

MY FAMILY NIGHT FUN

These ideas go along with *Come, Follow Me*—for Individuals and Families each week.



Fly Your Flag

For Alma 43–52



Sing “Home Can Be a Heaven on Earth” (*Hymns*, no. 298).

Captain Moroni made a flag out of his coat to remind his army that they were fighting for their families, their faith, and their freedom (see Alma 46:12). This flag was called the title of liberty.

Make your own flag! On a piece of paper, draw pictures of what’s important to you and your family. Hang it up as a reminder.

Stripling Warrior Challenge

For Alma 53–63



Sing “We’ll Bring the World His Truth” (*Children’s Songbook*, 172–73).

Learn about the army of Helaman! You can read the story in Alma 56–57, or on page FJ4.

Now use page 8 to do a stripling-warrior challenge! What other challenges can you come up with?



Blow That House Down

For Helaman 1–6

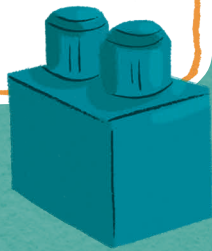


Sing “The Wise Man and the Foolish Man” (*Children’s Songbook*, 281).

The prophet Helaman taught that we need to build our foundation on Jesus Christ. That way when the storms of life come, we can stand strong. (See Helaman 5:12.)

Now build two different kinds of houses, one out of paper or cards and the other with building blocks.

Next blow on both houses as hard as you can. Do both houses stand strong against the wind? How does building your life on Jesus Christ make you strong?



Memory Quest

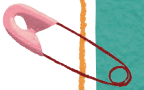
For Helaman 7–12



Sing “Follow the Prophet” (*Children’s Songbook*, 110–11).

Sometimes the Nephites forgot to “remember the Lord” and obey His commandments (see Helaman 12:5). How does remembering Jesus help you do what’s right?


Now play a game about remembering! Put 10 objects in a pile. Have one person look at the pile and try to remember all the objects and then leave the room. Have several people take away one object from the pile. When the person comes back, they guess what’s missing.



TREAT TIME

Potato Chips

 Peel and cut several **potatoes** into thin slices. Toss with oil. Arrange slices on a greased baking sheet.

 Sprinkle with **dried rosemary**, **salt**, and **paprika**.

Bake at 400°F (200°C) for 20–25 minutes.

PB&J Sushi Rolls



Remove crusts from a slice of **bread** and roll it flat with a rolling pin or cup.



Spread with **peanut butter** (or other nut butter) and **jelly** and roll tightly. Cut into 2-inch (5-cm) pieces and enjoy!



Ice-Cream Cookie Pie



Crush 20 **chocolate sandwich cookies** into crumbs. Mix crumbs with 3/4 stick melted **butter** and press into the bottom of a pie dish.



Spread 1 1/2-quart (1.4-L) softened **ice cream** on top, then drizzle with 1 cup **melted chocolate**. Freeze pie for 4 hours.