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Family Home Evening Ideas

This issue contains articles and activities that could be used for family home evening. The following are two ideas.



PHOTO ILLUSTRATION BY CODY BELL

"Becoming Perfect in Christ," page 42: Using Elder Gong's teachings about perfectionism, put together a true-or-false quiz for your family to help them realize if they have perfectionist tendencies. You could use statements like "I can be happy even when I make mistakes" or "It's hard for me to forgive others" in your quiz. Together, read what Elder Gong teaches about relying on the Savior. You could also use pages 146–47 in *Preach My Gospel: A Guide to Missionary Service* to teach how to set appropriate goals and overcome perfectionism.

"My Body Is a Temple," page 68: Use the questions in this article to teach your children how to respect and love their bodies. You could serve a healthy snack, such as fruit or vegetables, to teach your children about good eating habits. You may want to play a sport or do an activity outside to help your children appreciate good health and energy. Encourage your children to reach out to a child or teenager in their ward, branch, or school who has disabilities. You could also sing "I'll Walk with You" (*Children's Songbook*, 140).

IN YOUR LANGUAGE

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