

Family Night FUN



DARING Role Play

Read “Turning Down the Dare” on page 4. Practice situations with your family where you might have to say no to someone. How does it feel to stand up for yourself and for what is right?

1. With your family, make a list of dares people might give you.
2. Choose someone to be a pretend bully. That person “dares” someone else in the family to do something on the list.
3. The person who’s being dared chooses what to say to the dare, just like in real life. Afterward, that person dares someone else, and so on.
4. After everyone has a turn, talk about how it felt to say no to a dare. How did it feel to be the “bully”?

Is there a topic you’d like to learn about with your family? Go to lessonhelps.lds.org to find stories, activities, and media.

Here are some fun FHE ideas from this month’s magazine. What other ideas can you come up with?

Not-So-Chicken FINGERS

Turning down a dare doesn’t make you a chicken at all! Being brave enough to stand up for others and yourself is being like Christ. Make these chicken fingers to help you remember how strong you are! Be sure to get an adult’s help. (Makes about 4 servings.)

12 ounces (340 g) boneless, skinless chicken meat, cut into 3-inch (7.5-cm) strips

1 egg

1 tablespoon honey

2 cups bread crumbs or crushed crackers

black pepper to taste

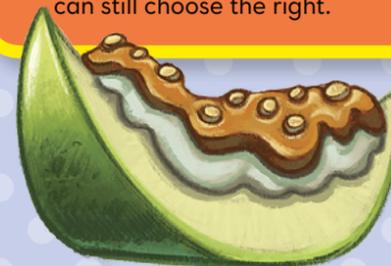
1. Preheat oven to 450°F (235°C). Whisk together the egg and honey in a small bowl.
2. Mix together the bread crumbs and pepper in a different bowl.
3. Dip chicken strips in the egg mixture, then dip in the crumb mixture until coated evenly. Use one hand for the egg bowl and the other hand for the crumb bowl so it doesn’t get too messy.
4. Place chicken strips on an ungreased baking sheet and bake until chicken is cooked through and the outside is golden brown (12-15 minutes). Serve with ketchup, honey mustard, or barbecue sauce!



STANDING UP

If someone is being mean to you or others, it’s OK to stand up for yourself!

- Always remember to pray for help and courage. You are loved, and you can be brave.
- Kindly tell them that you don’t agree with what they’re saying or doing, and ask them to stop.
- If the problem continues, walk away and tell an adult.
- Be a good example. Even when those around us are unkind, we can still choose the right.



TASTY TREATS

Try these for FHE this month!

- Top cream cheese with caramel sauce and chopped nuts. Serve with apple slices.
- Toss pumpkin seeds with melted butter, onion powder, and garlic powder. Bake at 350°F (180°C) for 25-30 minutes.
- Mix applesauce with a bit of yogurt and a sprinkle of cinnamon.

ILLUSTRATIONS BY DANI JONES



MORE FHE IDEAS

Look for these pictures in the magazine to find the stories and articles they go with! (Find the page numbers below.)



IDEA 1: Find the women hero cards to add to your Book of Mormon hero collection! Read the verses as a family. Can you draw some cards of your own? We’d love to see them.

IDEA 2: Read “The Loose-Tooth Test” and look up the scriptures at the end to see how some other prayers were answered. Tell a story about when your prayer was answered.



IDEA 3: Read “What I Learned from Alex” or “Lessons from Mother” and talk about who’s a good example to you. How can you be a good example too?



Idea 1: 24; Idea 2: 8; Idea 3: 36, 32