



Dear Parents,

Do your kids struggle with worries? Read “The Worry Box” (page 36) together and talk about some ways Olivia got help with things she was afraid of. Then turn the page and make a chain of comforting scriptures together. Help your children understand that because of Jesus Christ’s Atonement, the Savior understands us perfectly and can help us with all our fears.

Love,
The *Friend*



HAPPY, HEALTHY KIDS

Read “Patrik’s Boring Day” (page 10). Write a list together of things your kids can do when they’re bored.



**PLEASE SEND YOUR
SUBMISSION TO:**

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

The following information and permission must be included:

First and last name		
Age	Boy / Girl	State / Province / Region, Country
<p>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.</p>		
Signature of parent or legal guardian		Date
Email of parent or legal guardian		



May the *Friend* contact you with a survey?

