

Older Kids' Section

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Quick Quiz

Who traveled with Alma to preach the gospel?
(See Alma 8:30.)

- A. Augustus
- B. Amulek
- C. Arlo
- D. Adam



Answer: B

Healthy Tip

Sleep is how your body recharges. Getting a good night's sleep helps you think more clearly, have more energy, feel less stressed, and get sick less often. Kids need about 10 hours of sleep each night!

