

# For Older Kids



## Children and Youth Tip

If you feel discouraged about reaching your goals, ask yourself these questions:

- Who can I ask for help?
- How can I take a small step toward my goal?
- What have I learned so far?



## Don't Give Up

My favorite scripture story is in the Book of Mormon. It's the part when Nephi has to go get the brass plates from Laban. I like that Nephi did not give up like his brothers did. I also should not give up when it is hard.

**Alizée S., age 11, Auvergne-Rhône-Alpes, France**

## Secret Service

- Write a note or poem for someone telling them how great they are.
- Say a prayer for someone who is going through a hard time.
- Multiply your age by two. Then pick up that many pieces of trash!