


Foundation Home Connection

Unit 1: What Is Truth? | Lesson 1

 This Home Connection activity should take about fifteen minutes to complete. As soon as you get home, with a parent, write down a time this week when you will work together to complete this activity.

Day: _____ Time: _____

Activity

This week we discussed what Truth is and why knowing and following the Truth is important.

- Have one or two family members share about a time they knew the Truth and how it helped them.
- Now have one or two family members share about a time that they didn't know the Truth about something or decided not to follow True directions and it got them in trouble.
- Why is knowing and following the Truth important?

Optional Hands-On Exercise—Directionless Dessert

While children have free rein in this activity, parents should monitor and intervene if the cooking or eating of this dessert is hazardous.

- Parents, choose one of your family's favorite desserts. Tell your children that today you will make that dessert as a family. However, today you will make that dessert without using the recipe.
- Give your children free rein, allowing them to include whatever ingredients, in whatever proportions they choose. Allow them to cook the dessert for any amount of time and at any temperature (unless, of course, they select a potentially hazardous cooking time/temperature).

- Once the dessert has cooled (again, unless you have reason to believe that eating it could pose a health threat), serve it to each family member.
- As you eat the dessert (or decide to toss it), discuss why this dessert doesn't taste anything like the original.
 - The person who created the recipe wrote the directions. He or she knows the Truth about how to make this dessert, and that person's instructions can be trusted. Since you decided not to follow the instructions, you did not end up with the same delicious dessert that the author of the recipe created.
 - Ask your children how this connects with knowing and following the Truth.
 - When we don't know the Truth or decide not to follow the Truth, we miss out on the good things the author of the Truth wants us to find.