



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

## MY HEAVENLY FATHER LOVES ME

(Ages ~5 to 10)

### PURPOSE

To help family members understand that our ability to see, smell and taste the many wonderful things Heavenly Father has created is evidence of His great love for us.

### MATERIALS

- Scriptures
- A box filled with:
  1. Something that tastes good
  2. Something colorful
  3. Something that smells good



### SONG SUGGESTION

- [“My Heavenly Father Loves Me”](#) page 228 in the *Children’s Songbook*

### LESSON IDEAS

1. Ask each family member, “Does Heavenly Father love you? How do you know?”
2. Hold up the box and explain that in the box is proof that Heavenly Father loves us.
3. Show family members the colorful item from the box.
  - a. Ask, “Why did Heavenly Father give us eyes and so many beautiful things to see?” (Because He loves us)
4. Allow family members to sniff the item in the box that smells good.
  - a. Ask, “Why did Heavenly Father give us a nose and so many wonderful things to smell?” (Because He loves us)
5. Have each family member close his eyes and allow them to taste something from the box. Ask:
  - a. “Why did Heavenly Father give us a tongue and so many wonderful things to taste?” (Because He loves us)
6. Your children may enjoy watching these videos:
  - a. [Because I Am a Child of God](#)
  - b. [I Know That My Savior Loves Me](#)
  - c. [A Beautiful World](#)

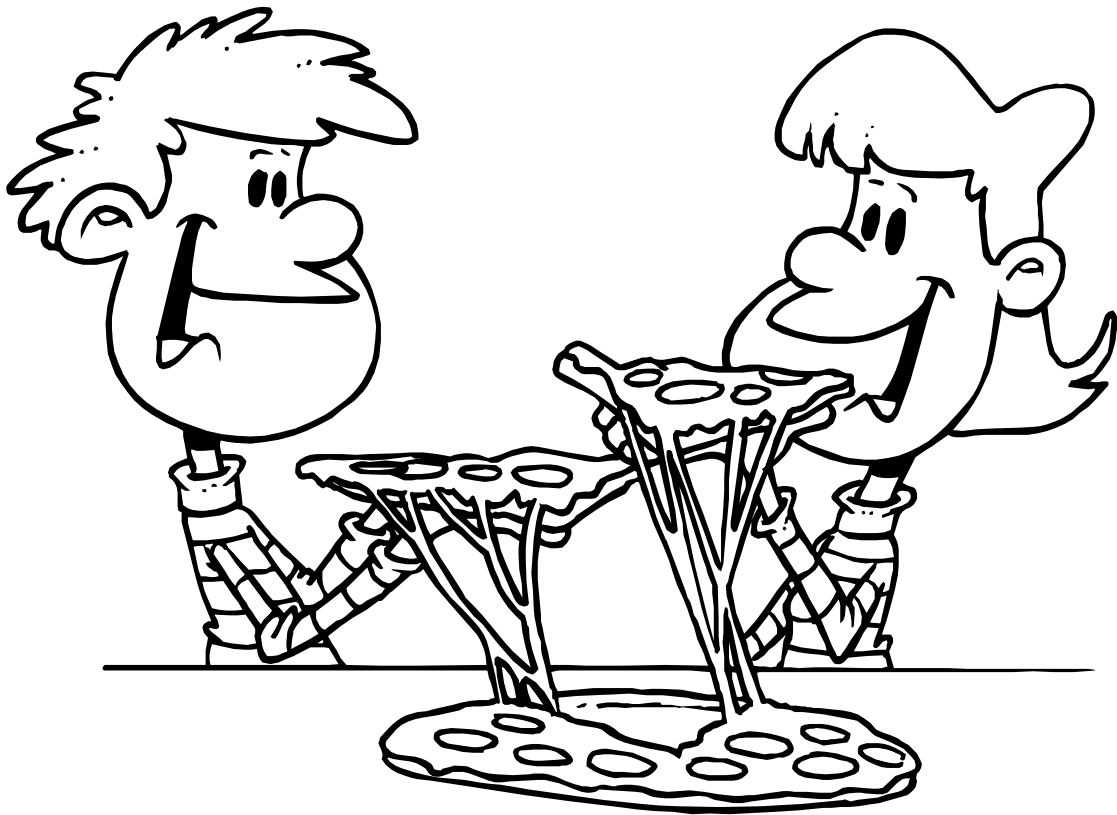
7. Testify that Heavenly Father truly loves us and because of that He has given us many beautiful things to see, taste and smell.

#### ACTIVITY IDEAS

- Make copies of the clipart (below) for younger children to color and hang in their room
- Allow children to try out one of these [kid-friendly recipes](#) to test out their taste buds!
- Younger children may enjoy these fun [Disney Coloring Pages](#).



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