

CRT Stands For Choose The Right Family Night Lesson and Activities

Opening song: Choose: Jesus Wants Me for a Sunbeam, Keep the commandments, or Choose the Right

Opening Prayer:

Learn song: **CTR Stands of Choose the Right. Teach song and use posters- found under LDS/ Christian Children Songs (Sheet music MP3 accompaniment are free) and Primary Music helps**

Lesson:

Every day we make many choices.

Question: As each family member what is a choice you made today?

Each day we choose to get out of bed, get dressed, do your chores, and go to work or school. We choose what we are going to eat and if we are going to get along with family, friends and coworkers. Every choice we make also has a consequence. If you are mean to your sister or brother every day, then the consequence is that you probably get in trouble with your parents, that your sister or brother are always upset. If you are kind and helpful the consequence a happy family, you have fun with your sister or brother, you feel good and you can receive blessings and promptings from the Holy Ghost.

If you keep your room clean each day, the consequence is that you will know where your books, toys and even your shoes are. If you have a messy room all the time you a consequence is that you may lose toys, clothes and even school assignments and waste a lot of time looking to things because you don't know where they are. When you can't find something you may get mad.

Every choice we make can help us be closer to Jesus Christ and be happier or our choice can take us farther from the gospel. Also remember that each time we make a choice there will be a consequence to follow.

When we make bad choices we won't feel the Holy Ghost guide us. Some of our right choices that can make a big difference are simply to be kind and helpful and obedient.

Scripture: Joshua 24: 15 "As for me and my house we will serve the Lord."

Story: In 1970 when the General primary created the CTR rings the first thought was to just use Choose Right, but inspired thoughts lead to using the phrase "Choose **The** Right" to remind us that there is only one right way and that is Heavenly Father's way.

Game: Pop It! find this game under Primary Music Helps. Play this game to help children realize choices we make. Use the questions below. Put balloons into a large leaf garbage bag until it's time to play the game. Explain that each person will each get a turn to pick and pop a balloon and answer the question inside. Pick the names to pop balloons and help children pop balloons, adults are on their own.

Smiley Face Sad Face: Make the sign (below) Use this sign and hold it up to show when good or bad as choices are made as each person answers the questions.

Lesson: When we make good choices we will be blessed by Heavenly Father and be happier. To help you remember here is a CTR ring to help you choose the right.

Sing: CTR Stands for Choose The Right repeat the song to reinforce the lesson.

Optional: Hand children CTR rings

Closing Prayer:

Treats: Make round sugar cookies with happy faces to represent the good choices we make.

Balloon Questions: Use these or make up your own

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Your mom tells you to clean up the living room. Do you clean up right away or do you leave and go to your room to play.

Your Dad ask you to help him in the yard. Do you tell him you will and go with him or do you go to the family room and watch a movie.

You are at the store and you want some gum but you have no money to pay for it. Do you take it and hide it hoping no one will notice or do you wait until you have money and buy it the next time you are at the store?

You know a family where the mother is sick. Do you and your family take a dinner over or do you just say "that's so sad"?

Your sister got hurt and is crying. Do you walk away or do you find out what's wrong and help or get help for her.

You know you should say your prayers at bed time. Do you climb into get and try to go to sleep or do you kneel and say your prayers thanking Heavenly Father for your blessings?

You dad had a bad day. Do you bug him to play with you and do things for you or do you give him and hug and tell him you love him?

You are with friends and some of them begin to use bad words. Do you join in or do you tell them that those are not good words and ask them not to say them?

You are with friends who insist on swearing using bad language. Do you join in or do you leave?

You are watching a show and they are making fun of people who are different from you. Do you watch it or turn it off.

When you want a drink of water at a friend's house do you demand a drink of water or do you ask to please have a glass of water?

When you are at the store you notice a man drop his wallet. Do you take it home or do you pick it up and return it to him?

You are really mad and you feel like yelling at your family. Do you yell at them or do you go to your room until you calm down.

You see you mom trying to put away the groceries. Do you go and play or do you help her put things away?

You know it's time to have scripture and prayer. Do you make everyone wait for you and complain, or do you go and offer to help read the scriptures or say the prayer.

At church you are tired and it's hard to sit still. Do you complain or do you try to think about Jesus.

You didn't get all your work done. When asked about it do you blame someone else or do you admit you didn't finish and finish it.

Someone bumps into you and knocks you down at the store. Do you yell at them when they try to help you up or do you graciously accept their sincere "I'm sorry"?

You break a vase at a friend's house. Do you hide it or do you say you're sorry and earn money to replace it?

You agree to help a friend with a chore they need help with. Do you keep your promise or do you spend your day doing something else?



Happy face: good Choices

Sad face: bad choices

Print and cut out. Glue or tape the faces back to back with a large craft stick to the back. Hold up whenever a good choice chosen in the balloon game.



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