



## **Family Time is Prime Time**

We live in such a fast paced world where there are a lot of demands on our time. We are being pulled in every direction. Elder Ballard said, “[Our world] is filled with options. If we are not careful, we will find every minute jammed with social events, classes, exercise time, book clubs, scrapbooking, Church callings, music, sports, the Internet, and our favorite TV shows... Families need unstructured time when relationships can deepen and real parenting can take place”. The time we spend with our family is valuable. We need to make our “Family Time” “Prime Time”. Time where we cultivate relationships, teach gospel principles, where we smile, laugh and just have fun!

A recent article in Forever Families included the findings from a national study of 1,500 school children who were asked what makes a happy family. Children didn't list things such as money or fancy cars. The most common answer was doing things together as a family. Spending time together can also be good for your health it's been shown that an enjoyable family evening can boost your immune system for days.

Peggy North-Jones, a family educational consultant said, “It is hard to hurry up while skipping stones or watching a garden grow. Spend time together . . . giggle a little.”

So, what are you doing during “Prime Time” tonight? To help make sure your Family Time is Prime Time we gathered together a collection of fun and simple “Prime -Time” activities and put them into a fun guide that any family can enjoy together

Make Family Time - Prime Time! Your children will be glad you did.

## Family Time is Prime Time Guide

*\*A program note. Times in this Prime Time Family Fun Guide are subject to change based on the availability of your family.*

### Discover Channel

#### **Dirty Jobs: Saturday 8:00 a.m.**

This family fun program explores the ins and outs of what mom's and dad's really do to keep life neat and organized. The kids in the family have an opportunity to do jobs such as cleaning toilets, yard work, organizing the garage. Surprisingly, the kids learn to appreciate the work their parents provide on their behalf and a good time is had by all. This program is a recommended favorite.

#### **Go Green: Saturday 9:00 a.m.**

Every little bit helps when you recycle. Talking about the advantages of recycling and what we can do as a family, helps us to be wise consumers. In this episode a family takes a special trip to the dump to see where our trash goes and what we can do to reuse our resources. A fun trip to the dump and a good lesson on economizing. Don't miss this program.

#### **Mall Madness: Saturday 11:00a.m.**

People watching can be especially entertaining when you want your kids to see what clothes say about you. As they observe how others dress and act, children learn what they want their appearance and actions to say about them.

### Food Network

#### **Iron Chef: Friday 6:00 p.m.**

The Cook-off begins. Have you ever wanted to challenge members of your family to your own cook-off. Well here is your chance. Ingredients to different portions of the meal are divided up and the family is given a set amount of time to prepare their portion of the dinner. Then the family comes together to enjoy the fruits of their labor. This program can be done in a family or challenge a neighbor. Disclaimer we are not responsible for the really good food that will be created because of this program. Bon-appetit.

#### **Those Calories Don't Count: Friday 7:00 p.m.**

Have you ever wanted to have ice cream for dinner or share a calorie filled dessert with loved ones. Now you can. Pick a scrumptious dessert and a special night to enjoy it. Pull out the fine china and enjoy the dessert with your family.

#### **Prepare For the Future: Saturday 8:00 a.m.**

Times our tough and natural disasters can occur at any time. Prepare now gathering your food storage and planting a garden. This program is followed by how to harvest and can what you harvest. Not only do families learn valuable skills in self-reliance, but humor and laughter occurs in the process.

#### **BBQ Mania: Saturday 6 p.m.**

This is an all out war. Neighbor vs. neighbor in the epic battle of who can BBQ the best. Not only is their enjoyable food, but brotherly love is also abounding. Neighbors learn who lives next door and potato salad recipes are exchanged. As the weather gets warmer, Watch out! BBQ mania may be coming to a neighborhood near you.

#### **Serve Someone: Wednesday 7 p.m.**

We are all in need of a little love. Make a special dinner or brunch for someone else. Create a candlelight dinner for the bishop and his wife. Serve a morning brunch on your lawn to feed the people that are helping a family move. Feed our missionaries or take dinner to someone in need.

## ESPN

### **Back yard Volleyball: Thursday 7 p.m.**

Families become competitive and stakes are high. Who will emerge victorious in this fast moving game where every volley counts. Back and forth the giant beach ball goes over the net. The ball is so light that even the youngest members can hit the ball. The highlight of the game is when the winners pass out the popsicles to the losing side.

### **Family Olympics: Saturday 10 a.m.**

Why wait every 2 years to watch the Olympics when you can be a participant whenever you want. Games such as team cross country skiing (on boards), water ballon toss, slip and slide, and horseshoes. These strenuous activities could be followed by a rough game of "HORSE". Who needs the "dream team" when you have the home court advantage.

### **Mini-Triathlon: Saturday 8 a.m.**

Competition is fierce. Who is going to win the coveted water bottle. This tough race consists of a run around the block, a bike ride through the neighborhood to the local pool or right back home to the wadding pool, one lap in the pool. Wow they have worked up a sweat. Good thing everyone wins a water bottle. Those athletes can get thirsty.

## Arts and Entertainment

### **Lawn Flix: Friday 9:00 p.m.**

Movie theater...no way. The Backyard is the place to be to enjoy a great movie. Blankets on the lawn beneath the stars there is plenty of room for the kids to run around. Don't forget the popcorn.

### **Family's Funniest Home Videos: Monday 7:00 p.m.**

See your name in lights on the big screen. As your family stars in their own movie. Immortalized forever are those most embarrassing moments, times of triumph, adventure and just plain silliness. You might see some budding future academy award winners.

## History

### **Scrap-it: Wednesday 7:00 p.m.**

Those small mementos, first place ribbon, and vacation pictures no longer need to stay in a small box. As family members cut and paste the moments of their life, in their own books, the creativity flows. Not only are they having a good time, but they are creating memories that will last generations.

### **Grandma's Storytime: Tuesday 7:00 p.m.**

Did Grandma really learn to ride a bike down a dirt hill? Was Grandpa really in the army? All these questions and more are answered in this video documentary that details the life of Grandparents. From their most embarrassing moments to their first loves. Everything that you wanted to know, but were afraid to ask is captured on tape for posterity. This heartwarming program, shares testimonies, personal histories, and brings families together.

### **Journal around the house: Sunday 7:00 p.m.**

Journal... Journal... who has the journal? This journal full of current family events and can be found by any member of the family. That is because they all get to write their own perspective in this personal family history. This journal that has every family members contribution, is a unique family heirloom.

## Money Channel

### **Wants vs. Needs: Thursday 7:00 p.m.**

Who will win this weeks challenge of wants vs. needs. This never ending battle can be a constant fight with our loved ones. Do we go to the grocery store and buy food or do we buy that fun toy the children want. Planning out a grocery list, show how much money is available in the budget. This eye opener activity helps children appreciate the value of a dollar.

### **Grocery Store Challenge: Thursday 8:00 p.m.**

Do you accept the challenge of living for a week without going to the grocery store? Can you live off your food storage. The creativity flows as family tries new and inventive ways of getting by without going to buy. What a reality check.

## Travel Channel

### **Staycation: Friday 9:00 p.m.**

Think outside the box, or in a box that looks like an airplane. Who says you have to spend money for a vacation. Pick a destination and create a vacation without leaving the comforts of your own home. The foyer is where you check in. The family room provides an all night movie complete with floor slumber party. Be a tourist and visit the backyard attractions to learn about your desired destination. Last but not least, don't forget the 24 hour kitchen and delicious morning breakfast.

### **Eat on the Move: Friday 7:00 p.m.**

There is a new meaning to eat and run. A progressive dinner to be exact. This get together with neighbors provides food and entertainment on the move. Either by bike or car, families enjoy hosting and eating at different neighbors houses. Who knows you might learn something fun about your neighbors and your family.

### **Video Scavenger Hunt: Friday 8:00 p.m.**

Daring? Maybe. Silliness? Definitely. Candid Camera moments are caught on tape for the world to see. Groups go out with the assignment to accomplish certain tasks before the other groups return. The first one back is in the lead, but that doesn't mean they are the winner. Videos are then judged on how much enthusiasm they put into each task. Tasks such as singing a primary song in front of a church, proposing to somebody at the grocery store, running to the local elementary school and sliding down the slide and doing any other embarrassing task is then recorded. The group that accomplishes their goals with gusto wins the highly prized candy bar. Watch out Hollywood.

## Cartoon Network

### **King for a Day: Saturday 7:00 a.m.**

Have you ever wanted to be in charge of an entire day of fun. "Kiddo", heres your chance. Boys and girls pick what fun activities will happen all day long. From where they eat to where they play. It might be breakfast, morning baseball game, lunch at Chuck E Cheese and some video games, play b-ball with dad, Subway for dinner, ice cream and a friend over, then a movie they get to pick to finish of the day. This amusing activity is enjoyable any day of the year, but is especially fun on a child's birthday.

### **Cartoonmania: Saturday 7:00 a.m.**

Remember how much fun Saturday morning cartoons can be. Well, your kids do. Enjoy a lazy morning in bed watching all of their favorites from Batman to Veggie tales. Followed up with fun shaped pancakes to make this a morning to remember. Cost: \$0 Memories: Priceless.

**Prime-Time Play-Doh: Saturday 8:00 a.m.**

There is always time for play-doh. This episode explores the creativity of this classic childhood activity. The homemade dough is made into any color of the rainbow. A child chooses the color, 4 minutes later the home made dough is done and hours of entertainment follow. Emerging chefs create, cookies, pizza, and other fun treats from spare kitchen utensils. This inexpensive hobby promotes creative thinking and imagination.

Nature Channel**Moonlight Madness: Friday 9:00 p.m.**

Pull out the tent. Find those sleeping bags. We are going back to nature and camping in the backyard. Activities include: Roasting hot dogs, making smores, camp songs, and stargazing.

**Mountain Dining: Saturday 8:00 a.m.**

Savor the great outdoors. Walk a mountain trail and bask in the natural goodness of it all. When the destination is reached the doughnuts come out. What better way to watch the sun come up than on a mountain with a doughnut and hot chocolate.

Game Show Network**"Wii" Are Going to Party: Friday 9:00 p.m.**

Do you want to go bowling, hit a homer out of the park or embrace your inner rock star all with out leaving the living room. This program explores the technology, terminology, and together-ology of an interactive night at home.

**Champion: Wednesday 7:00 p.m.**

Who will own Park Place and Boardwalk? That is the question of the night when Monopoly is on the table. An opportunity to compete on even ground and learn about money at the same time definitely leads to a good time. (Upcoming episodes involve, UNO, Phase Ten, and Scene it.)

Music Television**Family's Got Talent: Monday 8:00 p.m.**

Gifted members of the family, even those who think they can't do anything, perform a talent that entertains and brings joy to each other. Families learn that some of their talents have been hidden under a bushel and it is time to let their light so shine.

**Music in the Park: TBA**

These outdoor concert series play continually through the summer. Check out the variety of shows available in your area.

**Making of a Musical Instrument: Monday 8:00 p.m.**

Have you ever wondered what goes into the making of a musical instrument? Step by step these instruments are made from scratch out of toilet paper rolls, shoe boxes, and wooden spoons. Not only are they unique, but listen to them play a song.

## Hallmark Channel

### **G.P.S. Amazing Race: Saturday 12:00 p.m.**

Move over reality television, the race is on. Families are divided up into teams. Each team is given a list of GPS coordinates and a clue that coincides with that coordinate. The coordinates are then distributed in random order so as not to conflict with another team. As the team comes upon a coordinate a glow-in-the dark bracelet in their teams color is there. They take their team color bracelet and move to the next coordinate. The first team back gets a prize. Don't be fooled by the family competition, this is a race that everyone will have fun finishing.

### **Traditions: Tuesday 7:00 p.m.**

It's that time of year again. The snow is falling, lights are twinkling, and the smell of gingerbread is in the air. Let's make gingerbread houses. This documentary follows the construction of the house to the last gumdrop placed and all the antics in between. The risky placement of the roof (will it hold) to the Cinnamon Santa. This tradition is a family favorite with a target audience from 2-65.

### **Holiday Culture: Tuesday 8:00 p.m.**

See how another culture lives and celebrate their holiday. Cinco de mayo is fast approaching. Time to break out the salsa and chips and don't forget the Latin music.