

# Family Night FUN

Here's an idea for family home evening. What other ideas can you come up with?

## Burying Bad Habits

Read "The No-Fighting Promise" on page 4. Then do this activity with your family.

1. Give everyone a piece of paper. Write down a bad habit you want to get rid of—like fighting with your siblings or complaining.
2. "Bury" the bad habit! Tear up the paper, or bury it outside. You could even plant a flower to represent replacing a bad habit with a good one.



Is there a topic you'd like to learn about with your family? Go to [lessonhelps.lds.org](http://lessonhelps.lds.org) to find stories, activities, and media.

## Garden Dippers

Make this snack to remind you that Jesus can help you grow good habits every day. Be sure to get an adult's help.

- 2 cans black beans, rinsed and drained
- 1 lime
- 1/2 teaspoon onion powder
- 1/2 teaspoon garlic salt
- 1/2 teaspoon cumin
- crushed pretzels or nuts (optional)
- baby carrots
- fresh cilantro leaves

1. Pour the beans into a blender or food processor. Squeeze in the juice from the lime and add the spices.
2. Blend until smooth. Scoop into small cups and sprinkle the crushed pretzels on top.
3. Carefully poke a knife or skewer into the top of each carrot and twist to make a small hole. Insert a cilantro leaf into the hole. Then stick the carrots into the "dirt" leaf-side up.



## MORE IDEAS

Drink lemonade while you read "The Lemonade Stand That Changed Everything" (page 32).



Read the story of David and Goliath (page FJ4). Then act it out!



Now I know what we can do for family night!



Yeah, but which idea do we start with?