

Say NO to Sloths

Sloths are pretty slow moving creatures. They don't make a lot of forward progress. Sloths pretty much only move when it is necessary to do so. Being slothful is looked upon as a negative quality. One should not have to be compelled in everything. Taking initiative without being compelled is a skill or positive characteristic trait that is worth cultivating. Therefore, we should say no to being sloth-like.

Use the charts on the following page for yourself or for your children. They can be used on a daily or weekly basis and in a variety of ways.

Children often come to their parents and ask if they can have a privilege of some sort. These little charts can be a helpful tool to do a self-check and see if one might qualify for a privilege.

Rewards can be used in conjunction with these charts. Choose a reward for yourself or help your child choose a reward that would be reasonable. The reward must be decided upon in advance. If you "dangle a carrot" after you begin using the charts, it becomes more of a bribe rather than a reward. Bribes tend to make people try to hold out in hopes of additional treats or some better offer and even makes them feel entitled to something before they must act.

A reward that might be good for a child would perhaps be to be allowed to play a computer game for a short amount of time if they have met the objective. As the parent, you can guide the child to choose a reasonable amount of time. When the child feels "done", ask them questions in all the categories, and help them to determine if they feel like they fulfilled required tasks, be interested in what service they rendered and why they chose what they did, have them tell you what they got out of doing a "use your brain" activity.

The idea is to teach them to be responsible for their own actions, start to see needs around them and understand the joy of progressing in many areas in life. Never should this become a time to accuse, but rather a time to help them learn to regulate themselves.

Required _____

/ Challenged

Myself by...

Use Brain _____

Serve _____

D&C 58:26-28...he that is compelled in all things, the same is a slothful and not a wise servant...men should be anxiously engaged in a good cause, and do **many** things of their own free will, and bring to pass **much** righteousness; For the power is in them...

Required _____

/ Challenged

Myself by...

Use Brain _____

Serve _____

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Required Things Ideas

If there are any of these things that are in need of doing, do them.

1. Clean Your Room
2. School Work
3. Do Laundry
4. Dishes
5. Music Practice
6. Read Your Scriptures
7. Clean up a mess
8. Saturday Chores
9. Yard Work
10. Help a younger sibling
11. Meal prep

Service Ideas

1. Write a letter to someone
2. Bake something to take to someone (Bake & Take)
3. Work on an Eagle Project
4. Do someone else's work for them
5. Make a meal for our family
6. Send a message to someone on FB you haven't talked to in a while
7. Go for a walk and pick up trash as you go
8. Offer free baby-sitting to someone
9. Send an e-card
10. Do a chore that needs to get done around here—
 - a. Shake out laundry rugs outside/sweep by W/D
 - b. Clean out microwave
 - c. Remove spoiled food from fridge
 - d. Re-organize game shelf or book shelf
 - e. Vacuum/sweep edges
 - f. Look for more options
11. Give someone a massage
12. Ask neighbor if you can sweep their driveway or take their trash cans back

Use Your Brain Ideas

1. Create a work of art
2. Do some Merit Badges
3. Research something
4. Learn how to do something new
 - a. Crochet a blanket
 - b. A new instrument
 - c. Master an abacus
 - d. Juggle
 - e. Think of other things
5. Make up a new game
6. Record fairy tales
7. Prepare a talk
8. Create a Resume
9. Become a mini-expert of a small subject
10. Play duets
11. Sing – rounds, parts, new songs, etc.
12. Play brain strengthening games
13. Search until you find something around the house that needs to be fixed and fix it
 - a. Sew on a button
 - b. Glue a broken toy back together
 - c. Fix the binding on a book
 - d. Mend a hole
 - e. Sharpen pencils
 - f. Change out dead lightbulbs
 - g. Hunt for the missing _____
14. Add to the Idea Lists!