

# Family Night FUN

Here are some fun FHE ideas from this month's magazine. What other ideas can you come up with?

## PEACE Jars

Read "The Little Bottle of Silence" on page 4. Just like Gage used his bottle of silence to help him feel peace when his uncle died, you can create your own peace jar to help you feel better when hard things happen.

1. Find a clean, empty jar for each family member. Or use one jar for the whole family to share.
2. Talk about ways you can feel peace when hard things happen.
3. Draw or write down these activities on slips of paper and put them in your jar.
4. Put the jar where you'll see it often. Whenever you feel sad and need some comfort, take a piece of paper out of the jar and do what it says.

Is there a topic you'd like to learn about with your family? Go to [lessonhelps.lds.org](http://lessonhelps.lds.org) to find stories, activities, and media.

## Funny FACES

Make these fun pizzas as a family. Then talk about how you handle different feelings. What do you do when you're happy? What about when you're sad or mad?

English muffins  
pizza sauce  
shredded cheese  
pizza toppings (like pepperoni, olives, pineapple, sausage, or vegetables)

1. Preheat oven to 425°F (220°C). Cut each English muffin in half to make two circles. Place each circle crust-side down on a large baking sheet.
2. Spread pizza sauce on each muffin half. Then sprinkle shredded cheese on top.
3. Use the pizza toppings to decorate your pizzas to look like faces with different feelings—happy, sad, silly, mad, or anything else you can think of!
4. Bake pizzas for 8–10 minutes. Let them cool before eating.



# PEACE AND PATIENCE

Here are some ways to work on being patient when hard things happen.

- Don't forget that Heavenly Father loves you.
- Spend time alone. Think about what's bothering you and ways to fix it.
- Serve others. You'll focus less on your problems when you're helping someone else!
- If sad feelings continue for a long time, ask a parent for help.

# TASTY TREATS

Try these for FHE this month!

- Mix 4 ounces (110 g) cream cheese, 8 ounces (225 g) cottage cheese, and 1 1/2 tablespoons ranch dressing mix. Serve with pita chips or veggies.
- Pop 1/2 cup popcorn kernels. Toss with 2 tablespoons taco seasoning and salt to taste.
- Dip peeled banana halves in melted chocolate. Sprinkle with nuts if you want. Freeze on waxed paper until chocolate is set.



# MORE FHE IDEAS

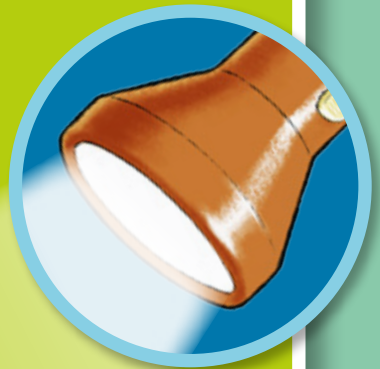
Look for these pictures in the magazine to find the stories and articles they go with! (Find the page numbers below.)



**IDEA 1:** Take turns reading "Be Smart, Be Safe, and Have Fun!" Then read "The Hidden Video Game." Now's a great time to write or review media guidelines for your family!



**IDEA 2:** Modesty is a lot more than the way we dress! Do the activity "Shine Your Light!" together. How will you shine a light for others?



**IDEA 3:** Share family stories you love! Write down one of the stories together and have everyone help illustrate a page. Use "Write Your Own Story!" to help make your new book.



Idea 1: 24, 26; Idea 2: 36; Idea 3: 37