Bulletin Board

"There is no more peaceful place on this earth than in the temples of God."

—Elder Richard G. Scott
Of the Quorum of the Twelve Apostles
"Make the Exercise of Faith Your First Priority," *Ensign*, Nov. 2014, 94.

Lunchbag Veggies

Mix honey mustard with low-fat whipped cream cheese for a yummy dip for cherry tomatoes, baby carrots, or pieces of cauliflower or broccoli.

Give Us a Hand!

So far you've sent us **11,879** hands!

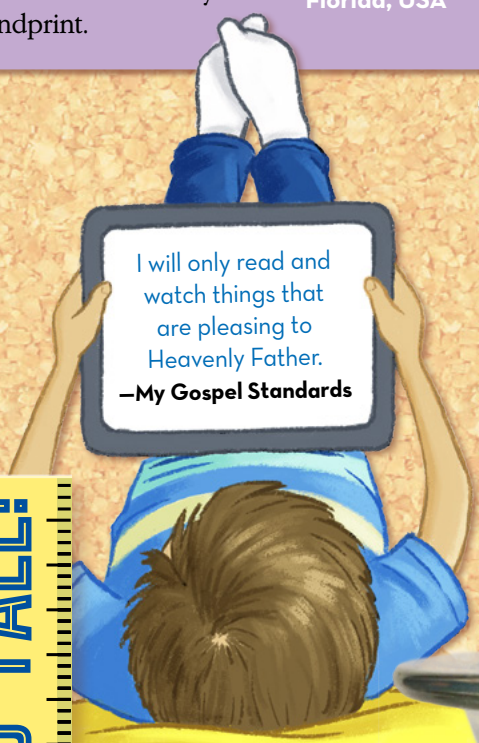
Go to page 48 to find out how to send us your handprint.

Dianna H., age 8, Florida, USA

Positive + Power

Being positive is a great way to make friends and help others. Try this experiment with an adult's help.

1. Fill a **bowl** with water. The water is like your mind when you wake up—clear and fresh.
2. Sprinkle **pepper** onto the water. When you hear mean words or feel angry, the pepper is like those negative thoughts floating around in your mind.
3. Squeeze a drop of **dish soap** into the bowl. The soap is like positive thoughts and words—they can push away bad influences instantly!



Stand Tall!

What things do you read and watch?

LUNCHBAG ILLUSTRATION BY KATIE MCDEE; READING ILLUSTRATION BY MARK ROBISON