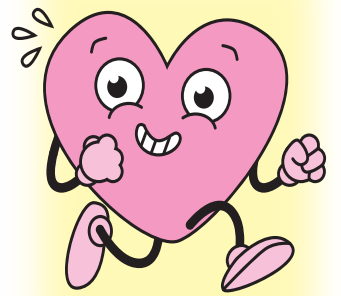
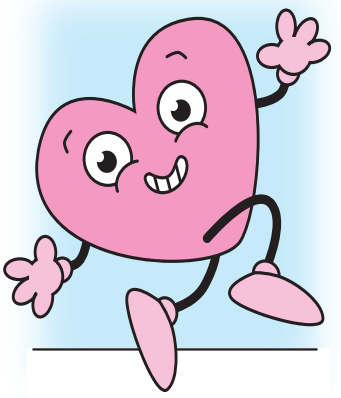


February is Heart Health Month

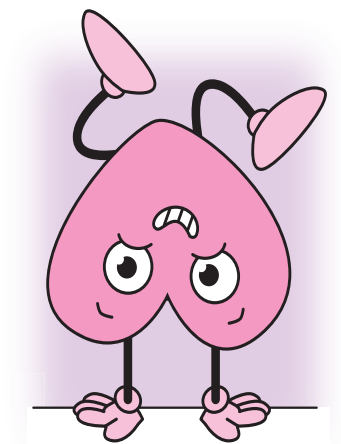
Here's some heart-healthy work outs to try this month! Can you do at least one of these each day for one week?



Run in place for 60 seconds. Rest for 60 seconds. Then run in place for three minutes. Stand very still and place your hand on your chest and feel your heart pumping!



Play your favorite song three times in a row and dance, dance, dance!



Practice cartwheels and hand stands for 5 minutes.

THREE EASY WAYS TO KEEP YOUR HEART HEALTHY

1. Get a good night's sleep.
2. Get at least an hour of physical exercise every day.
3. Don't eat foods that have a lot of sugar, salt or fat.

Kid Scoop VOCABULARY BUILDERS

This week's word: **OBSERVE**
The verb **observe** means to watch something closely.

The scientist was able to **observe** changes in the candy in the glass of water.

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

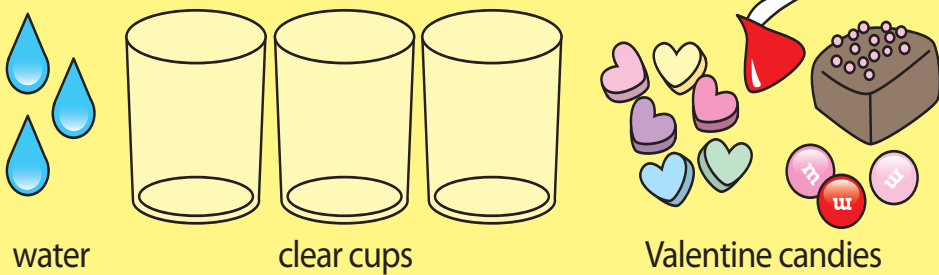
Valentine's Day STEM

There are a lot of candies on Valentine's Day. And, to protect your teeth and health, we suggest using some of them for science experiments!

HOW MANY CANDY HEARTS CAN YOU FIND ON THIS PAGE?

EXPERIMENT WILL IT DISSOLVE?

STUFF YOU'LL NEED:



water clear cups Valentine candies

WHAT TO DO:

1. Get three or four different kinds of Valentine's Day candy and one cup for each kind.
2. Fill each cup halfway with water.
3. Drop a different kind of candy in each cup.
4. Check the candy every 15 minutes to observe how it has changed. Describe with words or pictures how the candies change each 15 minutes.

15 MINUTES:

30 MINUTES:

45 MINUTES:

60 MINUTES:

WHAT YOU ARE OBSERVING IS SOLUBILITY (There's a great science word!) When something dissolves in water, it is called **soluble**. Different things dissolve at different times. And some things don't dissolve at all.

Extra! Extra!

Details! Details!

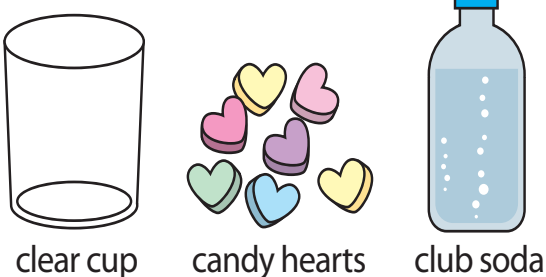
Scientists are good observers. Test your powers of observation with this game for three or more players.

1. Pick a picture or drawing in the newspaper.
2. Players take turns telling a fact or detail about it.
3. When a player can't add a new fact, he or she is out.

Standards Link: Reading Comprehension: Follow written directions.

EXPERIMENT FLOATING HEARTS

STUFF YOU'LL NEED:



clear cup candy hearts club soda

WHAT TO DO:

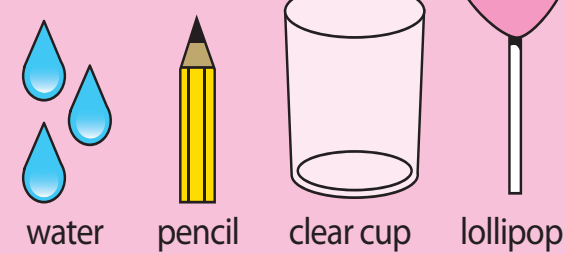
1. Fill the cup with club soda (any clear carbonated soda will work).
2. Drop a few candy hearts into the cup.
3. Do some hearts flip or float? Keep observing.

WHAT'S HAPPENING?

The carbon dioxide soda creates bubbles that form on the hearts. If enough bubbles form, the candy is lifted towards the surface. But as bubbles pop, the candy sinks again until more bubbles form.

EXPERIMENT BENDING LIGHTS AND CANDY

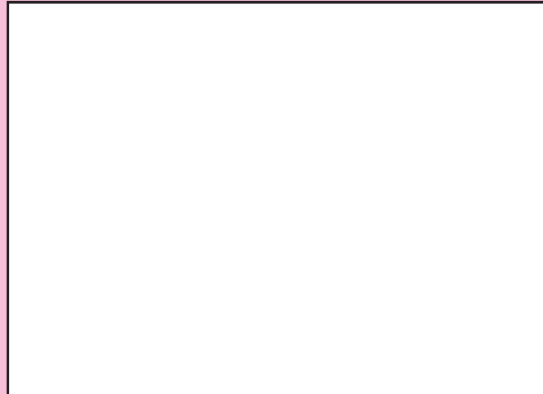
STUFF YOU'LL NEED:



water pencil clear cup lollipop

WHAT TO DO:

1. Place a Valentine's Day lollipop in a clear cup. Draw a picture of the lollipop in the cup here:



2. Add water to fill the cup halfway. Draw a picture of the lollipop in the cup with water here:



What is different between the two pictures?



Why do you think the lollipop looks different in the cup with water?



Hold this paragraph up to a mirror to discover the science behind this experiment!

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pnilovst z2it zi trpil 9rT. y2izn9b tr9297ib 6 to r9rt9ns
929i2. 9rT9 9rT rlpouit 29226q ji n9rt 9ns ,iis 9rT rlpouit
ni 9rT 296r trlpil 9rT ,iis 9rT n9rt 92979b 92979b 9rT 9rT
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Kid Scoop Puzzler

Can you find the two identical pictures?

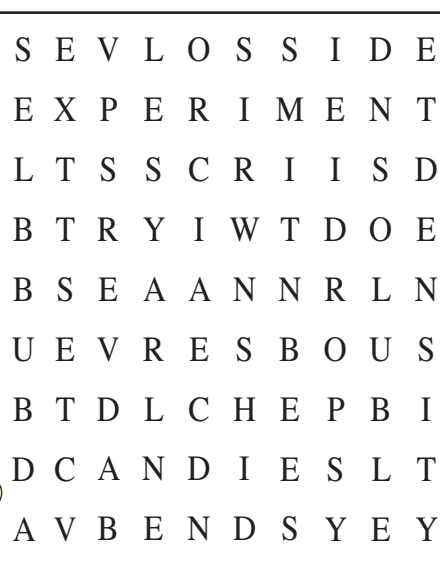


Double Double Word Search

EXPERIMENT VALENTINE

Find the words in the puzzle. Then look for each word in this week's Kid Scoop stories and activities.

- DISSOLVE
- OBSERVE
- SOLUBLE
- BUBBLES
- DENSITY
- CANDIES
- HEART
- BENDS
- DRAW
- RAYS
- DROP
- TEST
- AIR



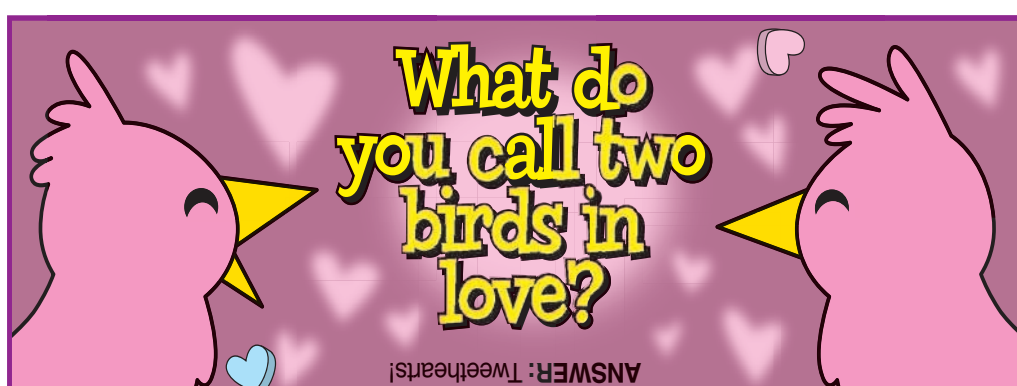
Standards Link: Letter sequencing. Recognized identical words. Skim and scan reading. Recall spelling patterns.

FROM THE Kid Scoop LESSON LIBRARY

Before and After

Find one or more articles that describe a change that has happened or is happening. State the change. What was true before the change? What are the planned and/or unplanned effects of the change?

Standards Link: Investigation: Considering cause and effect.



What do you call two birds in love?

ANSWER: Tweetharts!

Write On!

Silly Science

Come up with five or more silly reasons to explain why blood is red.