## Bulletin Board

### **Journal Junction**

Do you sometimes have trouble thinking of something to write about in your journal? Many people do! Start out small. This month, write about your family. Do you have any brothers or sisters? How many? Are you the oldest, youngest, or middle child? Are any of your siblings away at school or on a mission? Make a list of your family members and write one nice thing about each of them.



1, your birthday, or another special day. Decorate a shoe box or

other small box. Collect small items to put in your time capsule, such as a current photo, something you made, an outline of your hand, or a string as long as you are tall. Write down information about yourself. Then write down things you think might be happening in your life in 2021. Here are

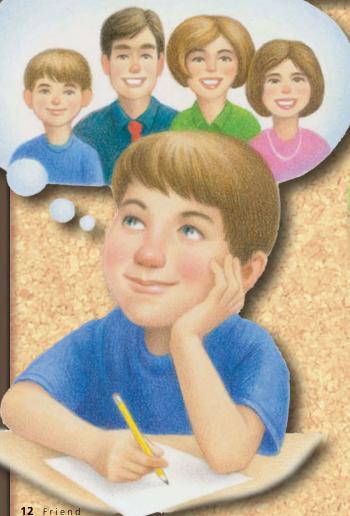
2011

**Full name Family members** Friends **Pets** School grade and teacher **Primary teacher** Favorites: scripture, food, book, game, sport, school subject, song, place you've been Your testimony

some ideas:

#### 2021

Something that might be different about you Something that will be the same about you Places you might have traveled What you could be studying in school Where you might have served a mission What you want to tell your future self



#### **Understanding the Scriptures** By Sarah Cutler

Asterisk: This little star symbol leads you to a date at the bottom of the page that tells you when the story happened.

Footnote: This tells you there's more information at the bottom of the page.

Cross-reference: Look up the scripture to learn more

about what you

are reading.

HELAMAN 6:37-7:6

and willingness to believe in

owers of God.

And thus we see that they were nawful state, and "ripening for verbasting destruction.

And it came to pass that thus ed the sixty and eighth year of reign of the judges over the sle of Nephi.

the public to report of perisa. Bignotion, now it came to pass in the sixty and sinith year of the reigns; the judges over the people of the Nephites, that Nephi, the son of Helaman, returned to the land of Zarahemia from the land northward. 2 For he had been forth among the people who were in the land northward ward, and did preach the word of God sints them, and did prophery. 3 Another of the land of the people who were in the land northward, and did preach the word of God sints them, and did prophery and the land of the land

laying aside the con God, and not in the before him; doing the children of my 5 Condemning cause of their right

with his in the promised land; then see his people easy to be entracted, as leep the commandments of all and see, the commandments of all and see, the commandments of all and see to be eather than the seed of the Londard Fee. If my days could have been at been all and loy in the rightnessness of the beather.

9 But behold, I am consigned that my soul and be filled with Sorrow because of as the wiskness of my bettern.

10 And behold, now it came to pass with a way soul and be filled with Sorrow because of as the wiskness of my bettern.

(Between 23 and 20 s.c.)

**Chapter summary:** This tells you what the chapter is about.

Verse number: This tells you the number of the verse.

> TG: Look up the topic in the Topical Guide (at the back of the Bible) to find other scriptures about the same idea.

# RUN JUMP,

#### **Musical Dress Up**

- 1. Get a music player, or have someone play a musical instrument.
- 2. Fill a bag with large-sized clothing, including hats and shoes.
- 3. Have one person play the music and everyone else stand in a circle.
- 4. When the music starts, pass the bag around. When the music stops, the person holding the bag puts on a piece of clothing out of the bag.
- 5. See who ends up wearing the most clothing or the funniest outfit.

