



Johnny Lingo Individual Worth Value Activity: 8 Cow Stations

STATION 1

Daughter of Heavenly Father

Holy “COW”!

- ❑ You are a daughter of Heavenly Father, who knows you and loves you. Read [Psalm 8:4-6](#); [Jeremiah 1:5](#); [John 13:34](#); [Doctrine and Covenants 18:10](#); [Abraham 3:22-23](#); and [Joseph Smith—History 1:1-20](#).
- ❑ Write how these scriptures teach you that Heavenly Father knows you, loves you, and is mindful of you.

CANDY: Black Cow

STATION 2

Our Divinely Based Worth

Divine “COW”-girls!

- ❑ Read the article and answer the following questions:
(Ensign article: Our Divinely Based Worth,

CANDY: Cow Pies!

STATION 3

Patriarchal Blessings

“COW”-path!

- ❑ Read about patriarchal blessings in [True to the Faith](#).
- ❑ Read a conference talk about patriarchal blessings. (The Lord Blesses His children through Patriarchal Blessings.)
- ❑ Read “About Patriarchal Blessings.”
- ❑ Why are patriarchal blessings given?
- ❑ Who can give a patriarchal blessing?
- ❑ How do you prepare to get a patriarchal blessing?
- ❑ How can it teach you of your worth and identity and be a guide throughout your life?

CANDY: Cow Tales-vanilla

STATION 4

Your Unique Mission

“COW”-a-bunga!

- ❑ You are preparing now to fulfill a unique mission on the earth.
- ❑ Read [Doctrine and Covenants 88:119](#).
- ❑ Make a list of your hopes and dreams for your future home, family, and education and some important things you would like to accomplish in your life, including becoming a wife and mother. Then write a plan that will help you achieve your goals.

CANDY: Gummy Cows and Gummy Cows

STATION 5

Your Family History Gene“COW”logy!

- ❑ When you participate in family history, you come to understand your identity and individual worth. Try to complete a pedigree chart of your family and list the temple ordinances that have been completed for each person.
- ❑ Also start writing your personal history.

CANDY: Skinny Cow and Cow Button

STATION 6

Unique Gifts Cash “COW”!

- ❑ Heavenly Father has given you special gifts. Read 1 Corinthians 12:4-12; 13; Moroni 7:12-13; 10:8-18; and Doctrine and Covenants 46:11-26. Write down positive qualities the Lord has given you.

CANDY: Cow Tales -chocolate

STATION 7

Saying Thank You “Moo” chas gracias!

- ❑ Read Doctrine and Covenants 18:10 and 121:45. Do all you can to build others and make them feel of worth. Notice the worthwhile qualities and attributes of others. Write a thank you note to some one you know and thank them for something they did for you.

CANDY: Moo Chews

STATION 8

Reflections

“Udderly” beautiful!

- ❑ Inventorying your individual worth.
- ❑ Look in the mirror. What do you see? Recognize you are a daughter of Heavenly Father and are of infinite worth. Make a list of ten qualities you possess. These should be qualities you see “within” yourself”- reflections of the inner you!
- ❑ Remember, “I am of infinite worth with my own divine mission, which I will strive to fulfill.”

Candy: Udderfingers

Each girls has her own folder with chart on front. When the station is completed she receives a sticker and a cow `reward` for that station.

When all 8 stations are complete the YW is rewarded with a Johnny Lingo 8 cow “Certified” button.