



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



COUNT YOUR BLESSINGS

PURPOSE

To help family members consider the many blessings they have received

MATERIALS

- A copy of the table (below)
- A blank sheet of paper
- Pencils/pens

SONG SUGGESTION

- “[Count Your Blessings](#)” #241 in *Hymns*

LESSON IDEAS

1. Hold up the chart (below) and allow family members to guess the amount spent on food each week by families throughout the world. Write in the correct amount after each guess. (These amounts are based on figures from 2007. You can search Google for resources that will convert dollars into your currency. If you would like to show your family the photos of the actual families surveyed [click here](#).)
 - United States – Food budget for one week: \$341.98
 - Germany – Food budget for one week: 375.39 Euros or \$500.07
 - Italy – Food budget for one week: 214.36 Euros or \$260.11
 - Mexico – Food budget for one week: 1,862.78 Mexican Pesos or \$189.09
 - Poland – Food budget for one week: 582.48 Zlotys or \$151.27
 - Egypt – Food budget for one week: 387.85 Egyptian Pounds or \$68.53
 - Ecuador – Food budget for one week: \$31.55
 - Bhutan – Food budget for one week: 224.93 ngultrum or \$5.03
 - Chad – Food budget for one week: 685 CFA Francs or \$1.23
2. Discuss as a family what you could purchase if your family had only \$5.00 for buying food each week.
3. Explain that sometimes it’s easy to forget how many blessings we enjoy.
 - a. As a family create a list of at least 25 things you are grateful for. Encourage them to also consider things that are not based on money (membership in the Church, family, The Book of Mormon, the priesthood, etc.).
 - b. Put your list in a place where it can be seen all week.
4. Challenge your family to remember all of their blessings and to express gratitude to Heavenly Father for all they have been blessed with.

ACTIVITY IDEAS

- Watch a [video about a six year old boy named Zack](#) who did a raised money to help purchase wheelchairs for those in need.
- Plan a family service project for someone in the ward or community who is needy

Weekly Food Budget for Families Throughout the World

<u>UNITED STATES</u>	<u>GERMANY</u>	<u>ITALY</u>
<u>MEXICO</u>	<u>POLAND</u>	<u>EGYPT</u>
<u>ECUADOR</u>	<u>BHUTAN (Asia)</u>	<u>CHAD (Africa)</u>