

Quick Bites

Spread peanut butter on a wheat tortilla, and sprinkle with cinnamon and sugar. Roll up and slice into sections.

BULLETIN BOARD

“LOOK to your MOTHER.

Learn from her STRENGTHS, her COURAGE, and her FAITHFULNESS.”

Elder M. Russell Ballard of the Quorum of the Twelve Apostles, “Mothers and Daughters,” Ensign, May 2010, 19.

GIVE US A HAND!

So far, you’ve sent us **4843** stories about caring and helping.

Go to page 48 to find out how to send us your “helping handprint”!

Natalie S., age 11, Texas, USA

I helped my mom take care of my dad when he was ill

SPRINGTIME SPROUTS

Grow your own carrots in a bottle and watch what happens above and below the soil! Be sure to get an adult’s help.

1. Ask an adult to help you cut off the top of a **clear plastic 2-liter bottle**.
2. Fill the bottle with **potting soil**. Leave about 2 inches (5 cm) of space at the top.
3. Sprinkle a **packet of carrot seeds** evenly across the soil, cover them with a thin layer of soil, and pat the soil down.
4. Pour in a little **water**, just enough to make the soil damp.
5. Put your carrots in a sunny place, keep them well watered, and watch what happens!



STAND TALL!

“I will do those things on the Sabbath that will help me feel close to Heavenly Father and Jesus Christ.”

—My Gospel Standards

What do you do on the Sabbath to feel close to Heavenly Father and Jesus Christ?

