



1. Family activities should allow each family member to express special interests and capabilities. Explain that in one family John loves to swim, Nancy enjoys visiting art museums, and Tim likes to collect insects. So for family outings, sometimes the family swims together, sometimes they visit museums, and sometimes they collect insects.

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2. It is important to be positive and supportive as you participate in family activities. Explain that when we are negative and criticize others during family activities, the activities often cease to be fun. When we praise others and recognize their good qualities, we show love and help others feel good.

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3. Arranging our schedules to allow time for family fun may require sacrifices, planning, and changing priorities. The First Presidency said, "Young men and young women should balance their involvement in school and other social activities by participating in family activities and spending appropriate time in the home" (Heaven in Our Home [family home evening manual, 1980–81], p. iv).