

## The Iron Rod Actions

- **To Nephi seer of olden time:** tap the sticks heading up (as if growing old!)
- **a vision came from God:** tap the sticks in a big circle (creating a cloud or vision)
- **wherein the holy word sublime:** create a big rainbow as if turning pages in a big book
- **was shown an iron rod:** tap the sticks out in front
- **Hold to the rod:** tap right hand on top to the left then tap left hand on top to the right
- **the iron rod:** tap straight out in front
- **'tis strong:** cross arms and tap biceps (for strong)
- **and bright:** tap top of head
- **and true:** tap over heart
- **The iron rod:** tap straight out in front
- **is the word of God:** create a big rainbow as if turning pages in a big book
- **'twill safely guide us through:** tap above head with elbows bent, then tap forward (like air traffic control guides)