

Come Follow Me FHE

# About This Download

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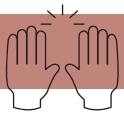
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# Shiny Pennies

## MATERIALS

dull, brown or tarnished pennies  
bowl  
vinegar  
salt  
paper towel  
dish soap  
water  
sponge

Pennies become dull and brown because they are made of copper. Copper reacts with the oxygen in the air and makes copper oxide which is the tarnish on the penny. We all make wrong choices. This dulls our spirits and makes us feel unclean like the penny.

Thankfully, because of the Savior, we can repent for our mistakes. Use the dish soap, water and sponge to try and clean the pennies. Your children will notice that as they try to clean the pennies, the copper oxide will not come off. Have them dry off their pennies with a paper towel.

Teach your children that they are missing something. True repentance only changes us when we have Godly sorrow. This means we feel truly sorry that our actions have upset our Heavenly Father. Read Mormon 2:8, 10-15 as you describe how the Nephites chose to repent of their actions. It describes them feeling very sorry as they cried and lamented. That is what Godly sorrow looks like.

Invite your child to mix salt and vinegar in a bowl, making a chemical solution. Let them dip or drop the pennies into the bowl and leave for a few minutes. As they pull them out, what has changed? The pennies should look shiny and brand new! Feeling Godly sorrow for our mistakes changes our hearts just like it did to this penny!



Picture from: [frugalfun4boys.com](http://frugalfun4boys.com)