

To make the bulletin board I used a Christmas light bulb template and added the text. I colored card-stock and laminated them (to create a shiny/light appearance). I used the bright colors to make the bright colors stand out even further.

Bulb Text Includes:

- Exercise gives you MORE energy!
- Exercise helps you stay focused and pay more attention!
- Exercise improves your ability to learn!
- Exercise helps creativity!
- Exercise gives you more confidence!
- Exercise 30 minutes per day helps you improve your grades!
- Exercise improves your sleep!
- Exercise makes your bones stronger!
- Exercise helps turn a bad attitude around!
- Exercise makes your heart and lungs stronger!
- Exercise improves your overall health!
- Exercise reduces blood sugar in your body!
- Exercise helps keep your arteries and veins clear!
- Exercise is a way to make new friends!
- Exercise improves your immune system!





Exercise

GIVES YOU MORE  
ENERGY!



Exercise

HELPS

CREATIVITY!

A hand-drawn speech bubble with a black outline. The bubble is roughly oval-shaped with a pointed top. Inside the bubble, the text "Exercise HELPS YOUR ABILITY TO LEARN!" is written. The bubble has a tail at the bottom right, consisting of several horizontal lines of varying lengths, giving it a striped appearance.

Exercise

HELPS  
YOUR ABILITY TO  
LEARN!



Exercise

GIVES YOU MORE  
CONFIDENCE!



Exercise

IMPROVES YOUR  
SLEEP!



Exercise

MAKES YOUR BONES  
STRONGER !

A hand-drawn speech bubble with a black outline. The bubble is roughly oval-shaped with a pointed top. Inside the bubble, the text "Exercise" is written in a cursive font, and "MAKES YOUR HEART AND LUNGS STRONGER !" is written in a bold, uppercase, sans-serif font. The bubble has a tail at the bottom right, which is decorated with four horizontal stripes.

Exercise

MAKES YOUR HEART  
AND LUNGS  
STRONGER !





Exercise

IMPROVES YOUR  
OVERALL HEALTH!

A hand-drawn speech bubble with a black outline. The bubble is roughly oval-shaped with a pointed top. At the bottom, a tail extends downwards and to the right, decorated with four horizontal black stripes. The text is centered within the bubble.

Exercise

REDUCES BLOOD  
SUGAR IN YOUR  
BODY!



Exercise

HELPS KEEP YOUR  
ARTERIES AND  
VEINS CLEAR !

A hand-drawn speech bubble with a black outline. The bubble is roughly oval-shaped with a pointed top. At the bottom, there is a tail consisting of several horizontal lines. The text is centered inside the bubble.

Exercise

IS A WAY TO MAKE  
NEW FRIENDS !



Exercise

IMPROVES YOUR  
IMMUNE SYSTEM!



Exercise

HELPS YOU STAY  
FOCUSED AND PAY  
MORE ATTENTION!