



**What Are Your Ideas?**

---

---

---

---

**Learn to Cook**

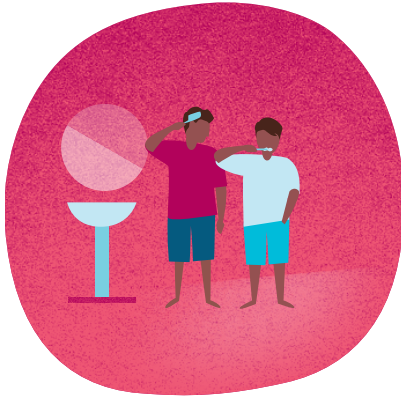
Help to prepare a healthy meal or snack. Share it with your family or friends.



**Make Your Body Strong**

Do something regularly to move your body, like sports, dance, exercise, or playing outside.



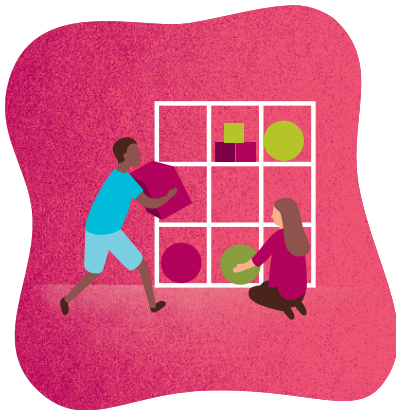


### Show Respect for Your Body

Keep your body clean every day. Bathe regularly. Brush your teeth and care for your hair each day.

### Care for Your Home

Do something to help make your home a nice place to live, such as cleaning, decorating, or yard work.



### Take Care of the Things You Own

Ask your parents to teach you how to repair or take care of the things you use.



### Learn a New Art Skill

Draw, paint, or sketch a picture, and give it to someone you love.

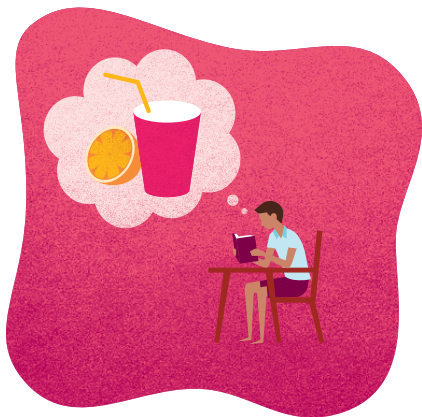
### Learn a New Music Skill

Learn how to sing a song, play an instrument, or conduct music. Offer to share your skill in home evening or another activity.



### Obey the Word of Wisdom

Read Doctrine and Covenants 89 to see what Heavenly Father promises if you keep the Word of Wisdom. Decide how you can better live it.





### Enjoy Time Outdoors

Go on a walk or hike with family or friends to explore the world around you.

### Share Your Talents

Share one of your talents with someone who is lonely.



### Prepare for Emergencies

Make a plan with your parents or leaders for what to do in an emergency.