

Primary Activity Ideas!

“Jesus increased in **wisdom** and **stature**, and in favour with **God** and **man**.” (Luke 2:52)

--- INTELLECTUAL ---

Activity Name	Exploring Science
Purpose	Conduct simple experiments to explore God’s creations.
Description	Gather milk, vinegar, and baking soda. Ask the children what they think will happen when you mix these ingredients together. Then mix 1 tablespoon (15 mL) vinegar with 7 tablespoons (104 mL) nonfat milk. The vinegar will cause the milk’s protein to clump together and form solids. Strain the solids in a dishcloth or paper towel for a few minutes. Then add ¼ teaspoon (1 g) baking soda (sodium bicarbonate) and knead together to form a slime. The baking soda neutralizes the acid in the vinegar, allowing the milk proteins to return to a liquid form.
Discussion Idea	What can the process of experimenting on science teach us about experimenting on the word of God (see Alma 32:27–34)?

Activity Name	Learning About the Stars
Purpose	Help children feel Heavenly Father’s love for them by teaching them about one of His creations: the stars.
Description	<p>Invite someone who knows about stars to come talk about stars, what they are, the different types of stars, and how stars form constellations.</p> <ul style="list-style-type: none"> ● Form a constellation: <ul style="list-style-type: none"> ○ Choose a constellation you know. Help the children to physically form that constellation pattern by directing each child to stand in the place of a star. ○ Consider tracing the shape of the constellation on the floor with string so the children can see the shape they made. ● Conduct the following experiment to show why stars appear to twinkle. <ul style="list-style-type: none"> ○ Supplies: sheet of metal foil, large glass bowl filled with water, flashlight or other portable light, pen. ○ Fold the foil in half. With the pen, randomly poke holes in the foil. ○ Mold the foil around the outside of the bowl on one side. ○ Turn down the lights. Shine the flashlight through the foil and into the water in the bowl. ○ Stir the water a little. It should look like the “stars” (holes in the foil) are twinkling, even though the holes are in fact not moving. The moving water, representing Earth’s atmosphere, is moving, and that is why stars look like they twinkle.
Discussion Idea	Psalm 147:4 tells us that Heavenly Father knows the name of every star. If He cares that much about the stars, how much do you think He cares about you, His child?

Activity Name	Taking Care of the World God Created
Purpose	Learn various ways we can take care of the world God created.
Description	<p>Plan and carry out a service project related to taking care of the environment. Be sure to get permission and guidelines from appropriate authorities before beginning. Consider the following ideas:</p> <ul style="list-style-type: none"> ● Pick up trash at a park or other public place. ● Help clean streams or other waterways. ● Plant trees or flowers in a public area. ● Collect cans, glass, plastic bags, or other recyclables to take to a recycling plant. <p>Please adapt activities as necessary to ensure all individuals are able to participate, belong, and contribute.</p> <p>Adaptation Ideas:</p> <ul style="list-style-type: none"> ● If you are not able to do a public service project, consider working with the bishop to pick up trash, plant flowers, or pull weeds around the church. ● Teach children about recycling. Discuss what can and cannot be recycled. Show children how they can recycle by reusing old items in a new way. For example, you could use a milk carton or can to make a bird feeder, or you could make wind chimes out of cans.
Discussion Idea	How does caring for our environment show gratitude to Heavenly Father and Jesus Christ?

--- PHYSICAL ---

Activity Name	Enjoying the Outdoors
Purpose	Take the children on a walk or hike to enjoy God's beautiful creations.
Description	<p>As a group, go on a hike or walk to a beautiful spot outside. While you are walking, point out different natural features, plants, or animals you see. Invite the children to think about how Jesus Christ, under Heavenly Father's direction, created every tree, flower, leaf, river, hill, and mountain. Invite them to thank Heavenly Father when they pray for the beautiful things they see each day. Prepare a scavenger hunt, guessing game or provide the children with magnifying glasses so that they can engage with their surroundings.</p> <p>As the children walk or hike, have them pick up weeds or trash on the trail as a service to others using the area. Provide safety gloves for them, and instruct them not to touch sharp objects.</p>
Discussion Idea	How can we show gratitude for the world Jesus Christ created?

Activity Name	Caring for Our Bodies and Learning to Cook
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Purpose	We can take care of the bodies our Heavenly Father has given us by learning how to took and by eating healthy foods
Description	<ul style="list-style-type: none"> • For older or more experienced children, teach skills such as using a knife safely, measuring ingredients accurately, and using the oven or stove. • For larger groups, prepare a meal with more than one course, and have smaller groups work on each dish. Talk about what makes a healthy, balanced meal. • Service idea: Make and deliver a meal or treat to someone who is sick or in need. • Try a new healthy food. Bring in a fruit, vegetable, or healthy snack that you think may not be familiar to the children. Invite them to sample the new food. If possible, consider making a healthy snack together. Please be sensitive and plan ahead for any children with food allergies or other dietary restrictions. • Service idea: Find a community garden where the children can help weed, take care of the plants, or harvest fruits or vegetables that will bless other people in the community.
Discussion Idea	How does taking care of our bodies show gratitude to Heavenly Father? What does it mean to you that our bodies are created in the image of our Heavenly Parents?

Activity Name	Tool Time
Purpose	Learning to use tools properly can help you fix and make things. You'll become more self-reliant and able to serve others. You can also protect yourself by learning to use tools safely.
Description	<ul style="list-style-type: none"> • Learn to identify common tools and how to use them. If possible, begin to assemble a basic tool kit of your own. Consider including safety equipment, such as gloves, safety glasses, and dust masks. • Find a repair or building project you'd like to do. Ask an experienced person to help you learn what tools you need and how to use them. • With the help of a qualified adult, learn how to use power tools. Build something with these tools.
Discussion Idea	Why is being self reliant important?

--- SPIRITUAL ---

Activity Name	Preparing to Go to the Temple
Purpose	Help children prepare to go to the temple for the first time.
Description	<ul style="list-style-type: none"> • If the children have visited a temple before, ask them about their experiences. How did they feel there? What did they like best? What questions did they have? • Help the children learn how to index, enter family names into FamilySearch.org or the <i>My Family</i> booklet, or find names on FamilySearch.org so that those individuals can be one step closer to

	<p>receiving their ordinances in the temple.</p> <ul style="list-style-type: none"> ● If the children are preparing to perform baptisms and confirmations for deceased family members, talk about what it means to be a proxy for someone else. Consider inviting a youth who has been to the temple recently to share his or her experience. ● Help children color or draw a picture of the nearest temple or make a frame of a temple photo and write down why they want to go to the temple. Invite them to put their picture where they will see it regularly to help them look forward to going to that temple one day.
Discussion Idea	<p>Why are temples important to Heavenly Father and Jesus Christ? What can you do now to be worthy to go to the temple? How can you help others learn about and prepare for the temple?</p>

Activity Name	Making and Keeping Covenants
Purpose	Learn about keeping your baptismal covenant.
Description	<p>Begin with a brief discussion about the covenants we make at baptism and the blessings we receive. Explain that when we are older, we can go to the temple to make more covenants and receive more blessings. Teach that the sacrament helps us repent and keep our covenants.</p> <p>Create a “Keeping Covenants” board game. Explain to the children that this game will help them think about how they can keep their covenant to follow Jesus Christ and obey His commandments through their daily choices.</p> <p>You will need:</p> <ul style="list-style-type: none"> ● A board with a path and spaces to move along the path. ● A piece for each child to travel the path with. ● Cards to draw from to progress along the path. On each card, include a situation and a selection of choices. The better the choice, the more spaces the child gets to move forward. For example: <ul style="list-style-type: none"> ○ Your friend wants you to steal some candy from a store. Do you (1) Do it and hope you don’t get caught [go back one space]; (2) Say, “No way!” but let your friend steal the candy [move forward one space]; or (3) Say no and try to convince your friend to do something else [move forward two spaces]? ○ You are playing a game, and your little sister wants to play. Do you (1) Yell at her to go away [go back one space]; (2) Try to help her find something else she can play with [move forward one space]; or (3) Find a way to involve her in your game [move forward two spaces]? ● If a child makes a choice that sends them back one space, they can choose to draw a “Repentance” card and explain how they could repent. Then they can move forward two spaces. ● Play the game until everyone has finished. People who finish first can help those who are still playing the game to make good decisions. Remind the children that living the gospel is not a race and that we should help each other along the covenant path. <p>If you have enough room, you can make the board game life-size, with the path and spaces marked on the floor and the children moving along the path. Please adapt activities as necessary to ensure all individuals are able to participate, belong, and contribute.</p>

Discussion Idea	Why is it important for me to keep my baptismal covenants? How does the sacrament help me keep my covenant to follow Jesus Christ?
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Activity Name	Thank Heavenly Father for Your Blessings
Purpose	Learn to develop gratitude, which can bring us happiness and peace.
Description	<ul style="list-style-type: none"> • Consider making gratitude journals as a group. Decorate the cover. • Make a list of scriptures about gratitude. Read one of the scriptures every day. • Write down three things you are thankful for. Try to write three new things every day. • Before you pray, think of a blessing you have received. Thank Heavenly Father for the blessing in your prayer.
Discussion Idea	Why do I need to show gratitude for my blessings? How does being grateful affect me and others?

--- SOCIAL ---

Activity Name	Getting to Know Your Parents
Purpose	Strengthen families by strengthening relationships between parents and children.
Description	<p>Plan a parent-child activity that helps children and parents learn more about each other. Be sensitive to children who may not be living with their parents. Invite a parent (or another family member) to come with their child to the activity. Play “How Well Do You Know Each Other?”</p> <ul style="list-style-type: none"> • Separate parents and children, and invite them to answer questions about their child or parent. Questions could include the following: What is your parent’s/child’s favorite food? favorite family tradition? favorite place to visit? favorite animal? • Ask the children and the parents to write down or remember their answers. • Bring the children and parents back together, and see how well they know each other. This could be done in a game, where parents and children take turns sitting in front of the group and comparing answers, with each matching answer receiving a point. The pair with the most points could win a prize. Answers could also be compared informally or in private conversations. <p>Please adapt activities as necessary to ensure all individuals are able to participate, belong, and contribute.</p>
Discussion Idea	What does it mean to be part of Heavenly Father’s family? Discuss how we are all beloved children of Heavenly Parents.

Activity Name	Developing and Maintaining Friendships
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Purpose	Help children understand what it means to be a Christlike friend and how to build friendships.
Description	<p>Play a game to demonstrate one way we can show love to our friends.</p> <ul style="list-style-type: none"> • Ask each child to decorate a piece of paper with their name on it. Then randomly place the papers throughout the room. Place a pen or pencil next to each paper. • Play music while the children walk or run around the room. When the music stops, have them run to the nearest paper and write or draw something positive about the person named on the paper. After the children have written or drawn nice things about several friends, stop the game and share the comments. • Service idea: Invite the children to identify someone in their age group who does not come to activities often. Talk about ways the children could reach out in friendly ways to include that child, such as writing a kind note, dropping off a treat, or personally inviting them to the next activity.
Discussion Idea	How was Jesus a good friend to others? How can we follow His example? What are some ways you can serve your friends?

Activity Name	Include Others
Purpose	Do you know people your age who might feel left out of activities? Include them in your circle of friends.
Description	<ul style="list-style-type: none"> • Write a kind note to someone your age from Church that you don't usually talk to, and then make an effort to get to know them! • Pray and ask Heavenly Father to help you notice someone your age who might need your friendship. Then pay attention to your feelings. Is there someone you feel you should reach out to? Talk to them! • Plan an activity, and try to invite someone from outside your normal group of friends.
Discussion Idea	What is the Golden Rule?

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