

# Desire Dreamy Daring Dating Decisively, Don't Delay Destiny

A collection of ideas for local activities

| Cost                                                                                               | Free                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        | Less Expensive                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                | More expensive                                                                                                                                                                                                                                                                                                                                                                                                                          |
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| <b>S<br/>u<br/>p<br/>e<br/>r<br/>A<br/>c<br/>t<br/>i<br/>v<br/>e</b>                               | <ul style="list-style-type: none"> <li>-Hiking (Ben Lomond Peak, Lewis Peak, Malan Basin, Waterfall, Adams)</li> <li>-Basketball/Soccer/Tennis/Chair soccer</li> <li>-Water kickball and slip n slide</li> <li>-Roller Blading</li> <li>-Freeze Tag</li> <li>-Mountain Biking</li> <li>-Cycling – Rail Trail</li> <li>-Running</li> <li>-Skate parks</li> </ul>                                                                                                                                                                                                                                                                                                                                                                             | <ul style="list-style-type: none"> <li>-Kayaking/Paddle board</li> <li>-Antelope Island – Bike/Hike</li> <li>-Racquetball</li> <li>-Snow Shoeing</li> <li>-Climbing Gym</li> <li>-Rock climbing</li> <li>-Weber State Gym</li> <li>-Swimming (lap/racing)</li> </ul>                                                                                                                                                                                                                                                                          | <ul style="list-style-type: none"> <li>-Flow rider</li> <li>-Skiing</li> <li>-Snowboarding</li> <li>-Snow Basin Down Hill biking</li> <li>-Competitive sports league/tourney</li> <li>-Sky diving</li> <li>-Motor cross or ATVing</li> </ul>                                                                                                                                                                                            |
| <b>M<br/>o<br/>d<br/>e<br/>r<br/>a<br/>t<br/>e<br/>l<br/>y<br/>A<br/>c<br/>t<br/>i<br/>v<br/>e</b> | <ul style="list-style-type: none"> <li>-Walks – Shoreline Trail/ River Trail Walkway</li> <li>-Volleyball/Pickleball</li> <li>-Biking – River Trail</li> <li>-Sledding/Tubing</li> <li>-Frog Hunting/Swamping/crawdadding</li> <li>-Tubing down river</li> <li>-Geo Caching</li> <li>-Hide and Seek/Steal the flag</li> <li>-Wii Tournaments (moving games)</li> <li>-Frisbee Golf</li> <li>-Ice ponds</li> <li>-Family Dance (younger kids)</li> <li>-Ball Tag</li> <li>-Service Scavenger Hunt</li> <li>-Trampoline</li> <li>-Cashdrop Utah -Treasure hunt</li> </ul>                                                                                                                                                                     | <ul style="list-style-type: none"> <li>-Antelope Island – Bike causeway</li> <li>-Swimming – Lakes/Rivers</li> <li>-Swimming – (Roy Aquatic Ctrs**/North Shore* &amp; Lorin Farr*/Local Pools/Surf-n-swim)</li> <li>-Bowling</li> <li>-Fishing</li> <li>-Canoeing*</li> <li>-Trash Bagging (Rain+Trash Bag+Hill)</li> <li>-Ice-blocking</li> <li>-BSA Ropes Challenge Course*</li> <li>-Golfing</li> <li>-Ice Sheet (Ice Skating)*</li> </ul>                                                                                                 | <ul style="list-style-type: none"> <li>-I-Fly</li> <li>-Boating</li> <li>-Lagoon</li> <li>-Laser Tag or archery tag</li> <li>-Snowmobiling</li> <li>-Toad's Season Pass</li> <li>-Boondocks/RUSH funplex</li> <li>-Cherry Hill</li> <li>-Classic Fun Center/Water Slide</li> <li>-Urbanadventurequest.com</li> <li>-Haunted houses</li> <li>-Escape rooms</li> <li>-Shop til you drop</li> </ul>                                        |
| <b>N<br/>o<br/>t<br/>/<br/>M<br/>i<br/>l<br/>d<br/>l<br/>y<br/>A<br/>c<br/>t<br/>i<br/>v<br/>e</b> | <ul style="list-style-type: none"> <li>-Wii tournaments (non-moving games)</li> <li>-Local Parks and/or Picnic and/or laptop movie</li> <li>-Splash Pad or float the river</li> <li>-Library activities</li> <li>-Yard games: Bocci, croquet, bucket golf etc.</li> <li>-Amphitheaters – Free Concerts</li> <li>-H.A.F.B Aerospace Museum*</li> <li>-Personal Movie Night</li> <li>-Board Game Night -Escape the box games</li> <li>-Scavenger hunt Photo Adventure</li> <li>-Weber Pathways --Trash pickup -service</li> <li>-Layton Heritage Museum</li> <li>-Union Station Museum*</li> <li>-Ping Pong -Billiards</li> <li>-Painting/Color Books</li> <li>-Make and fly Kites</li> <li>-Vegetable Derby</li> <li>-Star gazing</li> </ul> | <ul style="list-style-type: none"> <li>-Temple Square/Front Runner</li> <li>-Yard Sales/DI</li> <li>-Antelope Island – Ranch/Beach</li> <li>-Dinosaur Park*</li> <li>-Treehouse Children's Museum*</li> <li>-Union Station Museums*</li> <li>-Drive-in</li> <li>-Shooting Range</li> <li>-Dollar Theaters</li> <li>-Family Drive</li> <li>-Ogden Nature Center*</li> <li>-Ott Planetarium*</li> <li>-Fort Buenaventura*</li> <li>-Raptors Baseball</li> <li>-Clay Sculptures</li> <li>-Fire bowl - Smores</li> <li>-Farmer Markets</li> </ul> | <ul style="list-style-type: none"> <li>-Concerts – (Weber State; Layton Concert Series, Peery's Egyptian Theater*)</li> <li>-Movies</li> <li>-Local High school Plays/Musicals</li> <li>-CenterPoint Legacy Theatre</li> <li>-Playhouses</li> <li>-Dinners/Take-out</li> <li>-The Soap Box Comedy Theatre</li> <li>-Arcades</li> <li>-Weber County Fairgrounds (Rodeo/demolition derbies/etc.)</li> <li>-Crystal Hot Springs</li> </ul> |
|                                                                                                    | <p>*Free Summer RAMP Activities (Select Days) Dinosaur Park, Ogden Nature Center; Hill Aerospace Museum, Ott Planetarium; Ice Sheet, Fort Buenaventura; Peery's Egyptian Theater; Lorin Farr Pool; North Shore Pool; Roy Complex; Roy Aquatic Center; BSA Ropes Challenge Course; Ice Sheet, Treehouse Children's Museum, Union Station Museums **Roy Aquatic Center (<b>Free weekly Riverdale Swim nights</b> in summer/also RAMP activity)</p>                                                                                                                                                                                                                                                                                            |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |                                                                                                                                                                                                                                                                                                                                                                                                                                         |
|                                                                                                    | <b>Free</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 | <b>Less Expensive</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         | <b>More expensive</b>                                                                                                                                                                                                                                                                                                                                                                                                                   |

President Oaks outlined five ways we can stand for truth with love.

The first was to **avoid overly contentious settings**. As Elder Neil L. Andersen has taught, “There are times when being a peacemaker means that we resist the impulse to respond and instead, with dignity, remain quiet.”

The second was to **love others, to find common ground even when we disagree**.

The third was to **hold to truth**, even in our outreach. There’s a temptation sometimes to walk away from what we know in our efforts to show love. We don’t have to deny what we know is true.

A fourth was **be a light and a friend** and service to others, and the last was to **stay anchored in Jesus Christ**.

| Examples of “You” Messages                                                            | Examples of “I” Messages                                                                                                     |
|---------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------|
| <i>“You never listen to anyone, and you’re not really listening to me now.”</i>       | <i>“I feel discouraged when I don’t think I am understood. Keeping eye contact helps me feel like you care.”</i>             |
| <i>“You are so inconsiderate and thoughtless for missing dinner and not calling.”</i> | <i>“I feel neglected when you miss dinner without calling. I also feel worried that something may have happened to you.”</i> |

## Handout 3 • Self-Evaluation of Emotional Abuse

Adapted from Judy C. Olsen, “The Invisible Heartbreaker,” Ensign, June 1996, 24–25

Mark how often you use each of the following forms of emotional abuse with your spouse or others.

| ABUSIVE CONDUCT                                                        | NEVER<br>(not in last<br>five years) | RARELY<br>(less than<br>once a year) | OCCASIONALLY<br>(less than<br>once a month) | FREQUENTLY<br>(weekly or<br>daily) |
|------------------------------------------------------------------------|--------------------------------------|--------------------------------------|---------------------------------------------|------------------------------------|
| <i>Name Calling</i>                                                    |                                      |                                      |                                             |                                    |
| Words like <i>idiot</i> , <i>jerk</i> , or worse                       |                                      |                                      |                                             |                                    |
| Sarcastic comments or exaggerations                                    |                                      |                                      |                                             |                                    |
| Unflattering nicknames                                                 |                                      |                                      |                                             |                                    |
| Insulting labels                                                       |                                      |                                      |                                             |                                    |
| <i>Demeaning Statements</i>                                            |                                      |                                      |                                             |                                    |
| Devaluation of efforts                                                 |                                      |                                      |                                             |                                    |
| Patronizing tone of voice                                              |                                      |                                      |                                             |                                    |
| Put-down humor that humiliates                                         |                                      |                                      |                                             |                                    |
| Faultfinding                                                           |                                      |                                      |                                             |                                    |
| <i>Intimidation</i>                                                    |                                      |                                      |                                             |                                    |
| Threats to get one’s way                                               |                                      |                                      |                                             |                                    |
| Angry words                                                            |                                      |                                      |                                             |                                    |
| Shouting                                                               |                                      |                                      |                                             |                                    |
| Stomping around the house                                              |                                      |                                      |                                             |                                    |
| Throwing or breaking things                                            |                                      |                                      |                                             |                                    |
| Interrupting and speaking sharply                                      |                                      |                                      |                                             |                                    |
| Angry looks or other signs of belligerence                             |                                      |                                      |                                             |                                    |
| <i>Isolation (limiting spouse’s interaction)</i>                       |                                      |                                      |                                             |                                    |
| Withholding information or affection                                   |                                      |                                      |                                             |                                    |
| Harboring feelings of ill-will or estrangement                         |                                      |                                      |                                             |                                    |
| Setting inappropriate rules                                            |                                      |                                      |                                             |                                    |
| <i>Manipulation</i>                                                    |                                      |                                      |                                             |                                    |
| Acting hurt to get sympathy                                            |                                      |                                      |                                             |                                    |
| Attempting to create guilty feelings                                   |                                      |                                      |                                             |                                    |
| Blaming the spouse or others for problems                              |                                      |                                      |                                             |                                    |
| Deliberately disagreeing with a spouse’s decisions for selfish reasons |                                      |                                      |                                             |                                    |

Super Active

Moderately Active

Not/Mildly Active

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| Free | Less Expensive | More Expensive |
|------|----------------|----------------|