

Hatch Patch Creations

Family Home Evening Made Easy

82 Aspen Grove Dr. W.

Evanston, WY 82930

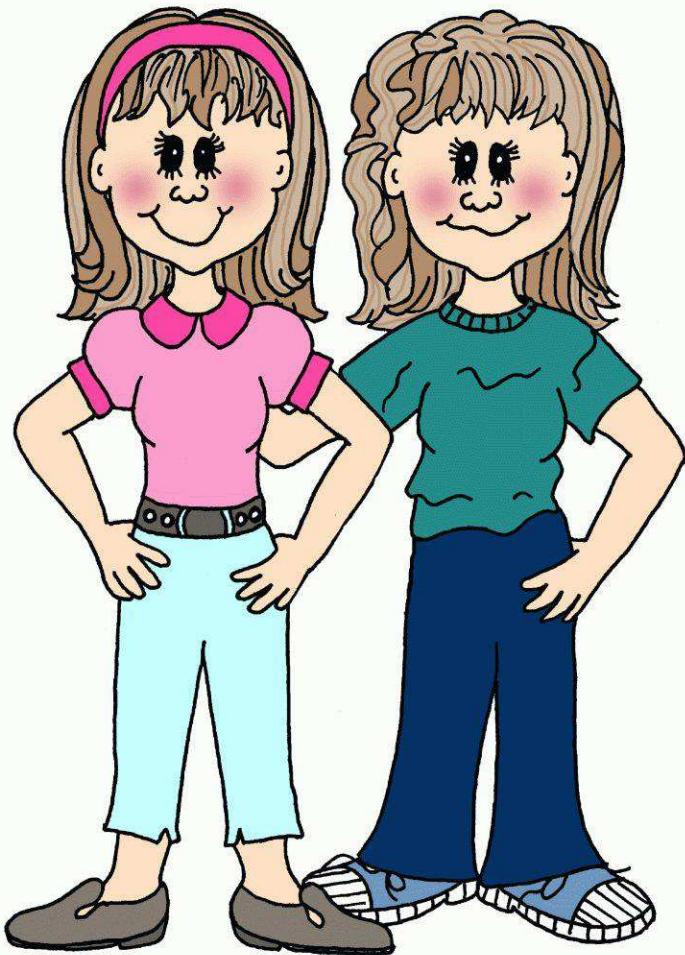
1-720-870-0398

www.hatchpatchcreations.com

My Body Is A Temple Family Home Evening Packet

Contents:

Story,
Picture Sheets,
Game,
Scripture,
Treat Recipe



\$7.00

My Body Is A Temple Family Home Evening Packet

Home Evening Outline

Opening Prayer
Opening Song
Scripture

Story
Game

Closing Song
Closing Prayer
Refreshments

Suggested Songs: "The Lord Gave Me A Temple", pg. 153 (Children's)
"The Word of Wisdom", pg. 154 (Children's)
"Choose The Right", pg. 239 (Hymn)
"Keep The Commandments", pg. 303 (Hymn)

Story: Color graphics with markers, colored pencils, chalks, etc. Use flannel, or laminate and cut out and place magnets on back of graphics, etc.

"Operation Cleanliness" Game: **Preparation** - Color and cut out each body game board along the dotted line (2 bodies). Laminate each body game board. Color, laminate and cut out each of the twenty circle tokens. Laminate and cut out each of the forty game cards along the dotted lines.

Object - To be the first team to remove all five "bad" item tokens from it's body game board and to add all five of it's "good" item tokens to the body game board.

Play - Divide the family into two teams, giving each team one of the two body game boards, five "good" item tokens and five "bad" item tokens. Place the five "bad" item tokens, face up on the body game board. Put the "good" item tokens to the side of the game board on the playing surface. Place all forty game cards in a large bowl or basket. Determine which team will go first. One player on that team is designated to be the first clue-giver and the rest of the team becomes the clue-receivers. The opposing team also determines who will be the first clue-giver. The clue-giver from the team that is going first draws a card from the bowl. There will be either a one or two-word clue on the card. If it is a two-word clue, you may inform all players at this time that it is a two-word clue. Clue-giver #1 begins by giving a one-word clue to try to get his team members to say the word on the card. The clue-receivers can talk amongst themselves to try and determine what the word is, they then give a one or two-word answer. If the answer given is correct, the team follows the directions on the card to either remove a "bad" item token or to place a "good" item token on their body game board, and play rotates to the opposing team who now gets to draw a card and go first. If the answer is incorrect, play passes to team #2, and clue-giver #2 then gives his one-word clue to his team members. This proceeds until the correct answer is given or each team has had the opportunity to give five clues. At this point the card becomes void and is placed in the discard pile.

Ending The Game - Option #1: The first team who has removed all "bad" item tokens from it's body game board and placed all of its "good" item tokens on its body game board becomes the winner, and the game ends. **Option #2:** Set a time limit. At the end of the time limit, the team that has the most "good" item tokens placed, and the most "bad" item tokens removed wins the game.



Carrot Cookies

Ingredients

- 1 1/2 cups peeled, cooked mashed carrots
- 1 1/2 cups shortening
- 1 1/2 cups sugar
- 2 eggs
- 3 cups flour
- 1 1/2 tsp. vanilla
- 3 tsp. baking powder
- 1/8 tsp. cinnamon

Combine carrots, sugar and shortening. Mix until smooth. Add eggs and vanilla. In a separate bowl, mix flour, baking powder and cinnamon. Add flour mixture. Mix well. On a greased cookie sheet, bake at 350 degrees for 12 to 15 minutes. Cool cookies slightly and cover with glaze.

GLAZE INGREDIENTS

- 1 cup powdered sugar
- 5 to 8 tsp. orange juice

Add 5 tsp. orange juice to powdered sugar and blend. If the texture is not smooth enough, adding 1 tsp. of orange juice at a time until desired consistency is achieved.



My Body Is A Temple



There are beautiful temples of the Church of Jesus Christ of Latter-Day Saints all over the world. These are peaceful, clean, sacred places where we can go to worship the Lord. Temples are kept spotless and shining because they are houses of God that He can come to. Our bodies were gifts from our Father in Heaven and He will come to visit us if we keep our bodies clean and special. We want our bodies to be taken care of so they are the perfect place to house our spirits. Heavenly Father wants us to be kind to our bodies and if we take care of them through out our lives, they will take care of us. Here is a story of fourteen-year-old twin girls. See if you can tell the differences in how they react to things and as you hear the story, decide which twin is doing the right thing to treat her body like a temple.

Jenny and Julie are twins. They were born on the same day and they look exactly alike, but they certainly don't do everything alike. They are so different that their mother sometimes wonders how they could possibly be twins.

The alarm went off at 6:45 in the morning and Jenny sat up in bed, her hair all tousled around her face. How she didn't want to get up this morning! Even so, she knew that she had to so that she could make her first class at school. Julie just pulled the covers over her face and moaned. She knew that she needed to shower and get her hair washed. She hadn't done those things for three days and she was looking a little ragged but she wasn't going to get up.

Jenny turned the shower water on and hurried to get her body ready for school. In just a few minutes she was sparkling clean and sweet smelling. She raced down the stairs to eat breakfast. Mother had made pancakes this morning and had poured both twins a large glass of orange juice. Jenny sat down to eat as Mother yelled up the stairs for Julie to get going! "All right, all right," Julie called back down. "I'm coming!" But time flew by and soon there was only a few minutes left until school would begin.

Suddenly, Julie came flying down the stairs, her hair only half combed and her clothes wrinkled and just thrown on. She grabbed a candy bar from the cupboard on her way through the door as she nearly tripped over the rug. While racing for the bus, she dropped one of her books into a big puddle of muddy water. She shouted a bad word as she picked it up and stuffed it into her backpack. Then she rushed up the steps onto the bus.

DISCUSSION:

- Which twin is going to have a better day at school? Why?
- Is it important to clean our bodies regularly?
- Why is it important to eat a good breakfast?

School began quite normally for the twins. Classes seemed to drag on until lunch time. Jenny wondered what the cooks had made for this day. She was starving and hurried toward the lunchroom. As she entered the large and very noisy room, she spotted some of her friends. She filled her tray with the spaghetti dinner, some fruit and a carton of milk before she sat down at her friends' table. Julie, however, decided to skip lunch and go outside on the school grounds to talk to the boys.

Some of the boys were sitting in the back of a truck on the edge of the parking lot. Julie ran over to see what they were doing even though she could see that they were smoking cigarettes. Smoke drifted into the air, but Julie continued.

"Hey, Julie! How about a puff?" Julie always wanted to fit in with the crowd so she agreed to try the cigarette. She inhaled deeply as she put the white cigarette between her lips. Her body didn't like how it felt with the smoke inside her lungs and she began to cough. The boys laughed loudly and poked fun at her, so she tried it again, stifling the cough that was trying to get out.

"Hey, this is alright," she sputtered, even though she didn't feel very well.

DISCUSSION:

- Which girl did the right thing?
- What is harmful about cigarettes?
- Why is it important to keep the Word of Wisdom? (See D&C, Section 89)

Then something really terrible happened - one of the boys pulled a small, plastic bag from his pocket. There was a white, dusty powder inside. He placed some between his fingers and sniffed it up his nose. "Hey, Julie," one of them called. "Want some drugs?" Julie thought of all the lessons she had heard in Primary and of the many times that Mom and Dad had told her to never take drugs. Something inside of her warned her not to do it. She listened to her inner voice and politely said, "No, thanks."

DISCUSSION:

- Did Julie do the right thing?
- Why are drugs dangerous to us?

We must never, never take drugs - not even once. Our bodies are not suited to have dangerous drugs in them. Taking some of them just once can cause our bodies to become addicted to them so that we must have them all the time. Never let drugs enter your temple.

As the afternoon dragged on, Jenny kept up with all her classes and schoolwork. She was looking forward to soccer practice after school, but Julie had fallen asleep right on top of her books. Julie had stayed up late the night before watching a movie. Jenny had gone to bed around 9:30 and had a full night's sleep.

DISCUSSION:

- Which girl was going to do her best in school?
- Why is it important to our temples to get enough sleep?

When the final bell rang for school to end for the day, Julie raced toward the soccer field. Jenny needed to speak to Mr. Stoker about a problem with her math homework. She entered his room and walked toward his desk where he was correcting papers. She explained the problem she was having and he assured her that he would be glad to help her. Then Mr. Stoker did something that made Jenny feel very uncomfortable. He walked around his desk and put his arms tightly around her. Jenny knew instinctively that Mr. Stoker should not be touching her as he was. She jumped angrily and put her shoulders back. "Mr. Stoker, you may not touch me like that!" she snapped. She promptly left the room, walked to the phone in the hallway and called her mother.

DISCUSSION:

- Did Jenny do the right thing?
- What should we do if someone tries to touch us improperly?
(Parents may wish to spend some time here discussing what is improper touching.)

Later that evening, both girls headed for their bedrooms. Julie read a little and then stayed up late playing a computer game. She fell asleep before she remembered to say her prayers. Jenny brushed her teeth, put on clean pajama's, washed her face and hands. She then knelt beside her bed and told Heavenly Father about her day.

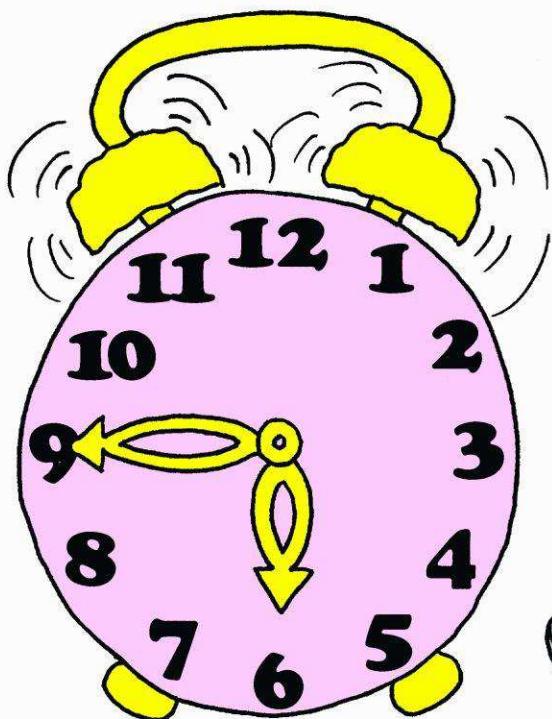
DISCUSSION:

- Which twin did the right thing?
- Why is it important to pray every night and morning?

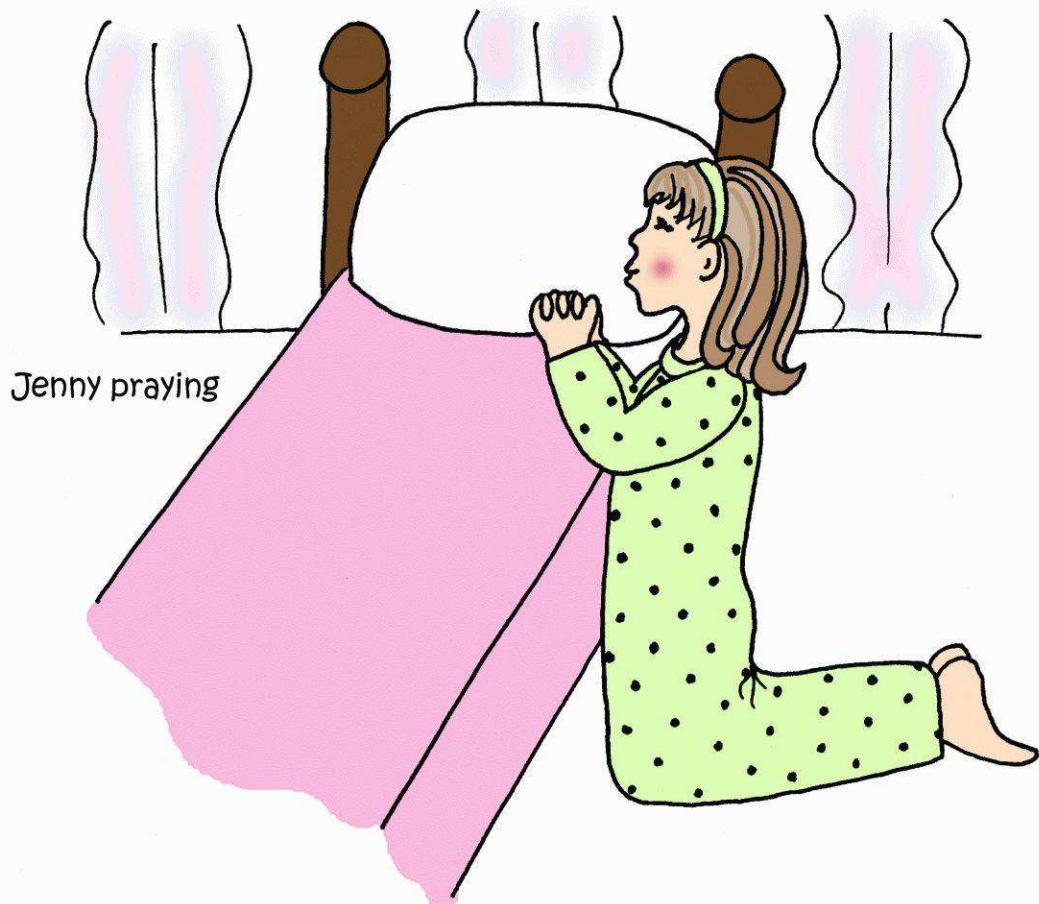
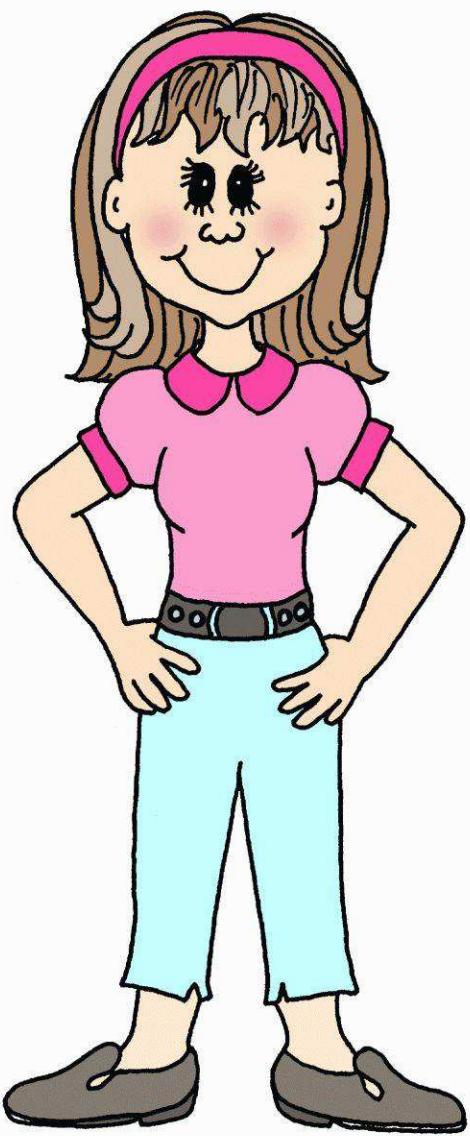
Our bodies are our responsibility! Our physical body needs to be kept clean, fed good food on a regular basis, given enough sleep and exercise, and kept from harmful substances. We never have to subject them to people who want to touch them improperly. Our spiritual body needs nourishment too. We must keep our spirit in tune.

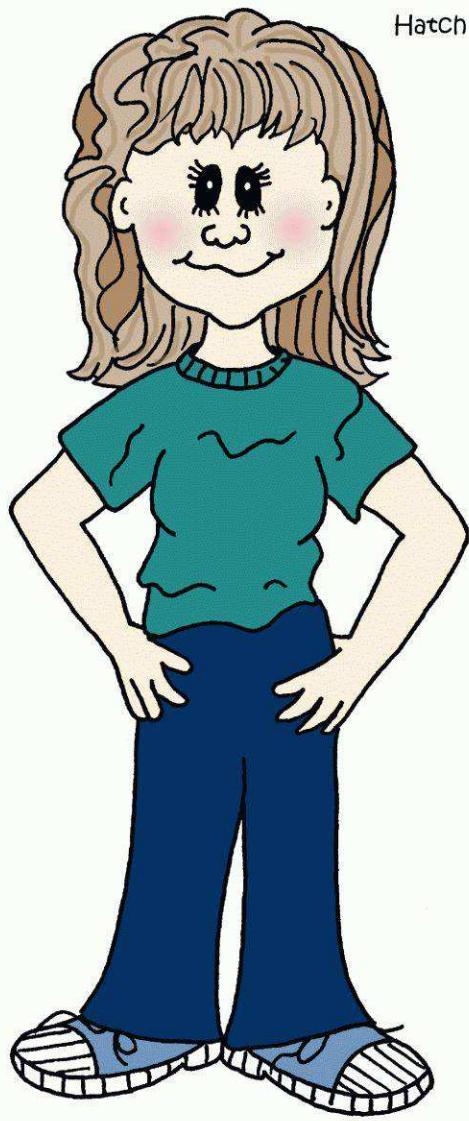
Our Heavenly Father has told us that our body is a temple and that He will not come to our temples if they are not clean. In Alma, chapter 7, verse 21 He says, "And he doth not dwell in unholy temples; neither can filthiness or anything which is unclean be received into the kingdom of God."

Our bodies are very special and we have control of what we take into them or do to them. Remember that what we do now to our bodies will affect us in the future - even through eternity.

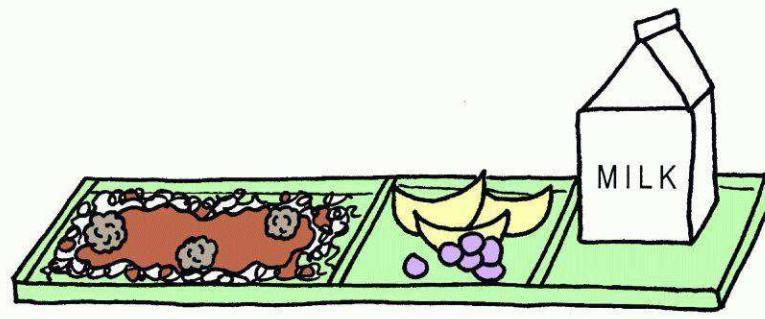
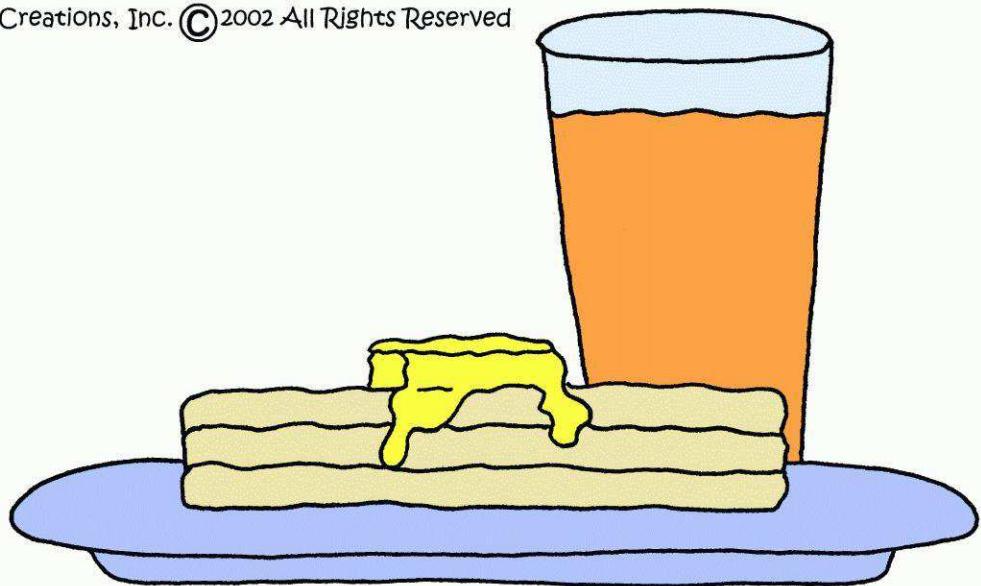


Jenny

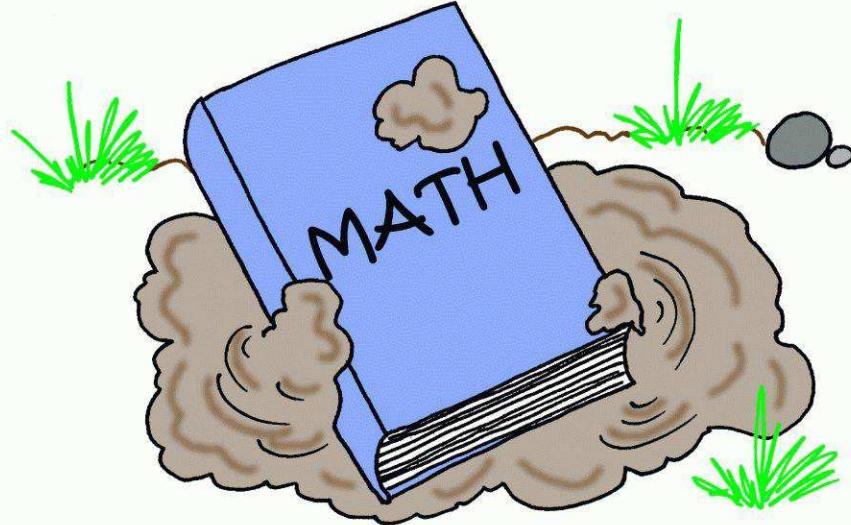
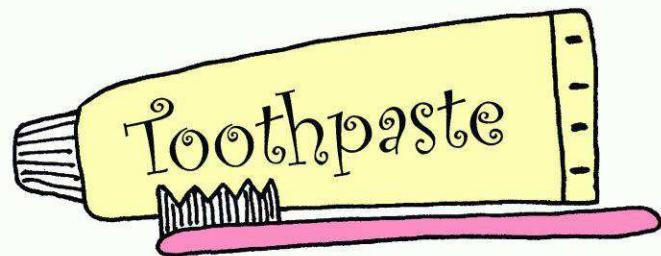




Julie

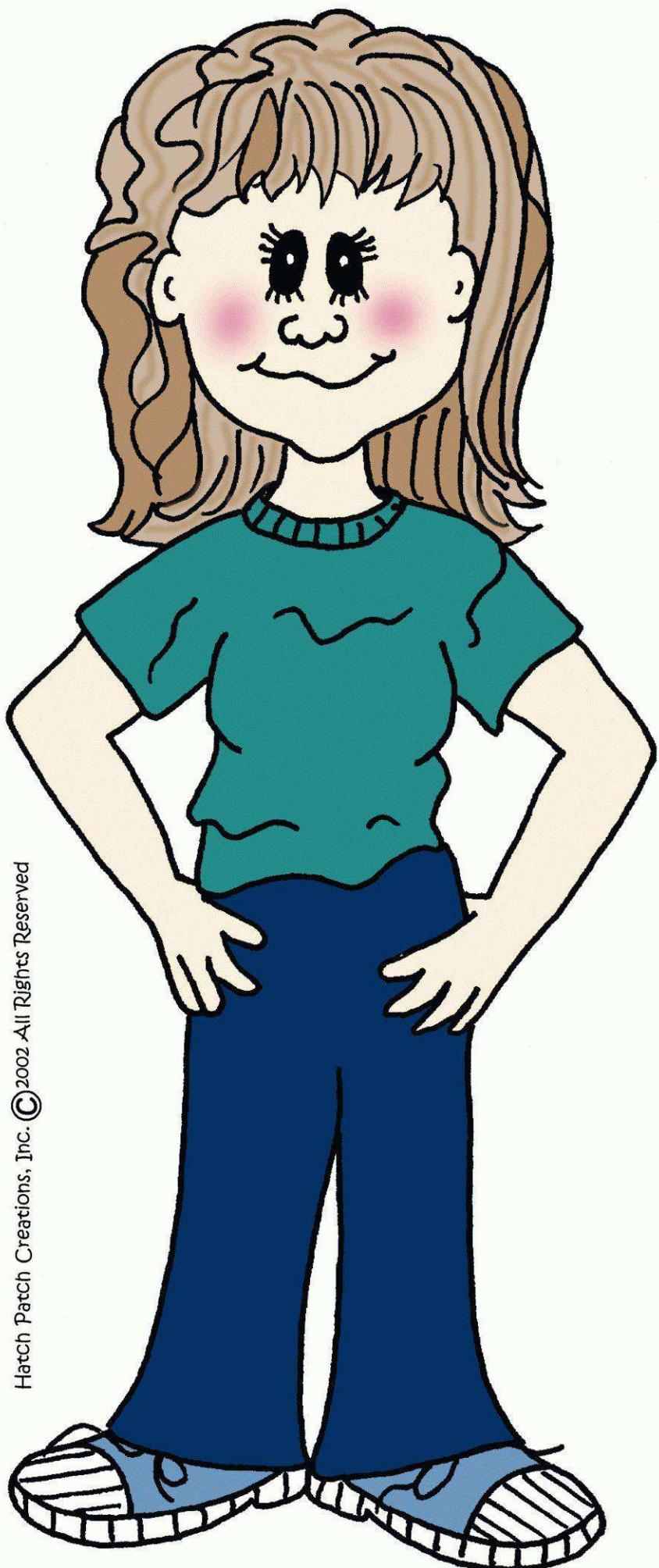


Jenny's lunch tray

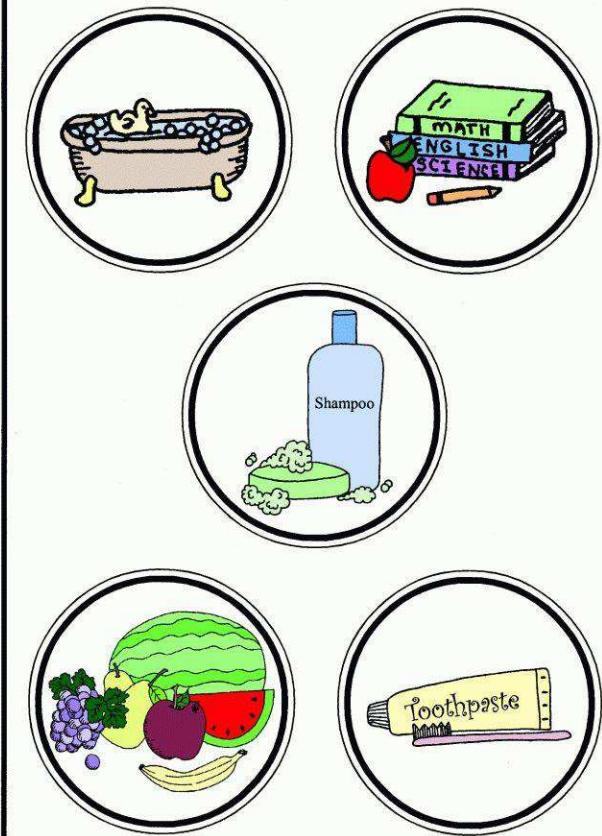


Julie's book in a mud puddle



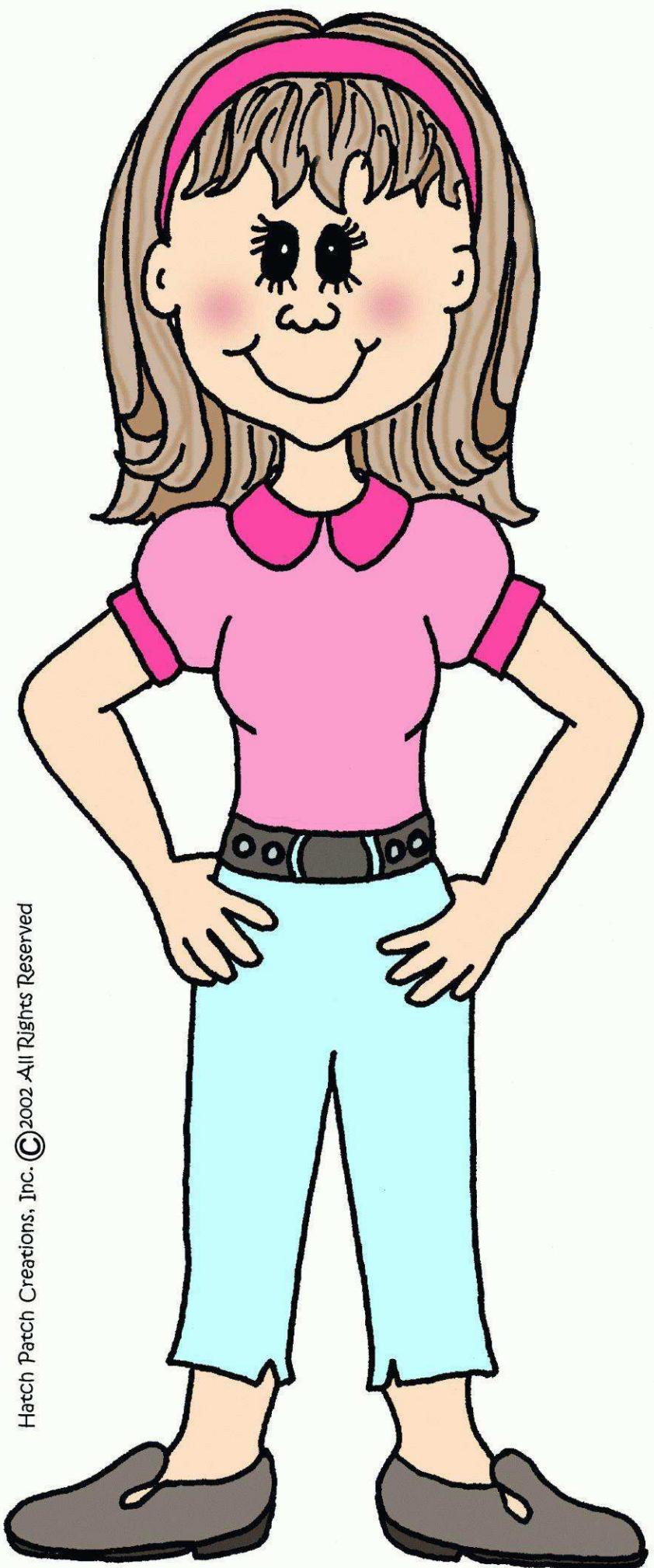


Good Item Tokens

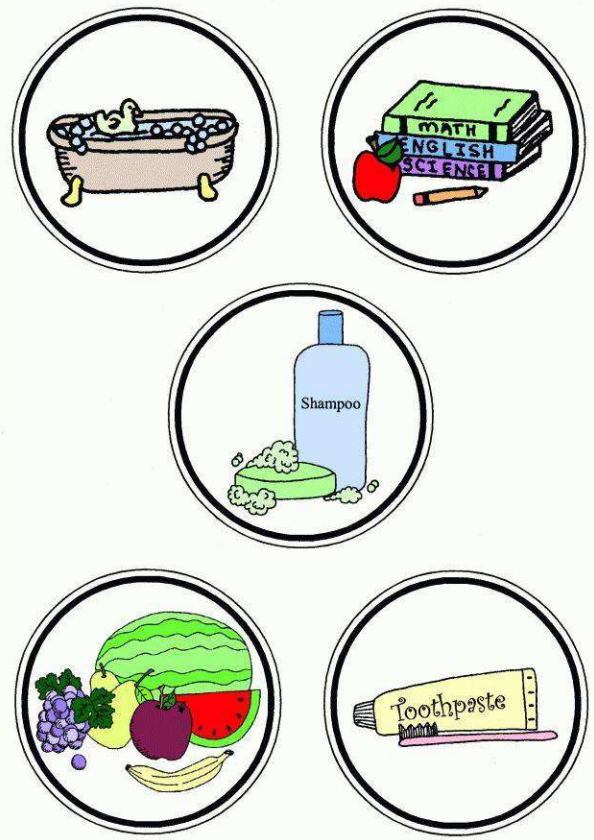


Bad Item Tokens





Good Item Tokens



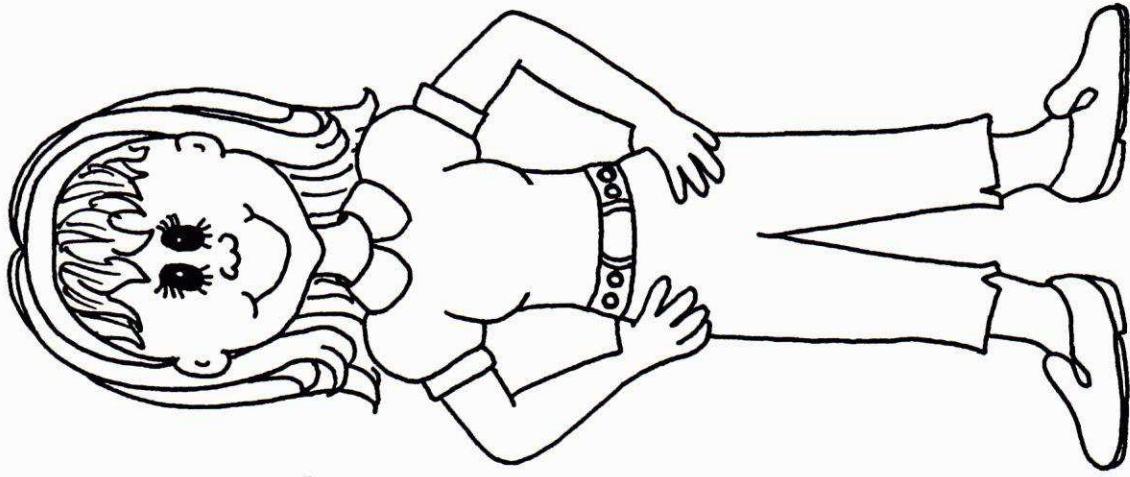
Bad Item Tokens



DEODORANT (Add a good item)	SLEEP (Add a good item)	EXERCISE (Add a good item)	BROCCOLI (Add a good item)
JUICE (Add a good item)	SOAP (Add a good item)	TOOTHPASTE (Add a good item)	TOOTH BRUSH (Add a good item)
BREAKFAST (Add a good item)	CLEAN (Add a good item)	SHOWER (Add a good item)	LUNCH (Add a good item)
DINNER (Add a good item)	VITAMINS (Add a good item)	HEALTHY (Add a good item)	MODESTY (Add a good item)
CHECK-UP (Add a good item)	TEETH (Add a good item)	COMB (Add a good item)	BRUSH (Add a good item)
CIGARETTES (Take away a bad item)	DRUGS (Take away a bad item)	COFFEE (Take away a bad item)	WINE (Take away a bad item)
DIRT (Take away a bad item)	TEA (Take away a bad item)	CAFFEINE (Take away a bad item)	CAVITIES (Take away a bad item)
GREASE (Take away a bad item)	TIRED (Take away a bad item)	UNHEALTHY (Take away a bad item)	LAZY (Take away a bad item)
JUNK FOOD (Take away a bad item)	SMELLY (Take away a bad item)	BEER (Take away a bad item)	TOBACCO (Take away a bad item)
TATOOS (Take away a bad item)	PIERCINGS (Take away a bad item)	DIRTY HAIR (Take away a bad item)	DIRTY CLOTHES (Take away a bad item)

ALMA 7:21

“AND HE DOETH NOT DWELL
IN UNHOLY TEMPLES;
NEITHER CAN FILTHINESS
OR ANYTHING WHICH IS
UNCLEAN BE RECEIVED
INTO THE
KINGDOM OF GOD;”



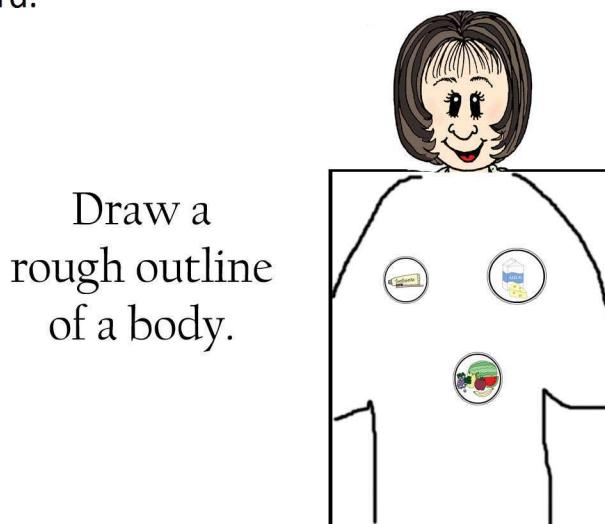
Sharing Time Activity

Preparation:

- Print off the sheet with the large round tokens that represent either good or bad things for your body.
- Take a poster board. Cut the sides to make the poster board look like a large shirt that you can hold in front of you. You can also wear a red clown nose so you look more like an “Operation” game board.
- Cut out the good and bad tokens and place on the shirt shaped poster board. See example below.
- Cut out the square “clue” cards. Place them in a bowl or basket.
- Bring kitchen tongs.

Activity:

- Explain that they will be playing a game of “Operation.”
- Call on one child to come forward.
- Have that child draw a clue card.
- Have them play charades. Once a child guesses, discuss if the item that was guessed is something good or bad for your body.
- The child who guesses the clue gets to come forward.
- Hand them the tongs. With the tongs, they get to take one of the “bad” items off the poster board. (This should be fun, you can make loud buzzing sounds if you think they are touching too much of the board.)
- Continue to play as time allows or until all of the “bad” items are off the board.



Sharing time Tokens

Bad Item Tokens



Sharing time Tokens

Good Item Tokens

