

MY FAMILY NIGHT FUN

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

Digging Deep!

For Alma 23-29



Sing "Keep the Commandments" (*Children's Songbook*, 146-47).

The Anti-Nephi-Lehies made a promise with God that they wouldn't fight again. They buried their weapons in the ground (see Alma 23:7, 24:17).

Take a small piece of paper and write down something you want to stop doing, like fighting or complaining. Share what you wrote, and promise to do your best to stop doing that thing. Then rip the paper into tiny pieces and bury it in the ground.

Paper Prayer Planes

For Alma 30-31



Sing "My Heavenly Father Loves Me" (*Children's Songbook*, 228-29).

The Zoramites believed they could only pray once a week from a tall tower, using the same words (see Alma 31:12-22). But Alma knew he could pray to God about anything, anytime, anywhere (see Alma 31:26-36).

Read "Prayers and Planes" (page 4). How did Heavenly Father answer Vern's prayers? How has He answered your prayers?

Now help everyone make a paper airplane. Take them outside and see how far they fly!

Growing Faith

For Alma 32-35

 Sing "Faith" (*Children's Songbook*, 96-97).

The prophet Alma taught us that faith grows like a seed (see Alma 32:28-30). Faith starts small, but as we work to help it grow, it can become strong!


Color the pages for the booklet on page 24 with your family. How can you help your faith grow?

Salt and Pepper Experiment

For Alma 39-42

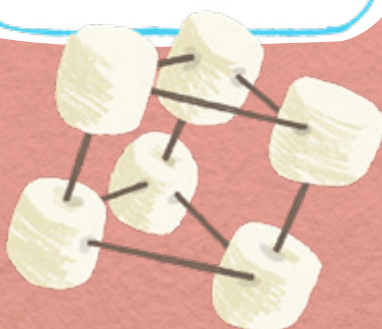
Small, Small, Tall!

For Alma 36-38

 Sing "Once There Was a Snowman" (*Children's Songbook*, 249).

Alma taught his son that by "small and simple things are great things brought to pass" (Alma 37:6). That means that the small, good things we do each day can make a big difference.

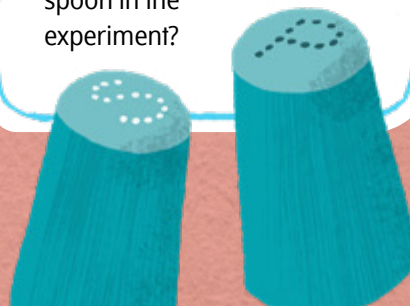
Now build something big out of something small! What could you use? You can also plan a small act of service your family could do together.



 Sing "Repentance" (*Children's Songbook*, 98).

The prophet Alma had a son who made bad choices. Alma taught him to "repent and forsake [his] sins" (Alma 39:9). That means telling Heavenly Father you're sorry, asking for forgiveness, and doing your best to not make the bad choice again.

Do the salt and pepper activity on page 34 to teach your family about repentance. How is repentance like the spoon in the experiment?




TREAT TIME


Pesto Roll-Ups

 Spread cream cheese and pesto onto a whole-wheat tortilla. Top with slices of sliced turkey and cheese. Roll up the tortilla and cut into slices. Stick a toothpick in each slice to hold it together.

Strawberry Salsa

 Combine 2 cups diced strawberries, 1/2 cup finely diced red onion, 2/3 cup finely chopped cilantro, and 2 tablespoons lime juice. Add salt and pepper to taste and serve with tortilla chips for dipping.

Watermelon Slush

 Blend 4 cups cubed watermelon, 2 tablespoons lime juice, and 2 tablespoons sugar until smooth. Pour liquid into a shallow freezer-safe dish. Cover and freeze for 1 hour. Remove dish and use a fork to mix the ice that has formed. Freeze for another 2 hours, then scrape your watermelon ice into cups. Enjoy!