

MY FAMILY NIGHT FUN

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

Hide and Sheep

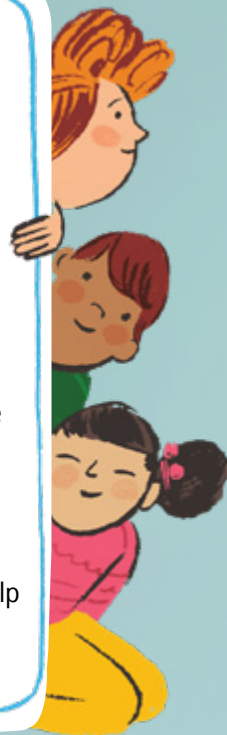
For Alma 5–7



Sing “Come, Follow Me”
(*Hymns*, no. 116).

The prophet Alma taught that Jesus Christ is the Good Shepherd (see Alma 5:38). He watches over us and calls us to come to Him.

Play this game with your family. One person is the shepherd. The others are sheep. All the sheep hide while the shepherd closes his or her eyes and counts to 20. Then the shepherd searches for the sheep. Whenever sheep are found, they help the shepherd find the others.



Who’s a Friend?

For Alma 8–12



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

When Alma was sad, the Lord blessed him with a good friend named Amulek to help him (see Alma 8:14–30). How can you be a good friend?

Play the “Who Am I?” game on page 24. You could make your own version of the game with pictures of your friends and family.



TREAT TIME

Berry Coconut Smoothies



Combine **1 cup coconut milk**, **1 frozen banana**, and **2 big handfuls of berries** in a blender.



Blend until smooth and serve cold. Serves two.

Parmesan Ranch Popcorn



Drizzle **1/3 cup melted butter** over a **large bowl of popcorn**. Sprinkle with **1/4 cup shredded Parmesan cheese** and **2 tablespoons ranch dressing mix**. Toss until mixed well.



Cereal Bars



Melt **1/2 cup nut butter** and **1/2 cup honey** in a large pan over medium heat. Stir in **1/2 teaspoon vanilla** and remove from heat. Stir in **3 1/2 cups dry cereal** until completely covered.



Press cereal mix onto a pan lined with parchment paper and press down firmly. Refrigerate bars for one hour or until ready to serve.



Follow the Leader

For Alma 13–16



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

Zoram was captain of the Nephite army. He asked the prophet how to rescue some people who had been captured. Because he listened to the prophet Alma, he was able to rescue the people! (See Alma 16:2–8.)

Play this game to practice following instructions. One person tells everyone to do three things, like, “1. Touch your nose. 2. Pick up three toys. 3. Jump up and down.” Then everyone has to remember and follow the instructions! Take turns being the leader. Add more instructions to make it harder.

Acting Like Abish

For Alma 17–22



Sing “I Want to Be a Missionary Now”
(*Children’s Songbook*, 168).

Abish was a missionary when she helped people learn about Heavenly Father (see Alma 19:16–30).

Read the story of Abish on page FJ4. Now act it out!