



What Are Your Ideas?

Learn about the Family

Read "The Family: A Proclamation to the World," and talk to your parents about what you learned.



Show Love to Your Family

Do something nice for people in your family.



Include Others

Find ways to spend time with or serve someone who might feel left out or who might need your friendship.

Learn about Other Cultures

Read about other cultures, talk to people from other countries, or go to a cultural celebration near you.



Serve Your Neighbors

With your parents or leaders, do something in your community to help people in need.



Learn to Apologize and Forgive

Act out situations where someone needs to apologize or forgive. Practice how to share your feelings and respond.

Learn about Your Community
Visit a police station, fire station, or other community service. Learn about what they do, and thank them for their service.



Make a New Friend

Introduce yourself to someone new, and invite the person to play with you.



Speak Kind Words

Practice using only words that would make someone happy, not sad. Talk about what you can say if someone says unkind words to you.

Control Your Temper

Practice calming down when you feel angry. For example, take deep breaths, count to 10, or imagine you are in a favorite place.



Welcome Others

Introduce yourself to someone new in your school, neighborhood, or ward or branch. Help this person meet other people.