

# Dear Parents and Teachers,

One of the most important skills we can help a child learn is emotional resilience—the ability to bounce back from difficulties and approach life with a positive outlook.

On page 24, you'll find a fun poem called "Pockets Full of Rocks." Try collecting some rocks and naming things that can weigh us down. Then read the poem together and list some ways to plant your own beautiful "garden."

With love,  
The Friend

Order the  
Friend at  
[store.lds.org!](http://store.lds.org)



Visit "Resources for Teaching Children" at [lessonhelps.lds.org](http://lessonhelps.lds.org) for stories, activities, and media to use at home and in Primary.

Find videos and games for kids at [friend.lds.org](http://friend.lds.org).



## Family Home Evening Ideas

**LOVE AT HOME:** "Family Fun Time" (page 6) is about loving your family. Read "Best Family Forever" on pages 4–5 and make the origami hearts on page 6. Talk about other things you can do to make each family member feel loved.

**LEARN SOMETHING NEW:** Have a Russian-themed family home evening! Make delicious blinis together (page 17). Read about Arina (pages 14–15) and cut out the figure on page 18. Talk about why it's important to learn about other cultures and to respect and love all of Heavenly Father's children.

**I WILL FOLLOW GOD'S PLAN FOR ME:** Learn about this month's Primary theme on pages 42–43. You'll find a short lesson, a scripture, and ideas for talking with your children. You can also read "Obstacle-Course Challenge" (pages 20–21). Set up your own obstacle course and talk about how agency and listening to the Spirit are important parts of God's plan.

**MEDIA SAFETY:** Consider reading "Finding Help" (pages 44–45) together as a family and discuss the tips on page 46. Make a media plan to help each member of your family stay safe. You can find pornography prevention resources at [overcomingpornography.org/family-and-friends](http://overcomingpornography.org/family-and-friends).

## Topics in This Issue

Courage 8  
Forgiveness 24, 36  
Holy Ghost 20, 31  
Honesty 26  
Jesus Christ 31  
Joseph Smith 2  
Media 19, 44, 46  
Missionary work 12, 28  
Plan of salvation 42  
Service 22, 32, 36  
Standards 11, 44

## Sidebar References

1. "Of Things That Matter Most," *Ensign*, Nov. 2010, 21.
2. "Be Thou an Example of the Believers," *Ensign*, Nov. 2010, 48.