

Things to Do on Sunday

Personal History:

- Work on a scrapbook - put pictures you've drawn, school work, event programs, tickets stubs, etc. in a notebook. Write notes about what you remember about the events.
- Write your personal history. Get an outline on the internet. (Do a search for "personal history outlines".) Work on it a little each Sunday.

Journal:

- Think about a new habit or talent you would like to have. Make plans on how you will work on getting your new habit or talent. Record your goal, plans and efforts in your journal.
- Write in your journal about which temple you want to get married in and why. Also describe the type of person you want to marry.
- Write in your journal about places you would like to go on a mission and why.
- Write a list of your favorites and put it in your journal, favorite food, color, subject at school, movie, etc
- Write in your journal about what you learned at church today.
- Write in your journal about the things that you did during the week.
- Write 10 things you are grateful for in your journal.
- Write a poem or a story about a gospel principle and put it in your journal. You could also share it at Family Home Evening.
- Think of a bad habit you would like to change. Record in your journal your plans on how to accomplish that.

Family History:

- Make a family tree - get a chart on the internet. (Do a search for "free family tree charts".)
- Ask your mom, dad, or grandparents questions about their past. Write down their answers or video them. Use a personal history outline for the questions (look it up on the internet).
- Make a video of each person doing their talents or telling a favorite joke.

Games:

- Play scripture picture dictionary with a family member.
- Play scripture story charades with your family or siblings.
- Using play dough, sculpt figures of a scripture story such as Noah and the Ark. Have family members guess what scripture story it is.

Skits:

- Using magazine pictures or stuffed animals, make up a puppet show about a scripture story or a gospel topic such as prayer, honesty, etc. Share it with the family for Family Home Evening.

Drawing:

- Draw pictures of things you are thankful for. Put the title "I am thankful for....." at the top of the page. Put it in your scrapbook.
- Draw a picture of your family
- Draw a picture of a temple and make it into a puzzle. Use it for Family Home Evening. Have family members take turns putting one puzzle piece on and then guessing what the picture is. Afterwards you could ask everyone which temple is their favorite and why.
- Draw pictures to make flannel board figures of a scripture story or Friend magazine story. Use them in Family Home Evening.

Crafts:

- Make a scripture bookmark using dried flowers and clear tape, or use pictures from an old Friend magazine or other decorations. Put your favorite scripture on it.
- Decorate a box or a jar to keep your tithing or missionary savings in.
- Make a birthday or get well card for someone. Decorate it with craft supplies that you have around the house - glitter, ribbon, beads, etc.
- Make a thank you card for someone who has done something nice for you.
- Make a collage about the Word of Wisdom. Put pictures from magazines of good food to eat on one side of the paper and bad foods on the other side.
- Do a "making clothes modest" activity - Use markers, or paper cut outs, to add sleeves, etc. to clothes from pictures from magazines.

Memorize:

- Memorize a primary or scripture mastery scripture to prepare for seminary and to prepare to be a missionary.
- Memorize an Article of Faith to prepare to get your Faith in God award.

Read:

- Read the scriptures or scripture story books.
- Read a story or do an activity page from the Friend magazine.
- Read a spiritually uplifting book and write what you learned from it in your journal.
- Read the story of the Creation in Genesis chapter one. Draw pictures for each of the days. Tell the story to your family at Family Home Evening.

Music:

- Practice singing and memorizing this month's Primary song.
- Learn to play or sing a Primary song.
- Listen to uplifting music while doing other activities to help set the Sabbath mood.
- Make a CD of favorite church songs to listen to during the week. (Download them off the church web site)

Service:

- Visit someone that is sick, elderly, or lonely. Take a homemade goodie and a homemade card or picture to give to them.
- Write letters to missionaries, a relative, or a friend. Draw a picture of your family to go with the letter.
- Write a note to a family member or friend telling them what you like about them. Give it to them.
- Do a secret deed for someone and leave a cut out paper heart at the site.
- Make a video of each family member's message to a family member or friend that lives elsewhere and send it to them. Or you could record the family singing each person's favorite song, telling a favorite joke, or doing a talent to send to the family member that lives far away.

Nature Walk:

- Go on a nature walk with someone. When you come back, draw a picture of the beautiful creations that you saw.
- Go on a nature walk and collect a few flowers and greenery to dry to make scripture bookmarks to give as gifts.

Family Time:

- Look at family pictures or videos with your family
- Visit a relative
- Have each family member take a turn telling what they learned in their church lessons.
- Make a video of family members acting out a scripture story and then watch it together

- **Miscellaneous**

- Listen to a church story or a talk on CD.
Watch a church video.
- Prepare a Family Home Evening Assignment.
- Prepare a church assignment - talk, scripture, etc.
- Work on Faith in God, Personal Progress, or other church programs.
- Start a collection of handouts from church classes, favorite quotes, stories or scriptures, favorite church art work and pictures. Save them in a binder to use for Family Home Evening, talks and class assignments
- **Add items to the empty spots below of things you could do on Sunday. Check with a parent before adding it, and then do the item.

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Name	1 st Sunday	2 nd Sunday	3 rd Sunday	4 th Sunday

