

# *“That They Might Know Thee” John 17:3*

## *Activities For a Year*

With every single activity, be sure to discuss how the activity teaches about the Savior. These discussions don't need to be sit-down lessons. Just discuss while the girls are busy doing something, for example, talk about how Jesus said He was the bread of life as you roll out bread. Talk about the Savior's parable of the good Samaritan as they clean nursery toys, etc. Encourage them to start seeing how everything we do can remind us of the Savior in some way. Let them know that the main purpose for coming to activity days is to give them support in their overall goal of strengthening their testimony of the Savior.

### *Basic Themes*

*These are the basic themes to cover in activities each year (See guidebook pg. 4)  
The next section has ideas for activities to help the girls pass off goals. (see guidebook page 6-13)*

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|---|--|
| 1. I Am a Child of God                      | 12. Health   |
| 2. Daily Personal Prayer                    | 13. Hygiene  |
| 3. I Can Follow His Plan                    | 14. Worthy Music                                   |
| 4. My Baptismal Covenant                    | 15. Worthy Thoughts                                |
| 5. I Can Listen to the Holy Ghost           | 16. Modesty  |
| 6. Choose The Right & Repentance            | 17. Choosing Good Books                            |
| 7. Honesty                                  | 18. Choosing Righteous Entertainment               |
| 8. Reverence                                | 19. Choosing Good Friends & Treating Others Kindly |
| 9. Clean Language                           | 20. Preparing for the Temple                       |
| 10. Keeping the Sabbath Day Holy            | 21. Preparing to Have an Eternal Family            |
| 11. Honoring Parents & Strengthening Family | 22. Christmas Lesson Ideas                         |

Ideas for activities that go with the themes.

1. I Am a Child of God  
Have a birthday party celebrating that each of us is a child of God. For a recognition activity we called each girl's mom and asked her to give us a few items symbolic of the girl's talents and spiritual gifts (they could bring us stuff or just suggest common household items). Such as a lightbulb for a good example or a birdhouse for loves to sing and always cheerful. We wrapped all the items up in birthday gift-wrap. When the girls arrived they were surprised to see the stage set for a birthday party and a gift with their name on it. As they arrived we played the game "who am I?" They each had a cartoon, fairytale, or nursery rhyme character pinned on their backs and they had to ask questions to figure out who they were. Then we had a lesson about how we are blessed to know who we really are...daughters of God. For recognition, we went around the circle and each girl got to share a good news minute about their progress with Faith in God. Girl's brought pictures of some of their projects and others

just told of accomplishments (I'm reading my scriptures everyday, I've memorized 5 articles of faith, I planned a dinner, etc). Then, we told the girls they could all open their most UNUSUAL gifts. These are in fact spiritual gifts we said. They all opened their gifts and then the leaders explained the gifts for each girl as told by their mothers. Then we finished with cake and ice cream. They all got a ringpop as a party favor because as daughters of God they are all more precious than any jewel in the world. It was a lot of fun.

## 2. Daily Personal Prayer

Decorate prayer rocks, make picture frames and frame their favorite prayer scripture, or have a pajama party (focus on nightly personal prayer), listen to uplifting songs in the dark like Never a better Hero this sets the mood to share testimonies by candlelight about what prayer means to them.

## 3. I Can Follow His Plan

**\*Easter Lesson:** Atonement Symbols Easter Egg Hunt & easter egg craft

<http://www.annieshomepage.com/eastereggs.html>

<http://www.vanessachristenson.com/2009/03/tutorial-fabric-covered-eggs.html>

Also, a nature walk would be fun with this theme. A detective activity where they have to "follow clues", making scripture cookies and following a recipe.

## 4. My Baptismal Covenant (Also works for Serving Others)

Waters of Mormon, water activity, water balloon games.

Comfort those in need of comfort-visit new move-ins or beehive home, adopt jr primary friends and be secret sisters for a week, make a few cards and gifts to deliver. Stand as a Witness: You could do a Humanitarian Service Project.

Friendship Notes –Do a "Parade of Bedrooms" visit each girl's house and leave notes of what you like about the girl in her room, use the room as inspiration for what to write. If the group is big break into small enough groups to get to each girl's house. When they go home each girl has a bunch of nice notes in their room.

Stand as a Witness: Learn about President Hinckley's B's and do honeybee crafts.

Covenants: Have the girls set a goal that is about a month long and if they keep them they get their favorite candybar to simulate how God will bless us if we keep our baptismal covenants.

## 5. I can listen to the Holy Ghost

**\*October Lesson Idea:** Make ghosts, Do a sound scavenger hunt, listening games like name that tune, make blankets for humanitarian services (the holy ghost as a comforter), treasure hunt to learn how to use a compass (holy ghost as a guide)

## 6. Choose The Right & Repentance

Make a craft that says CTR

It could be a picture of Jesus, talk about how CTR also stands for Christ the Redeemer. Go fishing at the trout farm, talk about bait and temptations.,

Choosing the Right (Joseph Smith-which church, Daniel and the Lion's, Shadrach, Meshack, Abed-Nego, Friend stories, etc) Have a game day (UNO, connect four, pictionary, etc) choose to be good sports.

### 7. Honesty

Get a family history story, Friend story, or picture book about honesty to base the activity on. For example “Be Honest” by O. Leslie Stone in the January 1975 friend, mentions not stealing candy. You could read the story while making taffy, tootsie rolls, or suckers... Make a craft with honey bees that says “bee honest”.

### 8. Reverence

For reverence you could go to the cemetery and clean headstones or put flowers on graves, you could do a patriotic activity like go to the freedom festival, make flag crafts.

\* **End of June of July**, Make firework pens and talk about Freedom

### 9. Clean Language

No “Foul” language. Do something fun with a parrot or bird theme. You could make soap sculptures and talk about “clean” language (see Stand True and Faithful, Gordon B Hinckley, May 1996 Ensign). You could try making bath salts or bubbles “clean” language.

### 10. Keeping the Sabbath Day Holy & Come unto Christ

Talk about journals, talk about goal setting, make something to send to the fulltime missionaries, visit the beehive house and play games, paint nails with the sisters. You could make a game to play on Sunday with your family, or start a needle point project that would make a reverent Sunday afternoon activity. You could make “quiet” toys or file folder games for little kids in the ward to take to sacrament meeting. You could make Sundaes. Make a sundae with toppings like ketchup, relish, and ranch dressing. Talk about how some toppings might be good but aren’t appropriate for Sundaes just like some activities aren’t appropriate for Sunday. Then make sundaes with good toppings. Fill in the time playing some fun games they could play with their families on Sunday.

### 11. Honoring Parents & Strengthening Family

Daddy Daughter Date

\*Mother/Daughter Party

“T” party (Temple, Terrific, Testimony, etc)

Or Make gifts to give moms at the activity in advance

Honor the moms, do manicures, and/or pedicures, facials, tell moms what they most appreciate about them, etc. Take fun picture of Mom and Daughter together and make cute frames for them.

### 12. Health

Make healthy snacks, make smoothies, green smoothies, have a recipe exchange, Do a physical fitness activity, frisbee golf, play fun running games like tag or steal the flag or sharks and minnows , Make an obstacle course, swim.

### 13. Hygiene

Go on a fieldtrip to the cosmetology school, go hiking. Make hygiene kits for humanitarian services or a local shelter. manicures. Make hair accessories. Activity with a “washing” theme, make bubbles, have a water activity, wash windows, cars, etc. Talk about repentance being like soap.

#### 14. Worthy Music

Learn a hymn to sing. Have a dance activity or karaoke activity, let the girls make up dances, choose appropriate music. Play name that tune. Look at the Broadway tunes the Tabernacle Choir has done for inspiration on songs to use in this activity. Let each girl bring a favorite song on a CD to share. Listen to as many songs or parts of songs as you can while doing a fun craft like painting, playdough, sewing, etc.

#### 15. Worthy Thoughts

Make-overs, decorate mirrors--is his image in your countenance, make lip gloss (smile), visit a beauty school. Our face is the window to our soul, make uplifting posters for their rooms.

#### 16. Modesty

Modesty Paper Dolls (look online), fashion show, have girls bring clothing items and accessories to make a fun modesty relay, learn about photography and make your own modest glamour shots. Modesty shows respect for Heavenly Father and Self.

#### 17. Choosing Good Books

Read a good book, for example Mac Lucado's *You Are Special*, have a story time for the little kids in the ward, do a book exchange at Christmas time, Decorate Scripture Journals, Talk about how the book was uplifting and why reading good books can bless our lives. Make cookbooks.

#### 18. Choosing Righteous Entertainment

Talk about fun things to do besides movies and video games. Do a sports activity, learn some fun board games, dominos, four score, play picture dictionary or playdough picture dictionary.

#### 19. Choosing Good Friends & Treating Others Kindly

Friendship Bracelets, "heart" attacks, visit seniors, plan a picnic for friends

#### 20. Preparing for the Temple

Make a craft with a picture of the girl and a temple on it.

#### 21. Preparing to Have an Eternal Family

Homemaking skills--sew button eyes on and stuff a bean bag critter, make table settings, do a homemaking obstacle course, prepare a meal, first aid, help plan a primary activity

#### **22. Christmas Lesson Ideas**

Always Remember Him--discuss the sacrament and how it helps us remember the Savior all year long.

Presents for Jesus--Make white stockings and write something we want to do as a present for Jesus to put inside. \*see attached poem

A Day, a Night, and a Day--read the first Christmas in America out of the Book of Mormon

make Christmas Star Ornaments or decorate Christmas star sugar cookies

The Christmas Orange- Read and discuss the story and make a Christmas craft.

## Faith in God Goals for 8-9 year old class

(our ward has separate classes, but if all ages are combined, you can of course do activities from either section)

### Learning and Living the Gospel

#### (L&L #1) The Sacrament (Bread & Water)

\*Make homemade bread or rolls (have some ready to put in the oven when the activity starts and then start another batch with the girls). Sample different kinds of breads or look through a bread cookbook. Make jam or honeybutter too if there is time. Talk about the symbolism of Christ Being the Bread of Life. This could be a water party in the summer and you could talk about Christ being the Living Water. Talk about how the Sacrament helps renew baptismal covenant. Make a list of things we can do to remain faithful and send it home with the girls to teach in FHE.

#### (L&L #2) Joseph Smith & Prayer FHE

Family Home Evening in a Can activity (look online), make visual aides or think up a creative game to present at this family home evening. Make cookie mixes the girls could use as a treat for the family home evening. Make handouts for the family home evening with candy on that could be saved a few days and used as the “treat”. Give the girls links to online videos or music they could use in the family home evening. Make Pictionary or sculptionary (make playdough) or trivia cards for the “Joseph Smith & Prayer” family home evening. Help them think up personal stories about pray to share.

### Serving Others

#### (SO #1) The Good Samaritan

\*heart attacks for the new move-ins, or ward leaders, primary teachers, etc.  
humanitarian service project, placemats for Seniors, military care package, make t-shirt dresses and donate them to motherswithoutborders.org or similar group, collect toys from ward members to clean-up and donate.

#### (SO #2) Saying Thank You

\*Make greeting cards with stamps or scrapbooking supplies, give the girls ideas of thoughts they could put in the notes to get them started (this is the hardest part), make valentines, make gifts for the mother/daughter party

### Developing Talents

#### (DT #1) Budgeting

Play the price is right to familiarize the girls with prices of items their mom’s buy frequently. Grocery (cookie ingredients), Clothing (a church or school outfit), School or cleaning supplies. Help the girl’s think through their guesses since they may not yet have a clear idea of money values. Compare these things to items the girls buy with their own money. Play pictionary with things you can buy. After each turn talk about if the item would be good to buy. Talk about about can we afford it? and Do we need it? Make collages of things we can afford and need vs. things we don’t really need.

(DT #5) Attend a Cultural Event

Watch out for cultural events that would be especially fun for kids this age like arts festivals, quilt shows, free museum days, Young Ambassadors (my daughter loved this show), and Youth Theater. Some of these things are free others are worth encouraging the girls' families to go see.

*Faith in God Goals for 10-11 year old class*

*Learning and Living the Gospel*

(L&L #6)

Learn a Faith in Christ Book of Mormon Story

ideas: Nephi Builds a ship & Banana Boats (<http://bigblackdogs.net/banana-boats-satisfying-a-taste/>), Following the Liahona (<http://nataliesfhespot.blogspot.com/2008/08/following-liahona.html>), Brother of Jared & origami boats (<http://www.origami-kids.com/paperairplanes-1-paperboat.php>)

(L&L #7)

Word of Wisdom recipe exchange, relay, treasure hunt, table centerpiece, cook something, treat exchange, etc

*Serving Others*

(SO #6) in April plan a mother-daughter combined activity for May (activities, food, theme, invitations, favors, and/or decorations) Or in November plan the recognition activity for December.

(SO optional project ideas)

Make bread for the sacrament (you would need to have the activity on Saturday or else freeze until Saturday night to keep fresh) (See "Achievement Day Mystery" Friend, April 2001), take treats and thankyou's to primary teachers or primary president, find out what donations are needed for Tabitha's Way and collect items.

*Developing Talents*

(DT #5) Attend a Cultural Event

Watch out for cultural events that would be especially fun for kids this age like arts festivals, Freedom Festival, quilt shows, free museum days, Young Ambassadors, and Youth Theater. Some of these things are free others are worth encouraging the girls' families to go see.

(DT #6) Seek Learning

Have an "e-how" day, have each girl learn how to do something fun and show what they did, share samples, or share copies of instructions (bread making, candy making, craft, first-aid, clean, car repairs, budget, sew, origami, gardening, etc) .

(DT #7)-Helping Do Work At Home

On the Sunday before the activity call each girl and have them ask their mom what her favorite and least favorite work around the house is. For the activity have the girls make and decorate a class chart

with each girl's name on it. Hot glue a candy by each girls name or something motivational. Then write down three household chores for each girl to do with her mother. The two her mom mentioned (if possible) and one other. Challenge the girls to go home and help their mothers. When they have done all three they can report at a future activity days and earn their candy. Play games with remaining time.

### Preparing for Young Women

(PYW #1)-13<sup>th</sup> article of faith

Read the article "Charades" from January 1988 friend. Play Charades. Have or make chocolate chip cookies like in the story. Play memorization games. Sometimes its fun and helpful to simply go for a walk outside while memorizing.

## Activity Days 8-9 year olds 2011

### January

- 1-Living and Learning-The Sacrament Baking Bread
- 3-Keeping the Sabbath Day Holy-Journal Jars, flower pens

### February

- 1-Serving Others-Heart Attacks
- 3-Choosing Good Friends-Friendship Bracelets

### March

- 1- Prayer Living and Learning the Gospel-Joseph Smith & Prayer FHE lesson plan
- 3- Daily Personal Prayer

### April

- 1- My Baptismal Covenant-Service
- 3- I can Follow God's Plan - Atonement Easter Egg Hunt (possibly combine?)

### May

- 1-Strengthening Family-Mother/Daughter activity/Recognition (combined)
- 3-CTR & repentance-Needlework

### June

- 1-Developing Talents
- 3-Reverence for God & Country-Fireworks Pens

### July

- 1-Honesty
- 3-Temple

### August

- 1-Health & Hygiene
- 3-Preparing to Have an Eternal Family-Place Settings, the importance of the family Meal

### September

- 1-Developing Talents-Budgeting
- 3-Modesty-Modesty Paper Dolls

### October

- 1-Holy Ghost-
- 2-Righteous Entertainment and/or Good Books

### November

- 1-
- 3-Recognition combined activity

### December

- 1-
- 3-



*The White Stocking*

*There were packages wrapped for the  
young and the old  
Each stocking was filled and the Christmas  
story told.  
Every child would be happy, no grown-ups  
were slighted,  
Each soul was remembered and we were  
delighted.*

*But when the first rays of Christmas  
were dawning  
The littlest child discovered the stocking.  
Oh we were surprised, now where had it  
come from?  
And where had it been when the others  
were hung?*

*While we were remembered with presents  
aplenty,  
The little white stocking was hanging there  
empty.  
In all of our efforts to love and  
remember,  
Who had we missed for a gift this  
December?*

*Remember on Christmas we honor the  
birth  
Of our Savior divine and his life on this  
earth?  
Well this stocking so white with simple  
gold trim,  
Started each of us thinking of giving to  
Him.*

*So then all at once we began to explain,  
That surely this stocking had a meaning  
quite plain  
We should include in our Holiday giving  
A gift to the Savior, the King of all Living.*

*Now each Christmas Eve we all gather  
together  
And write down our gifts to Him on some  
paper  
Next into the stocking our papers will go  
Goals to help faith and obedience grow.  
  
We try to remember the gift that we've  
given  
And make it a part of our everyday living.  
Then our gift to the Savior will last all  
year through,  
Until next Christmas Eve, when we write  
something new.*

*~Regina Slauch*

**"In conclusion, the submission of one's will is really the only uniquely personal thing we have to place on God's altar. The many other things we "give," brothers and sisters, are actually the things He has already given or loaned to us. However, when you and I finally submit ourselves, by letting our individual wills be swallowed up in God's will, then we are really giving something to Him! It is the only possession which is truly ours to give!"**

**Neal A. Maxwell, "Swallowed Up in the Will of the Father," Ensign, Nov. 1995**