



# • BULLETIN BOARD

"When we love somebody, we show it by doing something nice."

President Russell M. Nelson, President of the Quorum of the Twelve Apostles, "Focus on Values," New Era, Feb. 2013, 4.



Trevor S., age 7, Kansas, USA

## Quick Bites

Spread cream cheese on a whole-wheat tortilla and layer it with pepperoni and spinach. Roll it up and slice it. Pack a small container of marinara sauce as dip.



GIVE US A HAND!

So far you've sent us

**14,027**

hands! Go to page 48 to find out how to send us your "helping hand."

## STAND TALL!

I will only listen to music that is pleasing to Heavenly Father.

—My Gospel Standards



What type of music do you listen to?

Find sing-along videos at [children.lds.org](http://children.lds.org).

## HANGING LEAVES

Make this craft to bring nature inside!

1. Go in your yard or go on a walk with a parent and collect the very best leaves you can find.
2. Find a good, sturdy stick about 1 foot (30 cm) long.
3. Cut four pieces of string, each about 1 foot (30 cm) long. Tie one end of each string along the stick. Tape or tie four or five leaves along each string.
4. Cut a piece of string about as long as your arm and tie it to each end of the stick. Hang up and enjoy your piece of nature!

