

Bulletin Board

Journal Junction

Each month this year you can write a little bit of your own history in your journal. This month, write about your birth.

When is your birthday? What city were you born in? Were you born in a hospital, a house, or another place? Was it day or night?

You can ask your parents if you don't know, and you can write down other details they remember about your special day.

HEALTHY & HAPPY

By Jane H. Lassetter

Heavenly Father wants you to take care of the wonderful body He has blessed you with.

This activity can help you know if you are eating foods to help you stay healthy.

1. Trace a dinner plate onto paper and think about your favorite meal.
2. In the outline of the plate draw your favorite meal using colored pencils, markers, or crayons. Color the foods their real colors.
3. Look at your drawing. Are there colorful fruits and vegetables in it? If there are, that's good! If your drawing isn't colorful, you probably don't have the fruits and vegetables you need. Ask your parents to help you find healthy foods you enjoy eating. Try to eat colorful, healthy meals every day.

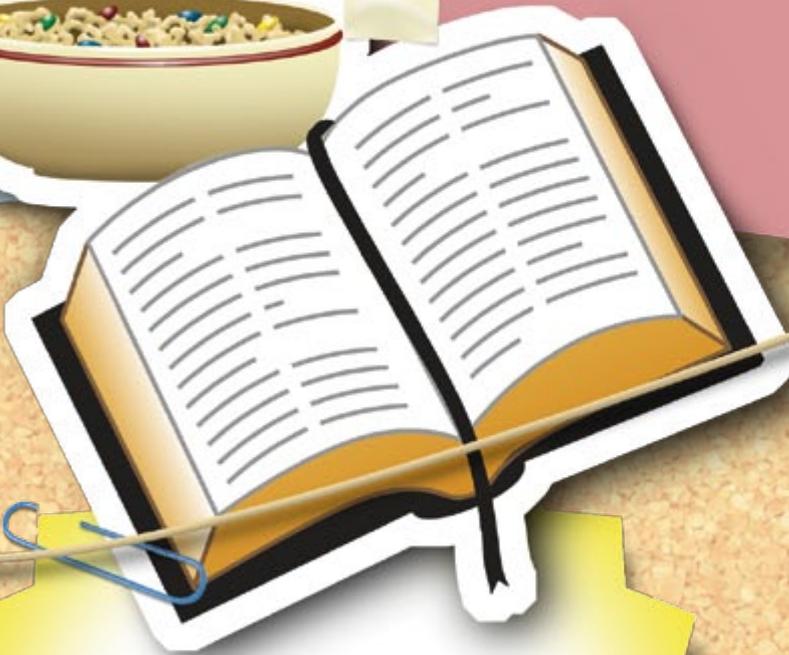


Scripture Trail Mix

By Janice Goimarac

Look up the scriptures to find out what you need to make your own trail mix. Remember to have a parent help you when using the stove. (Find the answers at the bottom of the page.)

- In a pan on low heat, melt 2 tablespoons of the first word in Isaiah 7:15. Stir in 2 tablespoons of Proverbs 24:13.
- Add:
 - 1 cup Exodus 25:33.
 - 1 cup Genesis 43:11 (third word from end).
 - ¼ cup 1 Nephi 8:1.
- Stir constantly to avoid burning. Remove mix from heat when fragrant, about 6–8 minutes. Pour into bowl and let cool.
- Break apart mixture and stir in 1 cup of 1 Samuel 30:12 (second item listed). Keep in a covered container.



5 Ways to Make 2012 Great!

- Meet new children at school or in Primary.
- Read the scriptures every day.
- Serve someone at least once a week.
- Get moving! Walk, run, dance, jump, or be active.
- Tell your family you love them.

Trail Mix Ingredients: butter, honey, almonds, nuts (any kind), seeds (any kind), raisins.

