

Sunday Can

BY VALERIE S. JAMISON

To make this Sunday Can for an addition to your Sunday Box (see *Friend*, June 2006, 18) for things you “can” do on Sundays, you will need: scissors; construction paper; a clean, empty can that has no sharp edges; colored markers or crayons; tape; paper; and a pencil or pen.

1. Cut a piece of construction paper to fit around the outside of the can. Write the words “Sunday Can” on the paper; then decorate it using the markers or crayons. Wrap the paper around the can and tape it into place.

2. Cut out the ideas for Sunday activities and put them into the Sunday Can. Write down any other appropriate Sunday activities that you can think of on the blank pieces. If you can’t think of something to do before or after church on Sunday, pick an idea from your Sunday Can and do it.

Note: If you do not wish to remove pages from the magazine, this activity may be copied, traced, or printed from the Internet at www.lds.org. Click on Gospel Library.

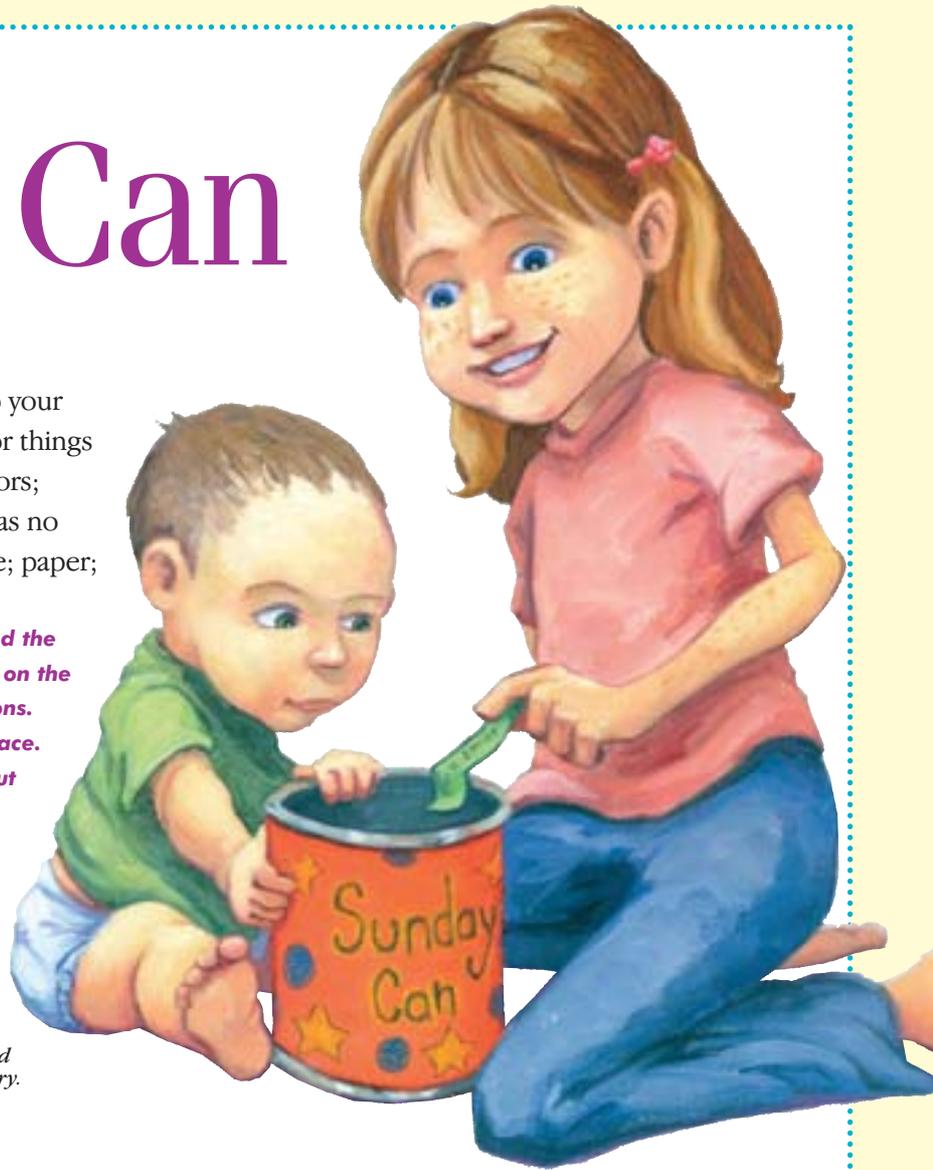


ILLUSTRATION BY T. CHAYCE WHITWORTH

Read the scriptures.	Read about one of your ancestors.	Have a family write-a-thon. Collect pens, paper, envelopes, and stamps. Invite your family to write letters to relatives, friends, missionaries, or people serving in the military.
Read a story from the <i>Friend</i> .	Ask your parents to tell you about when they were young.	
Draw a picture and send it to a missionary or someone serving in the military.	Get out your family history and work on it.	Have a storytelling festival with your family. Ask your dad or mom to begin by telling a true story that happened to him or her. When the story is over, the next person says, “That reminds me of the time when . . .” The festival continues until everyone has told a story.
Write a letter to your grandparents.	Draw a picture of what you did today and put it in your journal.	
Write in your journal.	Pick someone to befriend this week and decide how you will do it.	
Watch a Church video or DVD.	With your family, sing some hymns or Primary songs.	
Visit a neighbor.	Have your family discuss a talk from the last general conference and decide how to apply it in your lives.	
Telephone someone who is sick.		
Write a thank-you note to your Primary teacher or the Primary presidency.		