

Family Night FUN

FISHING FOR BLESSINGS

Read "The Blessing Fish" on page 8. Then play this game with your family to talk about ways Heavenly Father has blessed you!

1. Cut out five fish shapes from **colored paper**. Draw an eye and mouth on each fish, and write a number between 1 and 5 on the back.
2. Slip a **paper clip** on each fish's mouth.
3. Tape one end of a **piece of string** to a **magnet**. Tie the other end of the string to a **stick**.
4. Place the fish number-side down on the floor and take turns fishing. When you catch a fish, read the number on the back. Then think of that number of blessings and tell them to your family. Play until everyone gets a turn.

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 family home evening ideas from this month's magazine. What other ideas can you come up with?

Onigiri

Make this version of a fishy Japanese snack (pronounced oh-NEE-ghee-REE). Be sure to get an adult's help.

1. Cook **2 cups dry sushi rice** (look for short-grain rice). In the meantime, mix **1 cup tuna** with **1/4 cup mayonnaise**.
2. Put a large scoop of warm cooked rice onto a piece of **plastic wrap**.
3. Make a hole in the rice and fill it with a spoonful of tuna mixture. Cover the hole with rice.
4. Wrap the plastic wrap around the rice and shape it into a ball or triangle. Then carefully remove the plastic wrap.
5. Cut a strip of **nori** (a paper-thin seaweed wrapper). Wrap it around the onigiri.



BLESSING HUNT

Here are some ways you can look for blessings every day.

- Keep a gratitude journal. Write at least one thing you are grateful for each day.
- Pray to Heavenly Father morning and night. This will help you remember that blessings come from Him.
- Throughout the day, look for all the different ways Heavenly Father is blessing you.
- Say thank you. Notice how many people help you. Don't forget to thank Heavenly Father too!



BONUS TREAT

Mix 1/2 cup cream cheese with 1/4 cup powdered sugar. Spread on rice cakes. Top with fruit, granola, or other toppings.

ILLUSTRATIONS BY MARK ROBISON



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: Read "A Conference Message from the First Presidency." What did you learn from general conference? On a piece of paper, write down a favorite message from conference and put it somewhere you and your family will see it every day.



IDEA 2: Talei and Phoebe have some super ideas for service! Read what they did to show love, and write in your own challenge ideas. Make a family plan to give secret service to someone else!



IDEA 3: Read the answers on Question Corner. What would you do if you were in that situation? Make a list with your family of things you can say "no" to. Then find tips for saying "no" on "Peer Pressure Problems."



Idea 1: 2; Idea 2: 17; Idea 3: 21, 34