

spiritual

- Keep a gratitude journal – every day write down 3-5 things you're thankful for. Tell Heavenly Father what you are thankful for
- Read the Book of Mormon each day
- Teach a FHE lesson to your family. Choose a topic you feel you need to learn more about
- Learn and memorize a favorite Primary song
- Memorize the Articles of Faith
- Read the "My Gospel Standards." Think about what things you're already really good at doing. Then find some things that you could do better at. Write a plan on how you will improve, and then go and do it!
- Pray each day and pray more thoughtfully, carefully thinking about what you say when you talk with Heavenly Father
- Each Sunday, bring a smile to church with you. Read your Come, Follow Me assignments before going to church and participate in your Primary class and family discussions
- Find someone to share the gospel with. Write your testimony in a Book of Mormon and give it to them
- Learn about a favorite apostle and watch one of the talks he gave in General Conference. Write down three things that he encourages you to do and make a plan to do them

social

- Talk with your grandparents or another elderly family member about their lives. Make a list of what was different for them and for you in your life now. Share what you learned at FHE
- Find a pen pal to write letters to
- Plan and carry out a family fun night activity to strengthen your family
- Do a special act of service for a family member or friend each day for a month
- Practice saying please and thank you. Write thank you notes to family, friends, and teachers who have helped you
- Make cards to send to someone who is sick
- Bake cookies and take them to a friend
- Each day for a week, sit by someone new at lunch time. Learn their name and favorite things
- Learn about another culture and then make a poster or slideshow to share what you learned with your family or Activity Days group
- Every day, pray for help in finding someone who needs some love. Maybe a friend at school or a family member far away. Pray to know what you can do to help them

physical

- Read the Word of Wisdom (D&C 89) and make a list of the things we should and shouldn't do. Find something you can do better at and make a plan to improve
- Help your mom or dad to cook dinner
- Learn a new sport or physical activity (basketball, soccer, tennis, running,)
- Get outside and ride your bike each day
- Happily eat your fruits and veggies for a whole week (no complaining or making faces!)
- Find something around your home that is broken. Learn how to fix it
- Help your family plant and harvest a garden
- Learn to make your bed and make it every day for a month
- Keep your room and toys clean
- Plan and take a hike somewhere near your home
- Try a new fruit or vegetable each week

intellectual

- Think of something that you would like to learn more about and talk with your parents about taking a class. Or, have your parents help you look it up online to learn about. Some ideas of things you can learn are:
 - Painting or art
 - Sign language
 - Cooking or baking
 - Typing
 - Juggling
 - Origami
 - Drama / Acting
 - Nature
 - Crafts
 - Dance
 - A musical instrument
- Create and draw picture for a storybook
- Make kindness cards with uplifting sayings on them. Send them to relatives, take them to friends, or leave them in a secret place for someone in your family to find
- Research about something that you love (space, dinosaurs, dance, history, etc) and make a poster or slideshow, or write a report about the things you've learned. Share it with your family or Activity Days group
- What subject is hard for you at school? Study that subject for an extra half an hour each day
- Write down 5 question you have. Ask a parent or leader to help you research and find answers about it

Trust
in the **Lord**
goal setting ideas for primary



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