

# I Am Thankful for the Day and the Night

Teach your child about how we need and can be thankful for  
both day and night!

## Purpose

To help each child understand that following Heavenly Father's plan, Jesus Christ created the day so we can work and play and the night so we can rest.

"Under the direction of Heavenly Father, Jesus Christ created a wonderful world where we could live. The creation took six days. First, Jesus divided the light from the darkness to make day and night" ~ Found in the February 2007 Friend.

## Preparation

Pull up any links you might need for the lesson - look at the Family Night website for quick links

Mark Scriptures ~ Genesis 1:5

Find a Picture of ~ The World

Prepare for the activities you want to do.

Things you will need ~ anything else you might need for extra activities

Prepare Treat ~ Suggested Treat - Sun, Moon, and Stars Sandwiches

# I am Thankful for Day and Night

**Opening Song** ~ Jesus Wants Me for a Sunbeam (Primary Hymnbook; Hymn 60)

**Opening Prayer**

**Attention Activity** ~ Before FHE begins draw some stars with a white crayon on a white piece of paper. Have your child paint all over the paper to reveal the stars!

**Scripture** ~ Genesis 1:5

Have the child repeat, word for word the scripture. Explain how having both day and night is important for us! Day is important so that we can see and get things done. Night is important because our bodies need to sleep and rest.

**Scripture Story** ~ Jesus Created the World

Remind your child how we learned in a past lesson that Jesus created the World for us to live in. When Heavenly Father directed Jesus to create the world it took 6 days. (Out of simplicity for children to understand use “days” instead of periods of time). Ask your child what the first thing Jesus had to do was?

He had to create the day and night! When it is light we call it day, and when it is dark we call it night. You can have your child switch on and off the light switch and have them say if it is day or night.

**Story** ~ “Making a Great Day” ~ From January 2011 Friend (Link on Family Night Website)

A one page story about how Manuel had a great day. Read the part in the small blue box first and then talk to your child about the different things Manuel does. Then have your child put the things Manuel does in Order.

**Activity** ~ Creation Activity - Week 1

This is a multi-week activity. Since the next several weeks are about different parts of the creation there will be an art activity for each lesson. The first activity is about Day and Night. Take a file folder and have your child take 2 pieces of craft paper (one light blue and the other black) and glue one on each side of the inside of the folder.

The right side will represent Day - Have a sun cut out of yellow paper for your child to glue to the top of the page. (make sure it is at the top, as other things will need to be towards the bottom in coming days) The left side will represent Night. Have a moon and a couple stars for your child to glue to the top of the night side (again make sure it is at the top).

**Testimony** ~ Bear your testimony to your child about how you are thankful for day and night. It doesn't need to be eloquent and long, just keep it simple and heartfelt!

**Closing Song** ~ I Am Like a Star (Primary Hymnbook; Hymn 163)

**Closing Prayer**

**Treat** ~ Suggested Treat ~ Sun, Moon, and Star Sandwiches. Take a couple pieces of bread and a couple pieces of cheese. Cut enough pieces to make a sun sandwich and moon sandwich and a star sandwich - they don't need to be big. Have your child match the pieces and make the sandwiches for everyone to eat

### Extra Activities for This Lesson ~

1 ~ Glow in the Dark Stars. ~Idea found on Sugardoodle.net

Hang up some glow in the dark stars around the room so when your child turns off the light they will see stars around the room, just like there are stars at night.

2 ~ "Sun prints" ~ Idea found on Sugardoodle.net

Take a blank sheet of paper and some yellow paint. Have your child put their hand in the paint and then make prints in a circle - where all the fingers are pointing out and the palms touching each other

3 ~ I Am Thankful for Day and Night File Folder Game~ By Megan Mills

### Other Materials ~

Basically all the ideas from this lesson is from The Primary 1 Manual, lds.org, and Sugardoodle.net

If you are looking for other materials to help with your lesson you can look in any of these places ~ There are links to them on the Family Night Website!

### For Younger Siblings ~

Make a simple matching game using sun, moon, and star. You can also use objects you would use in the day and the night. Day - broom, plate of food, ball. Night - Pillow, blanket, teddy bear. Play it as a memory game or hide the shapes around the room - use bright colored paper so that they are easy to find.

From Fascinating Finger Fun by Eleanor Doan:

God's Creation

God made the moon (make a circle with hands)

And winking stars (open and close hands)

And put them in the sky (reach up).

He made the sun (make a circle with arms overhead)

And trees (hold arms straight up)

And flowers (cup hands)

And little birds that fly (wave arms).