

# THE Friend



Be smart,  
be safe,  
and have  
**FUN!**

See pages 24-25



# FRIENDS by Mail

## How I Read the Friend

I am so excited when I get the new *Friend* that sometimes I sit outside by the mailbox to read it as soon as it comes!

**Easton K., age 7, Georgia, USA**



## Build a Boat



We took our family home evening on the road to our cousins' house. We talked about Nephi and how the Lord directed him

to build a boat. After we watched the scripture video at [LDS.org](http://LDS.org), we made the [boats from Funstuff](#) (Jan. 2016) and floated them in the bathtub. It was so much fun!

**Mack, Cooper, Aniston, and Beckham P., ages 8, 8, 5, and 3, Idaho, USA**

## Friend Race



Whenever the *Friend* comes in the mail, my brother and I race to read it. It has interesting stories and cool activities I like to do.

**Nellie W., age 8, New York, USA**

## Dear Friends,

How much of your free time do you spend with a TV, smart phone, or tablet? Look on page 24 to find out how to use them wisely so you can learn and do other fun things. Then on page 4 you can read a story about a boy who needed time to just be quiet and listen to the Spirit.

Love,

The Friend

P.S. Write and tell us how you spend your time wisely.

Was there a story or activity this month that helped you? Tell us about it! Turn to page 39 to find out how.

## The Big-Brother Trap



My favorite story is "The Big-Brother Trap" (March 2014). Sometimes I'm not as nice as I could be, so then I say "sorry" and feel good inside. After that I try to be extra nice and do something for my siblings.

**Jenna H., age 10, Utah, USA**

## ◆ Primary Connection Find stories and activities to go with this month's sharing time theme and lessons. Find more at [lessonhelps.lds.org](http://lessonhelps.lds.org).

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Front cover by Clayton Thompson  
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## Hidden CTR Rings

- Level 1:** A smile and cookies.
- Level 2:** Be patient, get peace.
- Level 3:** No hint!

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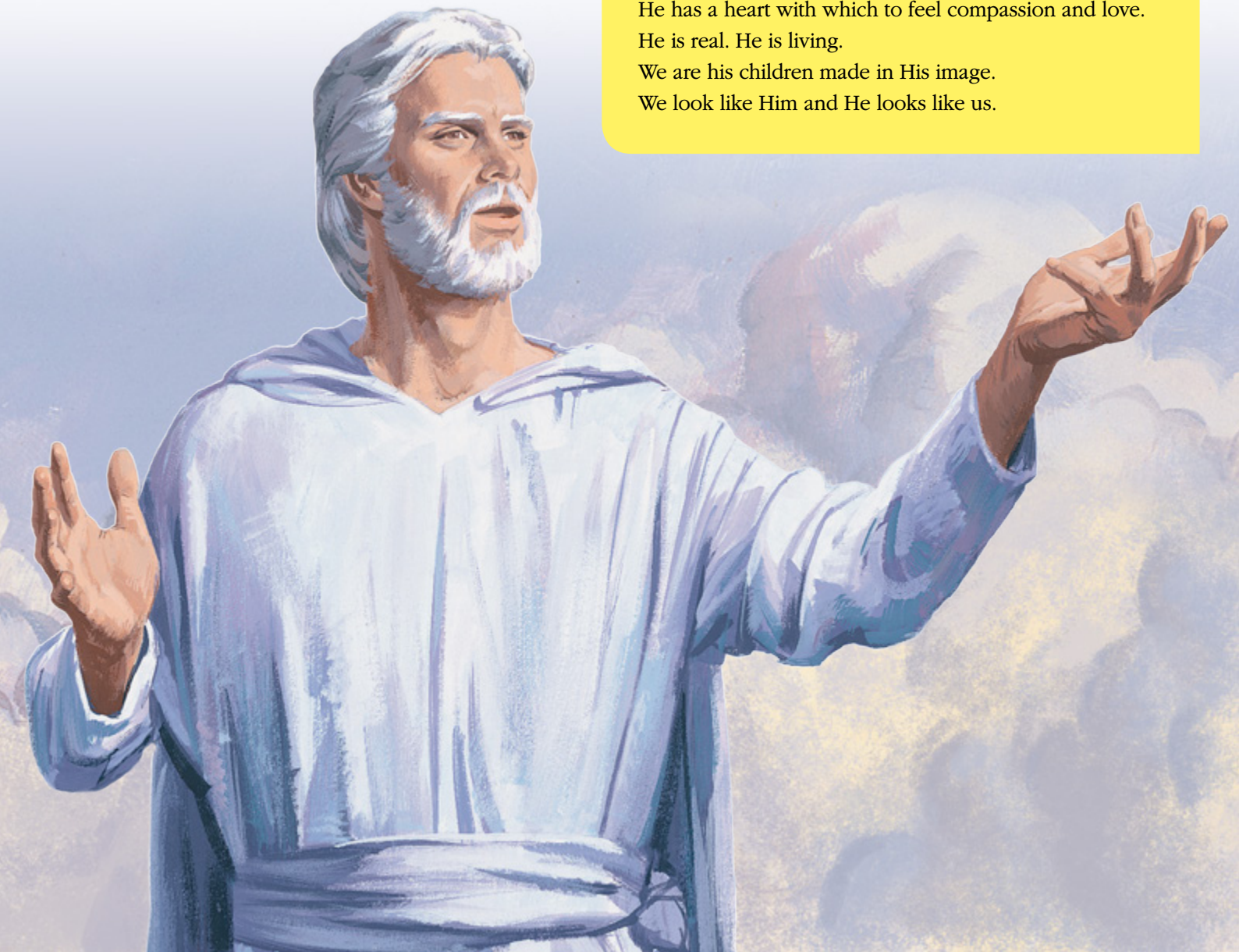


FROM THE FIRST PRESIDENCY

By President Thomas S. Monson

# God Is Our Father

God our Father has ears with which to hear our prayers.  
He has eyes with which to see our actions.  
He has a mouth with which to speak to us.  
He has a heart with which to feel compassion and love.  
He is real. He is living.  
We are his children made in His image.  
We look like Him and He looks like us.



*Adapted from "I Know That My Redeemer Lives," Ensign, Apr. 1982, 6–9.*



## Heavenly Parents, Earthly Parents

A proclamation is a very important message. “*The Family: A Proclamation to the World*” was written by prophets and apostles. It teaches us what Heavenly Father wants us to know about families. Use the sentences and pictures below to learn more about what the proclamation teaches about our Heavenly Parents and earthly parents.

- ✴ Each one of us is a child of our Heavenly Father and Heavenly Mother.
- ✴ Our Heavenly Parents created us as a girl or a boy before we were born.



- ✴ We agreed to be born to earthly parents, to learn and grow here on earth.
- ✴ In the temple, we can be sealed to our earthly families forever.



Cut out the cards and glue them to paper. Flip them over and take turns trying to match the sentences with their pictures!



- ✴ Parents are supposed to protect, teach, and care for their children.
- ✴ Fathers and mothers are supposed to help one another.



- ✴ Our Heavenly Parents want us to become parents one day too.
- ✴ We can become like our Heavenly Parents and live with Them again.



Why would  
Grandpa give Gage  
an empty bottle?

# The Little Bottle of Silence

**By Ray Goldrup**

(Based on a true story)



*"Peace I leave with you, my peace I give unto you"*  
(John 14:27).

Gage stared at the empty old bottle and turned it over in his hands. It was small and misty green, with a cork stopper in the top. Grandpa Russell had given it to him after his baptism.

"What *is* it?" Gage asked. "I know it's a bottle—but there's nothing in it."

"Oh, it's full," Grandpa said.

Gage shook the bottle. "Well, it looks empty to me."

Grandpa laughed. He pulled out the cork and held the little bottle near Gage's ear. "Can you hear it?" he whispered.

"Hear what?" Gage whispered back.

Grandpa smiled. "Silence," he said. Then he put the cork back in the bottle. "In today's world, silence is pretty hard to find. It's like medicine, and each drop is as precious as gold."

Gage said thank you and took Grandpa's strange gift home. But he didn't think about it much.

A few weeks later, Gage's uncle Vince passed away. After the funeral, lots of relatives crowded into the front room at Gage's house to visit. Gage escaped to his bedroom and closed the door. He could hear the muffled voices of his parents and relatives down the hall.

Gage saw the old green bottle sitting on his desk and picked it up. He turned it over in his hands. Grandpa had said silence was like medicine. Gage needed to find





**"Peace is a gift from God and it only comes through the Spirit of God"**

Elder Per G. Malm of the Seventy

*"Rest unto Your Souls," Ensign, Nov. 2010, 102.*

some peace and comfort after Uncle Vince's funeral.

Gage pulled the cork loose from the bottle and tipped it over his head, pretending to let a little silence pour out. He knew the bottle wasn't *really* full of silence. But he knew he needed some quiet time to feel close to God.

He felt tears build up in his eyes. Uncle Vince wouldn't be there anymore—no more silly jokes, no more wrestling with him. Gage's heart hurt from missing him.

Then in the silence, Gage felt something warm grow in his heart and soften the pain. He remembered that Uncle Vince wasn't gone forever; he had just moved on

to the next world. Because of Jesus Christ and the plan of salvation, everyone would live forever. Gage was still sad, but he knew that someday he could see Uncle Vince again.

As he held the bottle in his hands, Gage felt peaceful inside. He knew it was because of the Holy Ghost and not the bottle. The bottle had just reminded him to be quiet so he could feel the Holy Ghost. He corked the bottle and set it down.

Then he went back to the front room to be with his family. He could carry the peace and comfort of the Holy Ghost inside of him even outside his quiet room. ♦

The author lives in Utah, USA.



# Family Night FUN

Here are some fun FHE ideas from this month's magazine. What other ideas can you come up with?

## PEACE Jars

Read "The Little Bottle of Silence" on page 4. Just like Gage used his bottle of silence to help him feel peace when his uncle died, you can create your own peace jar to help you feel better when hard things happen.

1. Find a clean, empty jar for each family member. Or use one jar for the whole family to share.
2. Talk about ways you can feel peace when hard things happen.
3. Draw or write down these activities on slips of paper and put them in your jar.
4. Put the jar where you'll see it often. Whenever you feel sad and need some comfort, take a piece of paper out of the jar and do what it says.

Is there a topic you'd like to learn about with your family? Go to [lessonhelps.lds.org](http://lessonhelps.lds.org) to find stories, activities, and media.

## Funny FACES

Make these fun pizzas as a family. Then talk about how you handle different feelings. What do you do when you're happy? What about when you're sad or mad?

English muffins  
pizza sauce  
shredded cheese  
pizza toppings (like pepperoni, olives, pineapple, sausage, or vegetables)

1. Preheat oven to 425°F (220°C). Cut each English muffin in half to make two circles. Place each circle crust-side down on a large baking sheet.
2. Spread pizza sauce on each muffin half. Then sprinkle shredded cheese on top.
3. Use the pizza toppings to decorate your pizzas to look like faces with different feelings—happy, sad, silly, mad, or anything else you can think of!

4. Bake pizzas for 8–10 minutes. Let them cool before eating.







## PEACE AND PATIENCE

Here are some ways to work on being patient when hard things happen.

- Don't forget that Heavenly Father loves you.
- Spend time alone. Think about what's bothering you and ways to fix it.
- Serve others. You'll focus less on your problems when you're helping someone else!
- If sad feelings continue for a long time, ask a parent for help.

## TASTY TREATS

Try these for FHE this month!

- Mix 4 ounces (110 g) cream cheese, 8 ounces (225 g) cottage cheese, and 1 1/2 tablespoons ranch dressing mix. Serve with pita chips or veggies.
- Pop 1/2 cup popcorn kernels. Toss with 2 tablespoons taco seasoning and salt to taste.
- Dip peeled banana halves in melted chocolate. Sprinkle with nuts if you want. Freeze on waxed paper until chocolate is set.



## 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:** Take turns reading "Be Smart, Be Safe, and Have Fun!" Then read "The Hidden Video Game." Now's a great time to write or review media guidelines for your family!



**IDEA 2:** Modesty is a lot more than the way we dress! Do the activity "Shine Your Light!" together. How will you shine a light for others?



**IDEA 3:** Share family stories you love! Write down one of the stories together and have everyone help illustrate a page. Use "Write Your Own Story!" to help make your new book.

Idea 1: 24, 26; Idea 2: 36; Idea 3: 37

**By Ellen Javernick**  
(Based on a true story)

*"By small and simple things are great things brought to pass" (Alma 37:6).*

Over here!" Miss Karen, the cheerleading camp director, waved Cricket over. "Girls eight and under are in this group."

"Not again," Cricket whispered to her best friend, Lauren. She turned to Miss Karen and said, "Actually, I'm 10. I'm just small."

"Oh," Miss Karen said. "Well, we need you to cheer with the younger girls for the performance. You're so much shorter and you wouldn't blend in with the older girls. Besides, their uniforms would be too big on you."

"But—" Cricket started to say.

"Of course you can do all the other camp activities with your friends." Miss Karen patted Cricket's shoulder. "I know you won't mind."

Cricket didn't say anything. But back in their room, Cricket told Lauren, "But I *do* mind. I'm always the smallest one at camp."

"It will be OK," Lauren said. "We'll have fun doing everything else together."

And they did have fun. They learned to do flips and back walkovers on the bar in their gymnastics class. Miss Karen even complimented Cricket on her landings.

They watched every day as the high school cheerleaders practiced their pyramids. Cricket was already good at pyramids, and she couldn't wait until she was old enough to join a cheer team too.

But none of it quite made up for having to cheer with the little kids. Cricket felt out of place practicing with them. They were so much younger! She wished she were taller so she could cheer with her friends.

"Why don't you pretend to be sick on Saturday?" Lauren said. "Then you won't have to be in the show."

Cricket thought for a moment. "No, I can't do that. It wouldn't be honest. And besides, Miss Karen and the kids are counting on me. I'll just tough it out."

The next day, Cricket had just performed with her group and left the stage when Miss Karen came running up to her.

"We need you," Miss Karen whispered. "The girl for the top of the high school team's pyramid is sick. You're small enough for the girls to lift easily, and your landing is perfect.

Are you willing to try it?"

Cricket nodded slowly. They needed her help *because* she was small. "I'll do my best," she said.

When the high school girls finished their routine and started their pyramids, Miss Karen gave Cricket the signal to join them. Cricket said a silent prayer asking Heavenly Father to help her do her best.

She walked on stage. The girls lifted her up and she grinned, holding her hands high in the air. Cricket flipped down into the girls' arms and landed perfectly. The crowd cheered.

The rest of the cheerleaders came down from the pyramid smoothly. Cricket couldn't stop smiling as she listened to the crowd cheering.

Cricket  
couldn't wait  
until she could  
join a cheer  
team.



## Cricket's Big MOMENT





At the end of the show, all the cheerleaders came onto the stage for one last bow. Miss Karen walked to the microphone.

"Every year we give an award to the most inspirational camper," she said. "This year we've chosen a girl who cared more about the group than about herself. The most

inspirational camper award goes to a little girl with a big heart. Cricket Newton, please come forward!"

Cricket hugged the trophy tight. She smiled as she stood on her tiptoes to say "thank you" into the microphone. ♦

The author lives in Colorado, USA.



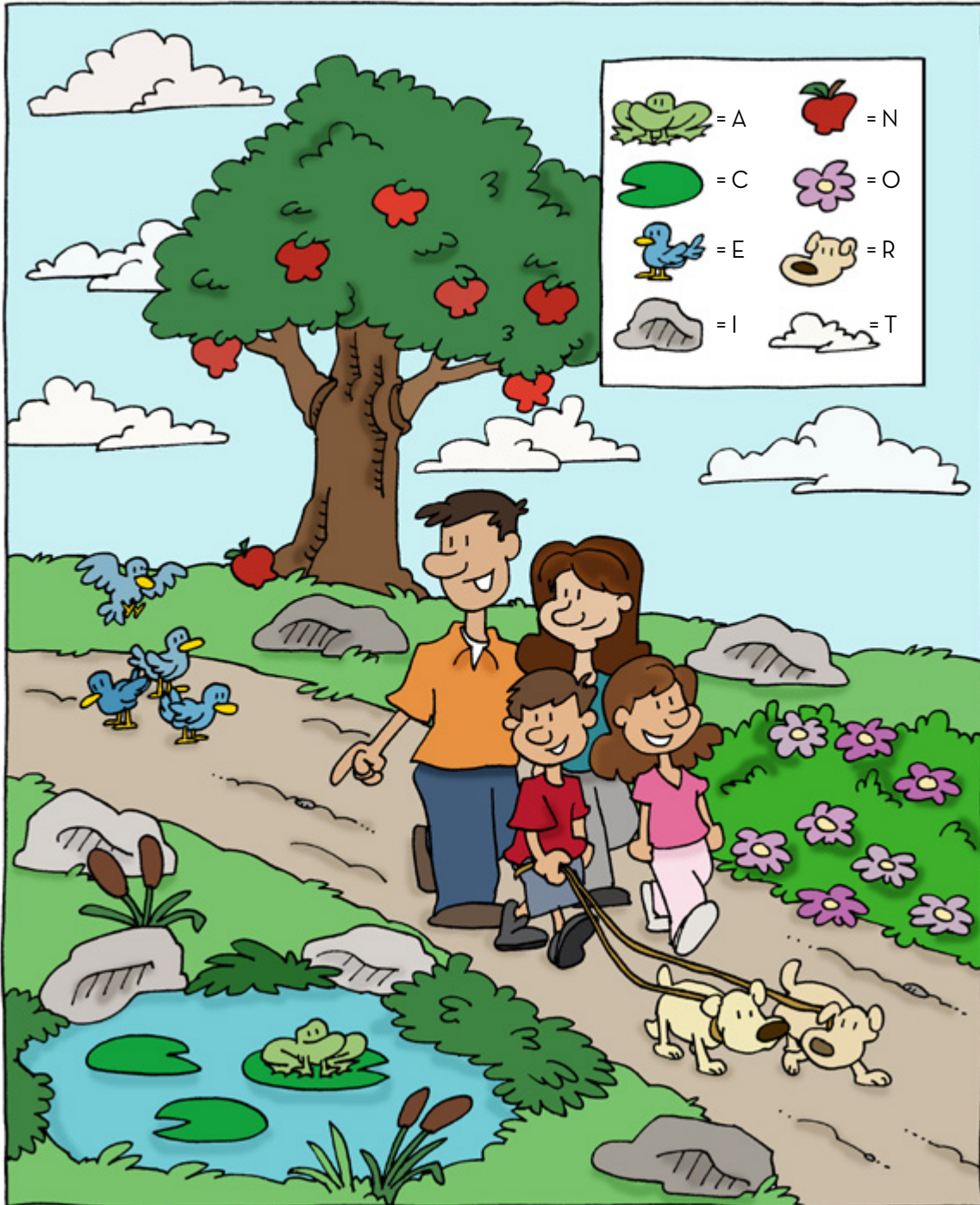


# Wonderful World

By Arie Van De Graaff

We live in such an amazing world! Solve the puzzle below to find out why this world has so many different plants and animals.

Look at the box with objects in it. For each object, count how many are in the picture. Then match the letters from the box with numbers on the lines below. One is done for you. Check your answer on page 39.



$\frac{C}{3}$     $\frac{\quad}{2}$     $\frac{\quad}{4}$     $\frac{\quad}{1}$     $\frac{\quad}{5}$     $\frac{\quad}{6}$     $\frac{\quad}{8}$     $\frac{\quad}{7}$



# My Miracle



By Jonah F., age 11, Utah, USA

**M**iracles happen every day. Some are big, and some are small. Sometimes people have a

hard time seeing miracles, even big ones. Just before my 11th birthday, I was diagnosed with type 1 **diabetes**.

This is my biggest miracle. I'll explain why.

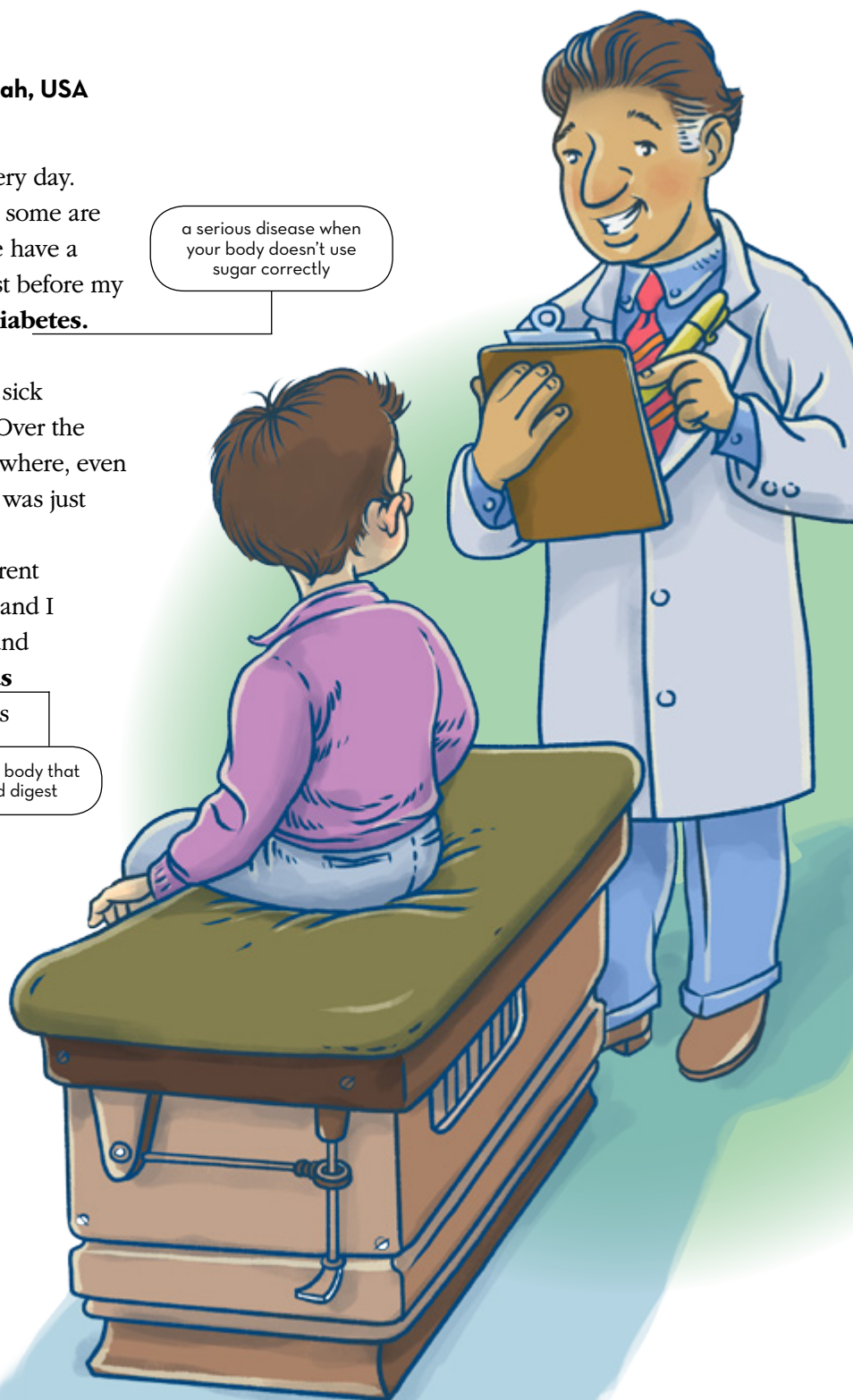
For a long time, I didn't feel well. I wasn't sick enough to tell my mom, but it wasn't good. Over the summer it got worse. I didn't want to go anywhere, even when my family was doing something fun. I was just too tired.

My mom took me to the doctor for a different reason, but my doctor saw what my parents and I did not. All my symptoms were connected, and I was in a dangerous condition. My **pancreas** was shutting down. In the hospital the nurses were amazed that we had caught it so soon. Most kids are very sick when they finally find out. Now I knew what was wrong and how to feel better.

I know I can live a long life with diabetes because of the miracles of science, research, and modern medicine. I know I have an important job to do in my life. And this is my miracle. ♦

a serious disease when your body doesn't use sugar correctly

a part of the body that helps food digest





ANSWERS FROM AN APOSTLE

# Why are families so important?

**From Elder D. Todd Christofferson**

Of the Quorum of the Twelve Apostles



*God's plan is for men and women to marry and have children.*

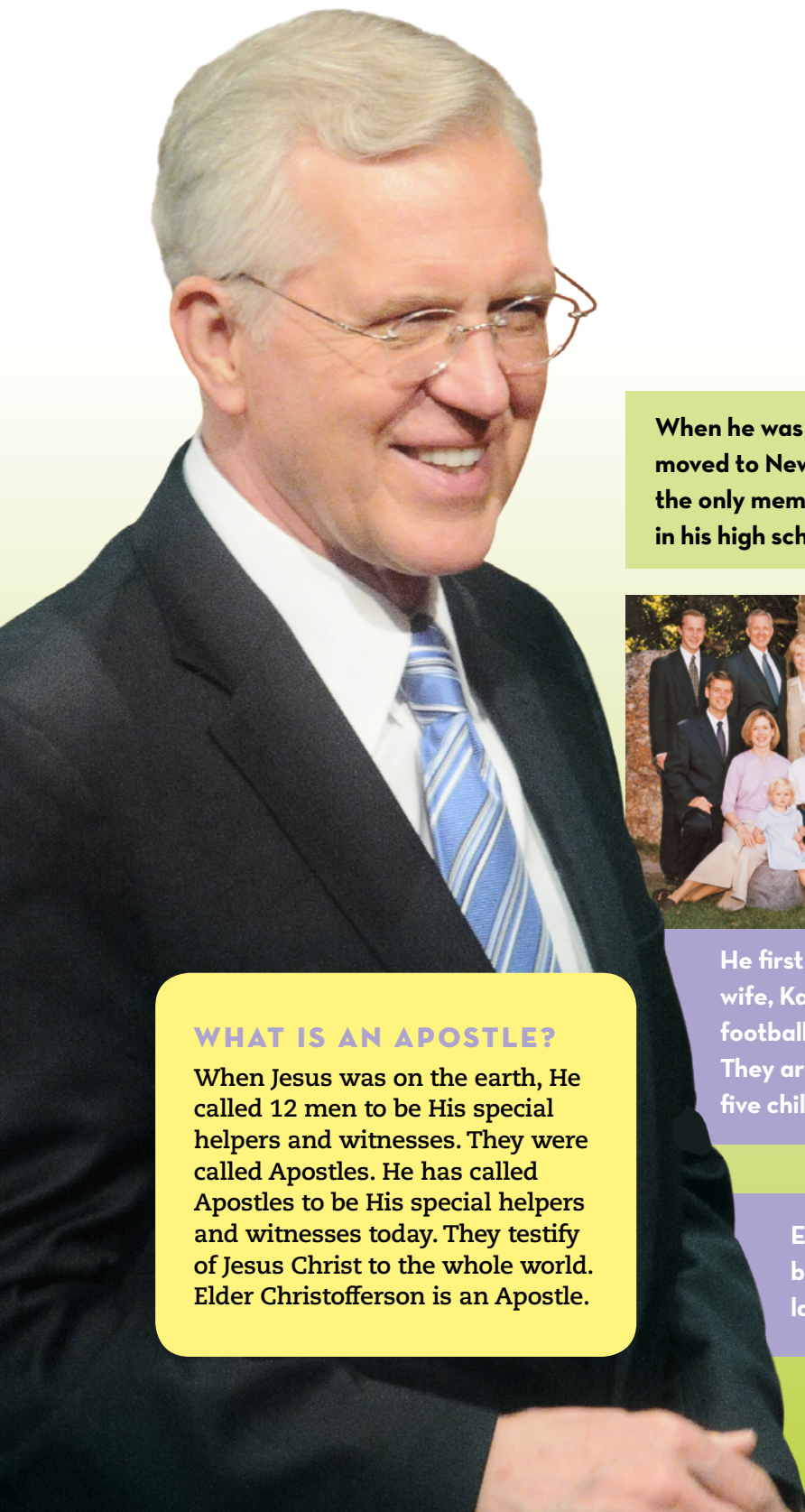
*Faithful families help communities and nations be strong and healthy.*

*God also told us that parents should teach their families to follow Jesus Christ.*

*Families are the best way for God's plan of happiness to succeed.*



# Meet Elder D. Todd Christofferson



He was born on  
January 24, 1945, in  
Utah, USA.

When he was 15, his family  
moved to New Jersey. He was  
the only member of the Church  
in his high school class.



He served a mission in  
Argentina.



He first saw his future  
wife, Kathy Jacob, at a  
football game in college.  
They are the parents of  
five children.

## WHAT IS AN APOSTLE?

When Jesus was on the earth, He called 12 men to be His special helpers and witnesses. They were called Apostles. He has called Apostles to be His special helpers and witnesses today. They testify of Jesus Christ to the whole world. Elder Christofferson is an Apostle.

Watch videos about  
the Apostles at  
[children.lds.org](http://children.lds.org).  
Click on "Videos" and  
"Meet the Apostles."

Elder Christofferson worked as a lawyer  
before he was called to be a Seventy and,  
later, an Apostle.

# Courage to Be Kind

Hi!  
My name is  
Rachael.

## How It All Started

When I was in fourth grade, I saw a friend being bullied. I told my teacher, but I didn't do anything else. I wished I had been brave enough to do something more. My mom said if I prayed, Heavenly Father could help me.

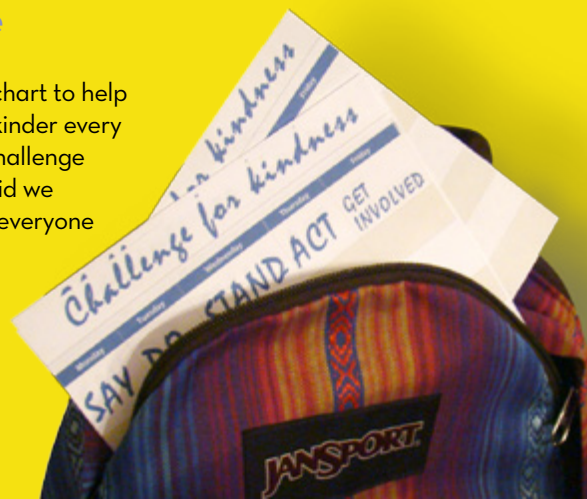
## A Prayer and a Phone Call

I went to my bedroom and prayed about it. Just as I said, "Amen," the phone rang. It was my friend Lexi. She could tell I had been crying. I told her what happened at school and invited her to come over.

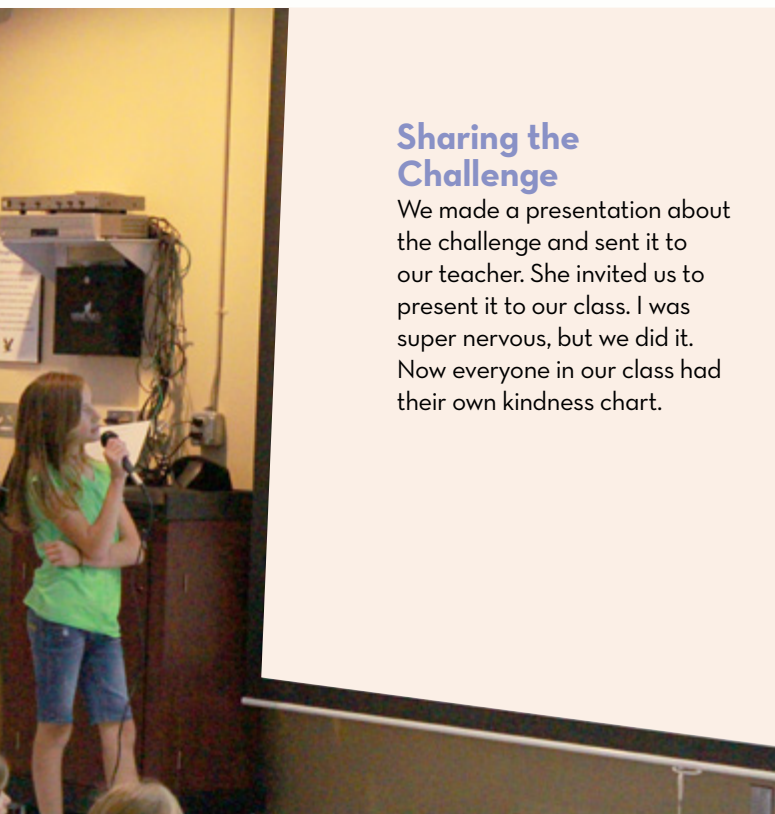


## The Challenge for Kindness

I decided to make a chart to help me remember to be kinder every day. I called it the "Challenge for Kindness." Lexi said we should make one for everyone in our class.







## Sharing the Challenge

We made a presentation about the challenge and sent it to our teacher. She invited us to present it to our class. I was super nervous, but we did it. Now everyone in our class had their own kindness chart.

## Butterflies!

I still wanted to do more, so I sent our presentation to the principal. She asked us to share our challenge with the whole school! Now I *really* had butterflies. I said a prayer right before the assembly started. Lexi and I took turns talking about why people bully and what to do about it. At the end we both said, "We will make a difference! Together we will stop bullying!"



## RACHAEL'S TIPS FOR STANDING TALL

- Stand up for yourself, for others, and for what you believe in.
- You can do more when you work together.
- Be kind to others because it makes the world a better place!
- When you feel bad about something, pray to Heavenly Father so He can comfort you and help you know what to do.

## SEND US YOUR FOOTPRINT

How do you follow Jesus by standing tall? Trace your footprint, and send us your story and photo, along with your parent's permission. Find out how on page 39.



## A Huge Warm Feeling

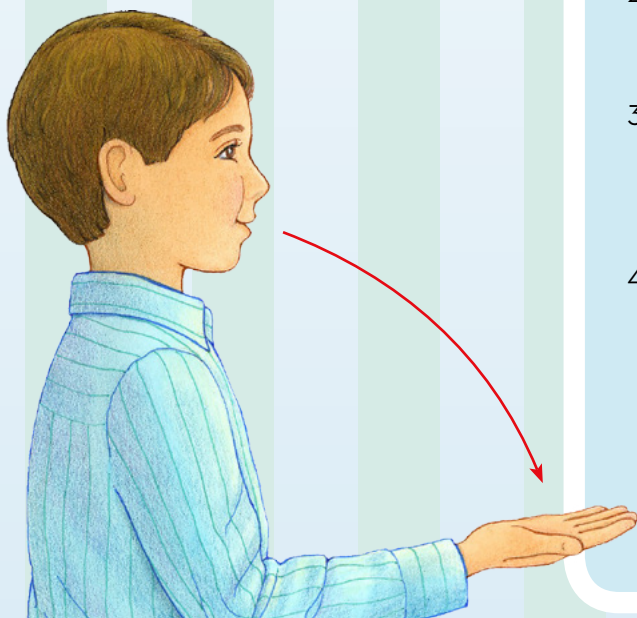
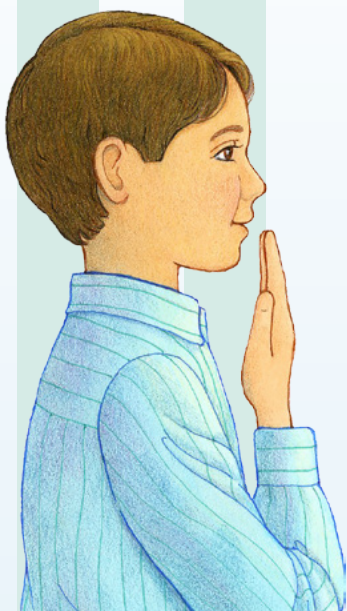
As I walked back to my seat, I had a huge warm feeling. Heavenly Father comforted me when I felt bad and prompted me to do something that made a difference. It felt good to know I had answered Heavenly Father's challenge to be kind!



# “Thank You!”

*Do this activity with your family!*

**D**o you know how to say “thank you” in any other languages? Here’s how to say it in American, Australian, and British Sign Language. Give it a try!



Think of people who helped you this week, like teachers, your bishop, and friends. How can you say “thank you” to them? Maybe you could write a nice note or give them a treat. You could make and share the recipe below!

## Blessing Bread

Sundays are a great day to think about our blessings. Try this recipe with your family. Each time you add an ingredient, say one thing Heavenly Father has blessed your family with. Remember that you can thank Him anytime, anywhere through prayer!

1. In a mixing bowl, combine **1 cup vegetable oil**, **3 eggs**, and **2 cups sugar**.
2. Stir in **2 cups** of your choice of chopped or mashed **fruits or vegetables** (try apples, bananas, peaches, zucchini, or pumpkin).
3. In a separate bowl, mix **3 cups flour**, **2 teaspoons cinnamon**, **1 teaspoon baking powder**, **1 teaspoon baking soda**, and **1 teaspoon salt**. Add to the liquid ingredients. Stir in **1 cup walnuts** (optional).
4. Pour into two greased 8x4-inch (20x10-cm) loaf pans. Bake at 325°F (160°C) for one hour until a toothpick comes out clean when you stick it in the center. Let it cool in the pan 10 minutes before removing. Enjoy!





# Play Paper Chase!

## •BULLETIN• BOARD

Put paper plates on the floor for each player and spread some colorful paper squares around. Each player uses a straw to try to move as many squares onto their plate as possible in one minute. But you can only pick them up by sucking through the straw!

### God Gives Us GOOD FOOD

This is a **cauliflower**. They're usually white, but there are orange, green, and purple cauliflowers too!

### TEMPLE CONNECTION

On page 14 you can meet Rachael from Oklahoma, USA. This is the Oklahoma City Temple. Do you have pictures of you or your family in front of a temple? You could set a goal to take a picture on temple grounds, or draw a picture of yourself there!

### Ask Your Family

Do we know anyone who is being bullied?

How can we help them?

### CyberSTRONG...

Deleting posts and messages doesn't make them disappear from the Internet, so I will be careful not to post or send anything that I wouldn't want everyone to see.



# BRIAN LEADS the WAY

By Jon Clark

(Based on a true story)

*"Whatsoever thy hand findeth to do, do it with thy might"*  
(Ecclesiastes 9:10).

Michael and Carson, I could use your help today," Dad said, putting on his work shoes. Brian's older brothers were watching TV, and they hardly moved.

"C'mon, guys," Dad said. "Hard work is good for you."

"OK. But what're we doing anyway?" Michael muttered.

"We're planting some bushes along the front of the house. I'll need help digging

and hauling dirt. It'll be fun working together."

"Doesn't sound like fun to me," said Carson.

Brian frowned. He didn't really want to spend his whole Saturday working either. Plus, it was going to be hot today. But Dad said he needed help. "I'll help," Brian said.

"That's really nice of you, Brian. But the ground is hard clay, so it's going to be a tough job. And hauling off the dirt won't be easy with that steep hill next to our house."

"I can do it," said Brian.

His older brothers



Sometimes hard work  
just sounds so hard!

But when you finish  
you feel so good!



No way could Brian move  
that wheelbarrow!

looked at Brian doubtfully. After all, he was only eight years old.

“OK, boys,” said Dad, “let’s get to work.”

Dad was right. The ground was so hard they had to use a pickax to loosen it up. But while Michael and Carson were off tossing dirt at each other, Brian and Dad finished digging the first hole.

Once the wheelbarrow was full, Dad asked Michael to dump it in the woods near the house. To get there he would have to go partway down and across a steep hill.

“I don’t think I can do it,” Michael said, pushing the wheelbarrow only a few feet. “It’s too heavy. I’ll fall down the hill!”

Carson gave it a try next. “Too heavy!” he agreed. “Dad’s the only one strong enough for that.”

That’s when Brian stepped forward. “I can do it,” he said. He lifted with all his might. He started pushing the wheelbarrow forward slowly.

“That’s OK, Brian. I’ll get—” Dad began. But Brian was determined.

“There’s no way you can make it!” said Michael.

As the hill got steeper, Brian got faster and faster. Now *he* wasn’t pushing the wheelbarrow; *it* was pulling *him*! Dad started after him, but Brian held on tight and steered it to the right. He slowed it down just enough to stop it in front of the bushes at the edge of the yard. Then he heaved it over with a mighty shove and dumped the load.

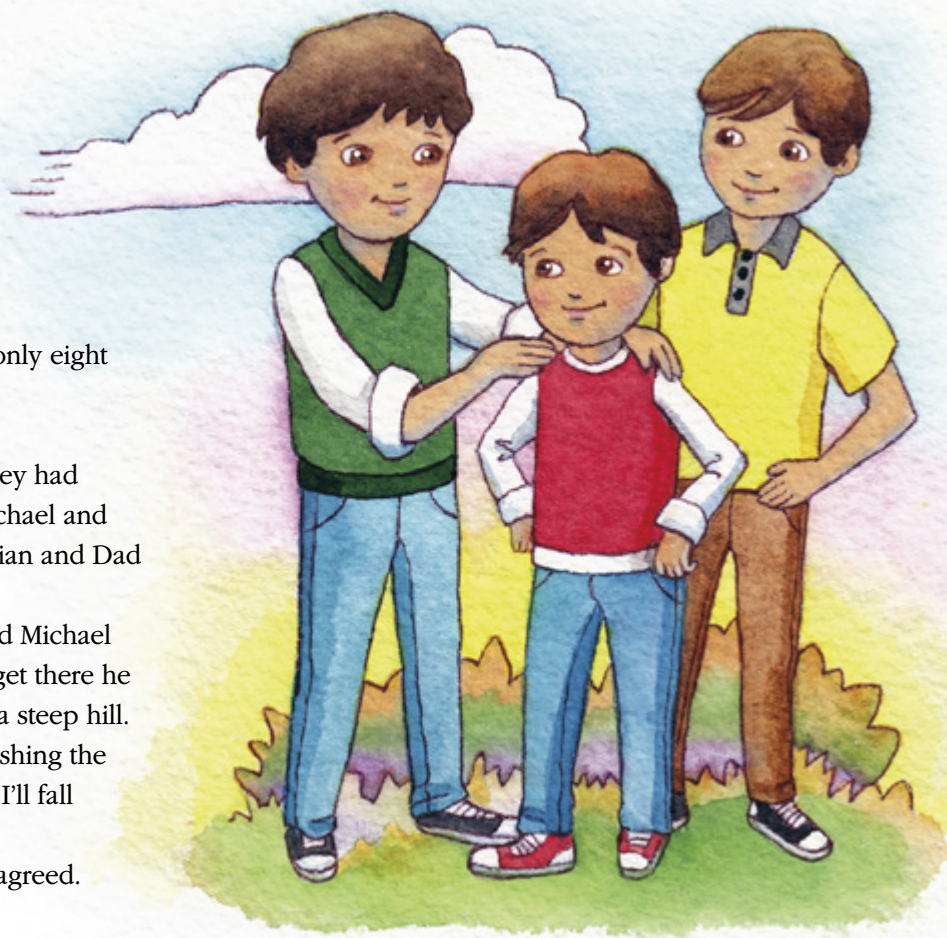
“Whoa!” said Michael.

“No way!” said Carson.

“You definitely win the prize for hardest worker today,” said Dad as Brian climbed back up the hill.

“Phew!” said Brian, wiping the sweat from his forehead. “I’m just glad I made it back alive!” Everyone laughed.

When the wheelbarrow was filled again, Michael said, “I’ve got this load.” They all watched as he slowly



followed Brian’s pathway down the hill and over to the trees, where he dumped another load of dirt. Michael was breathing hard when he got back.

“That was tough,” Michael said, wiping the sweat from his face. “I still can’t believe you did that all on your own, Brian.”

“Yeah! How *did* you do that?” Carson asked, stretching his arms after hauling the next load.

Before too long the new bushes were planted. Brian had never been so hot and sweaty and tired. But he was glad he could do a hard day’s work with his Dad and brothers. It really had been fun working together. ♦

The author lives in Tennessee, USA.



When I was five, my family helped my uncle move. There was a movie on for the kids. I could have watched, but I felt like I should help. It was hard work, but I felt the Spirit while helping. It made me feel warm inside. I knew it was the Spirit telling me I was doing a good job.

**Kate M., age 8, Utah, USA**

# I Want to Own a Business

I'm  
Rosemary Card,  
and I'm a business owner.

*From an interview by Linda Davies*

## What do you do in your job?

I design and sell dresses for women to wear in the temple. I own a small business, so I do everything myself. First I create dress designs, then I have another company make them, and then I advertise and sell the dresses online.

## What do you like most about your job?

I get to be my own boss and have my dog as a coworker! But I have to be responsible too. No one will get mad if I don't work for a day, but no work will get done unless I do it. I work extra hard because I love my job and I know it's what Heavenly Father wants me to do.

## What did you have to learn to do this job?

It took lots of research, asking questions, and praying. When I had questions or problems, I asked for help from people who had their own businesses. Most important, I prayed to Heavenly Father to help me know what was best for my company.

## How does your job help grow your faith?

My job helps me put more faith in Heavenly Father. If I trust Him, He helps me do big, scary things. He knows my talents, so He helps me grow them through my work. This way I can share my talents and help others too. Heavenly Father has taught me to be the best business owner I can be. I feel good knowing that I'm helping women as they go to the temple to learn about Heavenly Father. ♦





# Hidden Picture

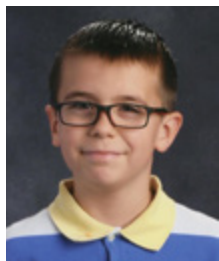
This brother and sister wanted to give Mom and Dad a surprise dinner date. Can you find the hidden objects?





# Samuel Testified

Samuel was a prophet who was a Lamanite. Heavenly Father told Samuel to tell the wicked Nephites to repent. The Nephites wouldn't let Samuel into their city, so he stood on the city wall. They threw stones and shot arrows at him. But Heavenly Father protected him. Samuel testified of Heavenly Father and told the people what Heavenly Father wanted them to hear.



One time I was scared because I had to bear my testimony. When I bore my testimony, I wasn't scared.

**Chase C., age 6,  
Arizona, USA**



**Lauren P., age 11, Utah, USA**



Cut, fold, and keep this challenge card!



## I Can Testify!

- ☐ Memorize [Helaman 14:8](#).
- ☐ Help others choose the right by being a good example this week.
- ☐ Watch [chapter 40](#) of the Book of Mormon stories at [scripturestories.lds.org](http://scripturestories.lds.org).
- ☐ I challenge myself to . . .

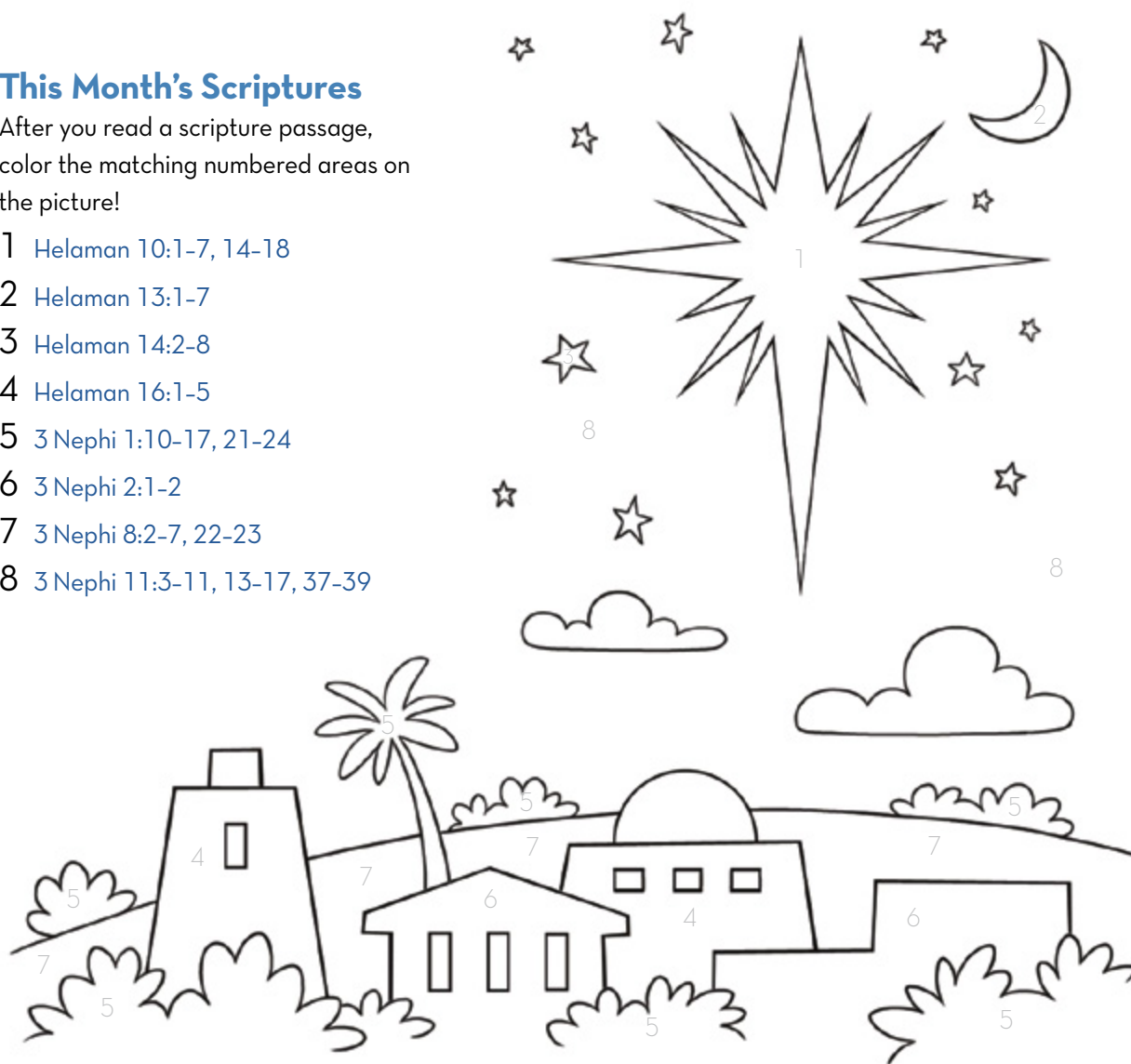
\_\_\_\_\_




## This Month's Scriptures

After you read a scripture passage, color the matching numbered areas on the picture!

- 1 Helaman 10:1-7, 14-18
- 2 Helaman 13:1-7
- 3 Helaman 14:2-8
- 4 Helaman 16:1-5
- 5 3 Nephi 1:10-17, 21-24
- 6 3 Nephi 2:1-2
- 7 3 Nephi 8:2-7, 22-23
- 8 3 Nephi 11:3-11, 13-17, 37-39





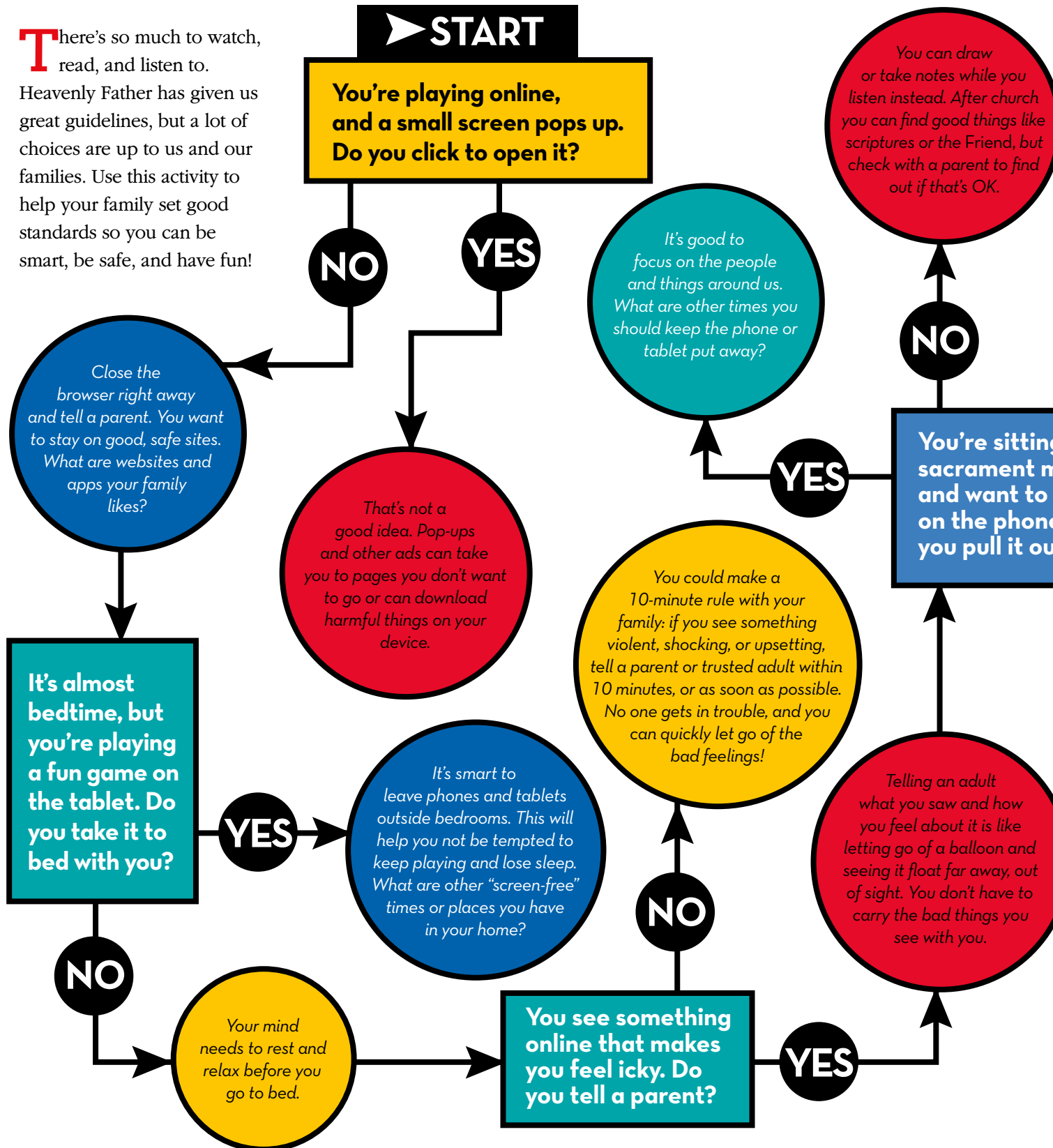
### The New Star

One thing Samuel told the Nephites was that Jesus Christ would be born soon and would be the Savior. A new star would shine when Jesus was born. Some people were angry and tried to hurt Samuel. Others believed his words and wanted to be baptized. Read about Samuel on page FJ4. And look for another reading challenge next month!

# BE SMART, Be Safe,

**T**here's so much to watch, read, and listen to.

Heavenly Father has given us great guidelines, but a lot of choices are up to us and our families. Use this activity to help your family set good standards so you can be smart, be safe, and have fun!





# and HAVE FUN!

passwords    video    download    Biblevideos    log out  
messages    skill    online    parent    listen  
information    screen    uplifting    apps

A friend posts an embarrassing photo of a boy at school. Do you re-post it?

NO

YES

*Don't post or text things that would hurt or embarrass anyone. Do your part to stop cyber-bullying by not passing on mean or embarrassing messages.*

*You can also ask the person who posted it to take it down. Talk to a parent or trusted adult to help you or if the mean thing is about you.*

You've been watching TV for a long time. Watching another program or two won't hurt, right? Do you keep watching?

NO

YES

*Does your family have rules on screen time? You could set a timer to help keep track. Remember that there are lots of great non-screen things to do. Read a book, use your imagination, play outside, or play with friends!*

*It's good to take breaks. Turn off the TV and do something outside or with other people. What are other fun things you can do?*

END

## BONUS CHALLENGE!

Use the words above to fill in the blanks. Check your answers on page 39.

Never post your personal \_\_\_\_\_.  
\_\_\_\_\_ of websites when you're done.  
\_\_\_\_\_ to fun, \_\_\_\_\_ music.  
\_\_\_\_\_ chat with family.

Have plenty of \_\_\_\_\_-free time.

Don't share your \_\_\_\_\_, except with a \_\_\_\_\_.

Stick up for others \_\_\_\_\_.

Don't \_\_\_\_\_ programs or \_\_\_\_\_ without permission.

Share kind \_\_\_\_\_.

Watch videos about Jesus at \_\_\_\_\_ .org.

Learn a new \_\_\_\_\_.



## CONGRATS ON REACHING THE END!

Use this badge to remind you what you learned. You could also hang up a list of your family computer and game rules.

“But Mom and Dad say it’s OK,” Ava said. “And we’ve been playing it forever!”

**By Margo Mae**

(Based on a true story)

*“Every thing which inviteth to do good, and to persuade to believe in Christ, is sent forth by the power and gift of Christ” (Moroni 7:16).*

The word *winner* flashed across the TV screen. Ava had lost. Again.

Ava frowned at her brother Skyler and hit the start button on her video game controller. “Let’s play again.”

The game quickly started a new level. This time they were in an abandoned warehouse. Bad guys would be hiding everywhere. Ava shivered with delight and gripped her controller tightly.

But Skyler set his controller down. “I’m done playing,” he said.

Ava tried to hand his controller back. “You’re just saying that because you won,” she said. “Come on. One more level.”

Skyler shook his head. “I don’t think we should play it anymore.”

Ava watched Skyler pull the game from the console. Her mouth dropped open in shock. “*Ever?*”

Skyler shrugged. “It doesn’t make me feel good when I play it.”

“But Mom and Dad say it’s OK!” Ava said. “And we’ve been playing it forever!”

“I think we should get rid of it so we don’t play it again.”





Ava grabbed the game from him. "You can't decide for the rest of us!" she said. "It has to be fair!" She turned to the couch where their little sister Betsy sat watching. "Betsy, what do you think?"

"It's kind of scary," she said.

Ava couldn't believe Betsy was choosing Skyler's side.

Skyler gently took the game from her hand. "OK, I'll just hide it for a while," he said. "We have lots of good games to play instead. Maybe we won't even miss it."

Ava just glared and watched him put the game into his pocket.

The next day Ava went to the family room to play the game. Then she remembered. Skyler had hidden it. *I'll just find it then*, Ava thought. She checked under Skyler's bed. She checked between the couch cushions. She even checked the chicken coop!

But weeks went by and the game was still missing. Skyler had hidden it really well. Some days, Ava completely forgot about the game.

One afternoon it was Ava's turn to do laundry. She opened Skyler's dresser drawer and started putting his clothes away.

Something poked out at the back of a drawer. It didn't look like clothes. Ava slowly pulled it out.

It was the game! It had been here the whole time! Ava grinned. She couldn't wait to play it again. She was sure Skyler would play it too once he remembered how fun it was.

Except . . . it was a little scary, like Betsy had said. Suddenly Ava wasn't so sure. It *was* more violent than their other games—even if Mom and Dad hadn't noticed.



Skyler said it didn't make him feel good. Ava thought about it. Maybe he was right. Sometimes after playing the game, she would argue with Betsy more or be angry at Skyler for winning. She hadn't felt good either. She just hadn't noticed until now. Ava put the game back in the drawer and set a stack of shirts on top.

"Ava!" Skyler called. He leaned into the room, smiling. "Dad says we can't beat him at basketball. Want to prove him wrong?"

Ava glanced down at the drawer. She thought a moment. The video game was fun. But it didn't make her or her siblings feel good.

Ava smiled. "Yeah!" she said. She closed the drawer, and the two raced out of the bedroom, leaving the game behind. ♦

The author lives in California, USA.



I checked out a library book that I had a feeling I shouldn't read. I started reading anyway, and soon the main character took the Lord's name in vain. I decided I would stop reading. I was sad I wouldn't get to the end of the book, but I had a good feeling that I was doing the right thing!

**Miranda J., age 9, Oklahoma, USA**

Watching movies or playing games that make you feel bad ...

... is like eating worms just because they're there!



# Show and tell



After we visited the Hague Netherlands Temple with our Primary, we came home and built one out of blocks!

**Silas and Asha G., ages 4 and 7, Amsterdam, Netherlands**



My sisters and I started arguing, and we could tell that the Holy Ghost had left us. My mom

asked us to sing some Primary songs instead of arguing. After we were done singing, I felt peaceful and happy inside. Good music can help us keep the Holy Ghost with us.

**Madison M., age 9, Arizona, USA**



I love making origami figures! Here I made Nephi, President Monson, and Joseph Smith. I

help teach my family scripture stories using my origami figures.

**Jaxon H., age 10, Arizona, USA**



I was drawing with chalk in our driveway, and my mom was inside our house. She had a prompting to

come and sit with me outside. As soon as I sat in her lap, a car zoomed down our street going backwards. They drove right into our driveway, where I had been drawing. We are so thankful for the Holy Ghost, who helped us stay safe.

**Benjamin H., age 8, Arkansas, USA**



It is hard for me, but I follow the Holy Ghost little by little. It makes my family proud of me.

**Jazmin B., age 6, New York, USA**



**Caleb C., age 10, Kentucky, USA**



Once I was playing a game on the computer, and it took the Lord's name in vain. I closed the

game down and told my mom. She was proud of me, and I have never played that game again. I know I chose the right.

**Sam H., age 10, Missouri, USA**



**Hannah M., age 9, California, USA**



I saw a person at a restaurant who only had three fingers on each hand. At first I thought it was weird, but

then I thought about Jesus Christ. He loves everyone just the same. I was born with bent pinkies. I know Jesus loves me just the same as He loves everybody else.

**Elli L., age 8, Utah, USA**



# Standing Tall FOOTPRINTS



The **Stratford Branch Primary, Kitchener Ontario Stake, Ontario, Canada**, enjoyed making a model of the Toronto Ontario Temple during their branch temple trip. They look forward to seeing this model in the Primary room on Sundays.



**Sophia H., age 11, Washington, USA**



I will stand tall by being generous to others.

**Tristan W., age 10, Hong Kong**



I can stand tall by being reverent at church and being nice to my sister.

**Alyssa B., age 5, Utah, USA**



On Sunday I asked my younger sister to be reverent like Heavenly Father wants us to be in sacrament meeting.

**Ephraim B., age 6, Rivers State, Nigeria**



I will be a good example to my friends.

**Kirstie B., age 6, Hampshire, England**



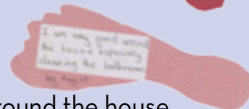
I can stand tall by talking more to my mom so we understand each other better.

**Austin G., age 7, Utah, USA**



I am very good around the house, especially cleaning the bathrooms.

**Amy B., age 10, Hampshire, England**



My soccer teammates were teasing my friend, so I stood up for him. I'm trying to be like Jesus and be a good friend.

**Micah A., age 10, Pennsylvania, USA**



I will stand tall by helping others.

**Ashley W., age 9, Hong Kong**



# CONFERENCE QUOTE CARDS

*Here are some of our favorite quotes from the April general conference!*



**IF WE CHOOSE  
CHRIST,  
WE HAVE  
MADE THE  
CORRECT  
CHOICE.**

President Thomas S. Monson



Elder Neil L. Andersen of the  
Quorum of the Twelve Apostles

**GOD LOVES  
CHILDREN.  
HE LOVES ALL  
CHILDREN.**



**LOVE**  
**IS MAKING  
SPACE  
IN YOUR  
LIFE FOR  
SOMEONE  
ELSE.**



Sister Neill F. Marriott,  
Young Women General Presidency

Elder Gerrit W. Gong  
of the Seventy

**TO BE  
WORTHY  
DOES NOT MEAN  
TO BE  
PERFECT.**





# The Lord Gave Me a Temple

(Simplified)

Words by Donnell Hunter  
Music by Darwin Wolford

*Sweetly* ♩ = 96-116

Chords: C, G7, C, G7, C, G7, C, G7, C, Dm, G, C, Dm, G, C, Dm, E, Am, C, G7, C.

Lyrics:

1. The Lord gave me a tem - ple to live with - in on  
 2. If I keep my bod - y clean and pure and hab - it -

earth. free, Once in heav - en I was spir - it, but I left my home at  
 free, I may in Fa - ther's tem - ple claim bless - ings prom - ised

birth. me. I'll make my tem - ple bright - er; I'll keep my spir - it  
 On res - ur - rec - tion morn - ing, I'll take my bod - y

free. bright My And bod - y is the tem - ple my Fa - ther gave to me.  
 bright And in ce - les - tial glo - ry for - ev - er live in light.

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FRIEND TO FRIEND

By Elder Randy D. Funk  
of the Seventy; from an  
interview by Linda Davies

# Being Where We Should Be



When I was 11 years old, I lived in Manti, Utah, USA. At the beginning of the year, my Primary teacher brought to our class a small, beautiful hatchet.

“Whoever comes to Primary the most this year gets to keep the hatchet,” she said. Right then I decided to come every week. And I did. At the end of the year, I got the hatchet!

Soon my 12th birthday came. I was ordained a deacon. Around this time, my family moved to Madison, Wisconsin, USA. I missed my friends but wanted to make new ones. Madison was much bigger than Manti. My new school was large. There weren’t many members of the Church. One day some popular kids invited

me to a party. But the party was on the same night as a Church activity. I had learned from my experience in Primary that good things happen when I am faithful in attending my Church meetings. So I thanked them for inviting me and explained why I couldn’t come.

I am glad I went to the Church activity. The next day, everyone at school was talking about the party. Some kids had been drinking alcohol, they had damaged some furniture, and everyone who went got in a lot of trouble! I was so grateful that I had been where I needed to be.

I am thankful that I went to Primary and youth activities and other Church meetings as I was growing up. I learned important lessons about the gospel there.



## DRAW NEAR UNTO JESUS

At church, we learn how to make good choices and become better followers of Jesus. Fill in the blanks to help the children in the pictures know what to do.

1. "Be ye \_\_\_\_\_ one to another" (Ephesians 4:32).
2. "Blessed are the \_\_\_\_\_" (Matthew 5:9).
3. "When ye are in the \_\_\_\_\_ of your fellow beings ye are only in the \_\_\_\_\_ of your God" (Mosiah 2:17).
4. "If there is anything \_\_\_\_\_, lovely, or of good report or \_\_\_\_\_, we seek after these things" (Articles of Faith 1:13).

I was protected from temptation and sin. And I had fun at the activities.

Heavenly Father strengthens our faith and blesses us when we try to be where we should be and do what we should do.

In *Doctrine and Covenants* 88:63, Jesus said, "Draw near unto me and I will draw near unto you."

As we attend our Church meetings, including sacrament meeting, we draw closer to Heavenly Father and Jesus Christ. We learn important truths to guide our decisions throughout the week, even when we are not at church or surrounded by others who share our beliefs. When you live righteously, the Holy Ghost will help you know where you need to be and what you need to do. ♦



**By Julie Cornelius-Huang**

(Based on a true story)

*"Let's speak of all the best we can"*

(Hymns, no. 233).

Lina swung her lunchbox as she walked to the lunchroom. Lunch was the best part of the day. Lina loved sitting with her friends and talking about who said what, who liked who, who got in trouble – there were always fun things to talk about. And today Lina was sure she had the most exciting news. She couldn't wait to tell her friends.

"Guess what!" she said as soon as she sat down. "Shara Johnson had to go home early today ... because she has lice!"

The girls gasped and stared at her.

Trish moaned. "I walked right by her like six times today!" she said. "What if I have lice too?"

"Oh no," Katy said. "I have to work with her on a science project next week."

Melissa shuddered. "That is so gross. I don't think I can be her friend anymore."

Lina stopped smiling. She squirmed in her seat. She had been excited to share some news, but she didn't like how they were talking about Shara now. She didn't want Shara to lose any friends! Getting lice didn't mean anything bad about Shara; it could have happened to any of them. Lina tried to forget about it and just eat her food, but she just couldn't.

When the bell rang for them to go back to class, the girls were still talking about Shara. They kept laughing and making faces. Lina felt awful.

Back in class, Mrs. Currier called Lina to her desk.

DID YOU  
HEAR ABOUT  
SHARA?





"Since you're Shara's neighbor, would you please take her today's homework?" Mrs. Currier asked.

Oh no. Lina didn't want to face Shara. Not after what she'd said. But she nodded and took the worksheets.

On her way home after school, Lina stopped by the Johnsons' house. She rang the doorbell and hoped that anyone but Shara would open the door.

"Hi, Lina!" It was Shara. She smiled when she saw Lina standing on the porch. "What's up?"

"I'm just bringing your homework," Lina said, trying to smile too.

"Thanks!" Shara said. "I was worried I would fall behind after missing today."

"So you'll be back tomorrow?" Lina asked.

"Yep! I'll see you in class."

"Awesome. See you tomorrow." Lina smiled the best she could, then walked away. Now she felt even worse. Shara was so nice, and now the girls at school were saying mean things about her. Lina wanted to fix things. But how?

Lina didn't know what to do, but she knew who could help her. She stopped walking, closed her eyes, and bowed her head.

*Heavenly Father, I really messed up today. I gossiped about Shara, and now I feel really bad about it. I am so sorry. I don't know how to make it right. Please help me fix my mistake.*

After Lina finished praying, she felt peaceful. She knew that making things right might be scary, but Heavenly Father would help her.

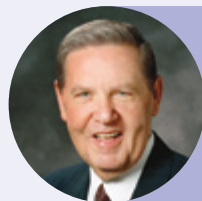
The next day at lunch, Lina saw her friends at their usual table. As she walked toward them, she said another quick prayer.

*Please help me be brave.*

"Hey," Lina said. She didn't sit down. "I just wanted to say ... I wanted to say that I'm sorry I told you Shara had lice. Shara is really nice, and I shouldn't have said anything. We shouldn't spread bad news about other people."

Trish, Katy, and Melissa stared at her. They looked too surprised to say anything. Lina turned away. She felt better for the first time since yesterday! Then she spotted Shara across the lunchroom and waved. Shara waved back, and Lina walked over to sit by her. The warm feeling in her heart told her that she had made the right choice. ♦

The author lives in Nevada, USA.



**"Our words, like our deeds, should be filled with faith and hope and charity."**

Elder Jeffrey R. Holland of the Quorum of the Twelve Apostles

*"The Tongue of Angels," Ensign, May 2007, 18.*

How could Lina make things right?

# Shine Your Light!

Being modest is a great way to shine a light for others to follow. It shows that you love Jesus Christ and are trying to follow Him. Color in the flashlights by the ones you are already doing. Which ones do you want to work on?

Talk to your family about ways you can be modest. Send us your creative ideas!

## Modesty Means...

How I act

Fits the time and place  
Not showing off

How I dress

Clean and neat  
Clothes that cover my body  
properly and are appropriate  
for the activity

How I speak

Kind words  
Not bragging or rude

How I treat my body

With reverence  
and respect  
Keep it clean and healthy

How I treat others

Look for the best in  
others—don't judge  
Treat everyone with  
respect and kindness



When I was at my friend's birthday party, everyone was eating junk food, taking off their shirts, and

playing really wild. I only ate a few treats, kept my shirt on, and played safe. I am glad I remembered to respect my body, because it is a temple.

**Seth C., age 7, Wisconsin, USA**



# Write Your Own Story!

Have you ever wanted to write a story just like the ones in the *Friend* or a favorite book? Well, you can! You could:

- Write a story about a memory or an experience.
- Make up a brand-new story.
- Draw pictures first, then write a story about them.

Here are some ways to put your book together. Be sure to get an adult's help.

**a**

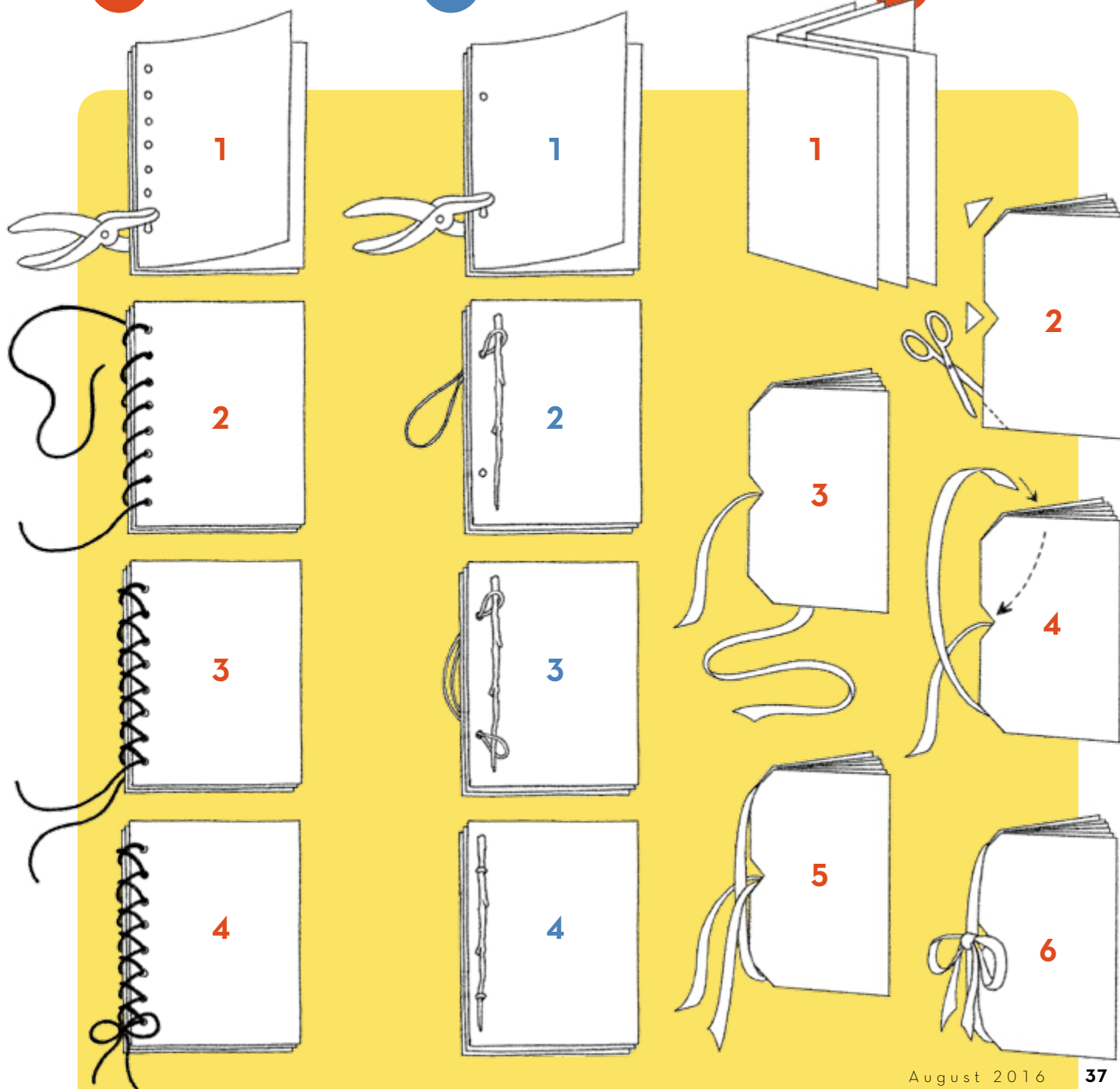
**YARN CRISS-CROSS**

**b**

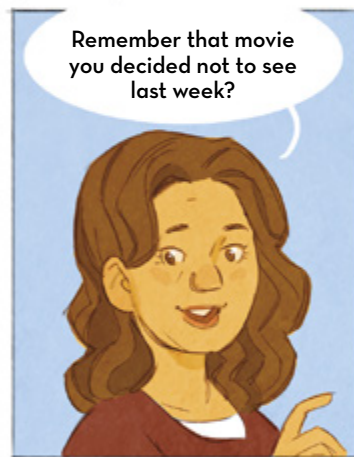
**STICK AND RUBBER BAND**

**c**

**RIBBON**



# MATT AND MANDY





## FUNSTUFF ANSWERS

**Page 10:** creation

**Page 24:** information, log out, listen, uplifting, video, screen, passwords, parent, online, download, apps, messages, Biblevideos, skill



## HIDDEN CTR RINGS

Did you find the rings?  
Look on pages FJ9 and 7!  
The July level 3 ring was on page 8.

## Through Your Eyes



One morning my mom and I went for a walk in the fog. I asked my mom to take me home to get the camera so we could get a picture of this cool leaf.

**Evan W., age 5, Utah, USA**



To read more,  
close the magazine  
and flip it over!

## How to Write to the Friend

To send us a letter, drawing, poem, or footprint...

1. Fill out the form below and send it in with your story or artwork.
2. Send us a school picture or high-quality photo.
3. We might edit your story to make it shorter or more clear, and we can't return it to you.
4. You must be at least three years old.

Please send your submission to:

**Friend Magazine**  
50 E. North Temple St., Rm. 2432  
Salt Lake City, UT 84150-0024  
Or email: [friend@ldschurch.org](mailto:friend@ldschurch.org)

Can the Friend contact you  
with a survey?

☐ Yes ☐ No

The following information and permission must be included:

First and last name

Age

Boy/Girl

State/Province, Country

I give my permission to The Church of Jesus Christ of Latter-day Saints to use my child's submission and photo on the Church websites and social media platforms as well as for Church reports, print products, video, publications, and training materials.

Signature of parent or legal guardian

Email of parent or legal guardian

## The Last Laugh

That bag of rubber bands was the best present EVER! Now my bed can make itself!







# THE Friend

JUNIOR



THE CHURCH OF  
JESUS CHRIST  
OF LATTER-DAY SAINTS

# For Parents of Little Ones



## Five Tips for Letting Young Children Help

Keep unbreakable dishes in easy reach so children can put them away. Or let them sort clean silverware.

Give children their own scrub brush or sponge. While you are cleaning, they can “clean” with plain water.

“Can I help?” When your young child says these magic words, you might be tempted to say no. But letting little ones help is an important step in teaching them to serve others. Here are three more benefits.

**First**, little ones are excited about mirroring Mommy and Daddy, so it’s an ideal time to build the habit of working together.

**Second**, children who help feel capable and valued as contributing family members.

**Third**, the whole family will have more time to do fun things together.

So answer that next offer to help with a smile and a “yes.” You’ll be giving your child positive experiences with helping and serving!



Let them sift, measure, and stir while cooking. Put the mixing bowl within reach on a tablecloth or plastic bag.

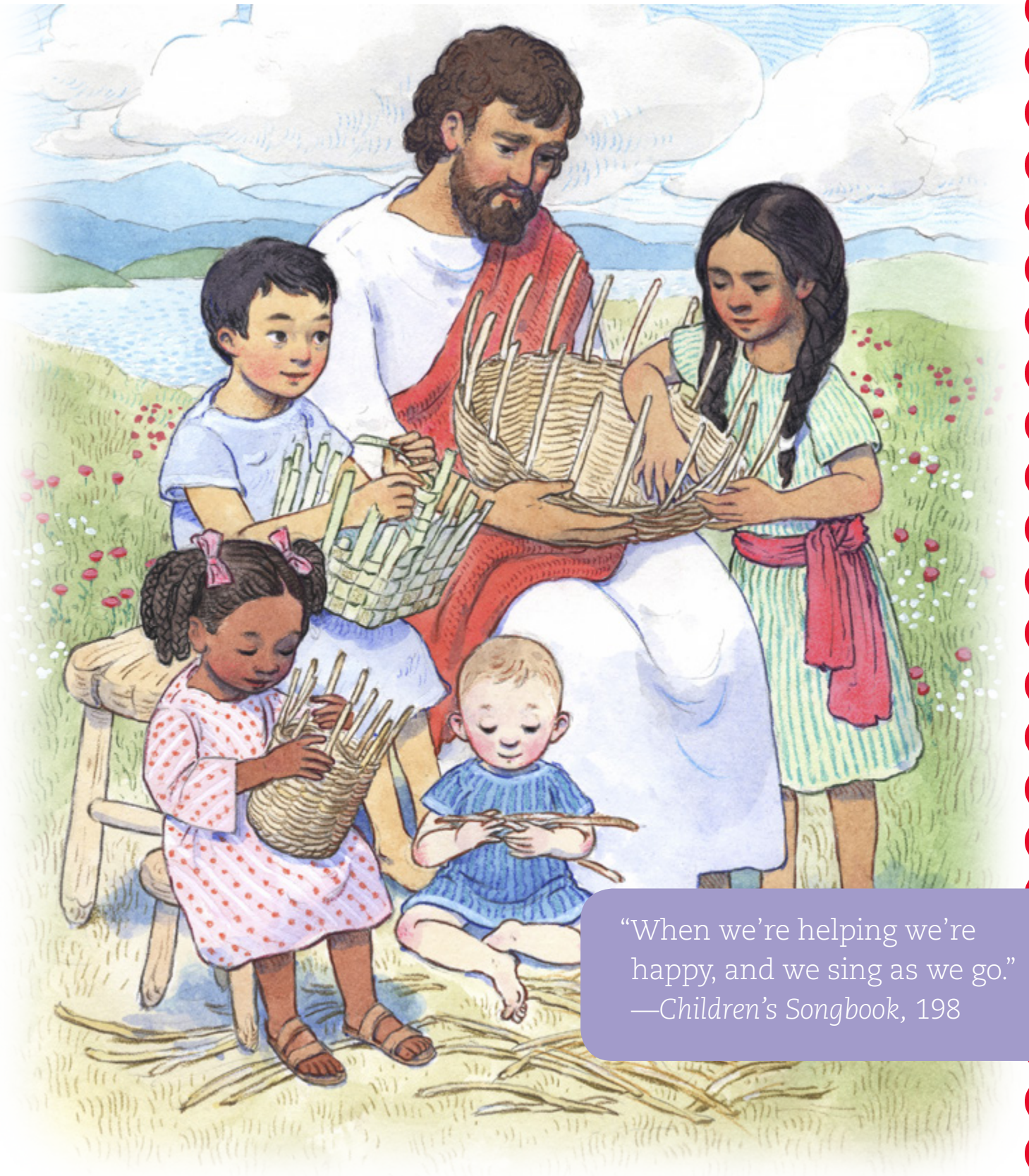
Point out successes and express thanks.

Ignore mistakes. Resist the urge to take over or redo an imperfect job.

You can read past letters at [FriendFPLO.lds.org](http://FriendFPLO.lds.org).


















“When we’re helping we’re  
happy, and we sing as we go.”  
—Children’s Songbook, 198



# Micah Obeys

By Jennifer Maddy

 had a  on his face. Mommy asked him to help set the , but  said no. Daddy asked  to stop teasing his little sister, but  said no. Daddy said, “, when you obey, it helps our family be happy.”  liked it when his family was happy. He went to the . He put the  and  next to the . Mommy . “Thank you, . to play with. She . Daddy  too. “Thank you, . didn't have a  anymore. It turned upside-down into a big !





Micah

smile

fork

plate

table

spoon



# Samuel Teaches about Jesus



Samuel was a prophet. He climbed onto a city wall to preach. He told the people they needed to repent and have faith in Jesus Christ.

Samuel taught that Jesus would soon be born. A new star would shine. The sky would stay bright the whole night!

He taught that when Jesus died, it would be dark for three days. Many cities would be destroyed.







Some people believed and were baptized. Others did not believe and were angry. They threw rocks and shot arrows at Samuel. But God protected him, and he wasn't hurt.

The people who did not believe tried to capture Samuel. But Samuel got away.







Five years later, Jesus was born. A new star shone in the sky. It was just like Samuel had taught! ◆

*From Helaman 13–15; 3 Nephi 1:13–15, 21*



COLORING PAGE

# I Can Pay Tithing



ILLUSTRATION BY APRYL STOTT

By Laura Goodrich  
(Based on a true story)

# Hands, Heart, and a **SMILE**

Lydia watched Mommy get ready for work. Mommy put on pretty pink lipstick. She looked beautiful.

Lydia looked in the mirror. She felt sad.

"I don't have any lipstick," Lydia said. "So I'm not beautiful."

Mommy hugged her tight. "Wearing lipstick isn't what makes

people beautiful. Being strong and kind makes people beautiful."

"Strong like having lots of muscles?" Lydia asked.

Mommy smiled. "No. This kind of strong means choosing the right."

"How?" asked Lydia.

"Well, you are strong and kind when your hands help others," Mommy said.





"You are strong and kind when your heart loves everyone.

"And you are strong and kind when you smile. That makes everyone happy too.

"Being strong and kind makes you beautiful inside, not just outside."

Lydia wanted to be strong and kind!

She used her hands to carry the mail in for Grandpa.

She gave her last cookie to her cousin.

She felt love in her heart when she played with a new neighbor. And she felt love when she gave coins to a girl collecting money for people who didn't have homes.

She smiled at people she saw. They all smiled back.

That night Lydia told Mommy, "You are right! I feel strong and kind. I used my hands and my heart and my smile today."

Mommy smiled. "You are strong and kind, just like Jesus wants you to be!" ♦

The author lives in Guam.

