



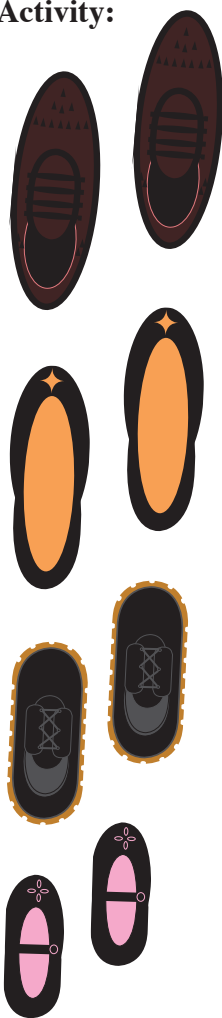
## Activity Time

**What you need:** A copy of “Lengthen Your Stride” footprint game (artwork included with this lesson), scissors, tape, a piece of paper, pencil, tape measure and calculator.

### Preparation

1. **Print** out the artwork and text.
2. **Cut** out the artwork.

### Activity:



- (Younger children will need help from an older sibling or parent.)
1. Have each family member pick a pair of shoes from the artwork.
  2. Tape one of each pair shoes on the floor (to prevent slipping) in a line.
  3. Tell your family that President Spencer W. Kimball asked each member of the church, no matter where they live, to “Lengthen Our Stride”.
  4. To **lengthen** means to make something longer, or to become longer.  
A stride is a long step, or a step towards improving something.
  5. Have each person step on their paper shoe with their toes touching the toe of the shoe. Then have them take a normal step or stride. Mark their stride by placing the heel of the other paper shoe on the ground even with their heel.
  6. Measure each person's stride from toe to heel. Write each person's stride length on a piece of paper (after recording the length pick up the second shoe).
  7. Now have each person take another step, but this time try to see if they can “Lengthen Their Stride”.
  8. Measure each person's stride again. Then calculate the percentage that each person was able to “Lengthen Their Stride” (example 1st stride is 9 inches and the 2nd stride is 27 inches–The percent increase is 200% or for a smaller child–if the 1st stride is 4 inches and the 2nd stride is 12 inches–The percent increase is also 200%). Explain that everyone can lengthen their stride no matter how old or how young they are.
  7. Explain that when President Spencer W. Kimball said to “Lengthen Your Stride” he didn't mean for us to take longer strides while walking, but to “Lengthen Your Stride” by taking steps towards improving how we follow Jesus Christ and do his work, which includes service, missionary work, making good choices, being kind and loving, etc.
  8. Talk about what we can do to follow President Kimball's great example of “Lengthening Your Stride.”



