

f.h.e. in a jar

quick and easy ideas for family night

This series of lessons is directed toward families with young children (0-5 years old). Most of these lessons are adapted from the LDS Primary Nursery Manual.

If you need help with any of the songs, go to: <http://lds.org/cm/display/0,17631,8764-1,00.html> where you can play the music, hear the words, etc. It's a great resource!

Directions: Print out this document. Cut each section into a strip, fold, and drop them into a mason jar. Then when you are in need of a quick and easy family night lesson, simply pull out a piece of paper, sing the song, say a prayer, read the scripture, and then discuss the lesson topic. (Expound upon the lesson as much as time and attention spans permit. 😊) Don't forget a closing prayer and dessert!

Image Instructions: Unless otherwise specified, make one copy for each child in your family to color (and adults too if you want to color as well 😊). Some Images are for a game, so you only need one. I recommend printing out all the images (and the correct number of them needed) in advance and keeping them in a folder, so that when you pick out a lesson, you already have the images ready to go as well.

Tips for a successful lesson when you have small children:

- 1) Have a picture of Jesus Christ easily accessible so you can grab it for Family Night and the children can look at Him as you talk about the things He teaches.
- 2) Follow a routine each week so that your children can become familiar with the family night process.
- 3) Use a gathering activity for the lesson. In our home, we sing the following song (to the tune of "If you're happy and you know it") when it's time for the lesson: "If you're ready for the lesson come sit down (clap, clap), If you're ready for the lesson come sit down (clap, clap), If you're ready for the lesson it will surely be a blessing, If you're ready for the lesson come sit down (clap, clap)." (And we all gather in a circle on the floor while we sing.)
- 4) Involve the children as much as possible. Try to have a lot of interaction, ask a lot of questions, and have them repeat important parts.
- 5) Share your testimony with your children each week to help them feel the Spirit.
- 6) Keep it short and sweet. Small children have small attention spans and it will only frustrate you and them if you try to give a big, elaborate lesson.

These jars would make great gifts for the people you home or visit teach. (Just add a cute bow around the top. 😊)

song	scripture	lesson: i am a child of god
“I am a Child of God” Children’s Songbook, 2	Psalm 82:6 “All of you are children of the most High”	Because God is our Heavenly Father, that means we are his spirit children. Moses was a great prophet who went to a mountain to pray. And “God said to Moses, ‘Behold, thou art my son.’” (Moses 1:4) Moses learned that he was a child of God. Have each of your children stand up and say “{Name} is a child of God.” Color the “I am a child of God” picture {Image 1}

song	scripture	lesson: i can say my prayers
“We Bow Our Heads” Children’s Songbook, 25a	3 Nephi 18:19-20 “Pray always unto the Father in my name. And whatsoever ye shall ask the Father in my name, which is right, believing that ye shall receive, behold it shall be given unto you.”	Jesus taught us that we need to pray to our Heavenly Father. When we pray, we start by saying “Our Heavenly Father.” (Have children repeat.) Next we thank Heavenly Father for our blessings. We say, “We thank thee for...” (Have the children repeat and then help them think of things they are thankful for.) Next we ask for blessings. We say, “Please bless us...” (Have the children repeat.) We end our prayers by saying “In the name of Jesus Christ, Amen.” because we always pray in Jesus’ name like he asked us to do. Color the “Prayer Order” picture {Image 2}

song	scripture	lesson: i have a body
“Head, Shoulders, Knees, and Toes” Children’s Songbook, 275a	Genesis 1:27 “God created man in his own image... male and female created he them.”	When Joseph Smith was a boy, he prayed to Heavenly Father and something very special happened. He saw Heavenly Father and Jesus Christ, and he learned that they have a body like we do. Heavenly Father has arms. Do you have arms? Show me your arms. Heavenly Father has hands. Do you have hands? Show me your hands. Heavenly Father has a face. Do you have a face? Touch your face. You are a real person. Heavenly Father is a real person. He created your body. You have a body like Heavenly Father’s. Color the “I Have A Body” picture {Image 3}

song	scripture	lesson: i love my family
“A Happy Family” Children’s Songbook, 198a	Ephesians 4:32 “Be ye kind to one another, tenderhearted, forgiving one another...”	<i>Prepare: cut out the individual family members in {Image 4} and label them with the names of members of your family. Place them in a container. (Children can color them at the end of the lesson.)</i> Heavenly Father has given each of us a family. In our family, we learn to love one another. We can show our love for our family by being kind and helpful. Have a child pick a picture from the container. Tell who it is (have them repeat it) and then suggest ways you can show love to that family member. Repeat with each child until all family members are gone.

song	scripture	lesson: i will obey
“Quickly I’ll Obey” Children’s Songbook, 197	Ephesians 6:1 “Children, obey your parents in the Lord: for this is right.”	Show the children the picture of the family working together in the yard {Image 5}. Explain that the mom and dad have asked the children to help in the yard and their children said, “I will obey.” Point out that the children are helping out in the picture and are being obedient. Jesus followed Heavenly Father and was obedient. He wants us to obey our parents too. Have your children say, “I will obey.” Practice asking them to do things and their answer. Color the Obedience picture. {Image 5}

song	scripture	lesson: i will be thankful
“I Thank Thee, Dear Father” Children’s Songbook, 7	D&C 59:7 “Thou shalt thank the Lord thy God in all things”	Tell the story of the 10 lepers: There were 10 men who were very sick. Jesus healed them and made them better. They were all very happy, but only one man remembered to say “thank you” to Jesus. Heavenly Father is happy when we remember to be thankful. We can say “thank you” to Heavenly Father and Jesus so that they know we are thankful for all the things they give us. It makes us happy too when we are thankful. (Help the children think of different things they are thankful for.) Color the Thankful picture {Image 6}

song	scripture	lesson: i will share
“I’m Trying To Be Like Jesus” Children’s Songbook, 78	Mosiah 18:28 “And thus they should impart of their substance of their own free will and good desires towards God...”	<i>Prepare: Have a simple object ready to demonstrate sharing (i.e. a toy or book). Cut out the Sharing Cube {Image 7} and form it into a cube for the activity.</i> Heavenly Father wants us to be kind to one another. When we share we are being kind. Show the children your object and explain that you are going to practice sharing. Hand the object to another family member and say “I will share”. Emphasize how both people are happy when you share. Sharing makes you feel good inside. Have the children practice saying “I will share”. Play the Sharing Cube game.

song	scripture	lesson: i will say "i'm sorry"
“Repentance” Children’s Songbook, 98	3 Nephi 12: 23-24 “If ye...desire to come unto me, ...Go thy way unto thy brother, and first be reconciled to thy brother...”	<i>Prepare: Cut out the images in Nephi’s Ship {Image 8} for use in the scripture story, The children can color them at the end.</i> Jesus taught us how to be happy. When we say kind words and do kind things it can make us, and others, happy. But when we make a mistake we need to use these kind words: “I’m sorry.” (Have the children say, “I’m sorry.”) In the scriptures, a prophet named Nephi needed to build a ship. Nephi’s brothers said unkind things to him and wouldn’t help him build the ship. Nephi felt sad (have the children pretend to be sad). Later Nephi’s brothers said, “I’m sorry,” and helped Nephi build the ship. Then everyone was happy again (have the children be happy).

song	scripture	lesson: i will be reverent
“Reverence Is Love” Children’s Songbook, 31	D&C 109:21 “...Blessings [shall] ... be poured out upon those who shall reverence thee in thy house.”	What does it mean to be reverent? (Wait for answers and then read the words to the opening song again.) When we are reverent, we are showing Heavenly Father and Jesus that we love them. Practice different ways we are reverent with the children: We talk with quiet voices (practice); We walk with quiet feet (practice); We sit quietly (practice); We listen to the speaker (cup hand around ear); We think about Jesus (point to head). Color the Reverence picture {Image 9}

song	scripture	lesson: i will follow the prophet
“Follow The Prophet” Children’s Songbook, 111	D&C 1:38 “...Whether by mine own voice or by the voice of my servants, it is the same.”	<i>Prepare: Get a picture of the current prophet. (Use the Ensign or Internet to print one off if needed.)</i> Play ‘follow the leader’ around the room. Take turns being the leader and doing an action such as clapping, stomping, etc. When finished, tell the children that we have a very special leader we get to follow. It is our prophet. A prophet is someone who talks with Heavenly Father and Jesus to know what we need to do. Today our prophet is President [insert current prophet]. (Have children repeat his name.) Heavenly Father gives us a prophet because he loves us and wants to help us return to Him. We can do that by following the prophet. (Have the children say “I will follow the prophet.”) Color the Follow the Prophet picture {Image 10}

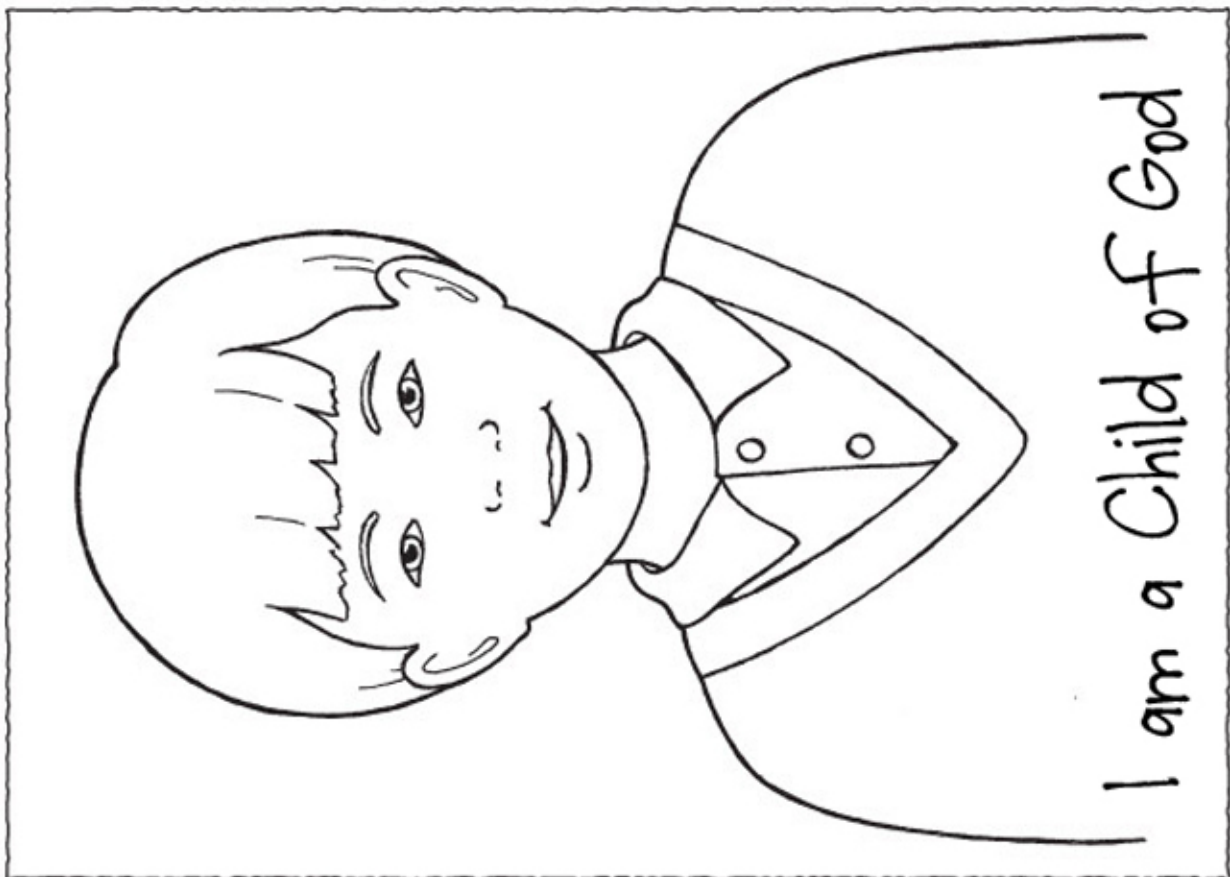
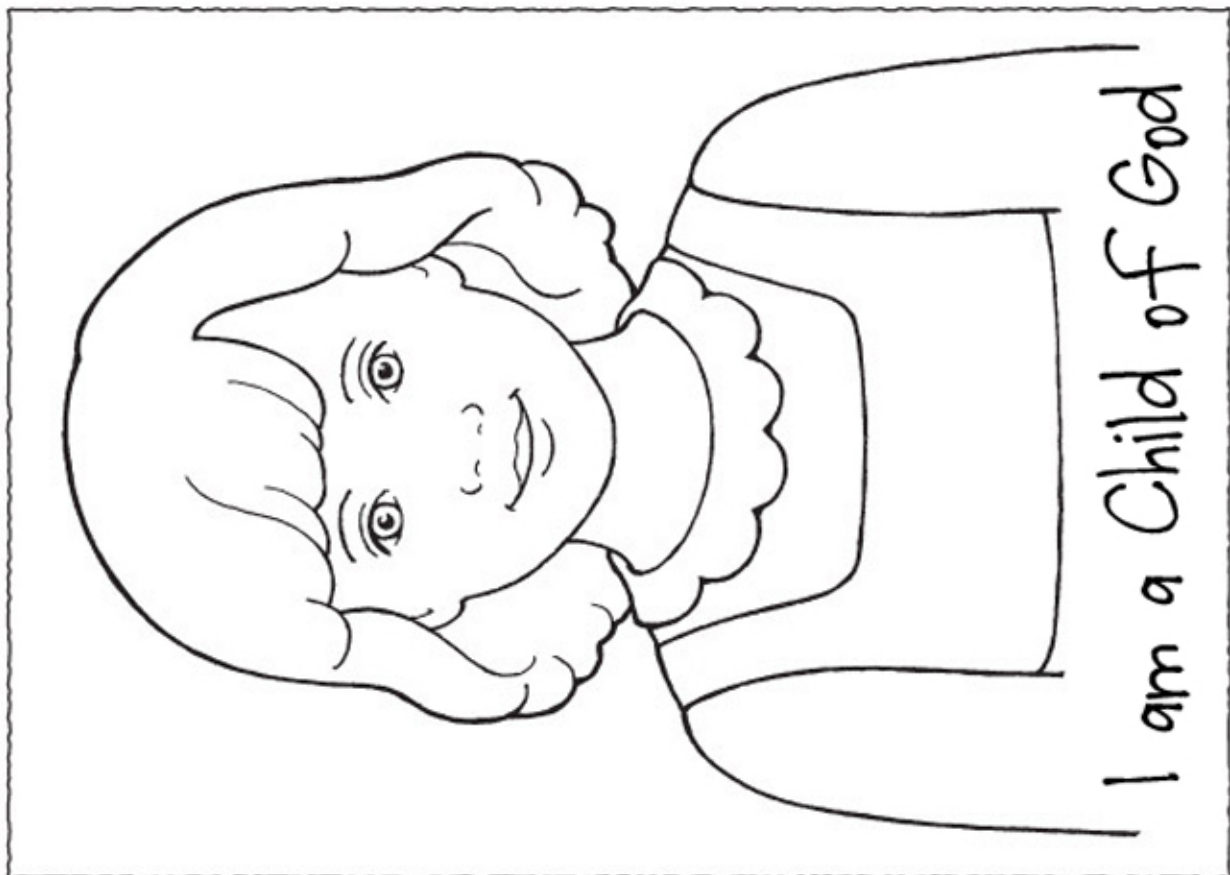
song	scripture	lesson: i can be happy
“Smiles” Children’s Songbook, 267	2 Nephi 2:25 “...Men are that they might have joy.”	<i>Start off by following the recipe to make Happiness Cookies with your children {Image 11}. Emphasize that you are following a recipe in order to make the cookies.</i> Heavenly Father wants us to be happy. Many people have a hard time being happy because they don’t know how. But Heavenly Father loves us so much that he gave us the recipe for how to be happy... the same way we have a recipe for how to make cookies. He put the recipe in the scriptures. When we read the scriptures, we can learn how to be happy because we learn how to be like Jesus. (Have the children say, “I can be happy” and practice smiling at each other.) Go enjoy a cookie. 😊

song	scripture	lesson: i can pray with my family
“Family Prayer” Children’s Songbook, 189	3 Nephi 18:21 “Pray in your families unto the Father, always in my name, that your wives and your children may be blessed.”	Repeat the words to the song “Family Prayer” with actions now. Form a circle and hold hands. Say “Let us gather in a circle (walk in circle); And kneel in family prayer (kneel down); To thank our Heavenly Father (fold arms); For the blessings we all share” (bow head & close eyes). Repeat several times. Explain that when we have family prayer, we talk to Heavenly Father to thank Him for our blessings and ask Him to bless our family. Color the Family Prayer picture {Image 12}

You can tape this label to the outside of your jar, or make your own!



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{Image 2}

Cut along the solid lines, then fold along the dotted line. Flip each section up in order to see the parts of our prayers.

I begin
by saying,
"Our
Heavenly
Father."



I thank Him for
blessings.



I ask Him for
blessings.



In the name of
Jesus Christ,
amen.

I Can Pray to Heavenly Father

I Have a Body Like
Heavenly Father's

I have a face like
Heavenly Father



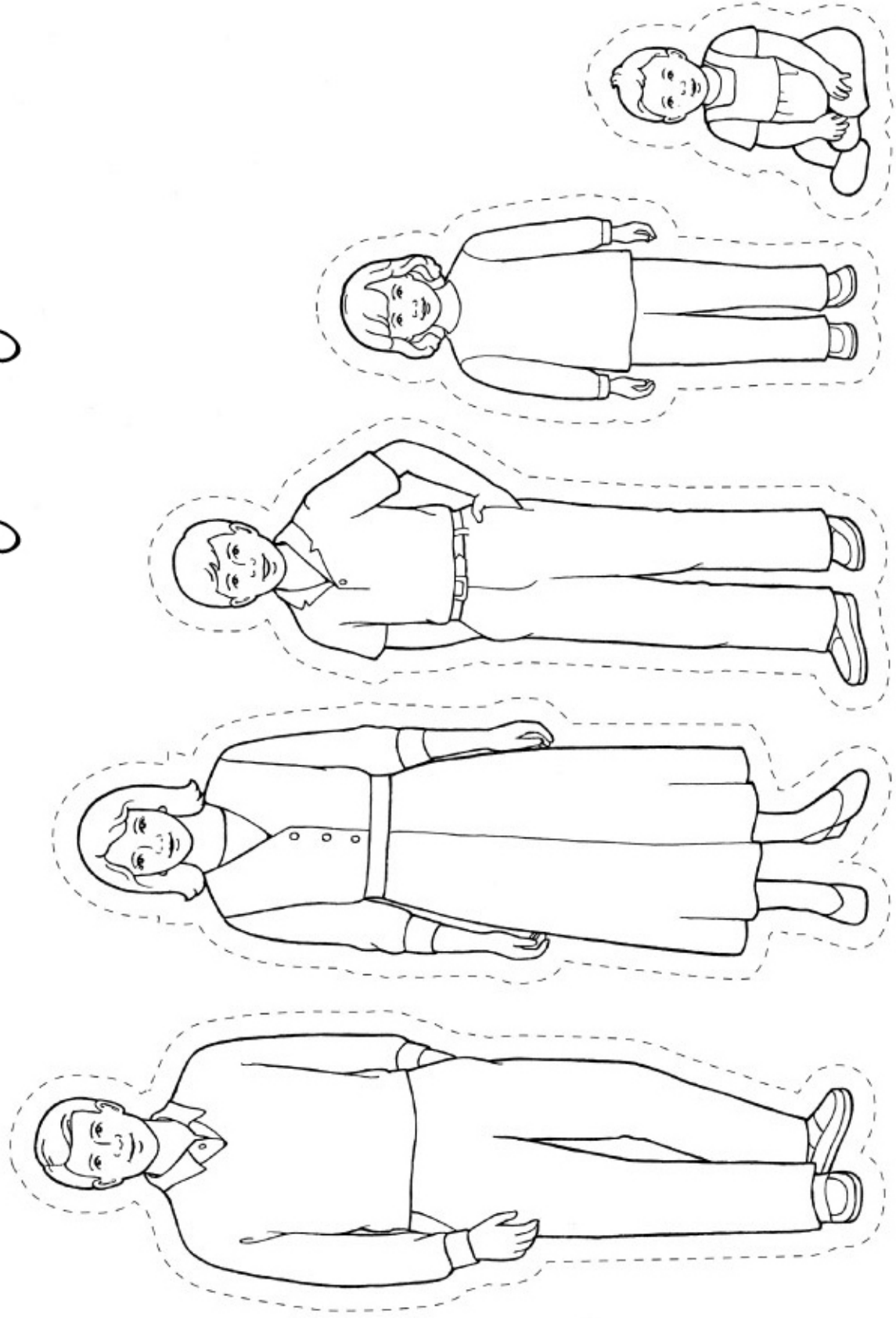
I have two hands like
Heavenly Father

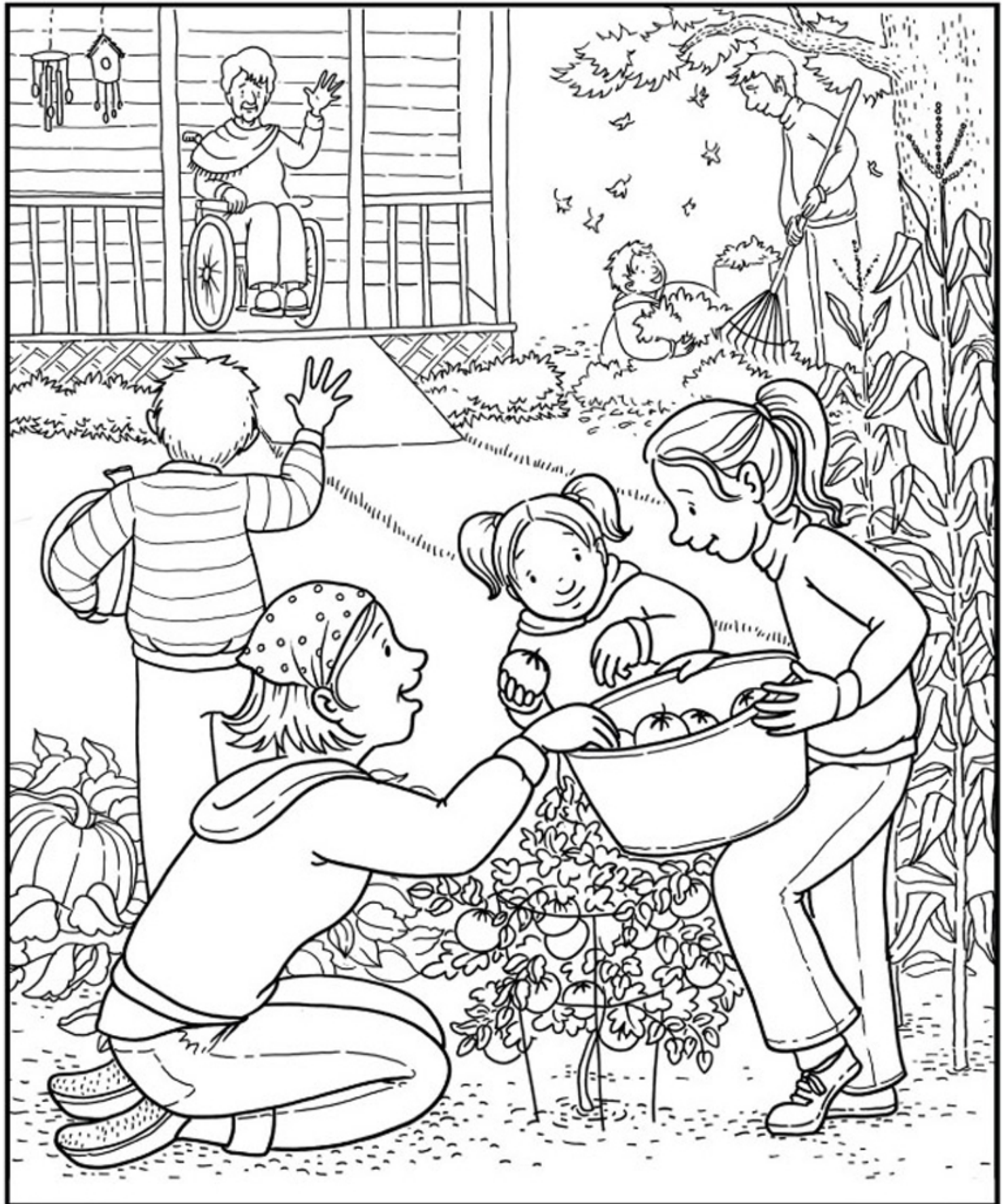
I have two feet like
Heavenly Father

{Image 4}

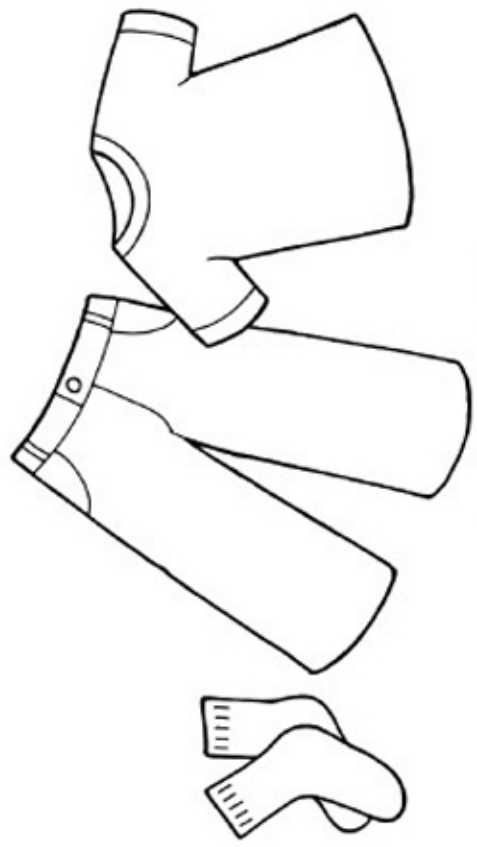
Copy this page as many times as necessary to get the correct number (and gender) of family members to fit your family. Write a family member's name on each one.

I Love My Family

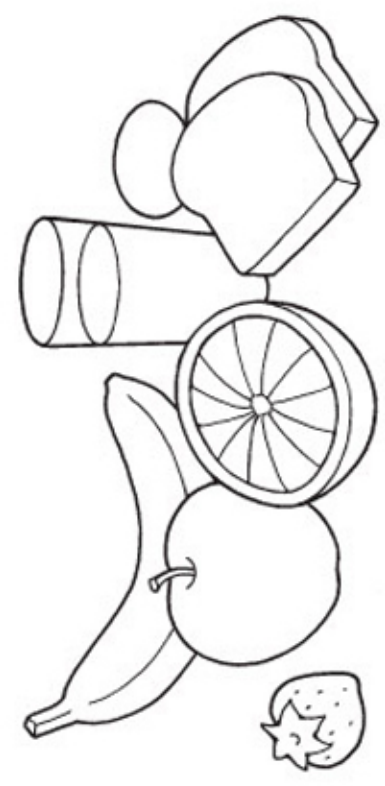




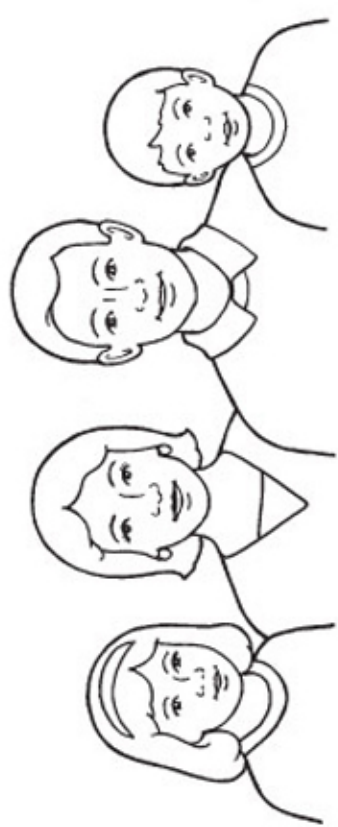
I will Obey!



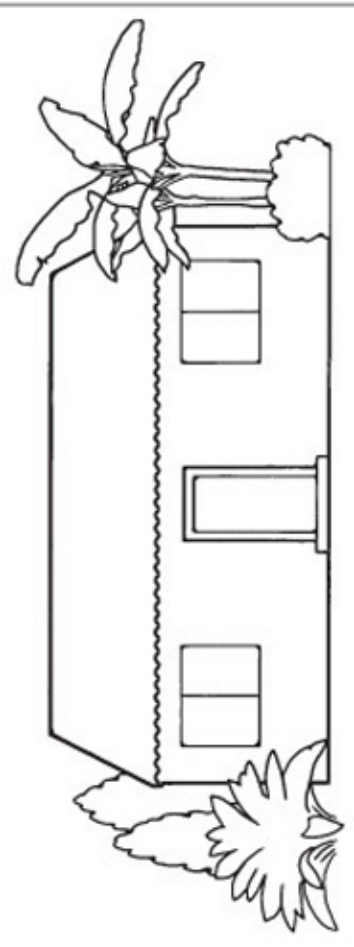
I am thank-ful for
my clothes.



I am thank-ful for
food to eat.



I am thank-ful for
my family.



I am thank-ful for
my home.

Cut out the image along the solid lines.
Color if desired. Fold along the dotted lines
and tape or glue the tabs to make a cube.

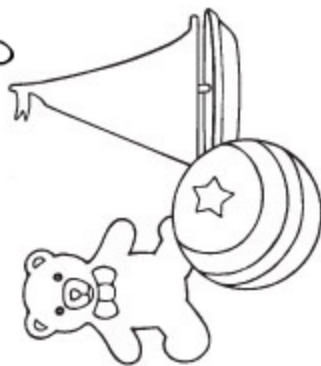
I will share smiles



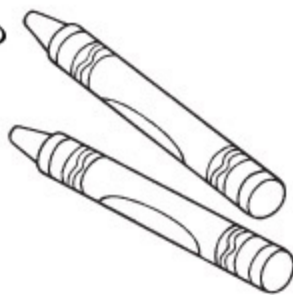
I will share books



I will share toys

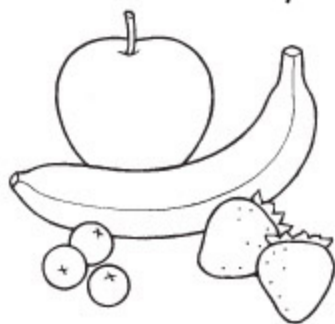


I will share crayons



I Will Share

I will share food



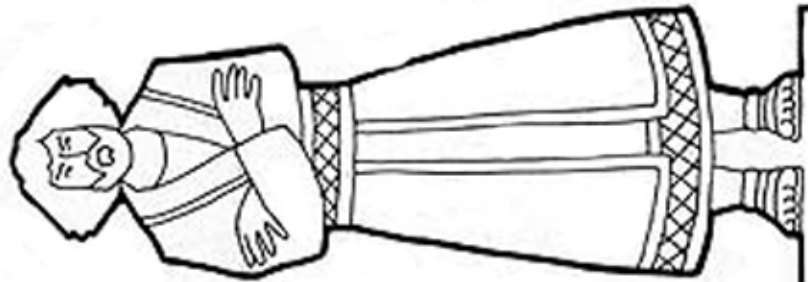
For the cube game:
Take turns rolling the cube. Whatever lands on top is what that person says and then either does (i.e. sharing smiles) or pretends to do (i.e. sharing food).
When the cube lands on the side with only the words "I will share", have the children clap their hands and say "I will share."
Make sure everyone has at least one turn.

{Image 8}

Print on cardstock for a more sturdy presentation. You can also fold each character at their base so they can stand on their own.



NEPHI

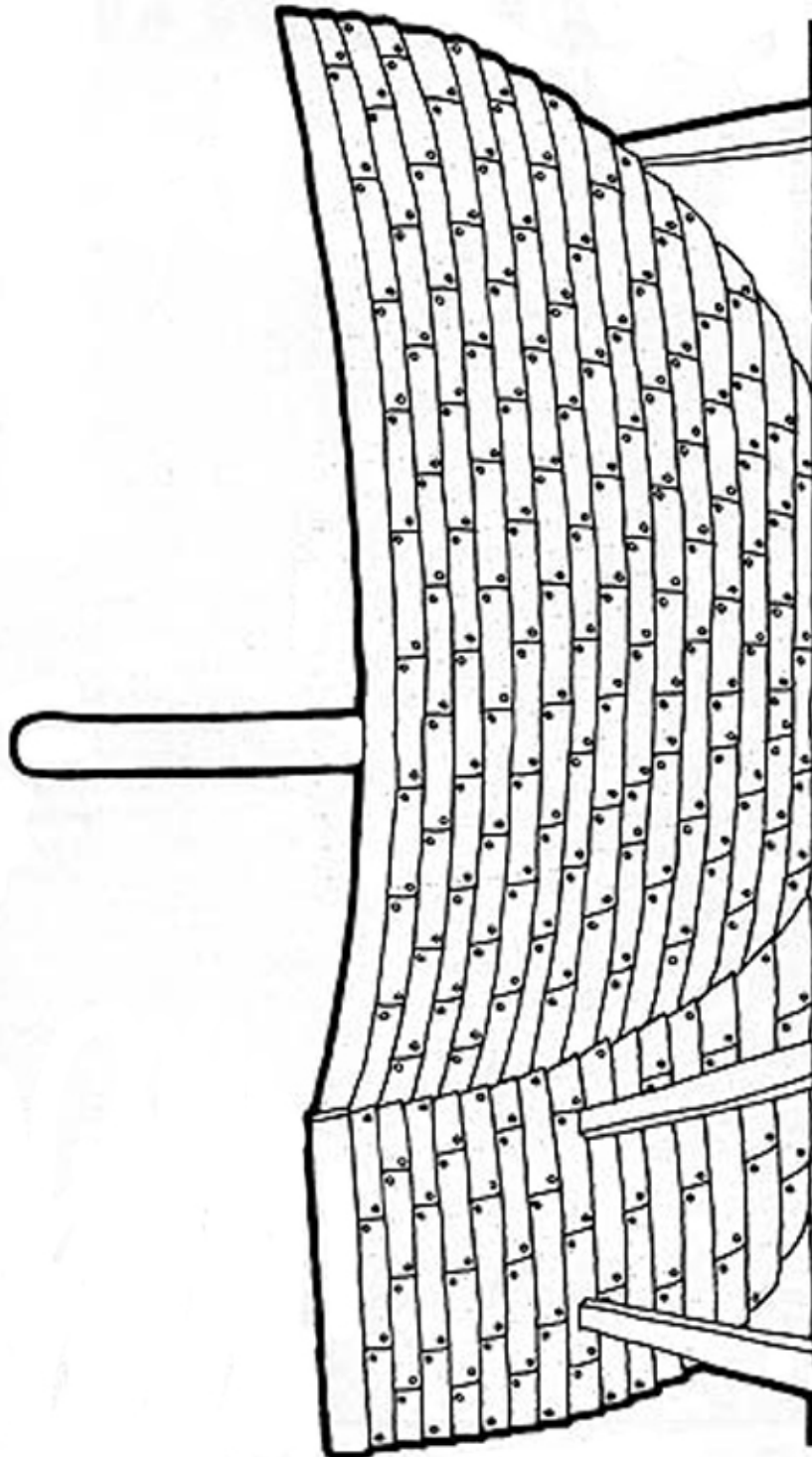


LEMUEL

Fold

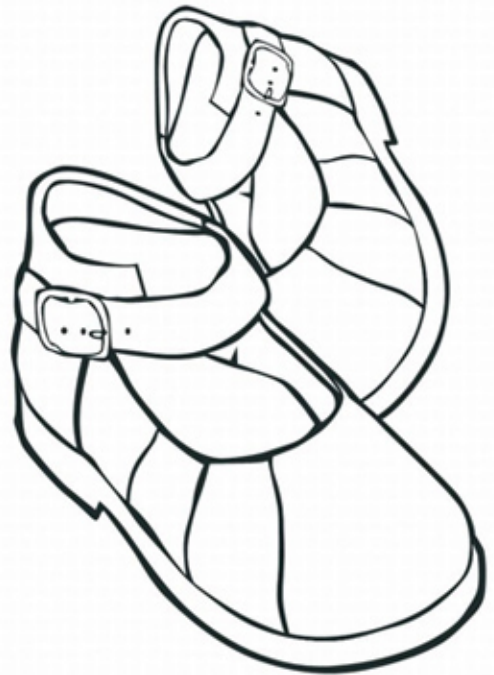


LAMAN

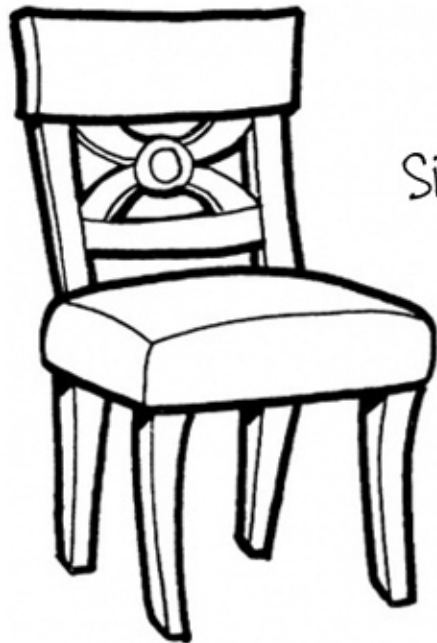


I am Reverent when I...

Talk with quiet voices



Walk with quiet feet



Sit quietly

Listen to the speakers



Think about Jesus



I will Follow the Prophet

"happiness cookies"

aka chocolate no-bake cookies

follow the recipe for delicious happiness cookies

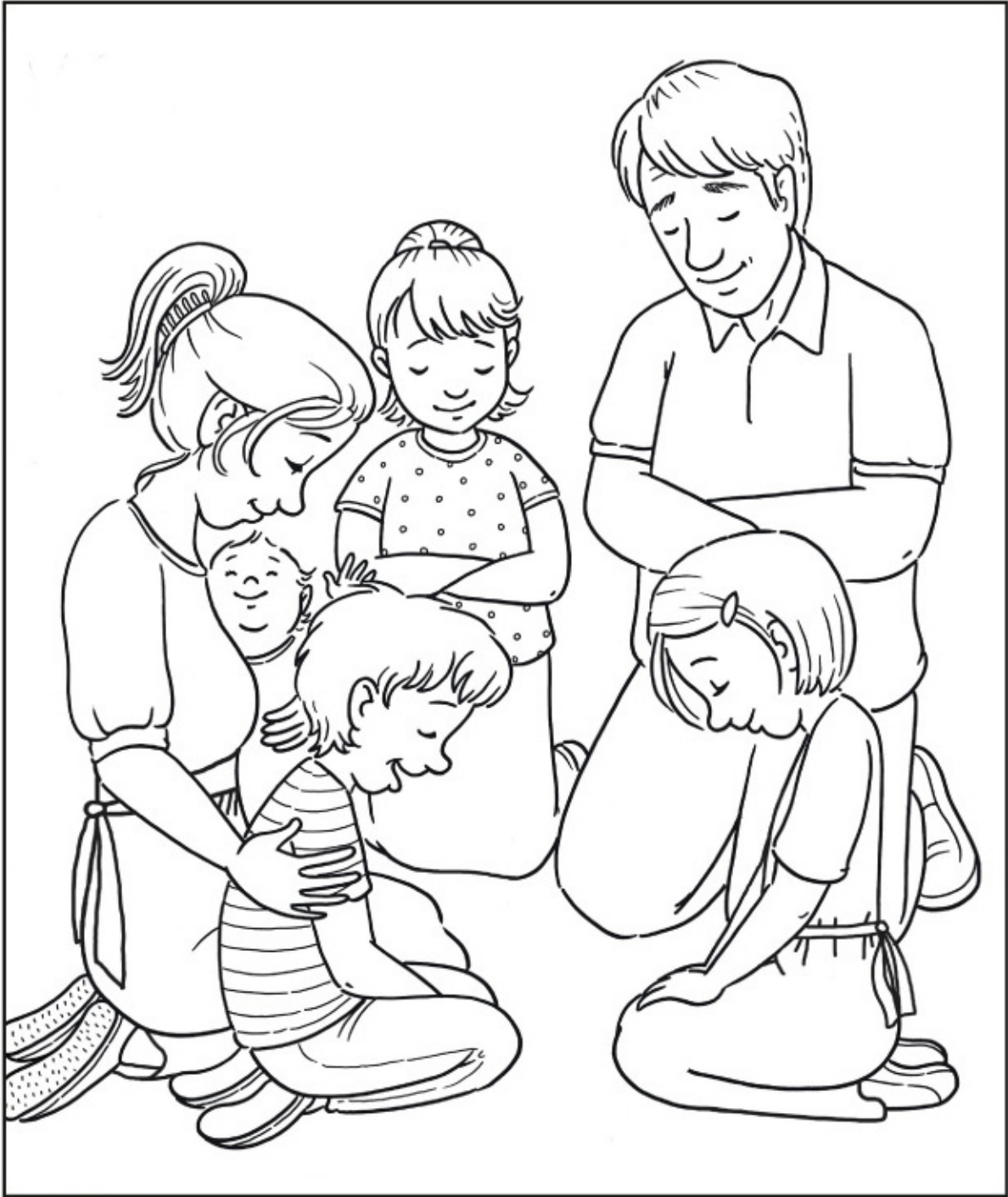
ingredients:

- 1 3/4 cups white sugar
- 1/2 cup milk
- 1/2 cup butter (1 stick)
- 4 Tbsp unsweetened cocoa powder
- 1/2 cup peanut butter
- pinch of salt
- 1 tsp vanilla extract
- 3 cups quick oats

directions:

1. Measure and prepare all of your ingredients in advance.
2. Prepare a cookie sheet lined with wax paper.
3. In a medium saucepan, combine the sugar, milk, butter, and cocoa.
4. **IMPORTANT STEP:** Bring the mixture to a rolling boil, stirring frequently. As soon as it reaches a full boil, start timing for 1 1/2 minutes. (Do not overboil or your cookies will be dry and crumbly. Do not underboil or your cookies may not set.)
5. Remove the mixture from the heat and stir in the peanut butter until melted. Then add the salt, vanilla and oats. Mix until fully combined.
6. Drop by teaspoonfuls onto the wax paper. (I like to use two spoons for this, since the mixture is really hot. One spoon to scoop the mixture from the pot, and the other spoon to scoop the mixture off the first spoon and onto the wax paper.)
7. Let cool until hardened (30-40 minutes).
8. Enjoy your cookies and be happy!

Having family prayers helps to



bless our family.