

# Putting Good Things in Our Minds



Things that are repeated to us over and over again tend to stick with us. For instance, have family members see if they can complete several ad slogans (You say the first part, they say the rest), like these:

- Melts in your mouth, not in your hands.....M&M's
- Two all beef patties, special sauce, lettuce.....McDonalds Big Mac
- Yo Quiero.....Taco Bell
- Mmm, mmm, good.....Campbell's Soup
- Just do it.....Nike
- With a name like \_\_\_\_\_it has to be good.....Smuckers
- Be all that you can be.....U.S. Army
- Breakfast of champions.....Wheaties
- It keeps going, and going, and going.....Energizer

Teach that you must be careful about what goes in to your mind. You should always be prepared to have something good to put in to your mind in case something bad pops in. Music is a good way to do this.

[Here is a talk](https://www.lds.org/ensign/1974/01/inspiring-music-worthy-thoughts?) by Boyd K. Packer (April 2008 <https://www.lds.org/ensign/1974/01/inspiring-music-worthy-thoughts?>) that mentions how the mind is like a stage and how to get rid of bad thoughts. He also

suggests music as a means to help. Great article to draw from for this lesson.

Demonstrate the idea of the mind being like a stage by using a small, simply constructed stage and finger puppets. Visually show the family Boyd K. Packer's words by acting it out as you share the idea. Have some puppets designated as bad thoughts, others as pure thoughts. Using the puppets, show how the pure thoughts can oust the bad ones.



Spend time memorizing [Church hymns and children's songs here](#). Memorize [scriptures using songs here](#).  
(all scripture songs are free)