

## **Sunday Activities for Family**

Visit those you know who are in the hospital.

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

Have family scripture study.

Visit the temple grounds and/or go to the Visitor's Center and watch films and look at displays.

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

Discuss what each family member learned at church.

Check out films from the church library.

Watch scripture videos.

Listen to or watch BYU devotionals online

A parent could read a story out loud that the whole family would enjoy.

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

Learn about music.

Tell 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.

Decorate jars to have on hand to fill for special gifts when someone needs one.

Visit extended family.

Add more ideas to this list.

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

Make shadow portraits of family members. Include them in scrapbooks or use them to decorate cards or just to send to someone for fun. Tape black construction paper to the wall and then have a light source. Put your subject between the light and the paper. Trace their shadow.

Make a tape to send to a missionary.

Set goals

Write a letter.

Listen to classical music.

Make a family crest or flag. Make copies of it to allow everyone to color now or later. Include a family motto.

Find out about Heavenly Father's children in other parts of the world. Perhaps plan out one of your meals for the upcoming week to be from a certain country you learned about.

Plan out weekly meals.

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

Start a thought poster. Get a large sheet of paper or poster board and write a sentence starter at the top. Ideas include: "I am thankful for.", "I really like \_\_\_\_\_ (Dad, Mom, sister, brother) because.", "Some of my favorite scriptures are.", "Here are some ideas to improve \_\_\_\_\_ (friendship, chores, communication, etc.) in our home."

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 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.

Use clay or construct a scene from scriptures or church history.

Act out scripture stories using puppets, animals, yourselves and dress-up clothes and a script. Perhaps do a scene from church history or even a modern day miracle.

Make a temple, church, a layout of Jerusalem from legos.

Reconstruct battle scenes from the scriptures using Lincoln Logs and plastic cowboys and Indians or soldier guys.

Make puzzles from pictures in old Church publications.

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

Make a scroll story with butcher paper.

Play a church game.

Make dot-to-dot pictures of objects like the golden plates, the star of Bethlehem, or other related scripture items.

Read a good play as a family. Have each member assume one or more parts.

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

Practice playing or singing hymns.

Plan a family outing.

Plan ways to make each holiday special.

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.

Make a treasure hunt from the scriptures. Each clue is taken from the scriptures to lead someone to the next location. Can add extra hints, or words to the clues as needed.

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.

Make a church related crossword puzzle.

Make a church related search-a-word puzzle.

Play prophet concentration. Obtain pictures of the prophets. Print them out and glue to index cards. Play concentration. See if you can match the correct picture to the correct name of that prophet.

Type up the articles of faith. Print them out and cut each article into three parts. Glue the pieces to index cards. Play a variety of "Go Fish". When you get all three pieces that match a specific article, you lay them down as yours to keep. Winner has the most matches.

Have a scripture chase.

Scripture question game. Have each person open his or her scripture to a page, read it and write a question that would be answered on that page. They should also write the page number and book of scripture that they are on. When everyone has written down their question, all the questions should be gathered and redistributed. Everyone then tries to answer the question they received. Share questions and answers once everyone is done.

Play Hang Man using Church-related words.

Do some finger plays with the little ones.

Discuss, as a family, changes that can be or should be made. Get everyone's input.

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