



Family Night FUN

MOOD Music

Read “Bonnie’s Song” on page 4. The music we sing and listen to can affect our mood and our thoughts. Test out how good music can affect the spirit in *your* home.

1. Look through your music collection. How do the songs make you feel?
2. Make a “Sunday music” basket for CDs or a playlist on your computer for songs that help you feel close to the Savior.
3. Visit [lds.org/youth/music](https://www.lds.org/youth/music) and music.lds.org to stream or download free music to add to your collection. Or find sing-along videos at [children.lds.org](https://www.children.lds.org).
4. On Sundays listen only to your Sunday music. Try it for a month. Does Sunday feel different? With your family, talk about any changes you’ve noticed in your home.

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

Here are some family home evening ideas from this month’s magazine. What other ideas can you come up with?

Cheesy Garlic Bread Notes

Good music can fill our souls with the Spirit. These musical notes will fill something else—your stomach! (Be sure to get an adult’s help.)

1. Roll out 2-inch (5-cm) wide strips from pre-packaged bread dough or your favorite bread recipe.

2. Fill the center of each strip with shredded cheese. Fold the dough so the edges touch, with the cheese inside. Pinch the edges of the dough together.

3. Twist the dough into music note shapes. Brush with melted butter and sprinkle with garlic powder.

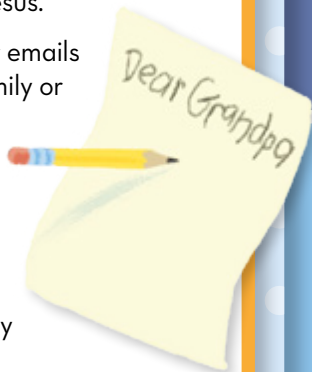
4. Bake at 350°F (180°C) for 15 minutes, or adjust bake time according to your bread dough recipe.



A SPECIAL SABBATH

We choose to make Sunday stand out from the rest of the week. What can you do to keep the Sabbath day holy?

- Read the scriptures or other books about Jesus.
- Write letters or emails to far-away family or friends.
- Teach your parents what you learned in Primary.
- Help your family make dinner.
- Make a craft to give to a friend.
- What are some other ideas?



BONUS TREAT

Cut 2 peaches into small pieces.
Mix with 2 cups raspberries,
2 tablespoons sugar,
and 1 tablespoon lemon juice.
Let sit for 20 minutes.
Serve on vanilla ice cream.



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: Read “The Bad Picture” and complete this month’s CTR Challenge as a family.



IDEA 2: Jesus is a friend to everyone. You can be too! Read the message from Elder Andersen and “Chameleons and New Friends.” Then think of someone who needs a friend, and do something kind for them as a family.



IDEA 3: Go on a walk to a quiet place like a nature trail or nearby park. Sit and read “Ralphie’s Amazing Find.” Bring your family night treat with you! Maybe some choc balls?

Idea 1: 8; Idea 2: 12, 22; Idea 3: 18