

Hatch Patch Creations

Family Home Evening Made Easy

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Mayhem At Monster Manor

(How to help your children conquer fear)

Family Home Evening Packet



Contents:

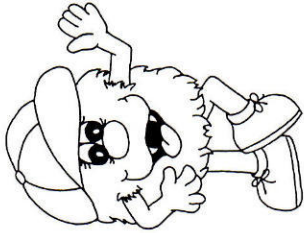
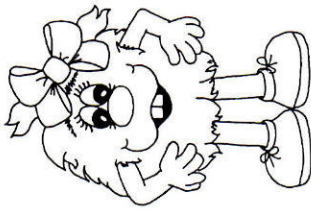
Story, Picture Sheets, Game,

Scripture, Treat Recipe

\$7.00

Monster Mayhem

Slush



Slush Ingredients

- 1 lg. package lime, raspberry or orange flavored gelatin
- 1 cup boiling water
 - 4 cups sugar
 - 7 cups warm water
- 1 lg. can pineapple juice
 - 5 cups cold water
- 1 liter of lemon lime soda pop

Thoroughly mix the gelatin with 1 cup boiling water. Add sugar and 7 cups warm water. Stir until dissolved. Add pineapple juice and 5 cups cold water. Freeze mixture. Spoon frozen mixture into cups and pour soda pop over the top.

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Home Evening Outline

- Opening Prayer
- Opening Song
- Scripture
- Story
- Game
- Closing Song
- Closing Prayer
- Refreshments

Suggested Songs: "Nephi's Courage", pg. 120 (Children's)

"I Feel My Savior's Love", pg. 74 (Children's)

"Let Us All Press On", pg. 243 (Hymn)

"How Firm A Foundation", pg. 85 (Hymn)

Scriptures: II Timothy 1:7, D&C 68:6

Story: Color graphics with markers, colored pencils, chalks, etc. Use flannel, or laminate and cut out and place magnets on back of graphics, etc.

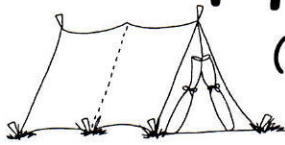
Memory Game: Preparation - There are sixteen monsters. Affix the Fear Word and Scripture reference to the back of each monster. You can either print them back to back or cut and glue each word. Laminate and cut out all sixteen monsters. Affix magnets on the backs of the monsters so they can be used on a magnet board, or use masking tape to hang them on a wall. Arrange the monsters in a square pattern, four in each row. Have Bibles and Book of Mormons available for those who can read.

Object - To be the player who finds the most matches.

Play - Determine which player should go first and rotate clockwise around the room. The first player removes a monster from the magnet board or the wall and flips it over to reveal the words on the back side of the monster. The player then tries to find the matching monster. If a match is found, everyone looks up the scriptural reference found on the back of one of the matching monsters and reads the reference together. The player gets to keep the match and he gets to take another turn. If a match is not found, the monsters are placed back in their original locations and play rotates to the next player. Play continues until all matches have been found.

Mayhem At Monster Manor

(How to help your children conquer fear)



It was a normal Saturday at Monster Manor. Mickey and Mona Monster loved Saturdays because they could be with their children, Monte, Mindy and Melanie. This Saturday quickly became different from all the other Saturdays they had spent together.

Mickey had planned a wonderful day for the family but as soon as he revealed his ideas, things went downhill rapidly. Father wanted to take the family camping up in the mountains by Freaky Lake. There they could hike and swim and just lie in the sun all day if they wanted to. The room became alive with shouts of all kinds from every one of the children and even from Mother!

"There's snakes all over the place up there, Daddy," Mindy protested. "I am afraid of snakes. I hate snakes!"

If this wasn't bad enough, four-year old Monte chimed in with his objections, too. "I can't go swimming. I'm afraid of the water. And besides, there might be Wuggums there, too. I'm afraid of Wuggums. What if a Wuggum comes and gets me?"

Mickey knew that there was no such thing as a Wuggum, only in movies and books, but how could he explain that to his little son?

Father was becoming quite discouraged when Melanie chimed in. "I don't like to go to places I don't know. I'll just stay here at home and watch TV. Besides, I'll bet the place is crawling with bugs. I don't like bugs."

It was now Mother's turn. Mickey waited a little impatiently, tapping his foot on the floor. What would Mother's objections be?

"I really don't like traveling on that road over that high mountain, Dear," she whispered. "It's really frightening to me."

"Goodness gracious!" Father shouted. "What has happened to all of you? You've become a bunch of 'Scaredy Cats.' I guess I will have to go all by myself." There was no argument from the rest of the family.

Father began packing his swimming and hiking things, all the while thinking about the fears that his little family was experiencing. "I wonder if people ever have these problems?" he thought. "Naw," he repeated in his mind. "People are too smart to be afraid of anything."

Mickey thought and thought of what he could do to help his family to not be afraid. He remembered that, as a child, he was terribly afraid of the dark and his dear mother would come with him every night as he climbed the stairs to his room. She would then sit and talk to him until he felt comfortable enough to go to sleep. As she tiptoed from the room, she would dim the lamp just a little and throw him a kiss. How warm he had felt knowing that Mother understood he was afraid and that he couldn't seem to help it. Now it was *his* turn to be understanding of his family. Father raced from the room to find the others, calling their names as he ran.

"Mona, Mindy, Monte and Melanie, come quick!" he shouted. "I have an idea."

Everyone came running at the same time. Mindy and Monte clashed together as they rounded the corner into Father's bedroom where he was stuffing things into a duffle bag.

"What is it?" they breathlessly called.

Father explained that he understood they were all afraid of something regarding their trip to the mountains. He told them that even though he didn't fear the same things, he knew their fears were not silly fears. He knew they were very serious to each of them. Then Father made a very important statement! "The only way over a fear is through it," he said. "I will help you! We will help each other! It will take a little courage on your parts, but you can do it!"

Mickey expected a huge outburst of excitement from the group, but there were only looks of hesitation and a few heads shaking back and forth.

Not to be discouraged, Father tried again. "Come on, all of you!" he yelled. "If you let your fears stop you this one time, they will stop you again and again and soon, you will leave the good times behind and just spend your lives being afraid. That is not what God has planned for you. Now get going!"

With some reservation, the little group began packing and soon they were all in the car and on their way to the mountains.

As their Monster Machine climbed the steep hillsides to Freaky Lake, Mother's grip on the door handles grew tighter and tighter. Her face became pale and white and her eyes looked as big as silver dollars. Father began calming her. Then Father pulled the car to the side of the road, right in front of a lookout area. Mother began to squirm in her seat.

"Come, Mona," Father pleaded. But Mother just clenched the door tighter and shook her head.

"You can do this, Mother," Father coaxed. "Take a deep breath and muster up all the courage you have."

Mother took a very deep breath of air and gingerly opened the handle of her door. Father helped her out, holding her shaky hand and gently guiding her two little steps forward.

"Okay, Mona, stop here for a minute and when you are ready, we will go another few steps." Mother sighed and smiled at Father. How kind he was! She felt a twinge of self confidence go through her. She nodded that she was ready and together, they took three more steps, inching their way toward the railing that separated them and a great big drop to the ground below. When Mother got a good look at how far down the drop went, she winced and took one step backward. "I'm afraid!" she cried.

Father smiled, kissed her cheek and nudged her forward again, this time, taking her all the way to the railing. "See if you can put your hand on the railing," he said.

Mother slowly reached out her hand and grasped the wooden divider. She sighed deeply and then, realizing what an accomplishment she had just achieved, she took a look out over the beautiful sight of the huge hole in the middle of beautiful, majestic mountains on every side. Mother was proud of herself. She felt that she stood three inches taller than usual and she felt for a moment, that she could do anything!

Once Mother and Father Monster were back inside the Monster Machine, the family continued. Over the next few days, Father patiently devoted his time to each child, helping them overcome the fears that they had. Mickey walked with Mindy through the trails of the mountains to show her there were no snakes in that area and he taught her the rules about snakes. He was very patient and soon Mindy felt comfortable enough to walk by herself around the area they had chosen to pitch their tent.

Father spent time with Melanie, too, explaining to her that all of their fears were fears that many people experienced at one time or another in their lives. Being afraid of unfamiliar places and unfamiliar situations was simply a fear of the unknown. Melanie had to laugh when she realized that once she became familiar with the mountains, it wasn't unknown anymore and her fear left.

Monte, too, was hesitant to confront his fear of the water and of the Wuggums. Father took him one step at a time into the lake. After a few steps, Monte would want to go back to the shore, but they would walk back into the water again. After many tries, Monte could stay out in the water for a few minutes and then, finally, he was brave enough to sit in the water. When it was time to go home, he even had the courage to lie down in the shallow part.

Now, to the Wuggums. This was a hard one.

"Son," Father began, "have you ever seen a Wuggum?"

Monte shook his little head, "No."

"Well," Mickey continued, "I don't think I can be afraid of one until I see it. Do you think you could get one to come here right now?"

"No," Monte chuckled. "I don't know where to find one."

"Then I think we should make an all out effort to locate one and invite him and his whole family to dinner."

"Dad!" Monte laughed. "You're funny!" Father thought he was funny, too, but he also realized that Monte's fear of Wuggums was something that he would outgrow and that until then, Father would be there always for his son. Again, it would take baby steps, down a dark hallway, into the basement, through a closet or wherever they needed to go, until Monte realized that there was no such thing as a Wuggum.

As the Monster family drove into their driveway on Monster Boulevard, each one, including Father, felt much taller and had a great feeling of accomplishment for facing his fears.

Remember, everyone is afraid of something at some time and that someone who has courage was also afraid at first. Courage is only the result of standing up to fear.

God does not want us to be afraid, but Satan does. He loves it when we are afraid because it means our faith, whether in God or in ourselves is weak.

Remember the scripture found in II Timothy 1:7. "For God hath not given us the spirit of fear; but of power, and of love, and of a sound mind."

DISCUSSION:

- Of what are you afraid?
- How do you think you can face your fear?
- Who is the most important person to help you get through your fears?

Helps For Parents

1. Natural Fear

•There are only two fears that are "natural" - a fear of falling and loud noises. Every other fear that a person experiences is a learned behavior. Whether it was an image they saw on TV, a bad dream or an actual encounter, the fear is very real! Fear is not a disease or something to be swept under the carpet. At the base of every fear is something that really concerns the person. It may not be evident in what the person actually says he fears, but something is bothering him.

2. Patience

•No one can be forced or rushed to conquer a fear. He must do it at his own pace. Remember - it is a child that is involved, not an adult. Everything is exaggerated to a child. They have not had enough life experiences to see the world as an adult does.

3. Communication

•As with everything in life, talking out your fears with someone else is a great healer. Don't be afraid to talk to your children often about their fears. It's not something to be kept out of sight, although most children outgrow their fears at some point. It will do amazing things for the child to be able to talk to you whenever they feel the need. Teach them to pray always. Talking to God can ease the strongest fears. Try to confront the source of the child's fear. Ask lots of questions. Finding out the source can help you, as a parent, combat the fear. Once the source has been determined, start by asking the child what would be the worst thing that could happen with the object of their fear. For example, if the child is afraid of snakes, ask the child, "What is the scariest thing that could happen to you with a snake?" Whether it would be actually having to touch or hold a snake, just seeing one on the ground, or even just seeing a picture of a snake, put several scenarios in order of what the child feels is the worst to what would be the least. Start with the scenario that would be the least frightening, and have the child close his eyes and imagine doing it. Talk to him throughout the entire experience until you feel that he has been desensitized to that particular scenario, and gradually work your way up to the worst case scenario. This could take a matter of minutes, days, weeks or even months. Just remember to be patient. Remember that the easiest way to overcome fear is to go through it. Children will feel a great sense of self confidence every time they move through fear, and that will help the next time they have to face it.

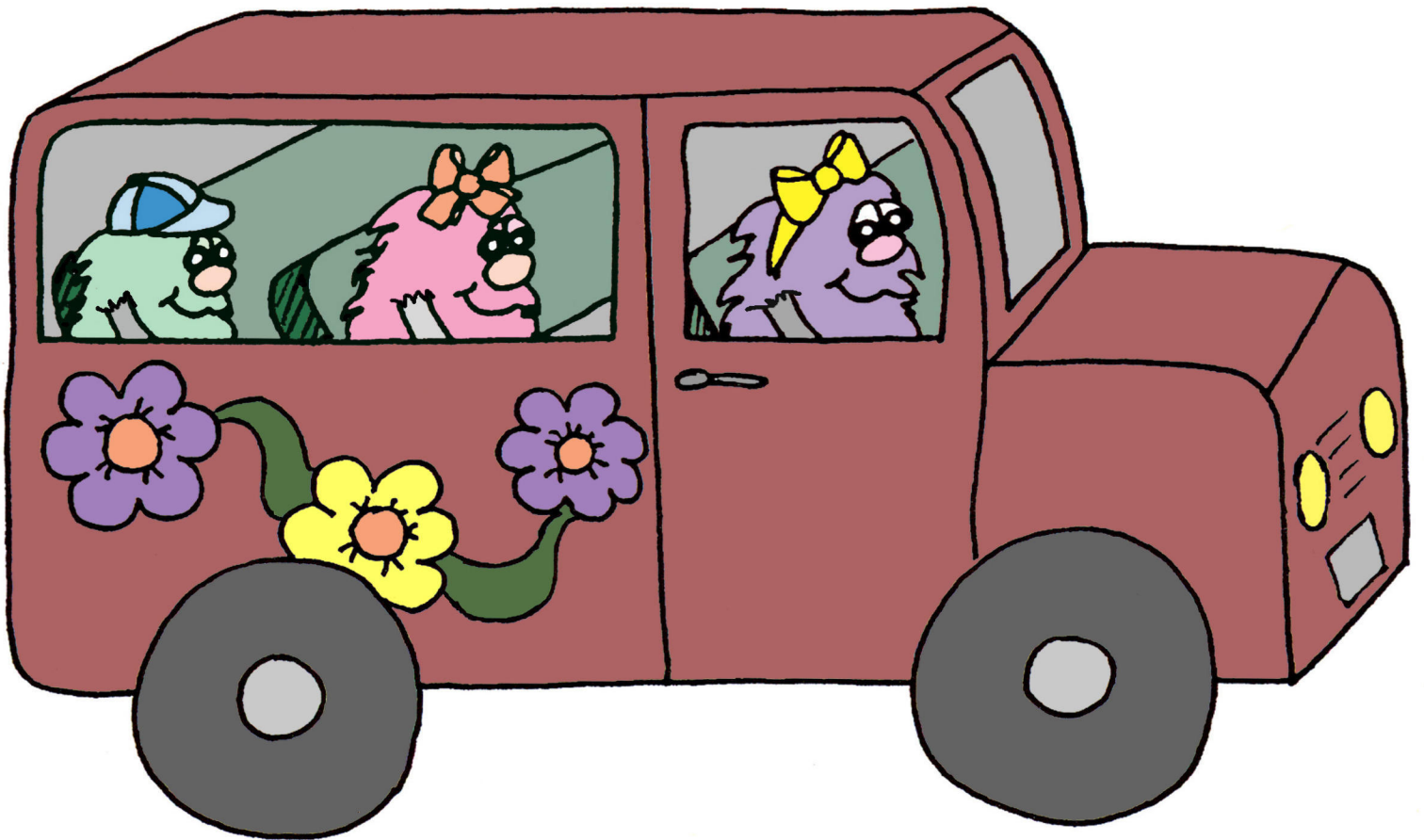
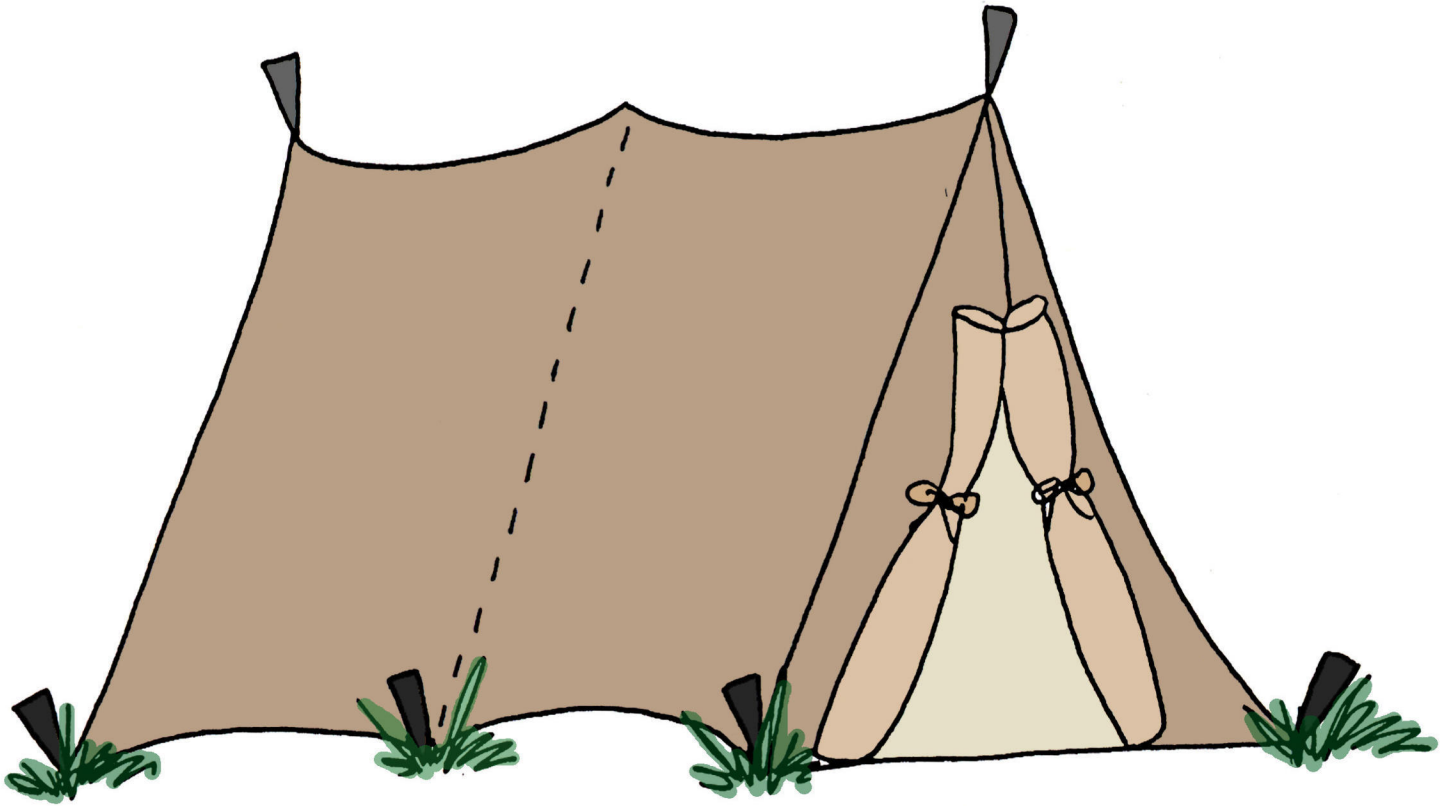
4. Remember The Five "F's"

- FACTS:** The child is afraid. That is a fact. You must accept the fact that he is afraid and let him know that it is alright to be afraid. It doesn't mean there is anything wrong with him.
- FACE IT:** Face the fear, whatever it is. Fear is always easier to conquer with someone's help. You can be that someone and Heavenly Father will help you as you help your child. You will need to be patient and loving.
- FLEE NOT:** Try to not let your child fall back in fear. No matter how many times it takes, walk through the fear.
- FAITH:** How often do the scriptures tell us to "fear not"? God and the Savior are our anchors. They can calm the strongest fear. Teach your children the power and strength of knowing that Heavenly Father and Jesus are always near and willing to help us. Teach them that when they feel afraid, they should kneel down and pray for help from their Heavenly Father.
- FEAR IS PART OF BEING HUMAN:** Fear teaches us what courage is all about.

5. Teenager And Adult Fear

•Children are not the only people who have fears. We all experience fear in every stage of our lives. Whether it's the fear of performing, speaking, leaving home for college, leaving on a mission, having a child, raising a child, starting a new job, finding a job, accepting a new Church calling, measuring up or whatever, fear is the same and produces the same symptoms in everyone. Many people feel they have to hide their fears because they feel it makes others think they are weak in some way. It is not abnormal to fear these things and we are not alone in our fears. Here again, the Five F's" formula will work miracles.

Love, patience and understanding are Godlike qualities that we can all develop. These are also the three things that all children need. With God, anything is possible.



Mickey
Monster



Mona
Monster

Melanie Monster

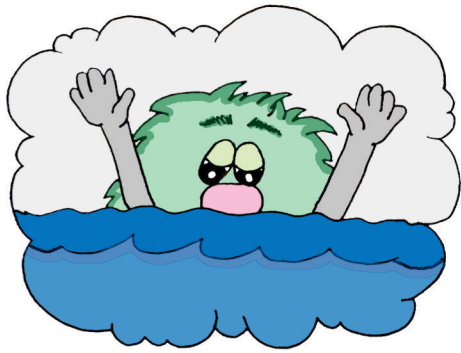


Monte Monster



Mindy Monster







Fear
of
Monsters

Fear
of
Water

Fear
of
Lightning

Fear
of
Ridicule



Fear
of the
Dark

Fear
of
Heights

Fear
of
Snakes

Fear
of
Dying



Nyctophobia

(fear of the dark)

Micah 7:8

Acrophobia

(fear of heights)

Romans 8:39

Ophidiophobia

(fear of snakes)

Luke 10:19

Necrophobia

(fear of dying)

**1 Corinthians
15:22**



Monsterphobia

(fear of monsters [there is not a technical term for this fear])

D&C 50:41

Hydrophobia

(fear of water)

Isaiah 43:2

Katagelophobia

(fear of ridicule)

Matthew 5:10

Astraphobia

(fear of lightning)

D&C 43:22

II TIMOTHY 1:7

“FOR GOD HATH
NOT GIVEN US
THE SPIRIT
OF FEAR;
BUT OF POWER,
AND OF LOVE,
AND OF A
SOUND MIND.”

