



Activity Time

What you need: A copy of the “A Little Bit of Dirt” activity, doughnuts (recipe included with this lesson) and 1 tsp. of dirt.

Preparation

1. Make “Doughnut” recipe or purchase sugar doughnuts or doughnut holes from a bakery.
2. Place one doughnut or doughnut hole per family member on a plate. Have one extra doughnut or doughnut hole on a separate plate.

Activity:

1. Explain: When we made these doughnuts our hands were clean. We used clean bowls and utensils, fresh ingredients and were careful not to let them fall on the floor. They are clean, freshly made and really good.



2. Sprinkle just a little bit of dirt on the extra doughnut. Go around the room with both plates and offer a doughnut to each family member. Point to the one with dirt and ask: Why don't you want this one? It's still a really good doughnut. It just has a little bit of dirt on it. It is still good, isn't it?
3. Ask: Why didn't anyone want the doughnut with the little bit of dirt on it? (Discuss ideas. Have your family repeat: “A little bit of dirt makes the whole doughnut dirty.”)
4. Ask: Do we want to be clean and wholesome or just a little bit dirty? (Discuss ideas.)
5. How can remembering the saying; “A little bit of dirt makes the whole doughnut dirty” help you make the choice to be clean? Use these examples to help your children choose by saying “clean” or “a little bit of dirt makes the whole doughnut dirty”
 - a. Christie watched an “R” rated movie because her friends said it's really good, except for one bad scene.
 - b. Michael didn't let his friend copy even one little tiny answer off his test.
 - c. Derek wore clothes to church that were just a little bit dirty and smelly.
 - d. Thomas said only one little swear word when he smashed his thumb in the door.
6. We should strive to always be clean, but remember that when we make mistakes we can be washed clean by the atonement of Jesus Christ when we repent.