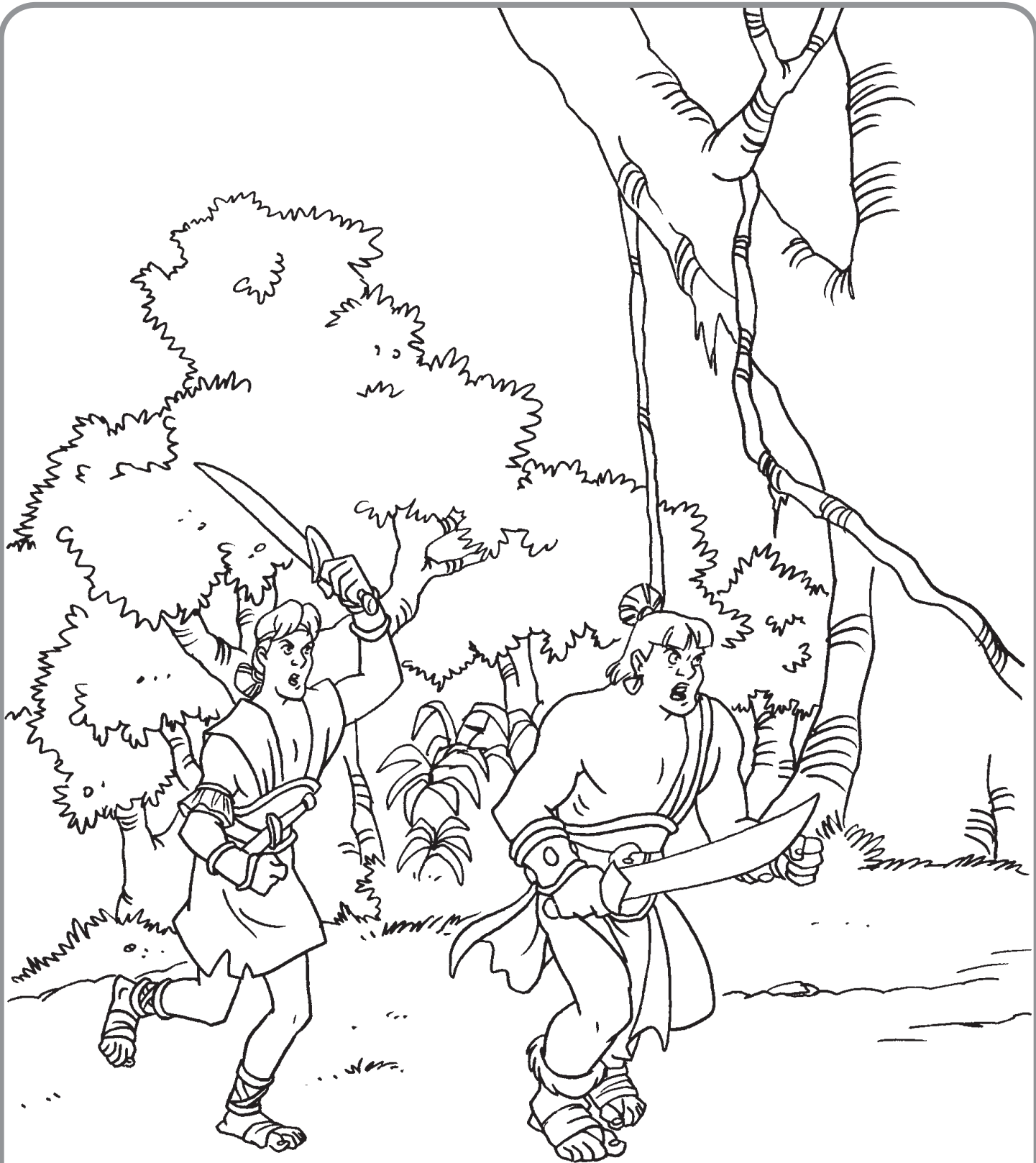
**The righteous stripling warriors decide
to go back and fight the Lamanites.**

Alma 56:44–49



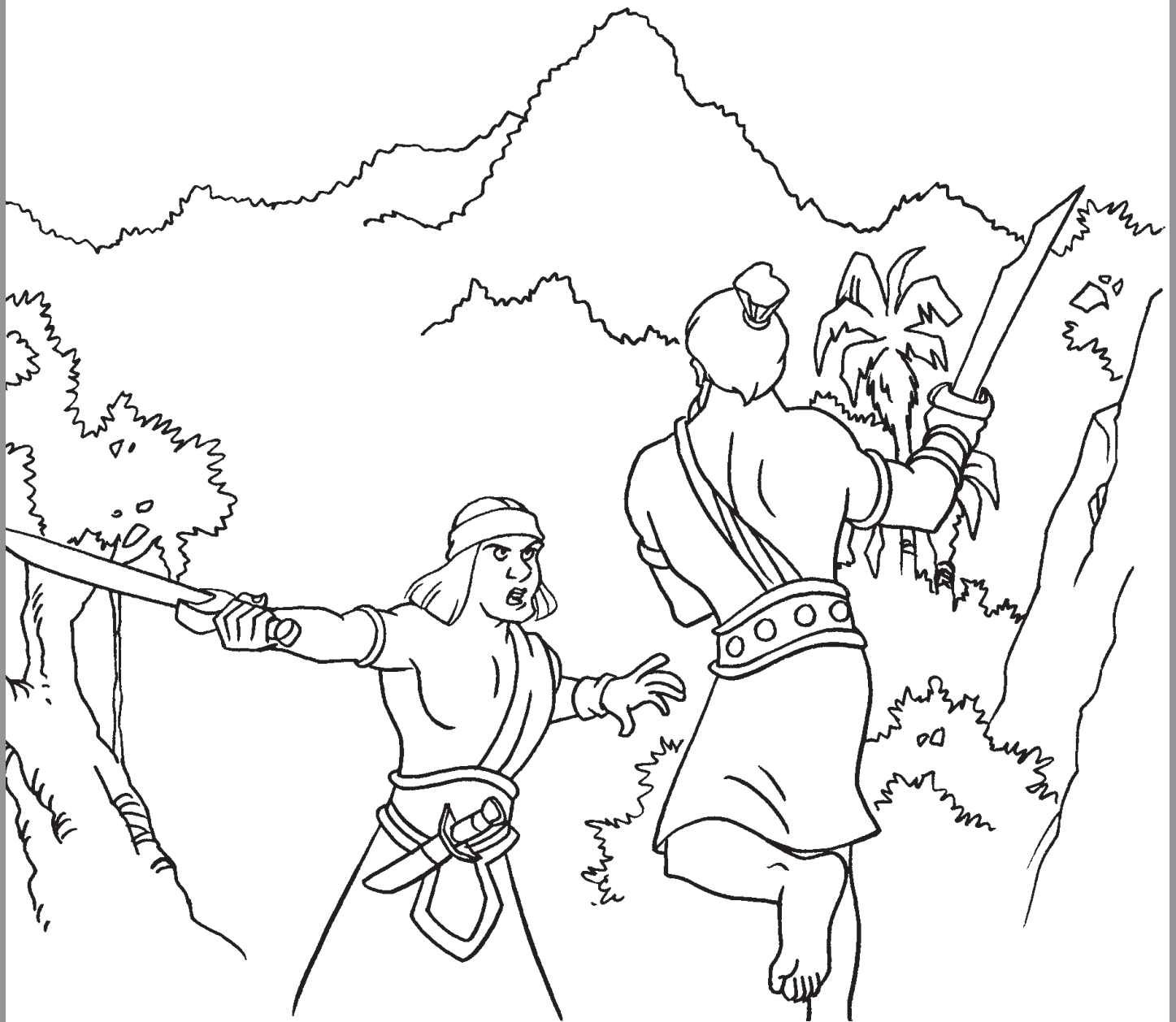
**The Lamanite armies battle
against Antipus and the Nephites.**

Alma 56:49–54



**The stripling warriors
join the Nephites in battle.**

Alma 56:49–54

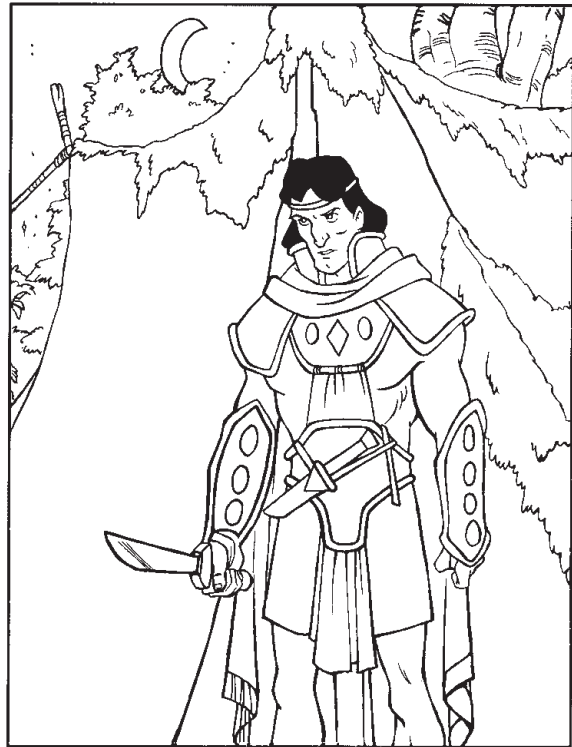
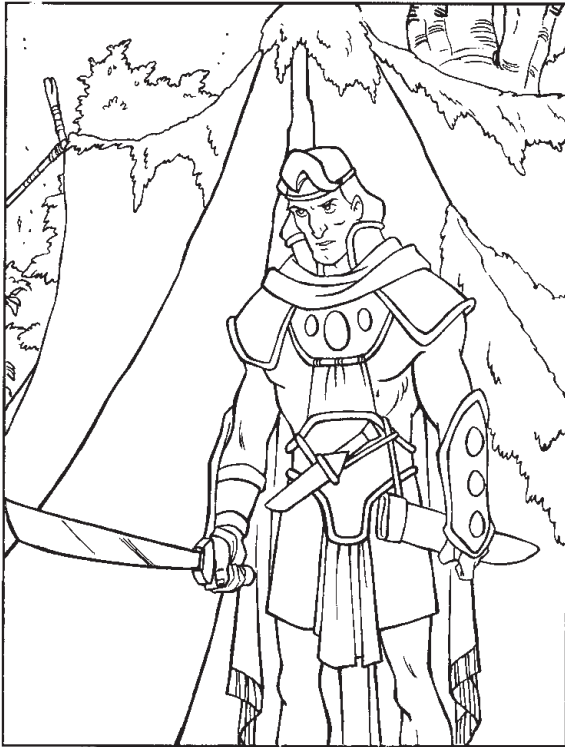


**The sons of Helaman are
courageous in their fighting.**

Alma 56:44–54

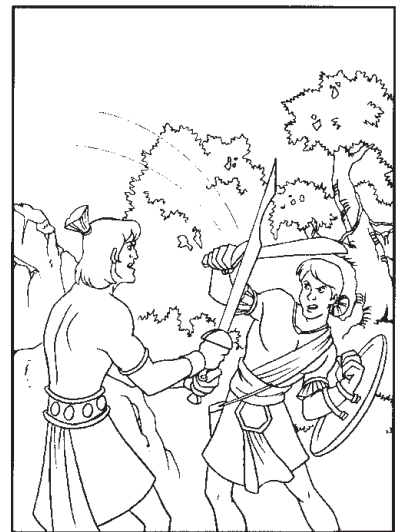
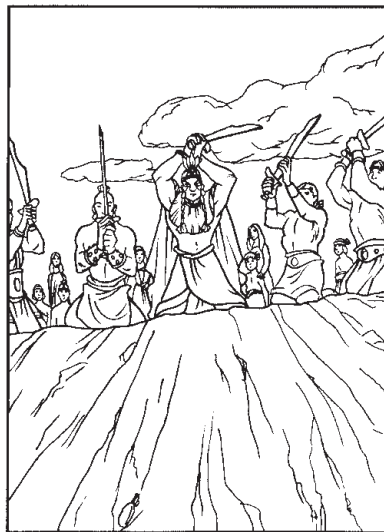
WHAT'S DIFFERENT?

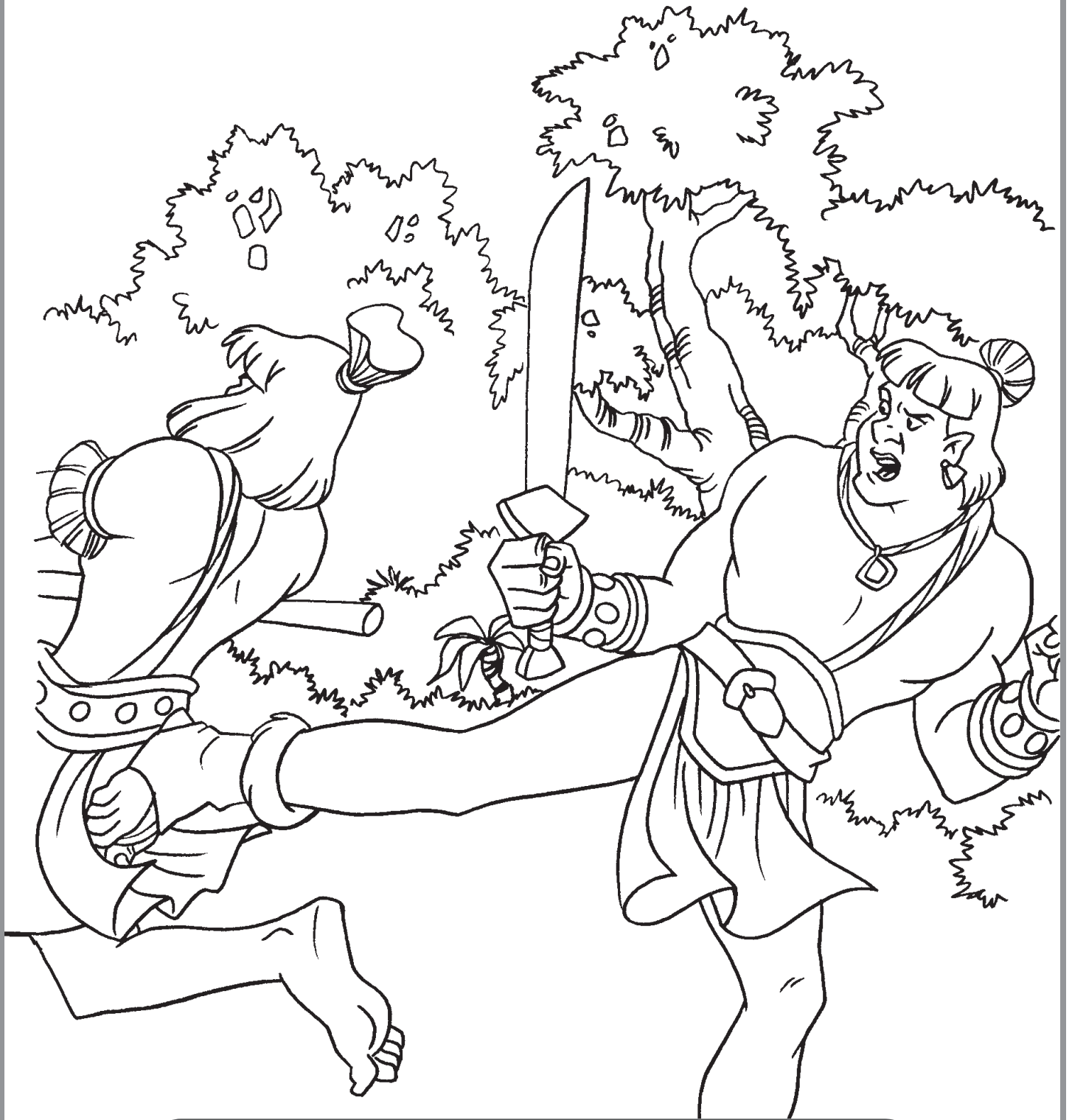
There are 10 differences between these two pictures.
See how many you can find by circling the picture on the right.



WHICH HAPPENED FIRST?

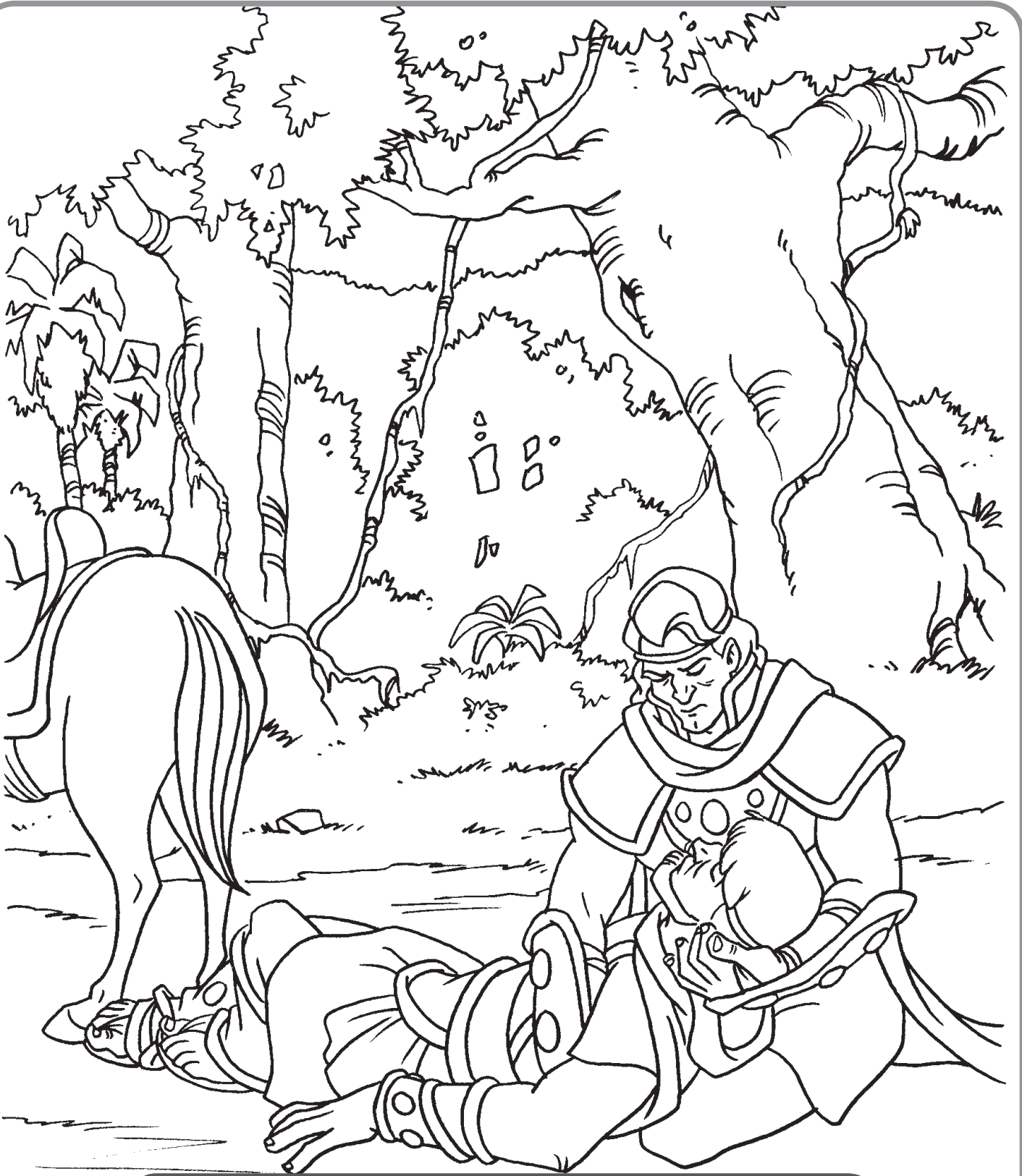
Number each picture below in the order that they happened in the video.
(For smaller children, xerox copy this page, and cut each picture apart.
Then, have the child put them in the order that they happened in the video.)



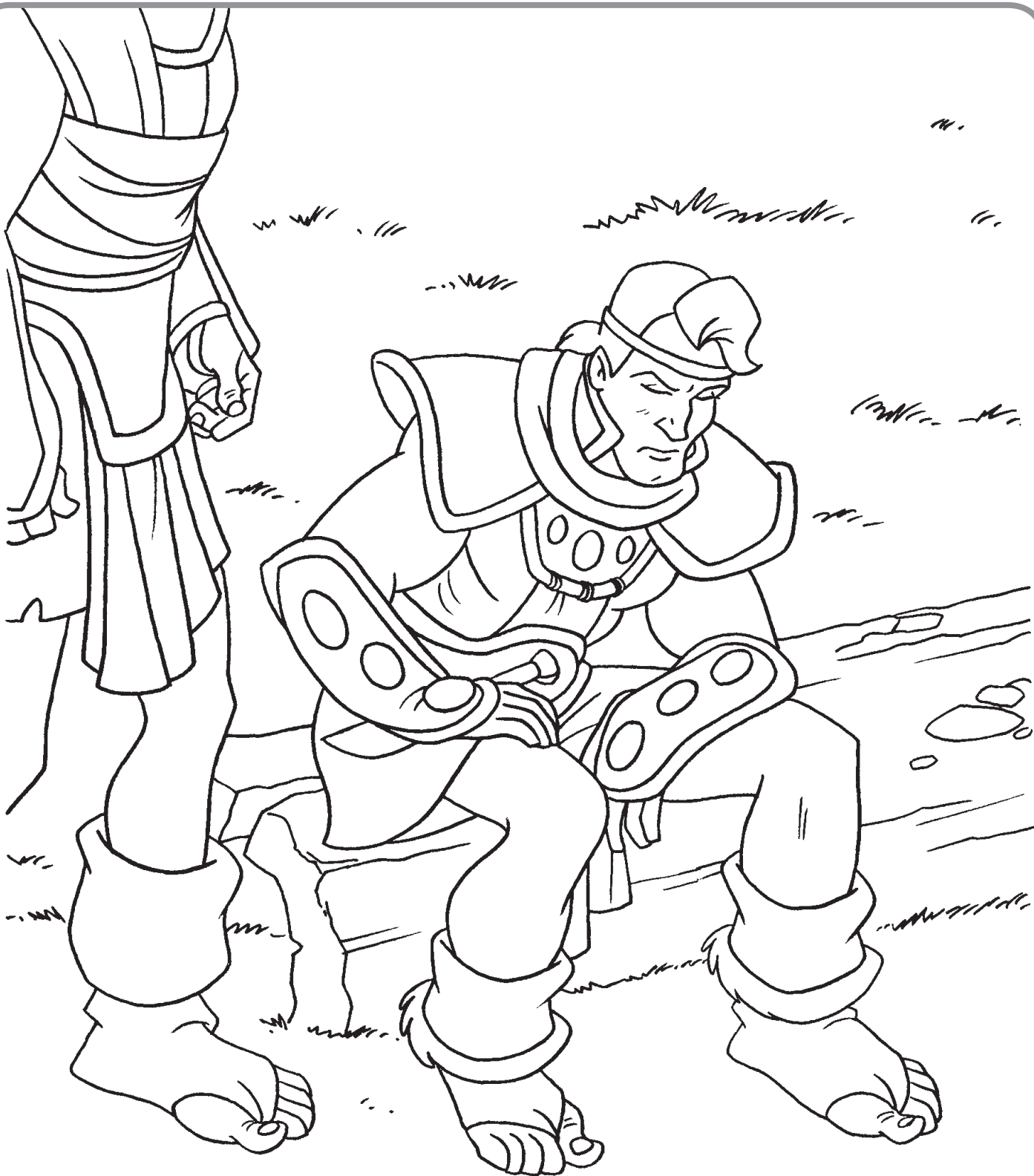


**The stripling warriors are
mighty in strength.**

Alma 56:44–56



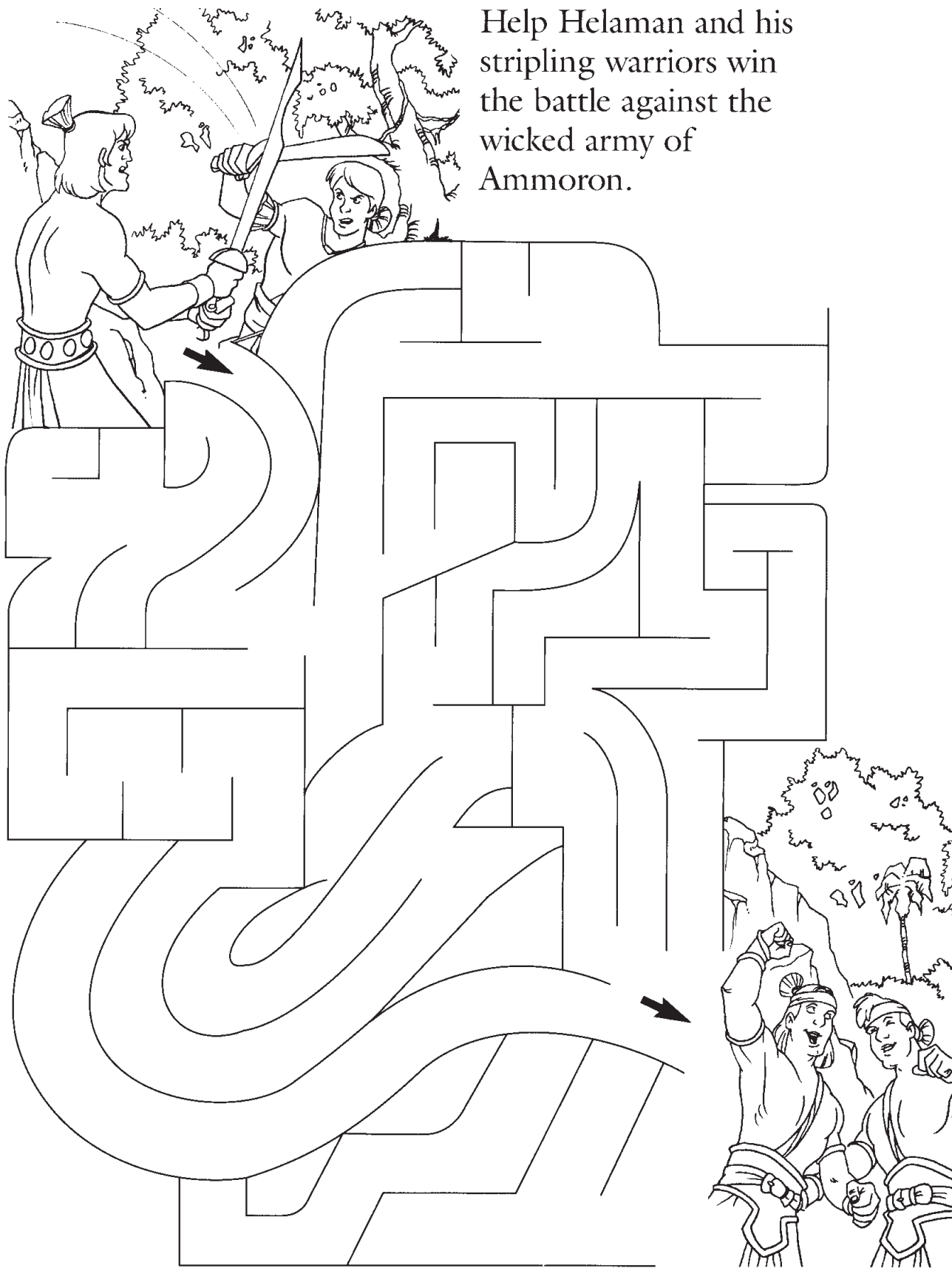
**“I’m sorry, Helaman.
I’m sorry they had to fight.”**

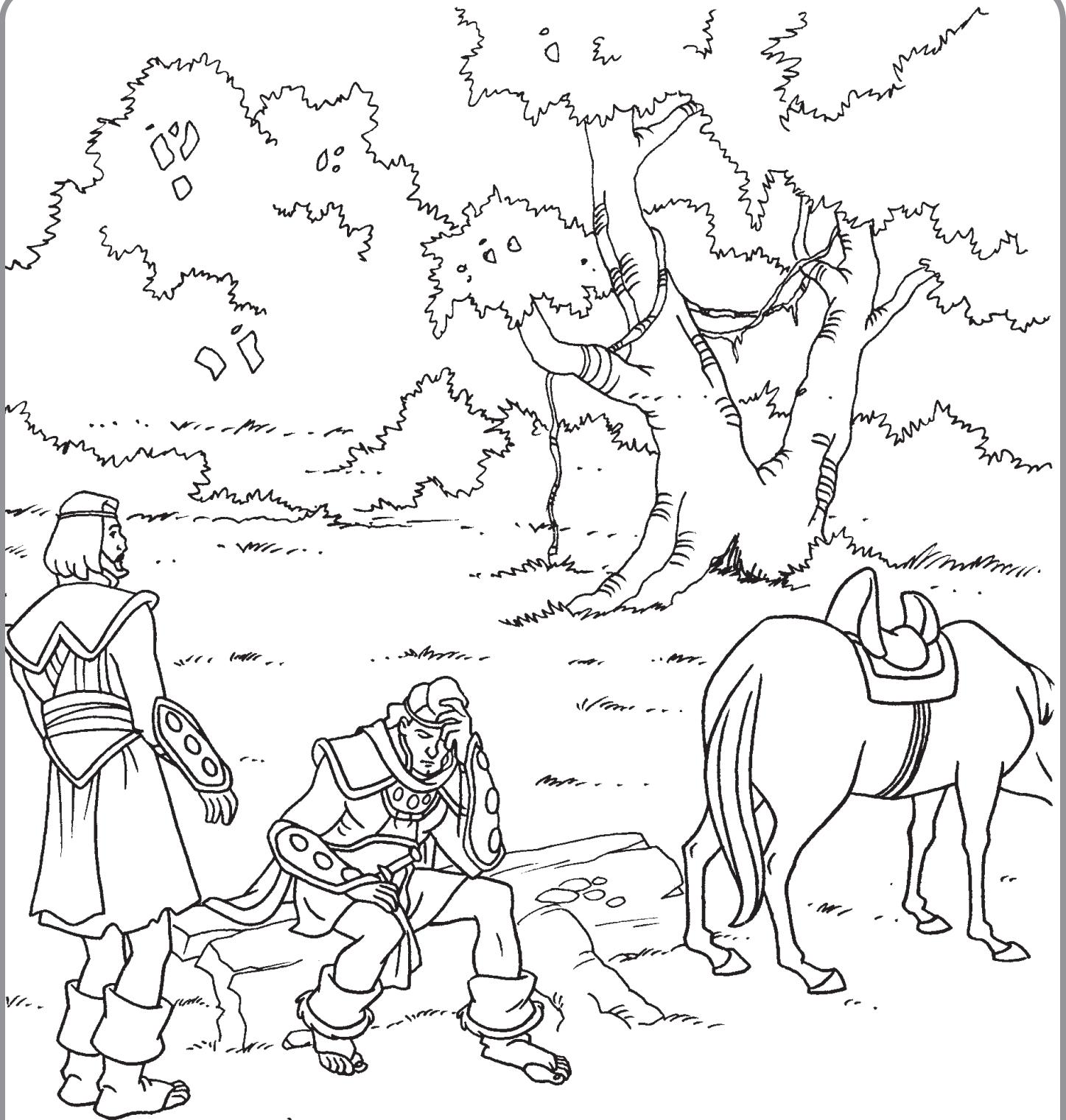


**Helaman sorrows over
the death of Antipus.**

see Alma 56:51

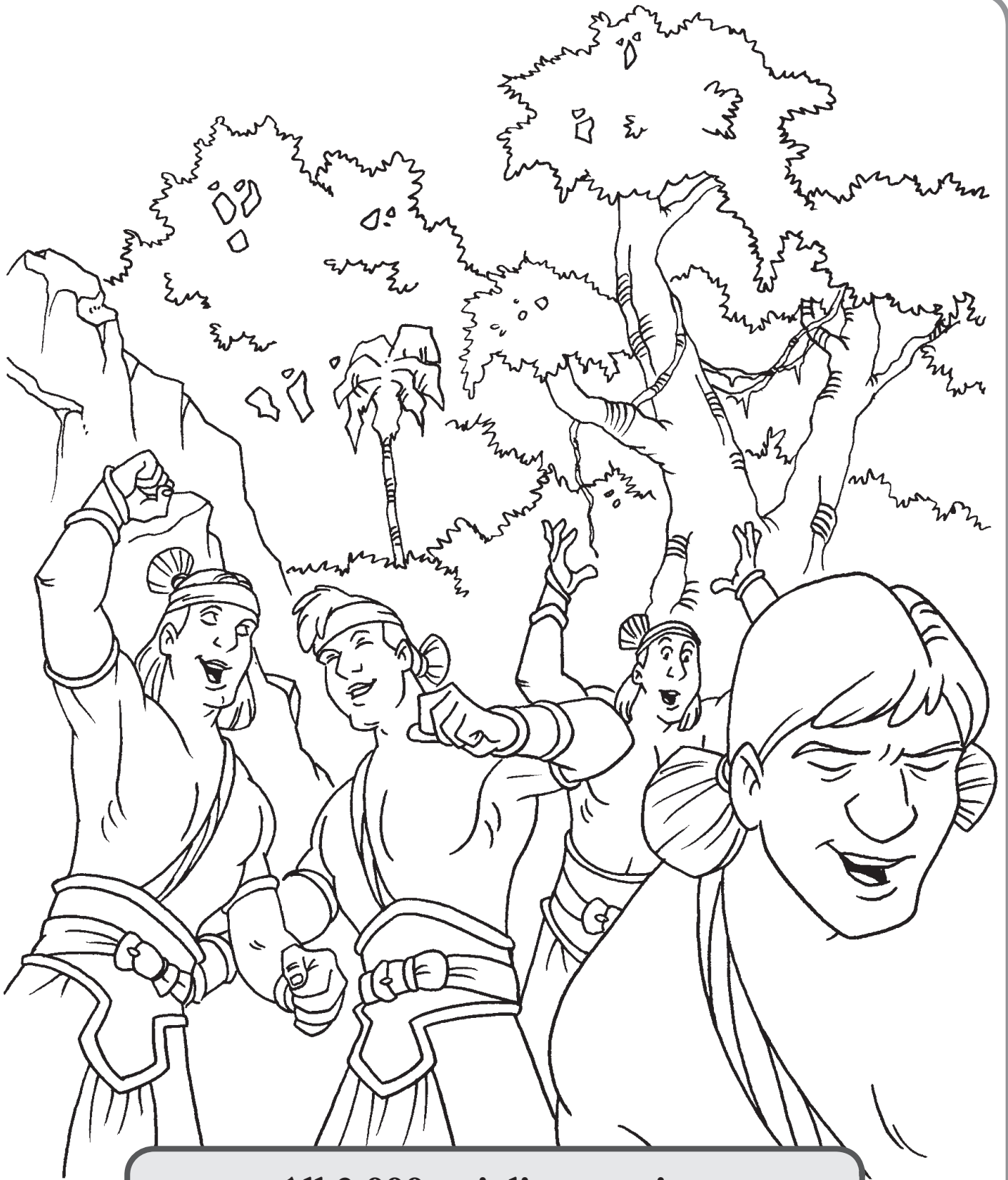
Help Helaman and his
stripling warriors win
the battle against the
wicked army of
Ammoron.





**“How many of my sons have fallen?
Please give me their names.”**

Alma 56:55–56



**All 2,000 stripling warriors
are preserved in battle.**

Alma 56:55–57

Cut along the dotted lines and put the pictures in the order that they happened.



QUESTIONS

1. How many Stripling Warriors were there?
2. Who was the leader of the Stripling Warriors?
3. Why wouldn't the fathers of the Stripling Warriors go into battle?
4. Who taught the Stripling Warriors to pray and have faith?
5. Was Helaman a righteous leader?
6. Who was the leader of the Lamanite army?
7. For what purpose did Helaman and the Stripling Warriors march away from the city so the Lamanites could see them?
8. What did the Lamanites do when they realized they had been tricked by the Stripling Warriors?
9. Which Nephite leader was killed in battle?
10. How many of the Stripling Warriors were killed in battle?

WORD SEARCHES

Look down and across to find the hidden words below:

J	Y	H	E	L	A	M	A	N	P	ARMY
S	W	O	R	D	S	T	R	I	B	BATTLE
N	S	T	B	O	Z	J	M	K	A	BRAVE
K	T	E	R	D	H	R	Y	U	T	FAITH
S	R	F	A	I	T	H	S	P	T	HELANAN
L	O	X	V	H	R	G	B	W	L	SAFETY
U	N	W	E	G	U	X	L	Q	E	STRONG
M	G	S	A	F	E	T	Y	R	O	SWORDS
Q	F	C	D	W	P	R	N	D	V	TRUE
Y	O	U	T	H	M	A	Z	B	Y	YOUTH

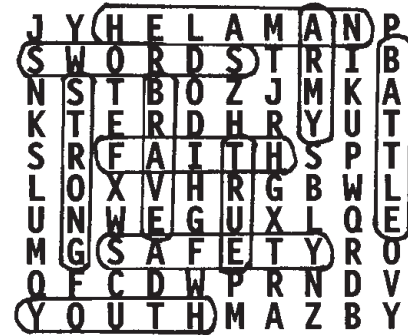


ANSWER KEY

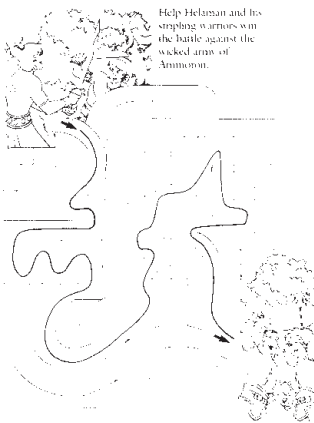
Answers to Questions:

1. 2,000. (Alma 53:16-18)
2. Helaman. (Alma 53:19)
3. Because they had buried their weapons of war and covenanted that they would not war against their brethren to shed blood ever again. (Alma 56:6; Alma 53:11)
4. Their mothers. (Alma 56:47-48)
5. Yes. (Alma 53:14-22)
6. Ammoron. (Alma 54:16)
7. They acted as a decoy to draw the Lamanites out of their strongholds so Antipus and his army could surround them and attack them from behind. (Alma 56:30-56)
8. They chased after the Stripling Warriors to kill them. (Alma 56:37)
9. Antipus. (Alma 56:51)
10. None. (Alma 56:55-56)

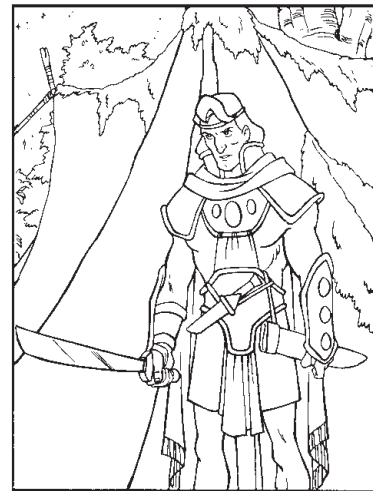
Answers to Word Search:



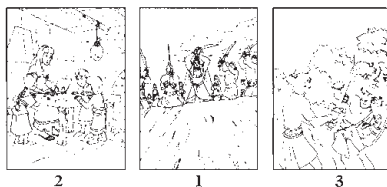
Answer to Maze:



Answers to What's Different:



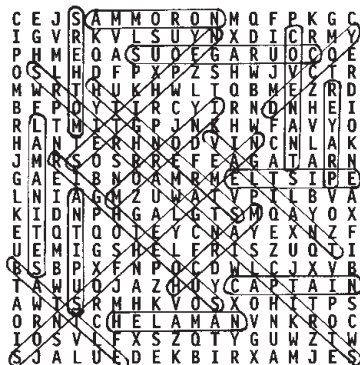
Answers to Which Happened First? Answers to Hidden Objects:



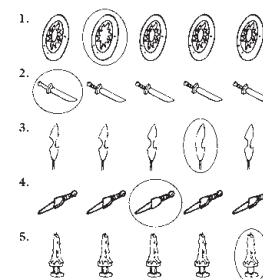
Answers to Which Word Does Not Belong?

1. Weak
2. Hercules
3. Disobey
4. Lamanites
5. Righteous

Answers to Word Search:



Answers to Which Picture Is Not Like the Others?



SCRIPTURE REFERENCES

Ammoron Discovers Nephite Army	Alma 56:37	
Ammoron Fights Antipus And Nephites	Alma 56:30-56	
Ammoron's Army, Antipus Follows	Alma 56:30-56	
Ammoron's Army Chases Stripling Warriors	Alma 56:35-42	
Antipus And Nephites, Lamanites Fight	Alma 56:30-56	
Antipus, Death Of	Alma 56:51	
Antipus Follows Ammoron's Army	Alma 56:30-56	
Antipus, Leader Of Nephite Army	Alma 56:9	
Army, Lamanite, Chases Stripling Warriors	Alma 56:35-42	
Army, Nephite, Ammoron Discovers	Alma 56:37	
Army, Nephite, Antipus Leads	Alma 56:9	
Battle Of Nephites And Lamanites	Alma 56:30-56	
Battle Plan Of Nephites	Alma 56:30-56	
Battle, Stripling Warriors Protected In	Alma 56:54-56	
Burying Of Weapons By Stripling Warriors Fathers	Alma 53:10-12	Alma 56:6
Chasing Of Stripling Warriors By Lamanite Army	Alma 56:35-42	
Courage Of Stripling Warriors	Alma 53:16-21	
Covenant Of Stripling Warriors Fathers	Alma 53:10-12	Alma 56:6
Death Of Antipus	Alma 56:51	
Decoy, Stripling Warriors As	Alma 56:30-56	
Epistle Of Helaman To Moroni	Alma 56	
Faith Taught To Stripling Warriors By Mothers	Alma 56:47-48	
Faithfulness Of Stripling Warriors	Alma 53:16-21+	
Fathers Of Stripling Warriors Bury Weapons Of War	Alma 53:10-12	Alma 56:6
Fighting Of Stripling Warriors	Alma 56:43-56	
Helaman Leads Stripling Warriors To Battle	Alma 56:30-56	
Helaman's Epistle To Moroni	Alma 56	
Helaman's Stripling Warriors	see Alma 53:16+	
Lamanite Army Chases Stripling Warriors	Alma 56:35-42	
Lamanites Discover Nephite Army	Alma 56:37	
Lamanites Drawn From Stronghold By S Warriors	Alma 56:30-56	
Lamanites Followed By Antipus' Army	Alma 56:30-56	
Lamanites, Stripling Warriors Decide To Fight	Alma 56:43-56	
Leader Of Nephite Army, Antipus	Alma 56:9	
Leader Of Stripling Warriors, Helaman As	Alma 53:19	
Moroni, Helaman's Epistle To	Alma 56	
Mothers Teach Stripling Warriors Faith, Prayer	Alma 56:47-48	
Nephite Army, Ammoron Discovers	Alma 56:37	
Nephite Army, Antipus Leads	Alma 56:9	
Nephite Army Follows Ammoron	Alma 56:30-56	
Nephite Army, Stripling Warriors Strengthen	Alma 56:43-56	

SCRIPTURE REFERENCES

Nephites Battle Plan Of	Alma 56:30-56	
Nephites, Lamanites Fight	Alma 56:30-56	
Oath Of Stripling Warriors Fathers	Alma 53:10-12	Alma 56:6
Plan, Battle, Of Nephites	Alma 56:30-56	
Prayer Taught To Stripling Warriors By Mothers	Alma 56:47-48	
Preservation Of Stripling Warriors In Battle	Alma 56:55-56	
Protection Of Stripling Warriors In Battle	Alma 56:54-56	
Pursuit Of Stripling Warriors By Lamanite Army	Alma 56:35-42	
Safety To Stripling Warriors In Battle	Alma 56:54-56	
Strength Of Stripling Warriors	Alma 53:16-21	
Strengthening Of Nephite Army By Stripling Warriors	Alma 56:43-56	
Stripling Warriors Chased By Lamanite Army	Alma 56:35-42	
Stripling Warriors Decide To Battle Lamanites	Alma 56:43-56	
Stripling Warriors Draw Lamanites From Stronghold	Alma 56:30-56	
Stripling Warriors, Faithfulness Of	Alma 53:16-21+	
Stripling Warriors, Helaman's	see Alma 53:16+	
Stripling Warriors Prepare For War	Alma 53:16-22	
Stripling Warriors Safe In Battle	Alma 56:54-56	
Stripling Warriors Strengthen Nephite Army	Alma 56:43-56	
Stronghold, Stripling Warriors Draw Lamanites Out	Alma 56:30-56	
Teaching Of Stripling Warriors By Mothers	Alma 56:47-48	
Two Thousand Stripling Warriors	Alma 53:16-19	
War, Stripling Warriors Prepare For	Alma 53:16-22	
Warriors, Stripling (see Stripling Warriors)		
Weapons Buried By Fathers Of Stripling Warriors	Alma 53:10-12	Alma 56:6
Youth, Stripling Warriors Learn To Pray In	Alma 53:21	

POINTS TO PONDER

1. The Stripling Warriors had much courage and faith. Are you faithful enough to receive protection from God as the Stripling Warriors did?
2. The Stripling Warriors were taught to pray and have faith by their mothers. They also had great love and respect for their parents. Do you respect your parents and obey them as much as you should?

Certificate of Achievement

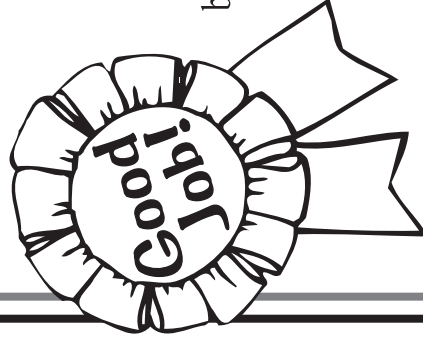
This certifies that

_____ has mastered

Helaman's Stripling Warriors

RESOURCE & ACTIVITY BOOK

by successfully completing all of the puzzles, games, and activities found herein.



As of this date _____



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