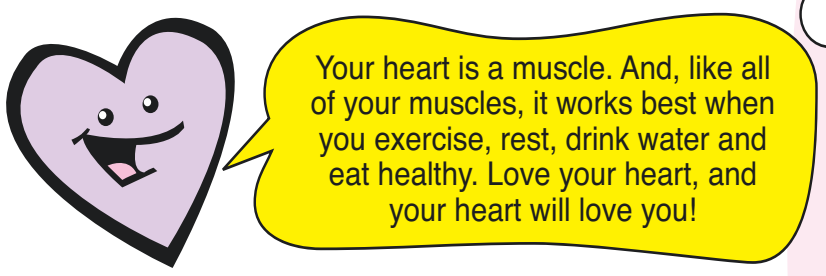
Kid Scoop®.com
THE AWARD-WINNING PRINT & ONLINE FAMILY FEATURE
Find Kid Scoop on Facebook
© 2015 by Vicki Whiting, Editor Jeff Schinkel, Graphics Vol. 31, No. 9

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!



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.

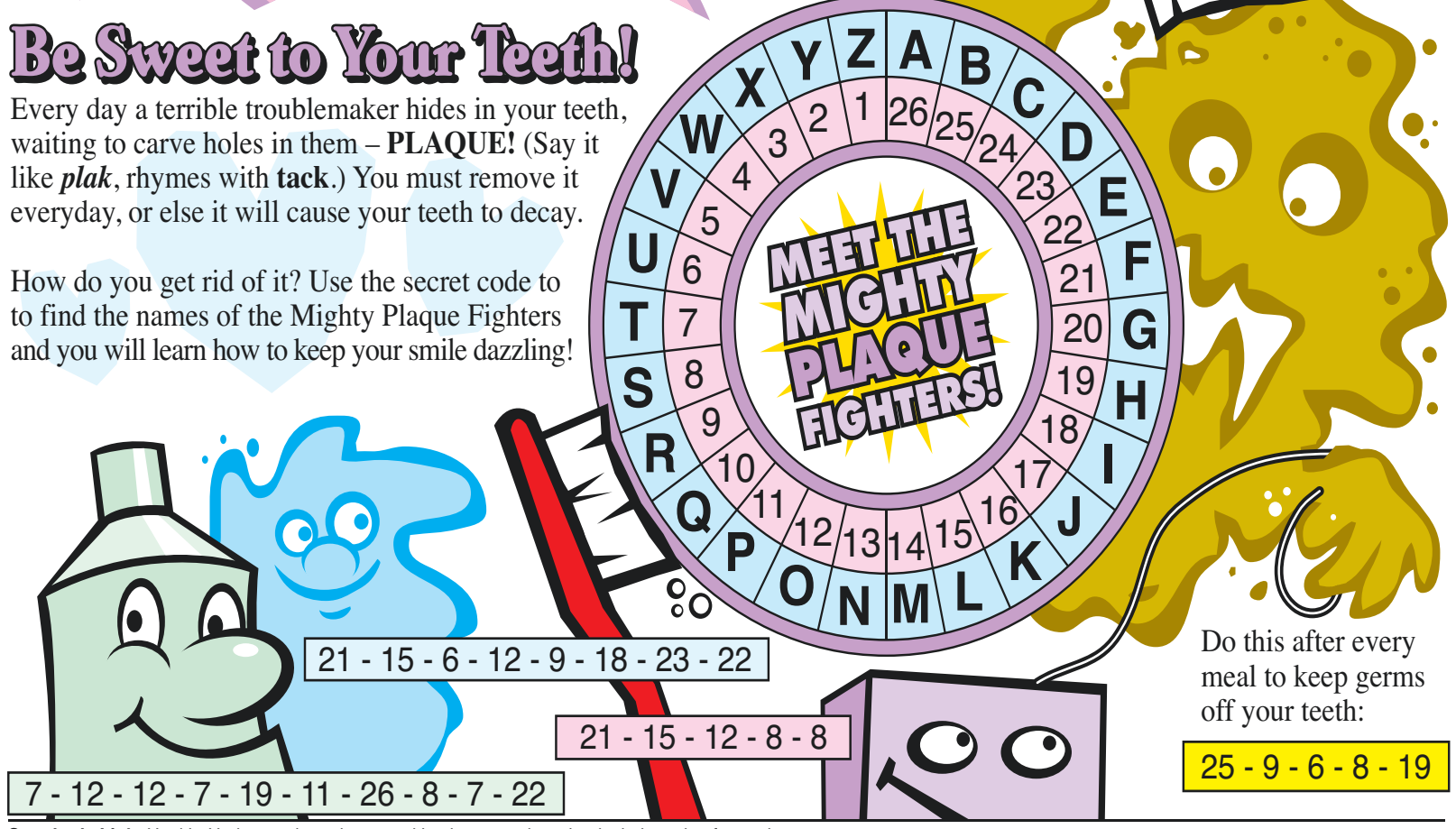
Broken Heart Puzzle

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 to find the names of the Mighty Plaque Fighters and you will learn how to keep your smile dazzling!

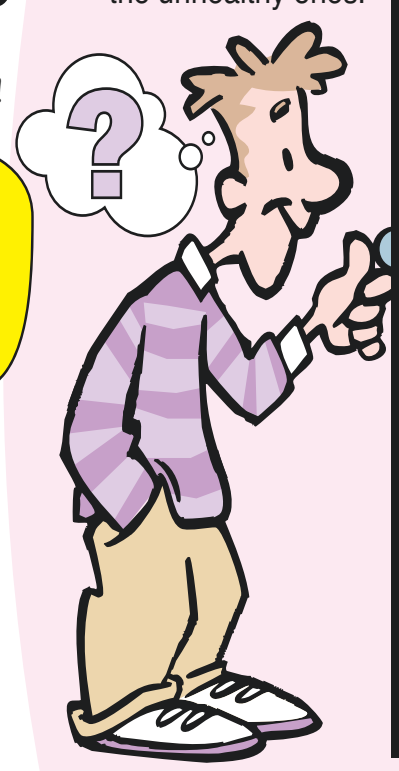


Do this after every meal to keep germs off your teeth:

25 - 9 - 6 - 8 - 19

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

Draw a heart around the healthy snacks. Draw an X through the unhealthy ones.



Standards Link: Health: Recognize the fitness benefits from various types of foods.

My Funny Valentine

Make a Valentine Puzzle for your special Valentine. Cut a heart shape out of some pink or red paper. Write a message on your heart. Then cut the heart into four or five puzzle pieces. Put all the pieces in an envelope and give it to your Valentine!

Standards Link: Reading Comprehension: Follow simple written directions.

Kid Scoop Together: Jumping for Joy

Jumping rope is fun and it is good exercise. It is a workout for your legs, your arms and your cardiovascular system (your heart and lungs)! Jumping rope is a sport you can do almost **anywhere!** Try it – you'll **LOVE** it!

How fast can you find all of the letters of the alphabet in order?

Standards Link: Reading Comprehension: Follow simple written directions.

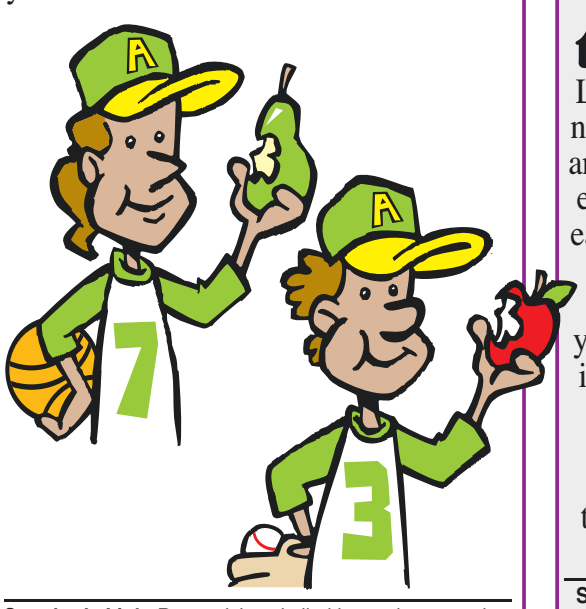
Kid Scoo-doku™

Complete the grid by using all the letters in the word HEART in each vertical and horizontal row. Each letter should only be used once in each row. Some spaces have been filled in for you.

H		A		
E	R			T
A		E		
R			E	
T	E			A

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.

Extra! Extra! 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
G	N	I	L	Z	Z	A	D	S	N
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.

Kid Scoop Vocabulary Builders

This week's word:

RATE

The noun **rate** means the amount of something measured in units.

Jane walked at a **rate** of three miles per hour on her way to school.

Try to use the word **rate** in a sentence today when talking with your friends and family members.

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."

Write On!

Valentine Surprise

Make up a story about a Valentine's surprise. Who was surprised? Use five or more adjectives in your story.