



Activity Time

Approximate Time: 15 minutes (not including prep time)

What you need: Blindfold, room with furnishings, mild obstacles in the way of the path or have other children stand in the way.

- Preparation**
1. **Choose** a goal (sit in a certain chair, stand on a spot marked on the floor, etc...)
to reach on the other side of the room.
 2. **Place** some mild obstacles in the way of the path or have other children stand
in the way.

Activity: (Younger children will need help from an older sibling or parent.)

Show the children what goal they are to reach on the other side of the room. Blindfold a child and spin them around and point them in the wrong direction. Ask them to find their way to the goal by following your voice. You will want to speak softly and have others in the room try to lure them towards them so it will make following your voice more challenging. As the child continues to be lost you or another child can grasp their hand and lead them to the goal. Repeat with additional children as time permits. You may want to vary the experience slightly with each child.

Discuss the activity using the discussion ideas on the next page.

Discussion Ideas: *(Use as the Spirit and your family needs guide.)*

Young Children:

How did it feel to be lost? How hard was it to find your way?

The blindfold is like the mists of darkness. What do the mists of darkness represent?

How do the temptations of Satan keep you from your goals?

How did it feel when someone grasped your hand? *(You may want to emphasize that not only does being lead help us reach our goal but it helps us feel safe.)*

What in your experience represented the iron rod? *(Helping hand)*

The iron rod is the word of God. How does it help you?

More mature children:

The iron rod represents the word of god. How close do you stay to the iron rod?

What are the many things in your life that influence you to stray from the iron rod?

What can you do to overcome those influences?

have you ever felt as if you were lost in the dark mist?

What can you do to find your way to the rod?

Read 1 Nephi 15:23-24

23. And they said unto me: What meaneth the rod of iron which our father saw, that led to the tree?

24. And I said unto them that it was the word of God; and whoso would hearken unto the word of god, and would hold fast unto it, they would never perish; neither could the temptations and the fiery darts of the adversary overpower them unto blindness, to lead them away to destruction.