

Kid Scoop®

THE AWARD-WINNING PRINT & ONLINE FAMILY FEATURE



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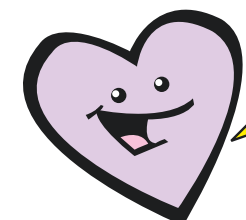
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February is the month to Love Your Body!

February is Heart Month and Dental Health Month. Use the tips on today's page to exercise your heart and be sweet to your teeth!



Your heart is a muscle. And, like all of your muscles, it works best when you exercise, rest, drink water and eat healthy. Love your heart, and your heart will love you!

Do you feel with your heart?

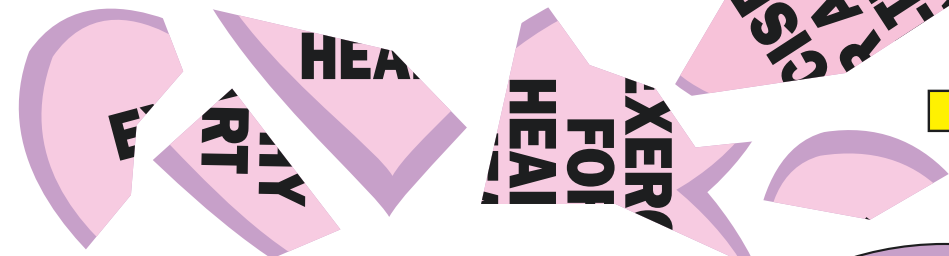
Are you making pictures of hearts and giving little heart-shaped candies to friends for Valentine's Day? When you make a promise you really, really mean, do you "cross your heart"? Or, do you listen to songs about broken hearts?

We see and hear about hearts everywhere. Long ago, people thought our feelings came from our hearts. Maybe because strong feelings can make our hearts beat faster. Now we know feelings come from the brain, not the heart.

Standards Link: History/Social Science: Understand the purposes of and events honored in holidays.

Broken Heart Puzzle

Cut out these shapes. Can you put them together to make a heart? What does the Valentine message say?



Be Sweet to Your Teeth!

Every day a terrible troublemaker hides in your teeth, waiting to carve holes in them – **PLAQUE!** (Say it like *plak*, rhymes with *tack*.) You must remove it everyday, or else it will cause your teeth to decay.

How do you get rid of it? Use the secret code to find the names of the Mighty Plaque Fighters and you will learn how to keep your smile dazzling!

7 - 12 - 12 - 7 - 19 - 25 - 9 - 6 - 8 - 19

21 - 15 - 6 - 12 - 9 - 18 - 23 - 22

21 - 15 - 12 - 8 - 8

7 - 12 - 12 - 7 - 19 - 11 - 26 - 8 - 7 - 22

25 - 9 - 6 - 8 - 19

Do this after every meal to keep germs off your teeth:

Standards Link: Health: Understand good personal hygiene practices that include caring for teeth.

Valentine Pals

Jill and Phil are pals. They like many of the same things. How many ways can you find that Jill and Phil are the same?



Standards Link: Recognizing similarities and patterns in objects.

Teeth in the News

Look through the newspaper for ads and/or articles that encourage you to eat or drink things that are bad for your teeth. Can you find anything in the newspaper that encourages eating and drinking things that are good for your teeth?

Standards Link: Health: Recognize foods that promote good health.

Double Double Word Search

Find the words in the puzzle, then in this week's Kid Scoop stories and activities.

SWEET HEART EXERCISE VALENTINE PLAQUE CANDIES PICTURES SECRET PAPER DAZZLING SNACKS CARING TEETH SMILE PALS

L O S E I D N A C E
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V E U Q A L P I E I
S H T E E T C L R T
K P A P E R I T U N
C A Y E E M O R T E
A L W X S U R A C L
N S E C R E T E I A
S G N I R A C H P V

Standards Link: Letter sequencing. Recognizing identical words. Skim and scan reading. Recall spelling patterns.

FROM THE Kid Scoop LESSON LIBRARY

Have a Heart!

Look through the newspaper for an example of someone who was "heartless" or totally lacking compassion or caring. Is there a way they can make up for their behavior?

Standards Link: Social Science: Recognize behaviors that demonstrate good character.

What did the paper clip say to the magnet?

ANSWER: "I find you very attractive."

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