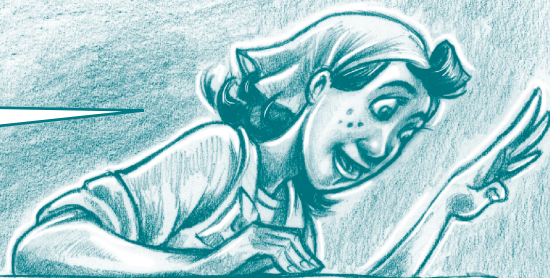


"Trustworthiness is the greatest portal leading unto the tranquility and security of the people." —Bahá'u'lláh

HAPPY LANDING!



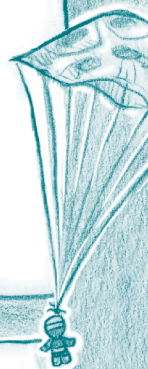
Safe Landings

If you're leaping from an airplane, your parachute is your trusted companion. Parachutes can save lives in emergencies, and they allow skydivers to make daring jumps. A parachute works because air fills the canopy's large surface area as you fall. This creates resistance that slows you down until you reach the ground safely.

Like a parachute, having family members and friends you trust helps you feel safe and secure. When you fall into difficult situations, you can slow down and ask them for help. If you're struggling

with schoolwork or dealing with a bully, they can offer advice, encouragement, and prayers.

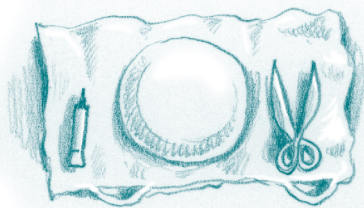
Who are the people you rely on and who rely on you? Trust is often something that builds over time. If your friends keep their promises, tell the truth, and don't gossip about others, those are clues that they're trustworthy. You can have confidence that they'll probably listen to you with respect and kindness if you have a problem. And that kind of support can help you make a smooth landing anywhere.



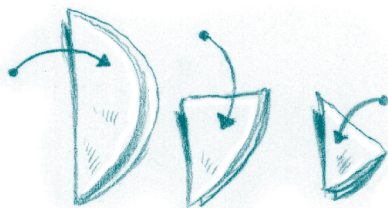
Make Your Own Parachute

You'll Need: Plastic grocery bag • 9" (22.9 cm) round paper plate • ruler • colorful permanent markers • scissors • eight pieces of 13" (33 cm) string • clear tape • small paper clip or very lightweight action figure or toy

- 1 Cut open bag and lay flat on table. Place plate upside down on plastic. Trace plate with marker. Cut circle out.



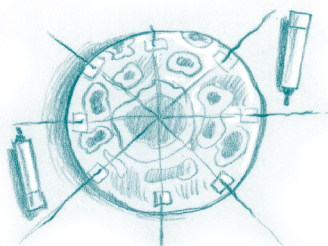
- 2 Fold circle in half, then fold in half again, to make a quarter circle. Then fold quarter circle in half. Press firmly along edges.



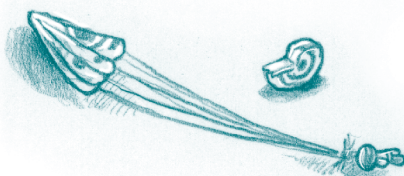
- 3 Open circle. The creases make eight equal sections. Use a ruler to trace each crease with marker.



- 4 Decorate circle with markers. Tape string 1" (2.5 cm) from end of each line.



- 5 While keeping strings straight, gather them so the ends are even. Knot or tape ends of string to clip or action figure.



- 6 Drop your parachute from a staircase or other high spot. Experiment indoors and outdoors, and try holding it different ways before letting go. How does it float best?
