

# BULLETIN BOARD

## Wake Up!

Start your day with a quick, yummy breakfast. Peel a banana and smear it with peanut or almond butter. Then roll it in your choice of granola, raisins, or crispy rice cereal. Cut it in sections to make breakfast sushi!

## COURAGE!

"Courage ... includes doing the right thing even though we may be afraid, defending our beliefs at the risk of being ridiculed, and maintaining those beliefs even when threatened with a loss of friends."

**President Thomas S. Monson**

"Be Strong and of a Good Courage," *Ensign*, May 2014, 67.

## STAND TALL!

"I will remember my baptismal covenant and listen to the Holy Ghost."

**My Gospel Standards**

What can you do to remember your covenants?



## Fun with Friends

Be a good friend by learning to understand how other people are feeling. Write the feelings in the list on slips of paper and put them in a bowl. Take turns pulling out a feeling and acting it out for your family or friends to guess.

Happy  
Sad  
Hungry  
Tired  
Excited  
Shy



Think of more feelings and add them to the game!

## Give Us a Hand!

Help us in our quest to collect stories of kindness and caring this year! Read about it on page 5. Then check back on Bulletin Board each month for updates!