

# Bulletin Board



## CONFERENCE TIME

Are you ready for general conference in April? Here's a project your family can work on as you listen to the prophet and apostles speak. The Weir family from Arkansas saves their *Friend* magazines throughout the year. As they watch conference in their home, they cut out their favorite pictures and stories from the magazines and use them to make posters for their rooms and quiet books to look at during sacrament meeting. If you watch conference at a church building, you can work on this project before or after a session.

I Will Choose the Right!



This example poster combines a picture from page 21 of the May 2011 *Friend* and part of the cover of the June 2011 issue.



# Springtime Rhymes

In the Northern Hemisphere, March marks the beginning of spring. The poem below has a line for each letter in the word *spring*. Try writing your own spring poem using each letter in the word *spring*. If you live in the Southern Hemisphere, write a poem using the letters in the word *winter*. You could also write a poem using your name or even your favorite food!

## SPRING

By Alison M. Dixon

**S** is for seeds sprouting up through the ground.



**P** is for puddles to splash all around.



**R** is for rainbow, a beautiful show.



**I** is for insects that tickle my toe.



**N** is for nests with babies so small.



**G** is for God who created it all.



By Jane H. Lassetter

Heavenly Father wants you to take care of the wonderful body He has blessed you with. This activity can help you know if you are getting enough exercise.

1. Keep track of your activity every day for a week using a paper or notebook. Write down what kind of exercise you do and how long you do it. Exercise can include activities such as walking to and from school, dancing, riding a bike, playing soccer, or weeding the garden.
2. Write down how much time you spend watching television, texting, or playing computer or video games.
3. Write down how much sleep you get each night that week.
4. At the end of the week, look at your paper. Did you exercise at least 30 minutes a day for 5 days? If you did, great! Regular exercise helps you stay healthy. Try to spend less time playing video games or watching TV. These things keep you from getting the exercise your body needs. How much sleep did you get? If it was less than 10 or 11 hours a night, you should go to bed earlier so your body can get the rest it needs to stay healthy.



ILLUSTRATIONS BY MARK ROBISON  
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HOUSE AND APARTMENT PHOTOGRAPHS BY DAVID STOKER

## Journal Junction



Each month this year you can write a little bit of your own history in your journal. This month write about the first place you lived. Did you live in a big city or in the country?



Were you in a house or an apartment? What was your room like? You can ask your parents if you don't know, and you can write down other details they remember about your first home.

