

THE Friend



How many
round windows
can you find?
How many strollers?
How many neckties?

FRIENDS by Mail

Morning Tradition

When I started school at age five, my mom and I started a tradition of morning devotional where we would read one story out of the *Friend* and one story from the scriptures during breakfast. Now I'm in middle school and enjoy reading the *New Era* at morning devotional!

**Laura F., age 11,
Texas, USA**



CTR Shields

For my family home evening lesson, I taught a lesson on how to choose the right, and we made CTR shields (Nov. 2016).

Evan H., age 6, Texas, USA



Friend First!



I love reading the *Friend* and try to get to be the first one in my family to read it! Everyone should read it!

Cade O., age 12, California, USA

DEAR FRIENDS,

Do you ever worry? Some worrying is a normal part of life. But what if you can't stop worrying about things? On page 22, Ella gets help for dealing with her anxious thoughts. You can find other tips from us on pages 24-25.

One thing you don't have to worry about is how much Heavenly Father and Jesus love you. And we love you too!

You are great,
The Friend

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

Pesos for Heavenly Father



I liked "Pesos for Heavenly Father" (April 2016) because the grandma uses the last of her money for tithing, even though she needs food. I learned that if you have faith in Heavenly Father and keep the commandments, He will bless you.

**Ashlynn P., age 8,
Dhaka, Bangladesh**

◆ **Primary Connection** Find stories and activities to go with this month's sharing time theme and lessons. Find more at lessonhelps.lds.org.

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Hidden GTR Rings

- Level 1:** Get some exercise!
- Level 2:** Covenant keepers
- Level 3:** Lighter than air

Volume 47 Number 5 May 2017

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By President Thomas S. Monson

Book of Mormon POWER



If YOU are not reading the BOOK OF MORMON each day, PLEASE do so.

President Thomas S. Monson



I speak about the power of the Book of Mormon and the **critical** need we have to study, ponder, and apply its teachings in our lives. very important

What will protect us from the sin and evil in the world today? A strong testimony of Jesus Christ and His gospel will help see us through to safety.

A Challenge and a Promise

I **implore** all of us to prayerfully study and ponder the Book of Mormon each day. As we do, we will be able to

call on or ask

- Hear the voice of the Spirit,
- Resist temptation,
- Overcome doubt and fear,
- And receive Heaven's help in our lives.



I so testify with all my heart.

Adapted from "The Power of the Book of Mormon," from the April 2017 general conference.

CONFERENCE

News

More Temples!

President Monson announced five new temples. Fill in the blanks to find out where they are. Check your answers below.

Brasilia, ___ A ___

M ___ L __, Philippines

Nairobi, ___ Y _

___ C ___ L __, Idaho, USA

Saratoga Springs, ___ H, USA



Bonus question
Which city will soon have two temples?

Answers: Brazil, Manila, Kenya, Pocatello, Utah; Manila will have two temples; 185 total

Conference Quotes



“Christ’s love will help us become a little kinder, more forgiving, more caring.”
President Dieter F. Uchtdorf
Second Counselor in the First Presidency



“We are all called to be disciples of our Savior.”
Elder Robert D. Hales
Of the Quorum of the Twelve Apostles



“As [children] keep their promises, they feel the Spirit in their lives.”
Sister Joy D. Jones
Primary General President

Primary News

Sister Jean B. Bingham was released as First Counselor in the Primary General Presidency. That’s because she was sustained as the new Relief Society General President! (She’s the one in the middle.)



Watch for new Women Leader Cards in the September and October Friend.

Sister Cristina B. Franco is the new Second Counselor in the Primary General Presidency. She was born in Argentina and is on a mission there with her husband until July.

ILLUSTRATION BY SIMINI BLOCKER; CHALKBOARD PHOTOGRAPH © GETTY IMAGES



Help from the Holy Ghost

Fill in the blanks (check your answers below), and then find those words in the word search.

Elder Gary E. Stevenson of the Quorum of the Twelve _____ asked all Primary children: “How does the Holy _____ help you?” Then he gave three answers.

1. The Holy Ghost warns.

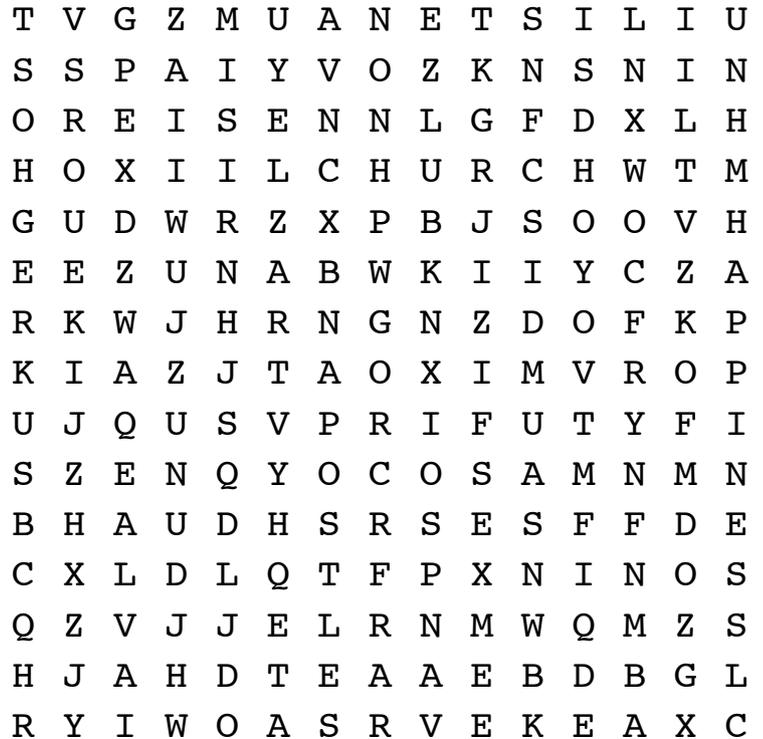
The Holy Ghost told a mission president to invite all the _____ to a special meeting, so none of the missionaries were hurt in a big _____ and nuclear accident.

2. The Holy Ghost comforts.

After a young wife and her unborn baby died in a car accident, the Holy Ghost _____ her husband and helped him feel peace.

3. The Holy Ghost teaches.

The husband in the story above had parents who were not members of the _____. After the car accident, they saw how he was comforted. The Holy Ghost taught them that the gospel and the plan of _____ are true. They were baptized. So were two other sons!



Answers: Apostles, Ghost, missionaries, earthquake, comforted, Church, happiness

- | | |
|-------------|-------------------|
| My Heavenly | Spoken Here |
| Love Is | My Savior’s Love |
| Teach Me to | the Commandments |
| A Child’s | Father Loves Me |
| I Am a | Child of God |
| I Feel | Prayer |
| Keep | Walk in the Light |

They Sang Our Songs!

Draw a line to finish the names of the Primary songs we heard in conference.



Family History and You



President Eyring talked about how family history is for everyone. He said that many youth are learning about their family history and doing temple work. This helps them have strong testimonies of the plan of salvation. It helps them feel the Spirit and resist temptations. Many are bringing family names to do baptisms in the temple. Now their parents need to catch up!

What this teaches me:

Learning about Jesus



Earlier this year, President Nelson asked the youth of the Church to spend time studying scriptures about what Jesus said and did. He said he learned more about Jesus when he read and underlined *every* verse about Jesus Christ listed in the Topical Guide. When he finished, he was excited and told his wife, "I am a different man!"

What this teaches me:

Blessings from Tithing



When Elder Cordón was a child, his father's business went bankrupt and they had very little money. One day, Elder Cordón heard his parents talking about whether they should pay tithing or buy food. They decided to have faith and pay tithing. The next day, someone offered to pay his dad for work. They were always blessed with food on their table. Elder Cordón testified that we are blessed when we obey.

What this teaches me:

Keeping Our Promises



Sister Jones told the story of five-year-old Lizzie and her big brother, Kevin. Kevin's dad asked him if he would promise not to tease Lizzie for one day. Kevin agreed. He kept his promise! Then his mom asked him to try not teasing Lizzie for *two* days. He kept his promise again! Sister Jones said that when we keep our promises, we are learning to make and keep sacred covenants.

What this teaches me:

Show and tell CONFERENCE!



I love general conference so much. It's very interesting. I learned from Elder Cordón's talk that the

language of the gospel should be preserved in our home.

Chukwuemeka O., age 12, Abia State, Nigeria



Cassie L., age 8, California, USA



I enjoyed listening to Elder Neil L. Andersen because he spoke about overcoming the

world. He said that if we try to be like Jesus and follow His example, we can be protected. I love watching general conference because you can learn a lot and share the messages with others.

Nevaeh L., age 9, South Auckland, New Zealand



Pearl L., age 11, Alberta, Canada



The happiest part of conference is that I get to be with my family and hear from the prophet. I feel

the Spirit, and it feels like home.

Mateo R., age 12, Colombia



Twin sisters **Leah and Ellison C., age 6, Utah, USA**, liked the talk by Elder Costa about praying for help. "Sometimes school is hard for us, especially for Leah because she was born with Down syndrome," Ellison said. "When she's having a hard time in our class, I know I can say a silent prayer asking Heavenly Father to help her understand. I know He helps and loves both of us."

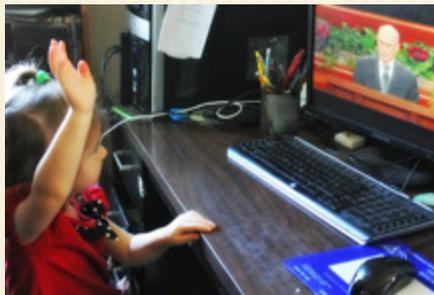




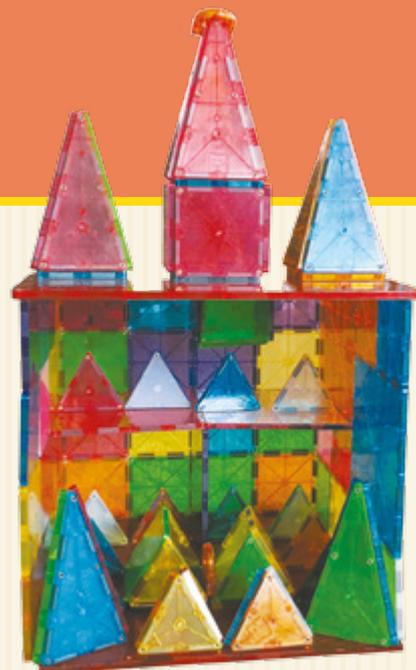
I was touched by President Uchtdorf's talk about overcoming fear. I learned that fear can have a

powerful influence on our actions and that we should not use fear to motivate others. I thank my Heavenly Father that I was born into a Christian family and can be a member of the Church.

Sarah T., age 11, Île-de-France, France



Lydia V., age 3, Washington, USA, sustained the prophet while watching conference on the computer.

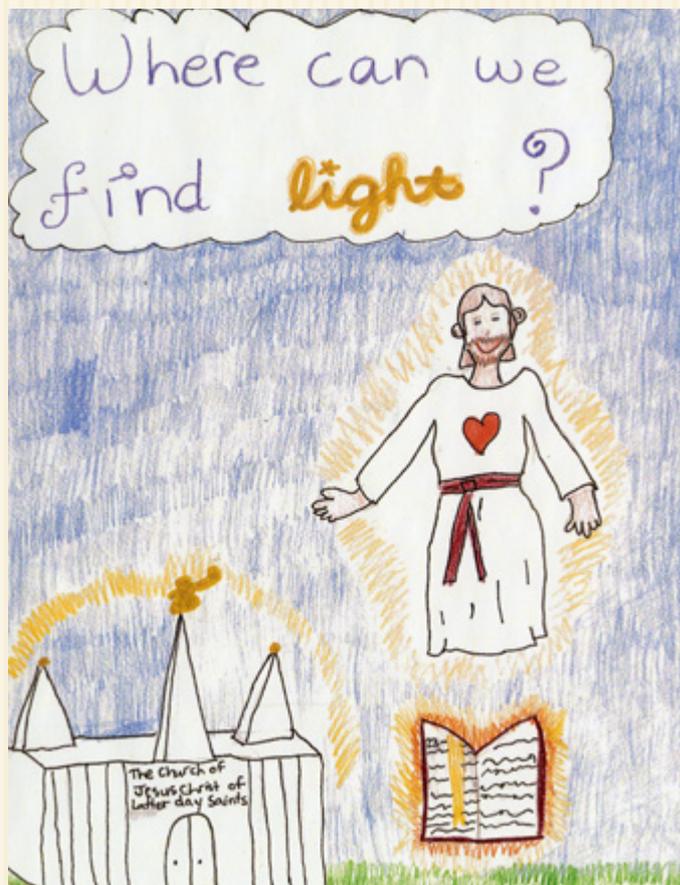
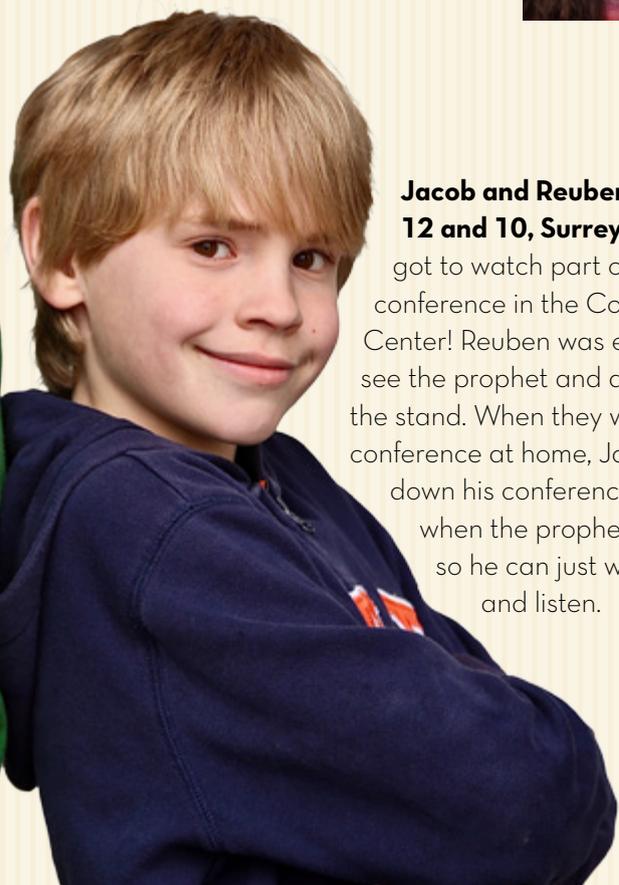


While listening to conference, **Jake and Luke B., ages 9 and 6, Basel-Stadt, Switzerland,** built a temple out of magnets!

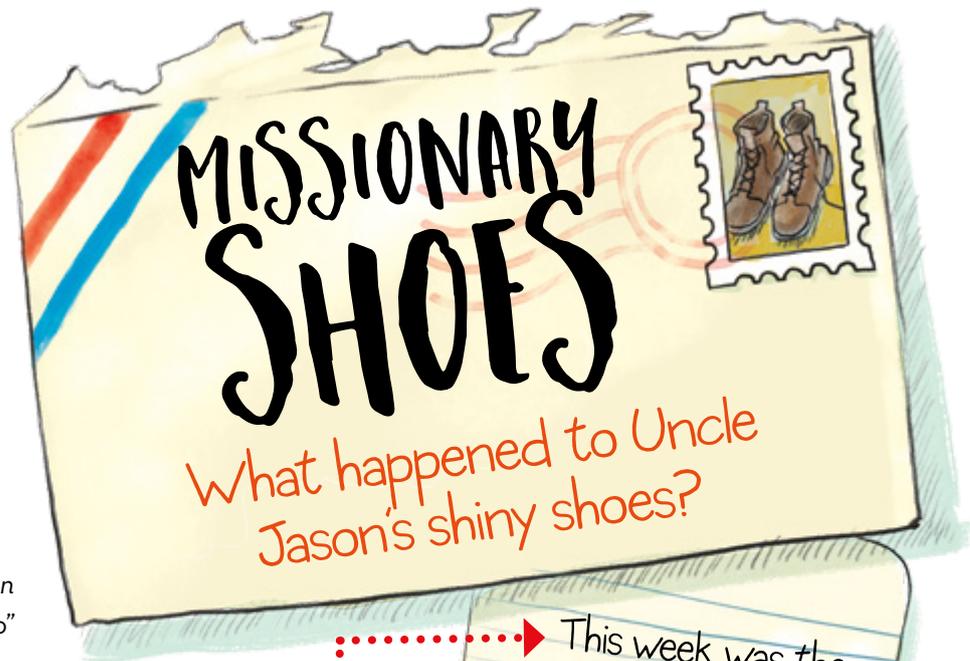
Eva B., age 10, Mexico, loves when they sing Primary songs like "Teach Me to Walk in the Light" during conference. The music is the part that makes her happiest!



Jacob and Reuben H., ages 12 and 10, Surrey, England, got to watch part of general conference in the Conference Center! Reuben was excited to see the prophet and apostles on the stand. When they watch conference at home, Jacob puts down his conference activities when the prophet speaks so he can just watch and listen.



Julia M., age 8, Washington, DC, USA



By **Jamie Armstrong**

(Based on a true story)

"I hope they call me on a mission when I have grown a foot or two" (Children's Songbook, 769).

Dallin wiggled with excitement on Grandma's brown leather couch. The suspense was almost more than he could stand. "Hurry, Uncle Jason. Hurry!" he shouted.

Uncle Jason was about to read his mission call. The whole family was there to watch him open his letter.

Jason carefully opened the envelope and silently read the letter. His eyes lit up. "I'm going to Argentina!" he yelled.

A few months later, it was time for Uncle Jason to go to the missionary training center. Dallin watched Uncle Jason pack his suitcase with white shirts, dark pants, ties, and scriptures. Then he put in a pair of shiny new shoes.

"Wow!" said Dallin. "Can I try those on?"

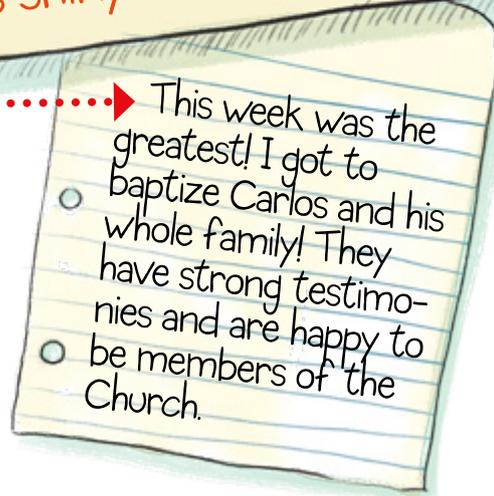
"Sure. Go ahead," said Uncle Jason.

Dallin slipped his feet into the big brown shoes and tromped around the room. He imagined himself as a missionary. He stood up a little taller. "When I go on a mission, I want a pair of shoes just like yours," he said. "They're so shiny, and they make me look cool!"

Uncle Jason grinned. "They sure do."

At the MTC, Uncle Jason learned how to teach people in Spanish. Sometimes Dallin got letters written just to him. In one letter Dallin learned that Jason was finally flying to Argentina!

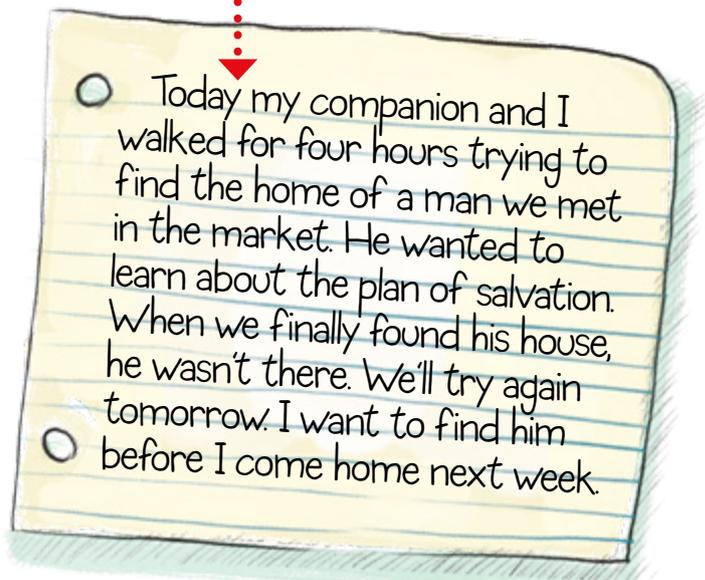
Month after month passed. Dallin missed Uncle Jason a lot. But it was fun to read his stories about teaching people the gospel. One week Uncle Jason wrote: |



One day Dallin decided to run over to Grandma's house to see if she had a new letter from Uncle Jason. When he walked through the door, he saw a big smile on Grandma's face.

"Guess what came in the mail today!" she said. She held up a white envelope with red and blue stripes.

"Another letter!" Dallin opened the envelope and began reading: |





“Next week?” Dallin said, looking up at Grandma.
“Uncle Jason comes home from his mission next week?!”

“I can hardly believe it myself,” said Grandma.

When the day finally came, Dallin went to the airport with his family. He squeezed Grandma’s hand as they waited for Jason. Soon he saw several missionaries with nametags walking toward them.

“There he is!” Dallin shouted.

Uncle Jason looked older and taller than Dallin remembered. His shirt wasn’t as white as it used to be. And his shoes were faded and scuffed.

His missionary shoes are ruined! Dallin thought.

Uncle Jason hugged Grandma. Then he bent down and hugged Dallin. “You’ve gotten so big! Did you miss me?”

“Yes!” said Dallin. He squeezed Uncle Jason tight.

On the ride home, Dallin stared down at Uncle Jason’s worn-out shoes. He listened to him tell about

his mission. He had walked miles and miles on dusty roads searching for people to teach. He had spent hours and hours planting gardens and doing other kinds of service. He had worked hard serving Heavenly Father and the people in Argentina.

No wonder his shoes were so worn out, Dallin thought.

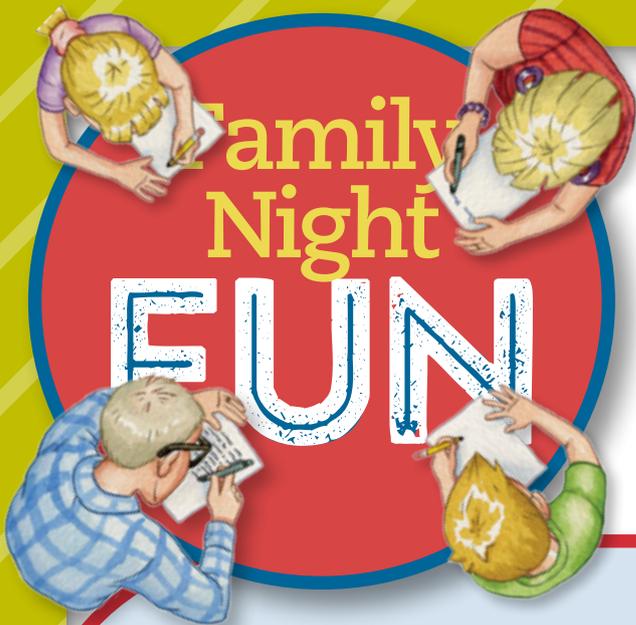
After a long time, Dallin finally spoke. “Uncle Jason, when I come home from my mission, I hope my shoes look just like yours.” ♦

Turn the page for an activity to go with this story!



I have been sharing the gospel with a friend at school who doesn’t know about Jesus. Now she asks me lots of questions. I love being a missionary.

Preslee M., age 8, North Carolina, USA



Here are some family home evening ideas from this month's magazine. What other ideas can you come up with?

Care-Package Cookies

These cookies are great for shipping—the honey keeps them soft! Once they've cooled completely, put them in a plastic bag to keep them fresh. Pack a box with crumpled newspaper to keep the cookies safe.

- | | |
|-------------------------------------|---|
| 1/2 cup shortening or butter | 1 teaspoon cinnamon |
| 1 cup honey | 1/4 teaspoon salt |
| 2 eggs | 2 cups old-fashioned oats |
| 2 cups flour | 1 cup raisins, nuts, or chocolate chips (optional) |
| 1 teaspoon baking soda | |

- Mix the shortening and honey. Then mix in the eggs.
- Stir in flour, baking soda, cinnamon, and salt. Add the oats and nuts, raisins, or chocolate (if using).
- Drop by teaspoons onto a cookie sheet. (The dough can be quite soft and sticky.)
Bake at 375°F (190°C) for 8-10 minutes.

WRITING

Missionaries

Read "Missionary Shoes" on page 8. Missionaries love getting letters! You could write to family, friends, or ward members.

- Get coloring supplies and a paper for each person, and sit in a circle. Everyone draw something on your paper. Then pass it to the right. Add to the drawing and keep passing until your masterpieces are complete. Sign the drawings, and send them to your missionaries!
- You can also pass a letter around and have everyone add a line! What made you laugh this week? What made you grateful? Did you feel the Spirit this week? What did you learn? What questions do you have for your missionary?

Is there a topic you'd like to learn about with your family?

Go to lessonhelps.lds.org to find stories, activities, and media.



PATIENCE

Being patient while you wait for someone you love to come home can be hard! Here are some things that can help.

- Focus on learning a new skill!
- Do something fun with your family and friends.
- Send a care package. Remember, they are missing you too! What else can you do to help them?



BONUS TREAT

Make smoothies! Blend together 1 frozen banana, 1 cup orange juice, and 1 cup vanilla yogurt. Serve immediately. Try adding berries or using other yogurt flavors.



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: Can you crack the code? Read the story and fill in the CTR challenge card together. What challenge can you do this week?

IDEA 2: Look at “Conference Notes” to read what our leaders taught us in general conference. Then read “Safe Ground.” What’s one thing you learned in conference that can help keep you safe and happy?



IDEA 3: Read “Ella’s Worries,” and then read some of the ideas on “Worried or Afraid? Here’s Help!” What can you try in your family when someone’s worried or afraid?



Idea 1: 18; Idea 2: 4, 36; Idea 3: 22, 24

By Linda Pratt

(Based on a true story)

"Mother dear, I love you so" (*Children's Songbook*, 206).

Andrea peeked into her parents' room. She smiled when she saw the blue beanbag gecko on Mom's pillow. Andrea came in to look at it closer.

Mom brought it home from Hawaii to remind her of the lizards she and Dad saw on vacation. Sometimes she let Andrea and her younger sister, Stacy, play with it. Andrea liked how its bright beaded eyes shone in the light and how its shiny blue skin slipped through her hands.

But now something was wrong. Andrea could see a small rip in the gecko's side. Little pebbles of filling were

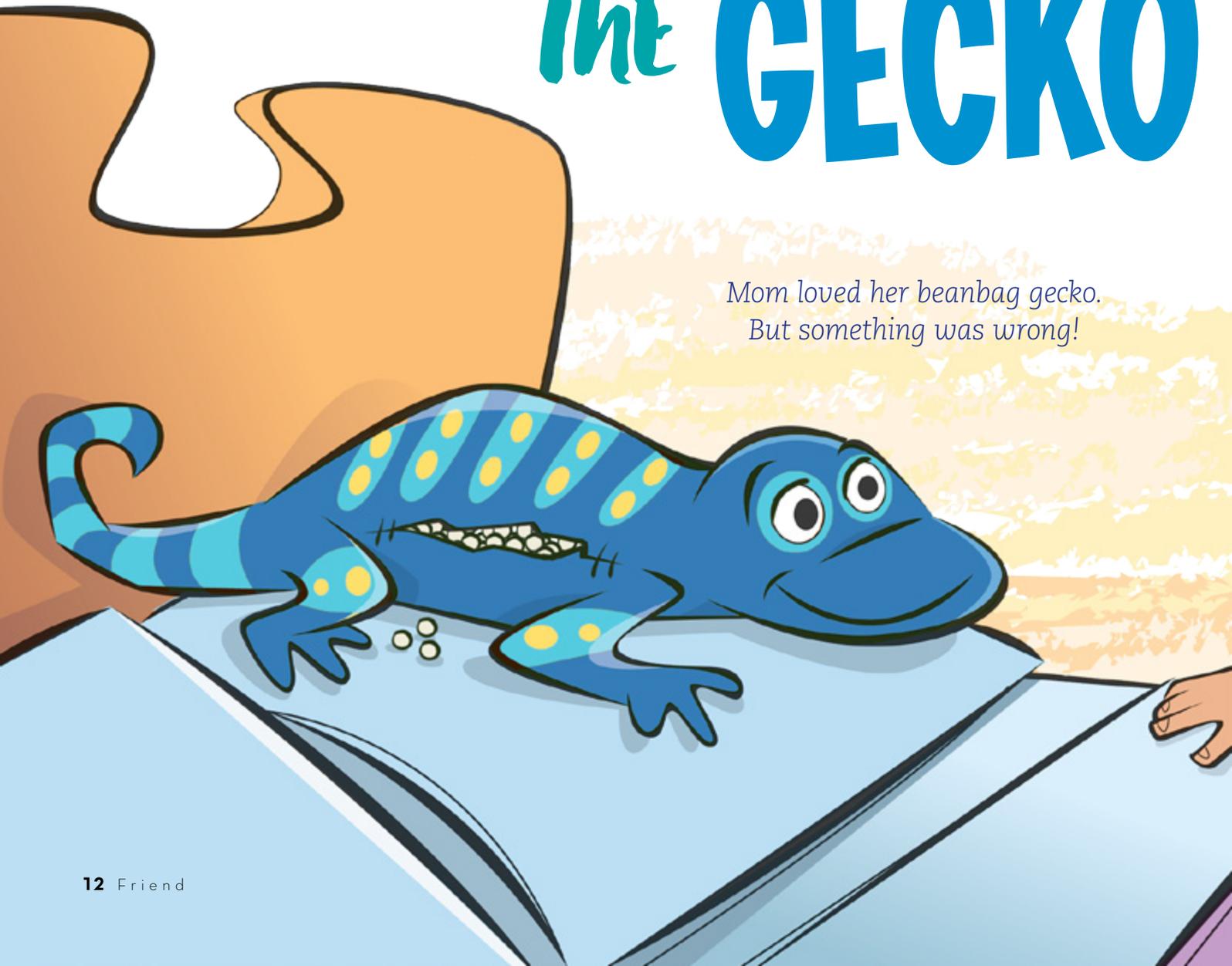
falling out onto the pillowcase.

Oh no! Mom would be so sad when she saw what happened. What could Andrea do?

Andrea spotted Mom's sewing basket under the table in the corner. *That's it!* she thought. Mom had been teaching her to sew. Could she stitch up the gecko all by herself? She searched through Mom's sewing basket for a needle and some blue thread. Then she gently scooped up the torn gecko and cradled it so no more tiny pebbles would fall out. After a few tries, she threaded the needle and carefully started stitching the opening back together.

The GECKO

*Mom loved her beanbag gecko.
But something was wrong!*



Andrea's fingers fumbled with the tiny needle and the thread. It seemed to tangle with every stitch! Finally she made the last stitch and tied a knot. Andrea frowned. Her big, messy stitches made it easy to tell where the tear had been. But at least no more pebbles were falling out.

Andrea found Mom weeding in the garden. She held the gecko out to her.

"I found this on your bed with a hole in it. I tried to fix it," she said. "It isn't very good," she added softly.

"Oh?" Mom put her shovel on the ground and wiped her hands on the bandana in her pocket. Then she gently took the stuffed gecko from Andrea's hands. She

examined the stitching, looking from the gecko to Andrea and back to the gecko again.

"You did this all by yourself?" Mom sounded surprised.

"Yes." Andrea traced a circle in the grass with her big toe. "I know you like to look at it to remember your vacation."

Mom grinned. "Well, now I can look at it and remember two things: our fun vacation *and* what a thoughtful daughter I have."

Andrea looked up at Mom. "It doesn't look the same," she said.

"No, it doesn't," Mom said. Andrea's shoulders slumped. *I knew it*, she thought. But then Mom folded her into a great big hug. "It's better!"

Andrea's eyes widened. "Really?"

"Really," Mom said. "Thanks for rescuing my gecko!" She squeezed Andrea tight. Andrea grinned as she hugged Mom back.

"Can I help weed the garden?" Andrea asked.

"You bet!" said Mom. "But I have to put the gecko back first."

"I'll do it!"

Andrea carefully carried the gecko inside and set it on Mom's pillow. She patted its shiny head. "Glad I could help you out," she said. Then she ran outside to help Mom rescue the garden too! ◆

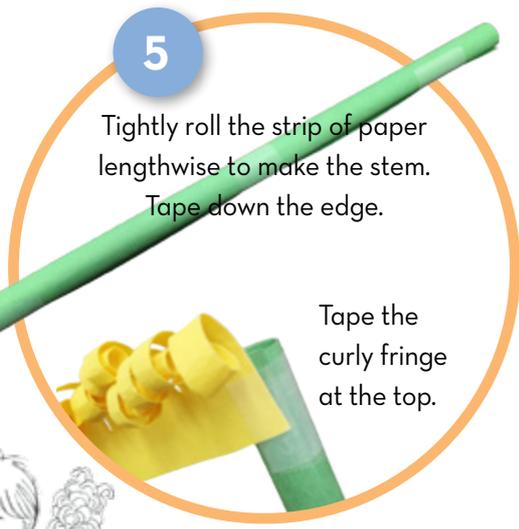
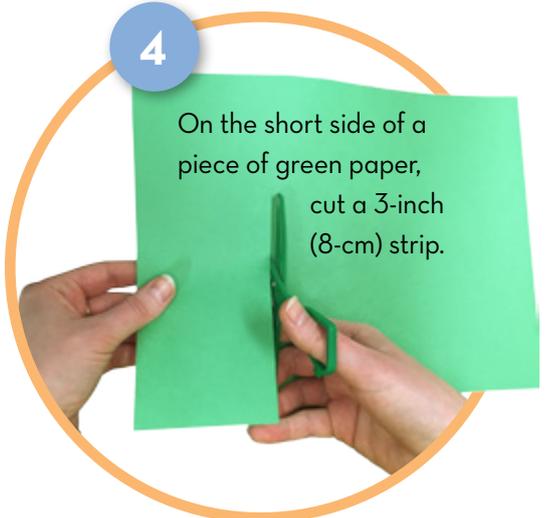
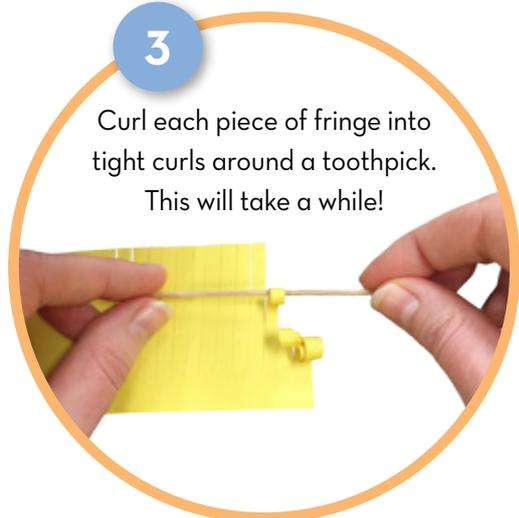
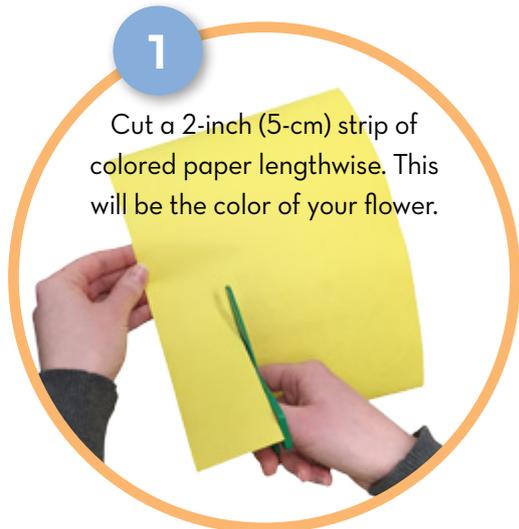
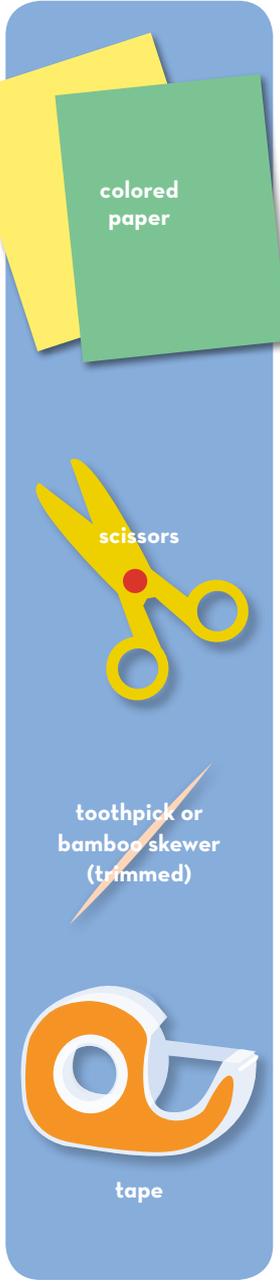
The author lives in Utah, USA.

RESCUE



Happy Mother's Day!

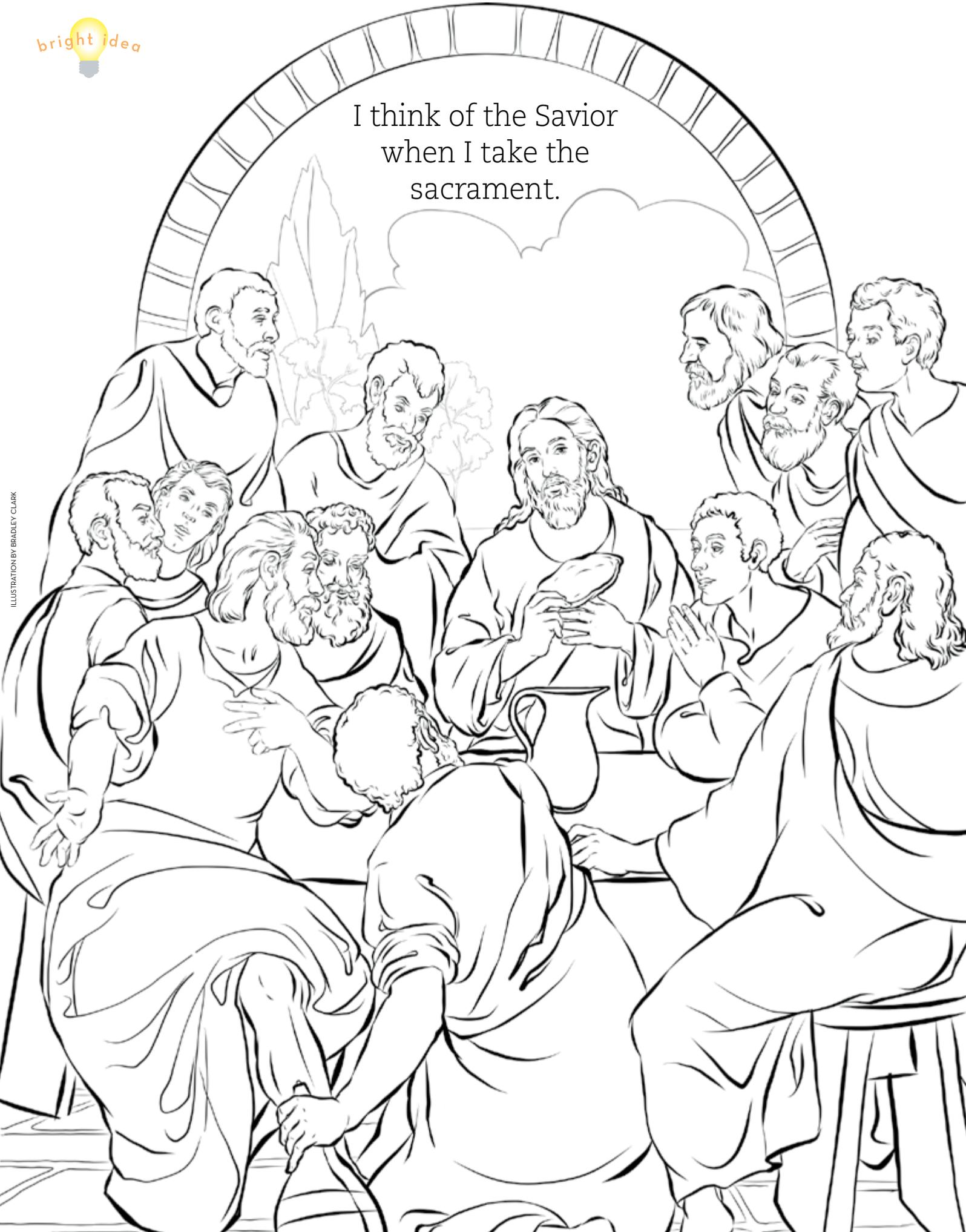
Here's a swirly, twirly, curly craft to make for Mother's Day. Be sure to get an adult's help—only maybe not from Mom if you want it to be a surprise!



I wonder if Grandma will notice it's not real?



I think of the Savior
when I take the
sacrament.



A HEART for Sisters

Hi!

My name is Sophie.

I have a little sister named Laynie and a baby sister named Josie. But my friends, my mom, and the girls on my soccer team are my sisters too—because we're all children of God!

We Love to Bake

My friends and I love to bake. We took a cake-making class together. My favorite frosting is orange, and my favorite cake flavor is strawberry.



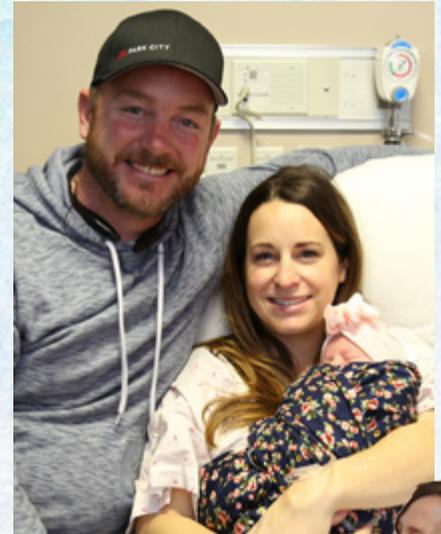


Showing We Care

My friend's father and little sister died in a car crash. Their dog died too. My friends and I wanted to show we cared. With our moms we made cookies, cupcakes, cinnamon rolls, and brownies. We sold them and gave what we earned to help my friend's family pay medical bills.

A New Sister

Before my baby sister was born, my mom had to stay in bed until the baby came. So we helped Mom every day. Dad, Laynie, my brother, Willie, and I did all the housework. We were excited when Josie was born.



SOPHIE'S IDEAS FOR SHOWING LOVE

Remember, it's about others, not you.

Listen. Try to understand.

Keep things clean, like the room you share with your sister.

SEND US A HEART!

How do you follow Jesus by showing love?

Send us a heart with your story, photo, and permission. See page 39.



Nana's Music

We call my grandma Nana. She is teaching Laynie and me about rhythm and beat. Nana teaches us piano too. I like to play Church songs. My favorite is "When He Comes Again." Nana is my sister in God's family too!



What did the secret message mean?

CRACKING *the* CODE

By Jenny Kartchner
(Based on a true story)

“Ye have entered into a covenant with him, that ye will serve him and keep his commandments” (*Mosiah 18:10*).

When Darren climbed onto the top bunk, he found a note on his pillow: “CK 24/7.” He slid down and showed it to his older brother, Byron.

“I got the same thing!” Byron said. “What does it mean?” They asked Mom if she knew anything about it.

“Hmm . . . ,” she said. Then she smiled. Darren knew she was up to something! “I bet you’ll get some answers during family home evening tomorrow.”

On the way home from school the next day, Darren and Byron tried to guess what *CK* stood for.

Candy Kangaroos? Curious Koalas? Crafty Kings?

Mom just smiled when they asked at dinner. When it

was finally time for family night, Darren was ready for some answers.

But first Mom read a story from the *Friend* about a boy who helped take care of his grandma. The boy didn’t realize it, but by showing Christlike love he was keeping his baptismal covenants.

“We keep our covenants every day when we show love and take care of each other the way Jesus would,” Mom said.

“Hey! *Covenants* starts with *C*!” said Darren.

“And *keep* starts with *K*. So maybe *CK* is . . . *Covenant Keepers*?” said Byron.

“Yeah, and the 24/7 could mean all day, every day!” Darren shouted. “We cracked the code!”

Mom high-fived Darren and Byron. “Good job, guys! But the lesson’s not over yet. I need to tell you boys that I’ve been spying on you.”

“What do you mean?” Darren asked as he watched Mom pull out a piece of paper. He could see different notes for each day of the week.

“Well, I decided to write down the times I spied you keeping your covenants this week,” Mom said. “And here’s what I saw.”

Monday: Your friend asked if you wanted to watch a violent movie, but you suggested a better movie instead. You were obedient.

Tuesday: Darren’s teacher was grouchy, but you were still kind to her. She was so impressed she called and told me about it. You were forgiving.

Wednesday: Heidi came home from college for a few days. She was sad because one of her classmates died. You two brought her tissues and kept her company. You showed compassion.

Thursday: Byron used a bad word and wished he hadn’t. But you apologized and said you would do better. You repented.

Friday: When your older brothers came to visit and teased you, I saw you guys start to get angry. But then instead of fighting with them, you laughed it off. You showed self-control.

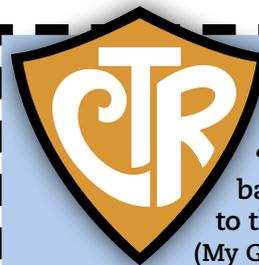
Saturday: When Mr. Gomez offered to pay you for playing with his grandkids, you two said you were happy to help for free. You served.

Sunday: You both sat quietly as you took the sacrament to renew your baptismal covenants. You were reverent, and you remembered how important the sacrament is.

As Mom read the list, Darren felt happy and warm inside. He knew it was the Holy Ghost telling him that those were good choices to make. He wanted to be a covenant keeper by following Jesus 24 hours a day, 7 days a week! ♦

The author lives in Arizona, USA.

Print cards at CTR2017.lds.org.



CHALLENGE

“I will remember my baptismal covenant and listen to the Holy Ghost”
(My Gospel Standards).

Read [Mosiah 18:7-11](#) and think of who you can do something nice for, like Jesus would.

Read the sacrament prayers in [D&C 20:77, 79](#) and underline what you promise to do.

Ask a parent or Primary teacher how baptism has blessed their life.

I challenge myself to ...

Find It!

What does *your* family love to do? This family decided to act out a favorite scripture story together. Can you find the hidden objects?



Jesus' Church Has Been Restored

Words by Jan Pinborough
Music by Michael F. Moody

With conviction ♩ = 66-72

D G D G A

1. Je - sus blessed the child - ren when He walked in Gal - i - lee. — He
2. Heav - 'nly Fa - ther and His Son came to the Sa - cred Grove. — They
3. Tem - ples all a - round the world, A - pos - tles, rev - e - la - tion: These

F#7 Bm Em A

brought a young girl back to life. He blessed the blind to see. — But
brought the Church to earth a - gain so all could feel Their love. — Mo -
all are part of God's great gift— the gos - pel's res - to - ra - tion. The

Gm D Gm A7

some for - got! His Church was lost with its au - thor - i - ty. — Now
ro - ni and E - li - jah came— and Pe - ter, James, and John— With
sac - ra - ment I take each week, bap - ti - sm, con - fir - ma - tion: I'm

D G D Em A Bm

priest - hood pow'r is back on earth to bless a child like me. —
pre - cious keys and bless - ings that for cen - tu - ries were gone. — Now
thank - ful for God's gift to me— the gos - pel's res - to - ra - tion.

G A7 D G D G A D

gos - pel truths are back once more, For Je - sus' Church has been re - stored.

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This song may be copied for incidental, noncommercial church or home use.

Watch a sing-along video for this song at
children.lds.org. Click on "Videos and Music."

By Elizabeth Pinborough

(Based on a true story)

"I the Lord thy God will hold thy right hand, saying unto thee, Fear not; I will help thee" (Isaiah 41:13).

Ella didn't like bedtime at all. When the lights went out, her imagination came alive. And the thing was, she couldn't stop it.

Ella tried to figure out what was making the shadow on her wall. Then she heard a creaking sound. She froze with fear. *What if something is under my bed?*

Ella rolled over so she couldn't see the wall. *Maybe if I stay really still, nothing will bother me,* she told herself. Dad and Mom were just down the hall, but she didn't want to wake them up.

Pulling her fuzzy blue blanket up around her face, Ella said a prayer to Heavenly Father. But the scary thoughts didn't go away.

Ella's muscles felt tight, and her stomach hurt. *Am I getting sick?* she worried.

The next day Ella couldn't keep her mind on her reading book. She wasn't even excited when Ms. Lopez showed a video about dinosaur fossils. What if she really was sick? What if she missed the test tomorrow? Her list of worries just got bigger and bigger.

At recess, an easy soccer pass rolled right by her. "Hey, Ella!" her friend Porter yelled. "What are you dreaming about?" Ella felt her face get hot. She wanted to yell back at Porter.

That night after Mom tucked her in bed, Ella lay awake with her eyes wide open. She tried thinking happy thoughts. She prayed again. She even sang a Primary song. It helped for a minute, but then the scary thoughts came back.

Maybe it's my fault, Ella thought. *Maybe Heavenly Father isn't answering my prayers because I've done something wrong.*

The next morning Ella wandered into the kitchen, rubbing sleep out of her eyes.

"Good morning!" Dad said as he stacked banana pancakes on Ella's plate.

Ella cut a bite of pancake and pushed it around in the syrup.

"Are you feeling OK?" Dad asked.

ELLA'S WORRIES



Ella didn't answer. She just stared at her uneaten pancakes. Dad patted her shoulder. "You can talk to me about anything. I'll listen no matter what."

Ella felt a tear roll down her cheek. "Dad, I have really scary thoughts, and I can't make them go away," she said. "I pray really hard, but it doesn't feel like Heavenly Father answers. The scary thoughts don't go away!"

Dad hugged Ella tight. "Maybe Heavenly Father answered your prayer by helping you talk to me."

Ella nodded and rubbed her eyes.

"And about your scary thoughts," said Dad, "it sounds like your brain is having a hard time calming down after you have a stressful thought. That's called anxiety. Mom started having trouble with it when she was your age too."

Ella let out a deep breath. She didn't know anyone else felt like she did! But she was still a little worried. "Does it happen because I'm doing something wrong?"

"No," said Dad. "It's not your fault at all! A lot of people feel anxiety." He sat down next to Ella. "But we can definitely help you feel better."

"How?" Ella asked.

"Well, you already took the first step," said Dad. "Talking to me."

"How else?" Ella wanted to know.

"Maybe you can try some of the things that helped Mom. We can talk to your doctor about it too," Dad said. "I know one thing for sure. Heavenly Father loves you and cares about how you feel. Let's pray to Him to help us know what else we can do."

After they prayed, Ella smiled. "Eat up!" Dad said as Ella took a bite of a buttery, syrup-covered pancake. She felt peaceful knowing that Heavenly Father loved her—and that Dad and Mom could help too. ♦

The author lives in Utah, USA.



HELP WITH WORRIES

Do any of these sentences describe how you feel sometimes? Turn the page for some ideas for dealing with your worries.

- I worry a lot almost every day.
- I worry about a lot of different things.
- I have a hard time sleeping at night.
- I feel tired or grumpy when I'm awake.
- It's hard to focus or pay attention.

WORRIED OR

Here are some tips from y



JUST IMAGINE!

After my family hiked to the top of a cliff, at night I couldn't stop thinking about falling off! Then I decided to use my imagination to change the ending. I imagined myself spreading my arms and

flying. It was fun! The scary thoughts stopped, and I went to sleep without worry.

Larry Hiller, writer of Matt and Mandy



SOMETHING FUN

Instead of sitting and worrying, I try to focus on something else. You can go run, walk, ride a bike, or do anything else you enjoy. That can help you calm down and see that things aren't as scary as you think!

Eric Murdock, writer



HAPPY SNACK

I used to stress out about schoolwork. My mom realized that when I was hungry, it was hard for me to concentrate. Having a healthy snack before starting my homework helped.

My family also had a house rule: No worrying after 10 p.m. Things always seem a lot better after a good night's rest.

Bethany Bartholomew, writer



HELP FOR SHYNESS

It was hard for me to make friends. Then my cousin taught me to think of the word HELP. **H** is for "hobbies." **E** is for "education." **L** is for "what you like." And **P** is for "plans." I could talk to anyone about hobbies, school, what we liked to do, and what we were planning to do. That helped me so much that I grew up to be a journalist who interviews lots of people!

Linda Davies, video producer

CAN YOU GUESS...

Which childhood photo goes with each person? See page 39 for answers.



AFRAID?

Here's Help!

our friends at the Friend!



MAKE IT FUNNY

Once I got a skin condition that gave me little bumps on my neck, and I was afraid people would ask me about them. Then my parents helped me think of funny things I could do, like saying, "Look, there's an alien!" and then running away. I never used those ideas, but they

made me laugh, and I felt better. Laughing is the best!

Maryssa Dennis, writer



OK TO MAKE MISTAKES

I used to be afraid to try new things in front of people because I might mess up. I worried what others thought about me. Then I realized I don't know what they're thinking. I'm not a mind reader! And it really only matters what God thinks of me. He sent me here to learn, and He loves me no matter what. Now when I mess up I think, "OK. Let's learn from this and move on."

Marissa Widdison, assistant managing editor



1, 2, 3

One night when I couldn't sleep, my dad sang "Count Your Blessings." Then I thought of my blessings until I fell asleep. Some nights I still sing this song in my head, or, when my mind is really noisy, I count backward by threes from 300. When I think unkind thoughts

about myself, I remind myself that I'm a good person and that Heavenly Father and my family love me.

Lori Fuller, copyeditor



BREATHE AND WRITE

When my parents were divorcing, I poured out my feelings in a journal. Sometimes I also imagined I was writing to help other kids deal with divorce. When I played in piano competitions, I would get really nervous. I breathed slowly through my nose, pretending my breath was the sound of the ocean. I imagined playing my piece well. Then I played it!

Charlotte Larcabal, writer



NOT THE ONLY ONE

When I felt worried and scared, I prayed or sang a song called "You'll Never Walk Alone." Everyone has fears and worries. Some worries are just part of being a certain age. But if you're worrying all the time, you can ask a parent, counselor, or doctor for help. Most

of all, don't forget to pray to Heavenly Father. He loves you and understands the way you feel!

Jan Pinborough, managing editor



Why do we need the gift of the Holy Ghost?



By Elder
Quentin L. Cook

Of the Quorum
of the Twelve
Apostles

The Holy Ghost warns us so we can stay safe from danger. He comforts us and leads us through challenges.

As part of Heavenly Father's plan of happiness, He has given us the gift of the Holy Ghost.

The Holy Ghost helps us avoid temptations and helps us stay clean from sin.

We need to follow the promptings of the Holy Ghost to travel safely through life.

From "Shipsshape and Bristol Fashion: Be Temple Worthy—in Good Times and Bad Times," Ensign, Nov. 2015, 39–42.

Help from the Holy Ghost

Elder Quentin L. Cook was nervous when he was called to be a General Authority. He didn't know if he would be able to do everything he needed to.

Then Elder Neal A. Maxwell, one of the Apostles at the time, told Elder Cook something that helped him feel better. Elder Maxwell reminded him that the most important thing was knowing how to bear his testimony of the Savior. This would help Elder Cook be ready to lead and serve in the Church.

When Elder Cook heard this, he felt peaceful inside. He thought about how much he loved the Savior and

the many times he had been able to share his testimony. He was excited to keep sharing his testimony of the Savior with the world. He wasn't afraid anymore. The Holy Ghost had helped him feel comfort instead of fear.

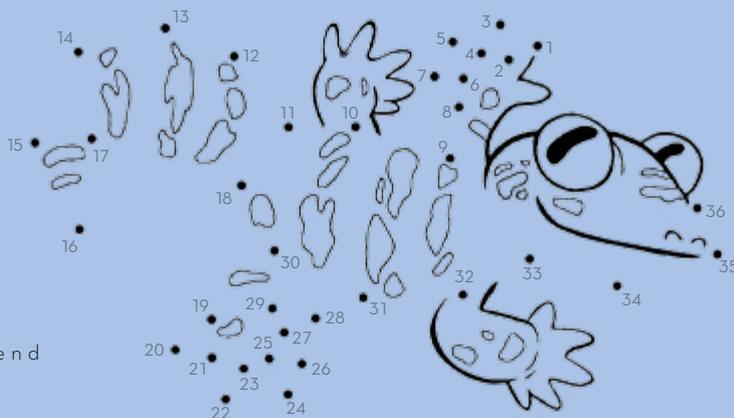
Years later the Holy Ghost comforted Elder Cook when he was called to be an Apostle. The Holy Ghost reminded him that he should have faith and not fear. Then Elder Cook felt peace and comfort and strength to be an Apostle and serve Heavenly Father. ♦

Adapted from "Live by Faith and Not by Fear," Ensign, Nov. 2007, 70.



Miles of Smiles

It's awesome what a smile can do to help somebody who's having a bad day. Can you finish drawing these smiles?
How many people can you share a smile with today?



Critter Connection

Can you imagine licking your own eyes to keep them clean? This little guy does it all the time. Connect the dots to find out who he is. Then see if you can find the story in this month's *Friend* that mentions this talented critter.

I can't lick my eye, but I can almost lick my nose!

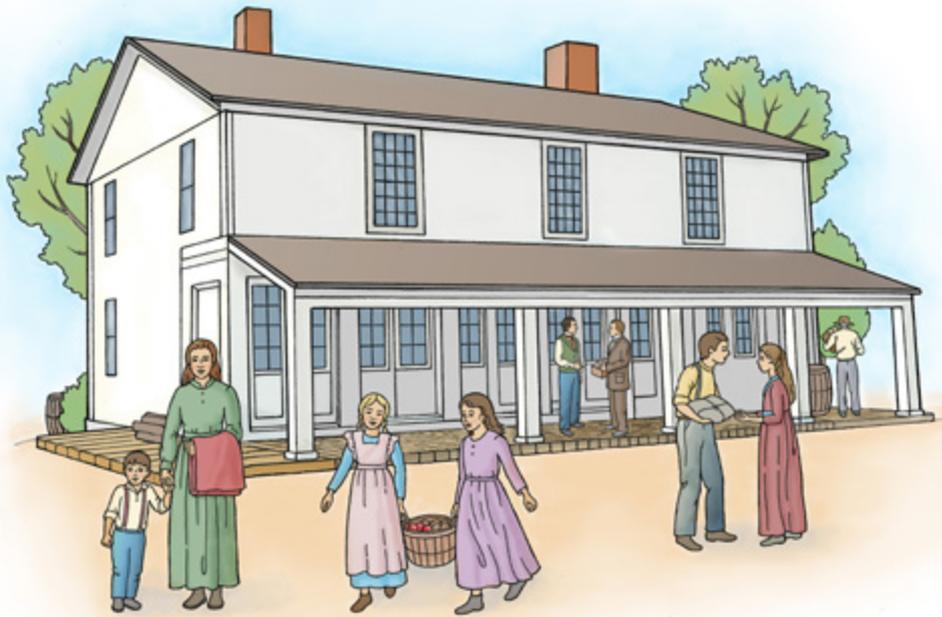
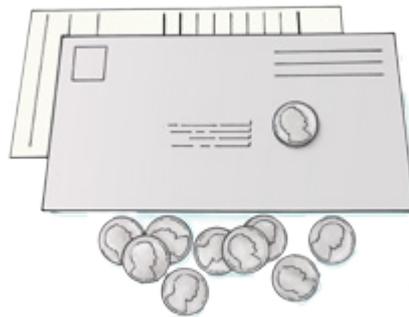


The First Bishop

Use these to share Church history stories!



Edward Partridge

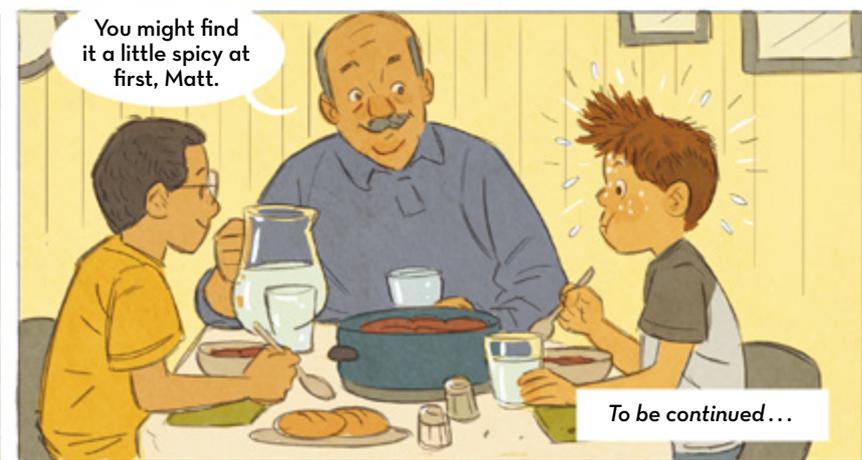
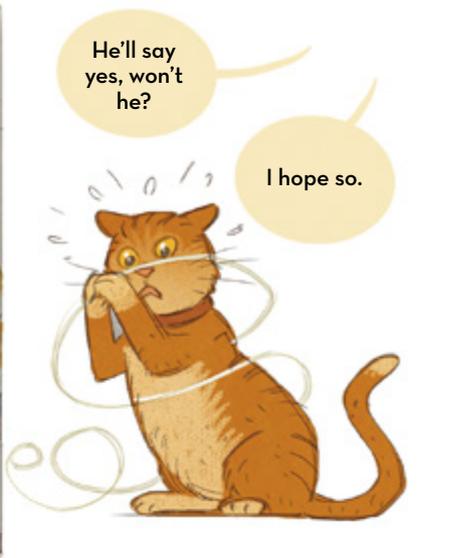


Bishop's storehouse

Many of the early Saints didn't have much food or clothing. The Church also needed money to build a temple and print scriptures. Joseph Smith prayed and asked God what to do. God told him that Edward Partridge should be the first bishop. Families gave their extra supplies to the bishop, who put them in a storehouse to help others. Bishop Partridge was also in charge of collecting tithing. Bishops are still in charge of tithing and making sure their ward members are taken care of. Now there are bishop's storehouses around the world!

Find more Church history figures at lessonhelps.lds.org under the category "Scripture Figures."

MATT AND MANDY





See page 39

THINK ABOUT IT

"Love is making space in your life for someone else."
—Sister Neill F. Marriott



DEAR JOURNAL



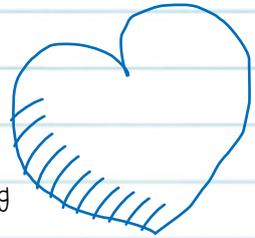
What was the best birthday you ever had? Who was there? What did you do? If you have a photo of that day, add it to your journal. Or draw it!

MY HAIKU

When I go to church
I can feel the Spirit strong
And I feel His love

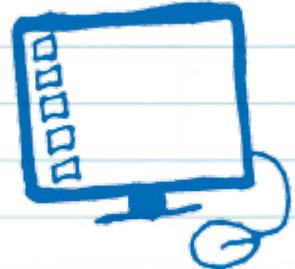
Hannah S., age 8, Pennsylvania, USA

Send us your haiku! See page 39.



FAMILY HUNT

Try indexing! This means typing what old records say so people can search for their ancestors online. Have a parent help you download the program, or visit a family history center to do it.



QUICK QUIZ

Which of these Book of Mormon prophets had the vision of the tree of life?

- Mosiah
- Alma
- Lehi
- Moroni

See page 39



It gives me a good feeling to work on family history. I'm learning the names of lots of my ancestors and learning to upload their photos too. Someday when I meet them in heaven, I'll already know them.

Aidan A., age 10, Utah, USA

DOODLES BY BOUNTIFUL 30TH WARD, VALANT 11 CLASS

Awesome!

Making the Sacrament Special

Snacks & Crafts

Safe Ground

A Quiet Warning

Awesome!



Robert was amazed when he learned where the priesthood came from.

By Jane McBride

(Based on a true story)

“They who receive this priesthood receive me, saith the Lord” (D&C 84:35).

Robert put on his first-ever suit. He went to the bathroom and looked in the mirror. He adjusted his tie and made sure his white shirt was tucked in right.

He went to find Mom. “Do I look OK?” he asked.

“You look very grown up,” Mom said. Her voice did that thing it always did before she started to cry. Like she’d just swallowed a spoonful of peanut butter.

“Aw, Mom. Don’t cry.” Robert patted Mom awkwardly on the shoulder.

Mom wiped her eyes. “I just can’t believe you’re old enough to receive the priesthood.”

“Ready?” Dad called. “We don’t want to be late!”

Robert was so excited he could hardly sit still in the car. But he sat reverently during the sacrament. He watched the deacons pass the trays of bread and water. *Next week, that will be me!* he thought.

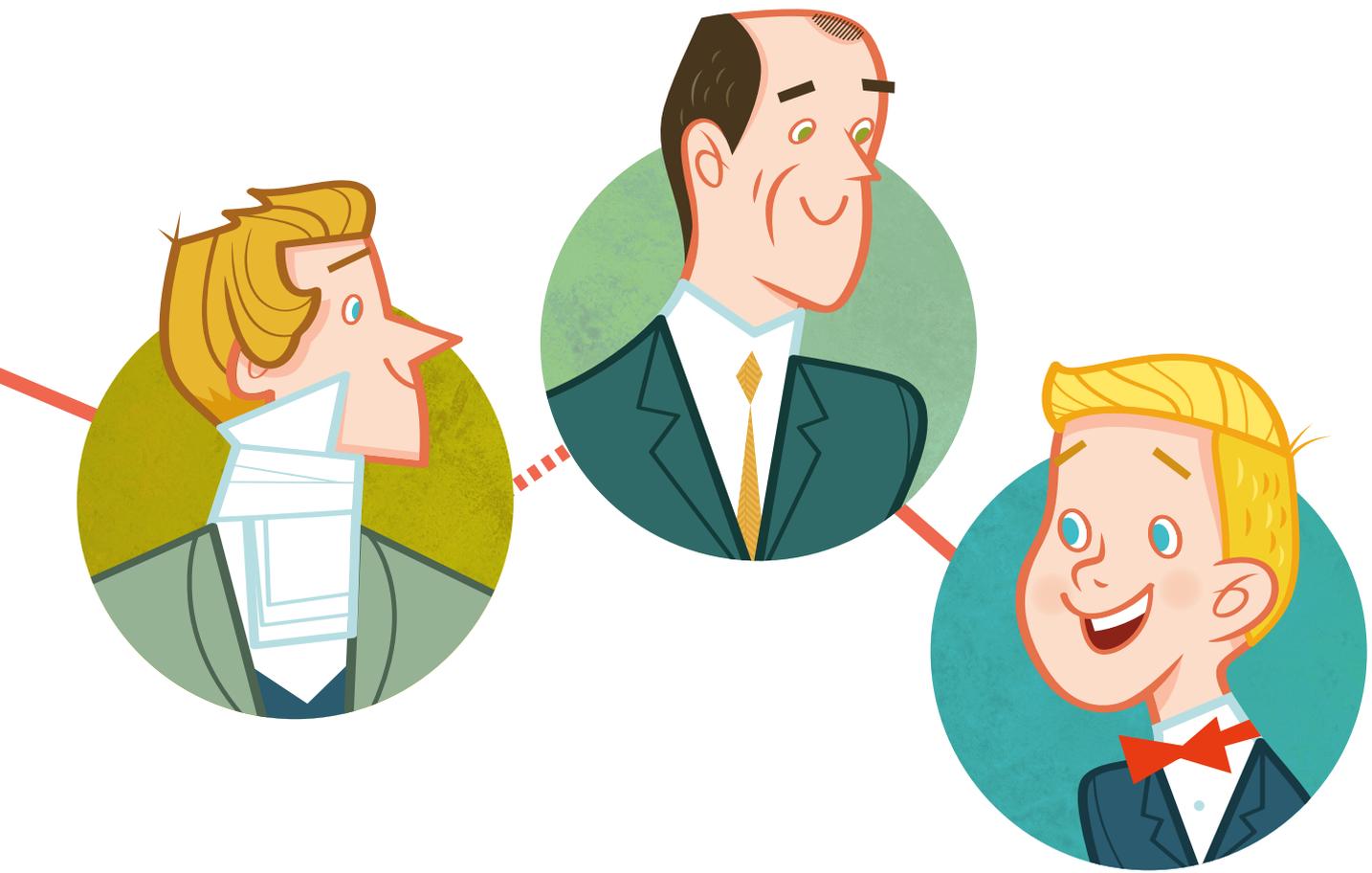
Robert had done a lot to prepare for today. He’d read in his scriptures about the priesthood, especially



section 20 of the Doctrine and Covenants. On Monday, Mom and Dad gave a special family home evening about the priesthood. And last week the bishop had interviewed him to make sure he was worthy and ready to receive the priesthood. He knew he was ready, but he was still a little nervous.

After the meeting, Robert, Mom, and Dad went to the bishop’s office. Robert sat in a chair in the middle. He took a deep breath as Dad and the other priesthood holders gathered around him. Their hands felt heavy and warm on top of his head. He closed his eyes.

Dad started out with Robert’s full name. Usually Dad only used Robert’s middle name when he was in trouble, but Robert knew this time it was special. He listened carefully as Dad conferred on him the Aaronic Priesthood and ordained him to the office of deacon. He said Robert would be blessed if he honored the priesthood and kept his covenants.



Afterward Robert shook hands with everyone and gave Mom and Dad a hug. Mom was crying again, but Robert didn't really mind.

"Holding the priesthood is a sacred privilege," Dad said as they left the bishop's office. "Do you know how we have the Aaronic Priesthood today?"

"Joseph Smith got it from John the Baptist?" Robert said.

"Yes! And do you know who sent John the Baptist to Joseph Smith?" Mom asked.

"Uh..." Robert frowned. "I'm not sure."

"He was sent by Peter, James, and John. And they received their priesthood authority from Jesus Christ," Mom said.

"Wait... so it's like I got the priesthood from Jesus?" Robert asked.

"That's right," said Dad.

Robert's eyes widened. It was hard to find a word special enough to say how he felt. "That's so... awesome."

"It really is awesome," Dad said. He pulled something out of his pocket. "You can keep this with you to always remind you that the priesthood is Jesus Christ's power." He handed Robert a small picture of Jesus.

Robert stared down at it. Suddenly he felt very small. "Jesus Christ's power... that's a big responsibility."

"But you know what that means?" Dad asked.

"Heavenly Father and Jesus love and trust you enough to give you Their power. They know you can honor the priesthood."

"But how do I honor it?" Robert asked.

Mom smiled. "By serving others. And doing your best to follow Jesus."

Dad pulled Robert into a hug. "We're so proud of you!"

Robert felt like the Holy Ghost was giving him a hug too. He smiled as he tucked the picture of Jesus in his wallet. He would always carry it with him so he could remember to honor the priesthood. ♦

The author lives in Colorado, USA.



"It is a sacred trust to bear the priesthood, which is the mighty power and authority of God."

President Russell M. Nelson, President of the Quorum of the Twelve Apostles

"The Price of Priesthood Power," Ensign, May 2016, 67.

Making the Sacrament Special

The sacrament is the most important part of every week. When you repent and take the sacrament, you are made clean from your sins. Fill in the missing words of the sacrament prayer for the bread. Then cut out the colored card and keep it in your scriptures to help make the sacrament special to you every Sunday!

O God, the Eternal _____, we ask thee in the name of thy Son, _____, to bless and _____ this bread to the _____ of all those who partake of it, that they may eat in _____ of the body of thy Son, and _____ unto thee, O God, the Eternal Father, that they are willing to take upon them the _____ of thy Son, and _____ remember him and keep his _____ which he has given them; that they may always have his _____ to be with them. Amen.

Jesus Christ
sanctify
remembrance
name
witness
always
commandments
Spirit
Father
souls

BONUS

What's different between the prayers for the bread and water? (Hint: see [D&C 20:77, 79](#).)

HOW CAN I MAKE THE SACRAMENT SPECIAL?

- Listen to the sacrament prayers. You can read them in [D&C 20:76-79](#).
- Think about Jesus. Look at pictures of Him and remember stories from His life.
- Think about the good choices you made this week. How did you follow Jesus?
- Read the words of sacrament hymns.
- Pray to Heavenly Father. Ask Him to forgive you for any wrong things you've done. Ask Him for help to do better.
- Read [Mosiah 18:7-10](#) to learn about the covenants we make at baptism. What do you promise Heavenly Father? What does He promise you?



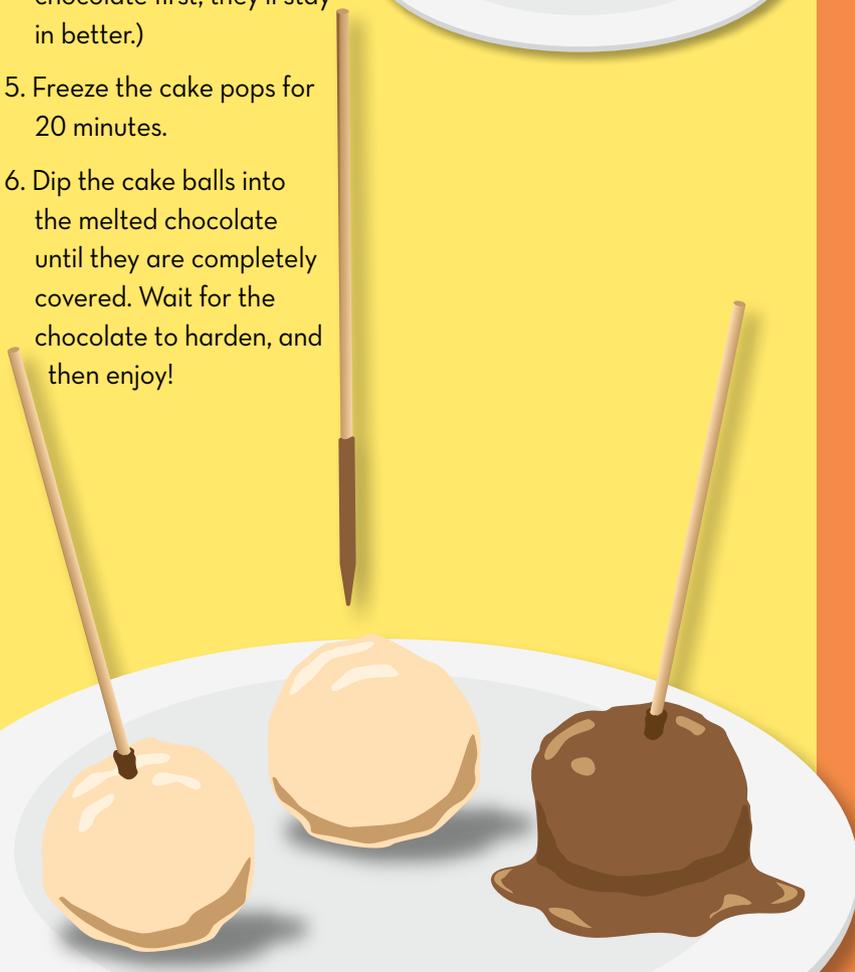
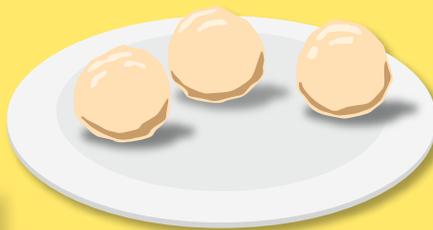
Cake Pops

You could make a bouquet of cake pops for your mom or grandma or someone else you love for Mother's Day!

1. Break the cake into small crumbs in a big bowl.
2. Add a cup of frosting and mix it into the cake with your clean fingers until the cake is sticky but still slightly crumbly.
3. Roll 3 tablespoons of the mixture into a ball and set on a plate.
4. Insert the sticks halfway into the cake balls. (If you dip the sticks in melted chocolate first, they'll stay in better.)
5. Freeze the cake pops for 20 minutes.
6. Dip the cake balls into the melted chocolate until they are completely covered. Wait for the chocolate to harden, and then enjoy!

You will need:

- **cake of your choice (already baked)**
- **frosting of your choice**
- **melted chocolate (white, milk, or dark)**
- **craft sticks or skewers**



Scripture Power

Make a case for your scriptures! Cut the top half off a large cereal box. Then cover it with patterned paper or magazine cutouts. Tape it all around with clear packing tape to keep it secure. Then punch two holes, spaced evenly apart, in each long side. Use a ribbon or strip of cloth to make handles for each side.



Be sure to get an adult's help.



By Kelly Robinson and Marissa Widdison

(Based on a true story)

*“Children, obey your parents in the Lord: for this is right”
(Ephesians 6:1).*

“Wow, the dirt is orange!” My sister pointed to the crusty ground by the boardwalk we were standing

on. A few feet away, an oval pool seemed to glow yellow and blue.

“Where do the colors come from?” I asked Dad as he stopped to take a picture. He handed me a pamphlet

from the ranger station. “I think it talks about it in there.”

The pamphlet told about the history of Yellowstone National Park. It also had a map of where we were. Then I saw a section about geothermal pools.

“Whoa! The colors are caused by bacteria!” I told Dad. “I wouldn’t have guessed that.”

I started imagining what the bacteria looked like. I wished I could take some water to look at under a microscope, or at least touch it to see if it felt weird. I guess my sister had a similar idea, because pretty soon she tugged on Mom’s shirt.

“Mama, I want to touch it! Pleeeeeease?”

Mom and Dad gave each other a look—one of those “talk without saying anything” looks—and pulled my sisters and me to the side of the boardwalk.

“Remember what we talked about before we got out of the car?” Mom said. She didn’t even wait for us to answer. “Don’t touch anything off the boardwalk.”

“But why?” The words popped out of my mouth before I could stop them.

Instead of just saying “Because I said so” like he sometimes does, Dad paused for a second and pointed to a sign nearby. It said, “Dangerous Ground.”

“The water might look nice and cool. But it’s actually very, very hot. If you touched it, you’d get badly burned. There’s even super-hot water just under the orange dirt there. But we can enjoy it all safely from the path.”

Dad pointed out that the sign was written in lots of different languages. “The warning is so important that they wanted to make sure everyone could understand it. They want everyone to stay on safe ground.”

I nodded, and even my little sisters seemed to understand. We kept walking along the boardwalk, listening to the steam hiss around us. Before, I had mostly been thinking about how awesome the scenery was. Now I was

also watching my sisters and making sure they were safe.

After a while, we saw a geyser shoot into the air! I loved watching the wind blow the water droplets across the colorful ground.

Finally it was time to head back to the car. Mom walked up beside me and put her arm around my shoulders. “You know, the boardwalk is kind of like the commandments.”

“What do you mean?” I asked.

“Well,” said Mom, “Heavenly Father gave us a beautiful world to live in. And He gave us commandments to help us make safe and happy choices. He really loves us, and He wants us to have a wonderful experience here on earth.”

I thought about that for a bit as we passed the blue-and-yellow pool of water again.

“So I guess wanting to touch the water is kind of like temptation?”

Mom nodded. “I think so. It’s easy to think that the pools of water won’t hurt us—that we’ll have more fun if we leave the gospel path—but that’s just not true. Listening to the prophets and following the commandments is like staying on the boardwalk. It helps us make good choices and enjoy our lives.”

Before I climbed into our van, I took one last look back at the boardwalk and made myself a promise: I was going to stay on safe ground, no matter what! ◆

The authors live in Oregon and Utah, USA.



“Our safety, our peace, lies in working as hard as we can to live as the Father and Son would have us live.”

Elder M. Russell Ballard of the Quorum of the Twelve Apostles

“Beware of False Prophets and False Teachers,” Ensign, Nov. 1999, 64.

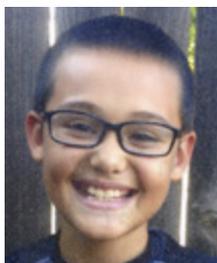
Following the prophet helps us stay on a good path.



Read a message from him on page 2!



A Quiet Warning



By Rykin T., age 11, Texas, USA

One night my dad was at a Church meeting. Me, my mom, my three brothers, and my sister decided to go to the track at 8:30 p.m. My brothers and I ran around the track with my sister. We found frogs and heard bats. Eventually we were tired, so we walked around once more with Mom.

Now it was really dark outside, and we could see the stars. Even though the moon and the stars were bright in the night sky, there were still lots of shadows as me and my little brother raced to go through the gate to the car. I was the first one to get to the gate and suddenly had

a deep, warm feeling in my heart to look left. There in the shadows, slithering out of the gate into the light, was a big, long snake! He curled up right by our car.

I immediately grabbed my brother and ran back to Mom, saying, “There’s a big snake right by the gate.” We didn’t know what kind of snake it was. We called our grandpa to come help, but the snake already slithered away.

I am grateful for the warning I received from the Holy Ghost. Otherwise we might have gotten hurt. I am glad to be a member of The Church of Jesus Christ of Latter-day Saints. ◆

Building a Temple

Join us each month to see how the Payson Utah Temple was built!

By Amie Jane Leavitt

The best wood and stone are shipped to temple sites from all over the world. Then craftsmen and artists are hired to do the stone, tile, and woodwork inside the temple. They use lathes, saws, chisels, sanders, planers, nail guns, drills, trowels, mixers, and all kinds of other equipment. The final product is a work of art!



FUNSTUFF ANSWERS

Page 24: Bethany, Jan, Larry, Lori, Marissa, Linda, Charlotte, Eric, Maryssa

Page 31: a cold; Lehi



HIDDEN CTR RINGS

Did you find the rings?
Look on pages FJ3, 18, and 24.

How to Write to the Friend

To send us a letter, drawing, poem, or paper heart...

1. Fill out the form below and send it in with your story or artwork.
2. Send a school picture or other high-resolution photo.
3. We might edit your submission for length or clarity, and we can't return it to you.
4. You must be at least three years old.

The Last Laugh

But, Dad, I really DID make my bed! All my stuffed animals are exactly where they're supposed to be!



Please send your submission to:

Friend Magazine
50 E. North Temple St., Rm. 2393
Salt Lake City, UT 84150-0024
Or email: friend@ldschurch.org

May 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 *Friend* JUNIOR



THE CHURCH OF
JESUS CHRIST
OF LATTER-DAY SAINTS

For Parents of Little Ones



Children may not understand the reasons for the rules you give them for taking care of their bodies—why they should wear sunscreen, for example, or why they should eat an apple instead of a cookie. But they do understand love.



Here are some ideas for helping them view and care for their bodies lovingly.

Teach that the body is a gift from Heavenly Father. Ask what they would do to take care of a special present. Then explain that Heavenly Father has told us how to care for our bodies so we are safe and happy. You might talk about the Word of Wisdom, or going to sleep on time.

Teach your children that they need to protect their bodies. Remind them to tell you right away if anyone or anything ever makes them uncomfortable during the day. Reassure them that it's OK to say "NO!" if they're uncomfortable. You could talk about good touch and bad touch and practice saying "NO!" out loud.

Talk to them about their body in a positive way: "Hello, fingers! I'm going to cover you up with these mittens so you won't get too cold."

Some children came to earth with extra physical needs. Help your children notice all the things people are able to do—like laughing, smiling, or singing. Talk about how we can all serve others through something as simple as a smile.



You can read past letters at FriendFPLO.lds.org.

Hi, Friends!



After church our family often spends time at the New Zealand Temple. We walk around the temple and go to the visitors' center. We love the Sabbath!

Jarom S., age 4, Waikato, New Zealand



I like to show the pictures in the *Friend* to my furry friends, Bear, Zoey, and Gunner!

Ira W., age 3, Utah, USA



When my brother and I fight, I sing the Primary song "Jesus Said Love Everyone." It helps me be more like Jesus.

Nora P., age 4, Florida, USA



Fiona B., age 6, East Flanders, Belgium

At the Playground

By Jennifer Maddy



Emilie

pumps her



legs

back and forth. Swoosh! Her



swing

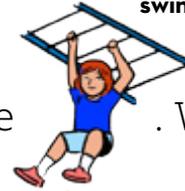
flies

up into the sky. Emilie's



arms

carry her across the



bars

. Whoosh! She

makes it all the way across.



Emilie's feet

hop through



hopscotch

. Hop, hop, hop!



Emilie

sees a



girl

sitting by herself. "Come play with me!" says



Emilie



Sofia

wheels over.



Emilie

and



Sofia

use their



arms

to play with a



ball

. They use their



feet

and



arms

to have a race across the



playground

. They



smile

and laugh with their



mouths



Emilie

is happy

she made a new friend at the



playground

!

Your Healthy Body

Heavenly Father wants us to take care of our bodies and keep them strong and healthy!
Take turns pointing to a picture and then doing something to move that part of your body.



Try these ideas:
Do five jumping jacks.
Hop on two feet.
Hop on one foot.
Lift a pillow over your head.



STORIES OF JESUS

Jesus Taught about Heavenly Father's Love

By Kim Webb Reid



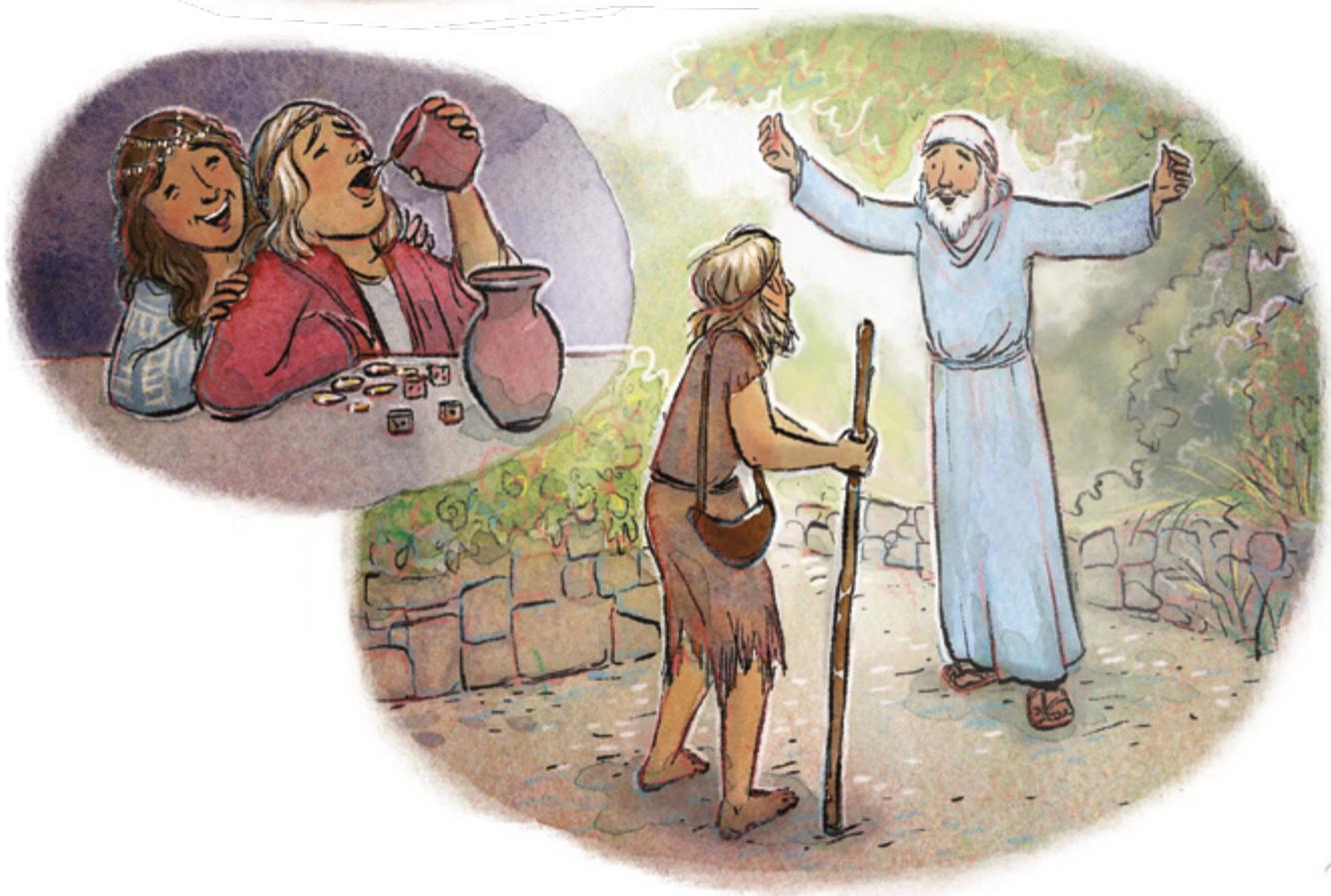
One day, people gathered to hear Jesus teach. He told three stories.

In the first story, a shepherd left his flock to look for one sheep that was lost. When he found it, he carried it home on his shoulders. He was so happy.



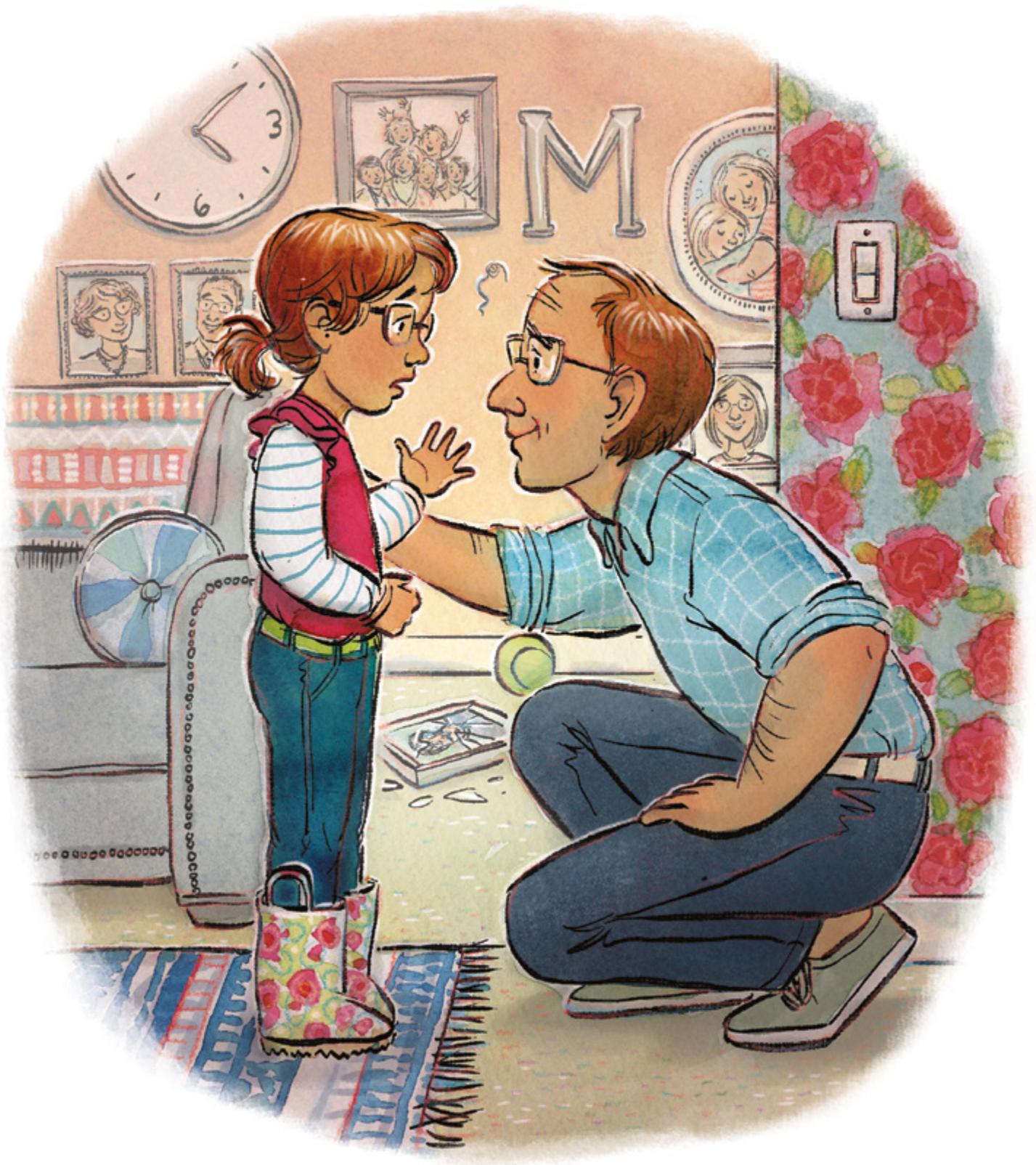


In the next story, a woman lost one of her silver coins. She lit a candle, swept the floor, and looked for her coin. When she found it, she celebrated with her friends.



In the last story, a son left home. He made bad choices and wasted all his money. He decided to go home and tell his father he was sorry. When the father saw his son coming, he ran to hug him.

Jesus told these stories to show how much Heavenly Father loves each person. He is so happy when we repent.



When I do something wrong, I can say I'm sorry and pray to Heavenly Father. Heavenly Father is happy when I repent, and so am I! ◆

From Luke 15

I Can Pray to Heavenly Father



**That's
My
Brother!**



By Hilary M. Hendricks

(Based on a true story)

The bell rang. The first-grade students raced for the door.

“Quietly!” Mrs. Mills said.

Eric stayed at his desk.

“Aren’t you going out?” asked Mrs. Mills. Eric didn’t look up. “Recess is fun. Don’t you want to play?”

“Not really,” Eric whispered.

Eric didn’t like recess. Usually he just wandered around by himself. The other kids already had lots of friends. One boy called him names. He didn’t want Mrs. Mills to know.

“I’m sorry, but we have to go outside,” Mrs. Mills said. “I can’t leave you here by yourself.”

Eric felt like crying. He looked out the window again. He saw someone he knew. Eric smiled and waved.

“Who’s that?” Mrs. Mills said.

“That’s my brother, Pete,” said Eric.

“He’s in fourth grade.”

Eric ran outside.

“Why aren’t you playing football?” Eric asked. The older boys always played out on the field.

“Because I’m going to the swings with you,” said Pete.

“Really?”

Pete led the way. They walked past

kids hanging on the monkey bars and jumping rope. Eric loved being with his brother. Then they walked by the field where the boys were playing football.

“Hey, Pete,” one of the boys said.

“Who’s the kid with the glasses?”

“He’s my brother, Eric. I’m showing him around today.”

“So you’re not playing with us?”

“No,” said Pete. “Today I’m with him.”

Eric smiled as they walked to the swings. A kindergarten girl was standing nearby.

“Want to swing?” Pete asked.

She walked over. “I just lost a tooth!” she said. She showed Eric.

“Cool,” said Eric.

Eric climbed on one swing. The girl climbed on another. Pete pulled back the first swing and gently let go. Then he pushed the other one. Eric felt the wind on his face. The girl was laughing. Pete made sure the swings didn’t go too high.

“You could play together again tomorrow,” Pete said.

“That would be fun,” the girl said.

Maybe, thought Eric, recess would be better from now on. ◆

The author lives in Utah, USA.