

Family Night

FUN

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

SWEET SURPRISE

Is there someone in your neighborhood who needs a sweet surprise? Read "Welcome to Cousin Camp" on page 4 and make a candy poster like Carson's.

1. Get a large piece of poster board, markers or pens, tape, and different candies with large words on the wrappers. (Don't have candy? Cut out pictures and words from magazines instead.)
2. Write out your message on the poster board and tape on the candy to replace some of the words. For example, if you have a stick of rock candy, you could say, "Thanks for everything. You rock!"
3. After you deliver your poster, read Mosiah 2:17. Why does Heavenly Father want us to serve each other? How do you feel when you help others?

Is there a topic you'd like to learn about with your family? Go to lessonhelps.lds.org to find stories, activities, and media.

Energy Bites

When you're busy helping others, you might need some extra oomph! Try these energy bites.

2 ripe bananas

2 cups rolled oats

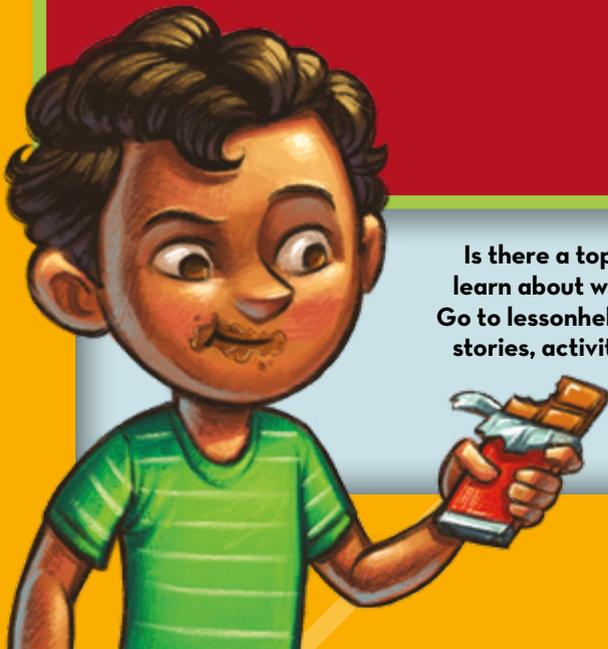
1/4 cup peanut butter (or your favorite nut butter)

1/4 cup honey

1/2 teaspoon cinnamon

1/4 cup chocolate chips (optional)

1. Mash up the bananas in a large mixing bowl.
2. Stir in the oats, peanut butter, honey, cinnamon, and chocolate chips.
3. Scoop 2 tablespoons of the mixture and roll into a 1-inch (2.5-cm) ball. Repeat with the rest of the mixture.
4. Refrigerate for 2 hours. You can store the energy bites in the refrigerator.



YOU CAN DO IT!

What do you say to yourself when you need to do something tough? Try these!

- Instead of "I can't do this," try "I'm strong, and I can do hard things!"
- Instead of "This is too hard," try "This will take some hard work, but it's worth it."
- Instead of "I'm not good at this," try "I'm not good at this yet, but I'll keep working on it!"



BONUS TREAT

Have a parent cut four oranges into slices. Peel off the rind and white pith. Mix together 2 tablespoons orange juice, 2 tablespoons lemon juice, 1 tablespoon sugar, and 1/4 teaspoon cinnamon. Pour juice over oranges and enjoy!



MORE FUN IDEAS

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



IDEA 1: Tell a story about a time you kept the Word of Wisdom. Now read "Martin's Choice" and fill out the challenge card together. You can print more cards at CTR2017.lds.org so you can each have one!

IDEA 2: The Church history figures this month are two brave girls not much older than you! Read their story and use the cutouts to tell it to your family.



IDEA 3: Read "Tickling Trouble" and talk about how we can take care of the bodies Heavenly Father gave us. Try one of the exercise challenges from "Healthy from Head to Toe"!



Idea 1: 8; Idea 2: 28; Idea 3: 22, 25