

## Deeper Testimonies, Brighter Minds, Happier Families

### Making the Sabbath a Day of Delight....

By Marilyn Dougall

A. Our prophet has told us that the Sabbath should be “A Day of Delight” for families. (See Conference talk April 2015)

1. Families can be strengthened, enlightened, bonded and taught to love and apply Gospel principles through appropriate Sabbath activities.
2. Always teach the gospel in a way that uplifts and creates joy.
3. Movement is a method of learning, loving and rejoicing together.

B. We can facilitate better brain function, increased endorphins and overall positive family relationships through activities that stimulate the brain and body appropriately.

9. Sitting quietly and talking for brief periods of time can help bring the spirit and testify of what has been learned and celebrated through music and fun.
10. Long periods of sitting and instruction time can diminish interest levels and retention. Monitor children’s body language to know when to take breaks.

The following activities are movements used by therapists to overcome learning disabilities and to activate and improve brain function. They can be appropriately used in our Sabbath activities and teachings.

**1. Circle Dances**

**2. Cross Lateral body movements**

**3. Walking in different directions**

**4. Brain-buttons**

**5. Walking to a drum beat**

**6. Partner pulls, dances, or tapping**

**7. “Hook-ups” -cross arms and clasp palms, twist up to chest**

**8. Steady beat movement**

**9. Crawling**

**10. Activation of both sides of the brain**

**11. Spinning**

**12. Kicking a ball with one leg and then the other (soft cloth balls)**

**13. Tracing letters with each hand**

**14. Push-ups, sit ups and walking a narrow plank**

**15. Jumping Jacks**

**16. Laying on back and hugging knees**

**17. Foot Stomping**

**18. Body tapping (on head, chest, thighs, on the floor, etc.)**

**19. Log roll (straight body laying and rolling with hands over head)**

**20. "Lazy Eights" (drawing in exaggerated size a side-ways figure 8)**

*Simple patterned beat songs can be used to teach gospel messages effectively by putting the tune to a gospel concept. Here are a few examples of simple songs with simple patterns.*

*Yankee Doodle*

*Hot Cross Buns*

*The Farmer in the Dell*

*Rain Rain Go Away*

*Did you ever see a Lassie*

*My Country tis of thee*

*Ring around the rosie*

*Hi Ho, Hi Ho its off to work we go*

*Here we go loop de lu...*

*I've been working on the Railroad*

*I love the Mountains, I love the.....*

*Some of our simple primary songs*

*Here are examples of words set to simple tunes that can be used for circle dances and are fun to use with instruments (drums, shakers, etc.)*

- 1. Tune:** *The Farmer in the Dell* **Words:** *I know the Gospels true, I feel it through and through. Hi ho the deerio, I know the Gospels true.*
- 2. Tune:** *Ring around the Rosie* **Words:** *We are a family, we all love each other. We can live the Gospel true and all progress together.*
- 3. Tune:** *Hot Cross Buns* **Words:** *I live the Gospel, because it is true. I can be a good example, in all that I do.*
- 4. Tune:** *My Country Tis of Thee* **Words:** *We have a prophet dear. He leads and guides us all, so we stay safe. We learn and listen to, all words he gives to us. We'll strive to find the way to follow him.*
- 5. Tune** *When Johnny comes marching home again* **Words:** *We'll all go off to church each week, Hurrah! Hurrah! We'll all go off to church each week, Hurrah! Hurrah! We'll listen and be taught to do, the things our Saviors wants us to do. Oh, we'll all going marching on to the end to do what is right....*



**Personalize gospel topics to sing and rejoice about... and to put simple favorite tunes to.**

- 1. The Gospel is true – we live it through and through**
- 2. Our prophet leads and guides us and teaches us how to be safe and happy**
- 3. The Book of Mormon testifies of Jesus Christ and gives us direction and purpose in our lives**
- 4. Tithing and church donations can bless our lives and lives of others.**
- 5. Helping others helps ourselves**
- 6. Happiness comes as we obey and think of others.**
- 7. The temple is a place of peace and the place we want to be married**
- 8. Family history and temple work are an essential part of the Gospel**
- 9. The Word of Wisdom helps us stay mentally, physically and emotionally healthy and happy.**
- 10. We love our family. Unity as a family helps us all emotionally, spiritually and even physically.**
- 11. Keeping the commandments as a family helps unify and keep us spiritually strong.**
- 12. Joseph Smith was our first prophet and he translated the Book of Mormon.**

13. *The Scriptures teach, guide and bless each of us.*
14. *Prayer can bring me peace and give me answers to my problems.*
15. *Jesus Christ teaches us to love and care about others and to become loving families*
16. *Jesus Christ hears and answers our every prayer and we must listen and obey when He speaks to us.*
1. *We can feel our Saviors love as we strive to do what He has asked us to do.*

**Application using “Come Follow Me” manual**  
**Living, Learning and Teaching the Gospel of Jesus Christ**

1. *Use sheer cloth, ribbons or scarves to gently move and wave to the music while singing the words to our LDS Primary songs.*
2. *Learn doctrinal scriptures with a rhythm. Select appropriate scriptures that you want your family to memorize. Repeat them out loud with a rhythmic beat. Tap them on your knees, shoulders or clap the beat with your hands.*
3. *Draw pictures with soft music about scripture applications*
4. *Utilize recorded music of the hymn **Come Follow Me**, to reinforce the theme of our current family manuals. Have children tap the song words or message of the song into their mind and body each day. (tap on the head, shoulders, knees, or a partner’s hands, etc.) As appropriate to the tempo, use ribbons or scarves to wave to the melody and beat to better internalize the spirit of the song into the mind and body.*
5. *Many lessons in our “Come Follow Me” manual have 7 separate gospel concepts. Consider using one a day for brief review or conversation at meal times. End each conversation with a message of reinforcement of Gospel concepts you have been trying to teach.*
6. *As your family records gospel impressions, tie them to a song in the hymn book and put your own thoughts to the melody. For example, if your concept for teaching was “doing family jobs or working together”, use the tune of “Let us all Press On” and insert your own motto or words, such as “Let us all work hard to do our jobs, so that we may have a celestial home,” etc.*
7. *Read the scripture passages and make a direct family application. Create a chant that expresses that application. For example, in Matthew 1:20 it says: “Fear Not”. Your family chant might be: “We are strong, we are brave. We know the Lord is near. We will stay on His path. We have no need to fear” .... Tap or chant on your knees or with clapped hands.*

- 8. "Draw by the spirit". Similar to concept number 3 of this list, put on a recording of the song "Jesus Once of Humble Birth." Have family members create a drawing or visual impression with circles of color to portray the feelings of this song. You may want to have children draw with their non-dominant hand to create an additional brain experience. In addition, as a family form a circle and sway to the gentleness of the song. This is a nice way to end a family time gospel session.**
- 9. Walk forwards, backwards, and side to side. This is good brain stimulation and a good listening drill. Using the concept: "My testimony must stay strong", have children listen to statements that you speak about maintaining their testimonies. Have them walk forwards on the correct statement, backwards on the false statement and side to side for the concepts are irrelevant.**
- 10. Ask what impressions have come to their minds in their studies today. Then ask what hymn or Primary song relates to those impressions. Sing them with appropriate movements or simply sit together in a circle holding hands and swaying side to side to the melody.**

### **Compelling quotes that give purpose to our efforts**

Quotes from Carla Hannaford Studies, PHD

**\*\*\*Proper development the first year of life is more critical than a college education. It is never too early nor is it ever too late to help a child succeed.**

**\*\*\*Research shows that children who miss the vitally important crawling stage may exhibit learning difficulties later on.**

**\*\*\*The intricate wiring of the limbic system shows that in order to learn and remember, there must be a person emotional connection and adequate physical movement.**

**\*\*\*Research shows that children's ability to keep a steady beat leads to greater academic success, including improved ability to read and organize thought patterns and in linguistic development.**

**\*\*\*Moving in different directions and in a variety of ways helps develop a child's vestibular system which affects balance and coordination.**

**\*\*\*Neuroscience finds that touching and caressing a baby helps the production of a hormone affecting the body's reaction to stress and helps in later learning and memory systems.**

**\*\*\*Musical activities, including movement and personal emotional connections stimulate development of every area of the brain.**

**\*\*\*The more both hemispheres of the brain are activated, the more intelligently we are able to function.**

**\*\*\*Parents must be an emotional coach for their children and not an intimidator. Every day, you have the opportunity to connect or disconnect with your child. The choice is yours.**

**\*\*\*Water is the magic elixir for learning or the "secret potion." Drink it often to keep all body systems functioning.**

**\*\*\*If an individual's emotions remain suppressed or denied, they may experience a chronic release of adrenaline which depresses learning, memory and immunity.**

**\*\*\*Movement and exercise increases the supply of blood to the brain, which produces a greater number of connections among neurons.**



**In conclusion, never forget to implement whatever you do in a joyful way. In all that you do, strive to make the Sabbath a Day of Delight! Have fun, be creative, energetic and joyful. Laugh, be serious and always draw conclusions and applications for what the spirit has been teaching you and the family during the listening time. As a parent, prayerfully ask for guidance and that joy will abound in your home as you utilize fun and uplifting ideas, mixed with spiritual pauses that allow the spirit to touch each person's heart. There is no room for contention or unhappiness in a **DAY OF DELIGHT**. May you always continue to teach and instill Gospel principles in your family members. The Gospel is true. My love and appreciation to all of you. (Marilyn.dougall@gmail.com)**