

“GARBAGE CAN WORDS”

FHE Lesson

Opening Song: “Hum Your Favorite Hymn” (Children’s Songbook #152)

Opening Prayer:

Scripture: Ephesians 4:29

Attention Getter: Get a cute little garbage can if you can. If not any ole' garbage can will do. Ask "What do I have here?" and "What goes in a garbage can?" (*trash, stuff that you don't need or want any more, outgrown or outdated, rotten, unnecessary, etc.*)

Objective: Tell your kids “Today we are going to talk about some words that belong in the garbage can.” Label garbage "Garbage Can Words".

Lesson: Read the "Language" section of For the Strength of Youth. Have the kids listen for anything that sticks out to them in the reading. Then let each person share something they learned from this section.

Discuss what words are appropriate and inappropriate for your house. Every family will be different. Remember “Garbage Can Words” don't have to be swear words either. They can just be crude, mean, insulting, degrading or discouraging words. They could even just be energy zapping words. This is for your family to decide.

Activity: Once you have had a good discussion on inappropriate words, pass out a small piece of paper to each family member. Have them write down the garbage can word they want to give up. Have them wrap up their words and then throw them into the garbage.

Treats: Make "garbage" cookies or smoothies. Make cookie dough and then just throw in whatever you have: chocolate chips, coconut, m&ms, nuts, oatmeal, etc. Or if you are doing a smoothie, just throw in whatever fruit you have with some ice and some yogurt.

Closing Song: “Let Us Oft Speak Kind Words” (Hymn #232)

Closing Prayer: