

## **Sunday Activities for Adults**

Read Church magazines from cover to cover.

Prepare future talks or lessons and file for later use.

Use a crock-pot recipe for quick and easy meal prep.

Prepare Family Home Evening lessons for the next day.

Attend temple classes.

Invite someone to share dinner with your family, or take dinner to them.

Take a walk.

Memorize scriptures-scripture mastery ones or ones of your choice.

Go to a nursing home or to others and share some songs or just chat with the people.

Write down in your journal something you learned in Church today.

Listen to scripture tapes

Read material that is Church-oriented or uplifting.

Listen to or watch BYU devotionals online

Read scripture storybooks to the younger kids.

Catch up on photo books-label pictures, add cute decorations, or just get the pictures to the book!

Learn about music.

Tell or read about stories about when the kids were little. (Read from the kid's journal)

Tell children stories of when you were their age.

Have grandma or grandpa tell stories about themselves or the lives of other relatives. Record the stories in a journal to preserve for future generations.

Do weekly planning.

Decide what goals to work on this week.

Add more ideas to this list.

Plan songs to sing for a family outing to a hospital or nursing home.

Make a tape to send to a missionary.

Prepare home or visiting messages for the month.

Set goals

Listen to scriptures on tape.

Interview your kids.

Write a letter.

Compose a song about a gospel related topic.

Write a poem about a gospel related topic.

Listen to classical music.

Knit or crochet something for a friend while listening to scriptures on tape.

Plan out weekly meals.

Add your testimony of the gospel to a set of scriptures to give to the missionaries.

Listen to hymns and Primary songs on cassette or CD. Get everyone to sing along with you. J

Make paper dolls with and/or for a child. Then they can use them to act out favorite stories and such. Use poster board for the doll. Regular paper is fine for the clothing, hats, shoes, etc.

Work on your scrapbook, save folder, or whatever you want to call it. Make sure you are saving things important to you. They are so fun to look at when you are older.

Look through old photo books and scrapbooks for some good memories.

Write a short story with a good moral.

Write thank-you cards, get-well and thinking-of-you notes.

Make award certificates for members of your family to let them know how much you appreciate them.

Make homemade birthday cards so you aren't scrambling at the last minute for one when you need it.

Plan a family service project.

Play a church game.

Memorize hymns, stories, or poems.

Share a story that displays true courage or other good value.

Play Storyoni-try to do it with church characters and scenes.

Practice playing or singing hymns.

Write a family newsletter to send to friends and relatives.

Plan a family outing.

Plan ways to make each holiday special.

Type up the articles of faith and also type Article 1, Article 2, etc. Print them out and glue to index cards. Play concentration. See if you can match the correct article to the correct words.

Write in your journal.

Challenge someone to a duel...a duel of wits that is. Think of challenging questions to ask each other from the scriptures. Give hints and clues as necessary.

Do some finger plays with the little ones.

Discuss, with your spouse, changes that can be or should be made. Get his/her input.

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