



Kid Scoop

.com

THE AWARD-WINNING PRINT & ONLINE FAMILY FEATURE



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February is the month to fall in love with fitness!

Good 4 You Valentine's Day Cards

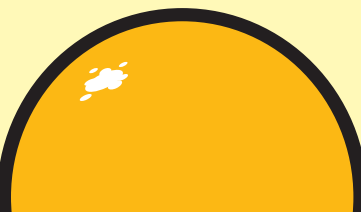
Create some healthy Valentine cards by filling in the missing vowels. Then cut out each message, paste it on some construction paper and give to a good friend!

Standards Link: Reading Comprehension: Follow simple written directions.

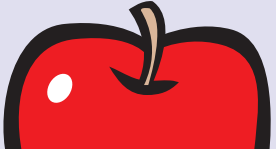
TO: _____
FROM: _____

P _ _ S _ B _
 M _
V _ L _ NT _ N _ !


TO: _____
FROM: _____

_ R _ NG _ Y _ U
GL _ D T _ B _
M _ V _ L _ NT _ N _ ?


TO: _____
FROM: _____

Y _ _ 'R _ TH _
_ PPL _ _ F _
M _ _ Y _ !


Love Your Heart and Your Heart Will Love You!

How do you love your heart?

Well, first of all you need to understand that your heart is a muscle. And, like all of your muscles, it works best when you exercise, rest, drink water and eat healthy food.

Circle the healthy food item that should come next in each row.











Valentine's Day Healthy Heart Tag

Materials: Cut out the 10 cards at right. (Paste them onto construction paper to make them sturdier if you wish.) A watch with a second hand will be needed as well.

Directions: Give the stack of activity cards to the person who is "It." When "It" tags someone, that person selects a card and performs the named activity for the amount of time stated. After the person completes the activity, he or she becomes "It."

Standards Link: Physical Education: Use a variety of basic and advanced movement forms.

Kid Scoop Puzzler

Draw a line from each piece of broken heart below to its other half. What compound words did you create?

heart

match

beat

bow

light

sweet

heart

moon

rain

maker

Standards Link: Language Arts: Identify compound words.

Double Double Word Search

VALENTINE
HEART
MUSCLE
EXERCISE
HEALTHY
TEACHER
CARDS
PLACE
SECONDS
STACK
FITNESS
GOOD
REST
CARE

Find the words in the puzzle. How many of them can you find on this page?

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

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

FROM THE Kid Scoop LESSON LIBRARY

Valentines from the Headlines

Cut out five or more words from the headlines in today's newspaper. Use these to write a Valentine message to your teacher!

Standards Link: Writing Applications: Write in a variety of genres and forms.



What did the painter say to her boyfriend?

ANSWER: "I love you with all of my art."

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