

Exercise is Good for Me and You Tri-fold Board

Supplies:

- ◆ Tri-fold board and pieces from Lesson 1
- ◆ Scissors
- ◆ Photocopied pages
- ◆ Hook and loop tape

Instructions:

1. Cut out and enlarge, as needed, the tri-fold board pieces.
2. Arrange the tri-fold board pieces on the poster following the illustration below.
3. Attach the hook and loop tape to the tri-fold board and cutout pieces.

Note: For greater durability laminate the tri-fold board pieces.

Completed Tri-fold Board

