

An illustration of children playing basketball. A large basketball is suspended in the air. A boy in a blue shirt is jumping to reach for it. A girl with blonde pigtails is also jumping, smiling broadly. Other children are visible in the foreground, looking up. A basketball hoop and net are on the left. The background is a warm, sunset-like sky.

“Why not
choose a time each
day to disconnect from
technology and reconnect
with each other? Simply
turn everything off.”

Sister Rosemary M. Wixom
Primary General President

From *“The Words We Speak,”* Ensign, May 2013, 82.