



General Conference Talks
For Kids





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Conference Lessons for Kids

Words Matter



Topic

Our words matter so I can be careful and thoughtful with the words I choose to say to others.

Materials/Preparation

- Two similar apples: About 30 min or more before the lesson, take one apple and drop it hard a few times on the ground. You want to create some bruising on the inside. Label this apple in some way so it looks different, like adding a sticker or drawing on it.
- Elder Holland quote printable (with the hands)

Lesson

Hook: Tell your kids that their words matter, and you want to show them why. Hold up the apple you dropped earlier. Tell them it is not a very good apple. It's just an average apple and probably isn't that sweet. Pass the apple around and have everyone say something not very nice to it (you aren't as good as the other apples, apple pie is yucky, you are a slow roller, I don't like your color, etc.). Next show them the other apple. Tell them it is a good apple. Thank the apple for helping fill your belly when you are hungry. Have your kids take turns saying something nice to it. When you are done, cut open each apple and look inside. Discuss what you see inside. Why do you think our words matter? (They can help or hurt others on the inside)

Activity: Elder Rasband in this last conference told us that, "Words matter a lot!" He said: "Unfortunately, words can be thoughtless, hasty, and hurtful. Once said, we cannot take them back. They can wound, punish, cut down, and even lead to destructive actions. They can weigh heavily on us. On the other hand, words can celebrate victory, be hopeful and encouraging. They can prompt us to rethink, reboot, and redirect our course. Words can open our minds to truth."

We are going to learn about some words Elder Rasband suggests we use often in our lives. Use the QR code to listen to Elder Rasband's talk start at 9:28- 11:18 and discuss.

Next, divide up into 3 groups. Assign each group one of the phrases on the Elder Holland quote poster. Have them act out a scenario when you could use that phrase. If your kids are very young you could all do this part together and help them with some examples.



Invitation: This week I want you to try and use each of these phrases some time while you are interacting with others. If you have a special experience with it, please come share it with me!

“There are feet to steady,
hands to grasp, minds to encourage,
hearts to inspire, and souls to save.” Saying

THANK YOU

I AM SORRY

I LOVE YOU

will do just that.”

President Monson

