

HELLO
from
Canada!



We're visiting
Canada this
month!

Here's
what we've
learned.



Canada is in North America. It's the second biggest country in the world! It has 10 provinces and 3 territories. There are more than 196,000 Church members in Canada.



Families in Canada come in all shapes and sizes, from all over the world. This family lives in the province of British Columbia.



This is a snack a lot of kids in Canada enjoy. It's called *poutine*, and it's made with french fries covered in gravy and cheese.

In the province of Quebec, many people speak French. This girl and her mom have come to their church building to watch the *prophète et apôtres* (prophet and apostles) speak at general conference.



This boy is visiting the Cardston Alberta Temple. There are eight temples in Canada. Another one is being built in Winnipeg, Manitoba.

Winters in Canada are usually very cold and snowy—perfect for sledding!



Meet some friends from Canada!



I get excited for family home evening every week. We take turns teaching the lesson. And then after, we play games. It's fun!

**Karsen B., age 8,
Alberta, Canada**



I really love the story of the stripling warriors. They trusted God so much that they weren't afraid to go to war, because they knew that God would deliver them out of the hands of the Lamanites.

**Jessica H., age 11,
Alberta, Canada**

Thanks for exploring Canada with us. See you next time!



Many Canadian kids like playing hockey. They skate on ice and use hockey sticks to hit a puck into the goal. You can also play it with a ball and regular shoes, like these kids (no ice required!).



**Are you from Canada?
Write to us! We'd love
to hear from you.**