



Funtastic Family Home Evenings  
*Easy to Prepare! Fun to Share!*



## IN THIS THERE IS SAFETY

(Ages 5 to 8)

### PURPOSE

To help family members better understand that the commandments of our Heavenly Father keep us safe and happy

### MATERIALS

- A bicycle helmet or picture of boy riding his bike (below)

### SONG SUGGESTION

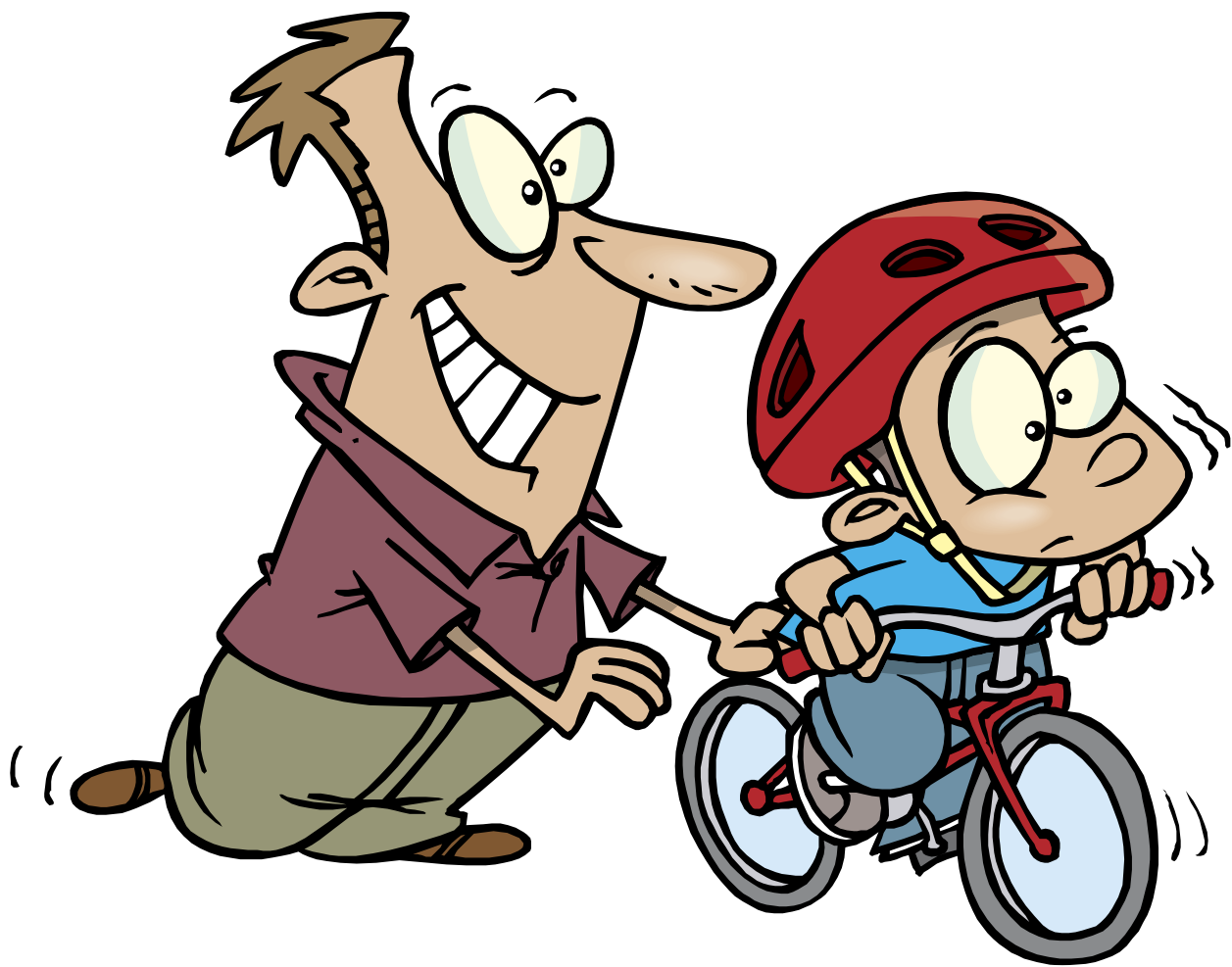
- “[Keep the Commandments](#)” page 146 in the *Children’s Songbook*

### LESSON IDEAS

1. Hold up the bicycle helmet (or picture below of dad and son) and ask, “Why do parents want their children to wear safety gear?” (Because parents love their children and want them to be safe)
2. Explain that our Heavenly Father loves us and has given us something to keep us safe while we are here on the earth.
  - a. Ask if any of your family members know what God has given us to help us stay safe (commandments).
3. Help your children understand how keeping the commandments can keep us spiritually (and even physically) safe. Examples:
  - a. When we pray we can be safe from Satan’s temptations (D&C 10:5).
  - b. When we keep the Word of Wisdom we can be safe from things that hurt our bodies (D&C 89).
4. Show this video, [Nephi and Lehi in Prison](#).
  - a. Help family members understand that these two brothers were kept safe because they obeyed the Lord’s commandments.
5. Share an experience where obedience helped you to be happy and safe.
  - a. Testify that obeying Heavenly Father’s commandments keeps us safe and happy.

### ACTIVITY IDEAS

- Younger children may enjoy coloring the posters below to hang in their rooms
- Make cookies or a cake. Point out that a recipe is like the commandments – when we follow instructions carefully we get great results.





**THE COMMANDMENTS KEEP ME  
SAFE AND HAPPY!**



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