

Activity Time

Light & Dark

Description: Play this guessing game and discover how much more clearly we can see when we have light. Just like physical light can help us see better to make good choices, spiritual light can help us understand better to make right choices.

What you need:

- A copy of the “Light & Dark” activity cards (artwork included with this lesson,) cardstock or heavy paper (optional), scissors, and glue or tape.

Preparation:

1. Print out the artwork (on cardstock or heavy paper if possible).
2. Cut cards apart. Fold on dotted lines.
3. Glue the inside of the folded card together so each card has a shadowed image on the front, and a colored image on the back.
4. Place cards in a pile with the shadow side up.



Activity:

Explain that sometimes it's difficult to tell what an object truly is in the dark. We're going to play a guessing game to see if you can guess what the object is by only looking at its shadow.

Taking turns, show each family member a card and let them guess what they think the object is. If they guess correctly, give the card to them. If they guess incorrectly, the next family member can try to guess. If no one guesses correctly, show the “light” side of the card. Notice how quickly everyone recognizes what the object is!

Discuss: Did you notice that it was much easier to see the truth when we saw the object in the light? Spiritual light can help us to know the truth too. To gain spiritual light, we need to do more than turn on the light switch. We can pray, read scriptures, keep the commandments, and talk to trusted leaders and family members. The Lord will help us to find the “light” we are seeking.





