Read “Musical Chairs” on page 4. Here’s a musical chairs game you can play with your family that will be fun and make everyone feel loved!

1. Arrange some chairs or pillows in a circle. Use enough for everyone except one person to have a seat. Make sure there’s space for everybody to walk around the circle.
2. Choose one person to be in charge of music. Have them sing or hum a song while everyone walks around the circle.
3. When the person stops singing, everyone tries to sit down as fast as they can. The person who doesn’t have a seat will be “out.”
4. Before starting again, have each family member say one nice thing about the person who got out.
5. Take a seat out of the circle and keep playing until everyone has a turn to have nice things said about them!

**Friendship Bread**

Make this bread as a family. This makes two loaves, so you can share one with a friend or neighbor. Include a copy of the recipe so they can make the bread too.

*Ingredients*
- 2 cups softened butter
- 2 cups white sugar
- 2 eggs
- 4 cups flour
- 2 teaspoons baking soda
- 2 cups buttermilk (or 2 cups milk + 2 tablespoons lemon juice)
- 2/3 cup white sugar mixed with 2 teaspoons cinnamon

1. Mix the butter, sugar, and eggs. Then stir in the flour, baking soda, and buttermilk.
2. Grease two bread pans. Pour one-fourth of the batter into each pan.
3. Sprinkle three-fourths of the cinnamon-sugar evenly over the two pans.
4. Divide the remaining batter between the two pans, then top with the remaining cinnamon-sugar. Use a butter knife to swirl the cinnamon into the batter.
5. Bake loaves at 350°F (180°C) for about an hour, until a toothpick inserted in the center comes out clean. Cool before eating.
**KINDNESS BEGINS WITH ME**

How can you help someone who is lonely or sad?

- Try to imagine how they’re feeling.
- Treat them the same way you would want to be treated.
- Ask if there’s anything you can do to help.
- Be their friend and get to know them!

**TASTY TREATS**

Try these for FHE this month!

- Spread a whole-wheat tortilla with peanut butter and sprinkle with cinnamon-sugar. Roll and slice it.
- Stir together 1 spice cake mix, 1 15-oz (425-g) can pureed pumpkin, and 1 cup chocolate chips. Scoop spoonfuls onto a greased cookie sheet. Bake at 350°F (180°C) for 12–15 minutes. Cool before eating.
- Toast bread and spread with cottage cheese. Then add cherry tomato halves, salt, and pepper.

**MORE FHE IDEAS**

Look for these pictures in the magazine to find the stories and articles they go with! (Find the page numbers below.)

**IDEA 1:** Read “A Gift for Lane” and finish the story together. Have you ever shared the gospel with a friend? Write and tell us about it! What are ways your family can share the gospel?

**IDEA 2:** Read “Which Path to Choose?” Make a list of ways your family can be kinder to each other. We’d love to see your ideas!

**IDEA 3:** Get ready for general conference by playing “Guess Who!” What are some important messages prophets and apostles have shared with us?