

Description: Doughnuts are delicious, but what if they're sprinkled with dirt instead of sugar? Would you want to eat them then? Use this object lesson to demonstrate the importance of cleanliness.

What you need:

- 1. Make the "Donut Be Unclean" 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.

Preparation:

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

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?
4. Ask: Is it better to take in or do things that are clean and wholesome, or just a little bit dirty?
5. What can you do to help you make the choice to do, watch, listen to, and say things that are clean?
6. Share the following examples. What can we do to avoid things that are a little bit dirty? What could we choose instead?
 - a. Christie watched an "R" rated movie because her friends said it's really good, except for one bad scene.
 - b. Michael let his friend copy just 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.
7. Bear Testimony: 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.