

Healthy Heart Tag

- ♥ Cut out the cards below.
- ♥ Give the cards to the person who is "It." When "It" tags someone, that person selects a card and performs the activity for the amount of time stated.
- ♥ After the person completes the activity, they become "It."

HOP IN PLACE for 60 seconds

DO A WILD DANCE for 30 seconds

STAND ON ONE FOOT for 15 seconds

DO JUMPING JACKS for 60 seconds

SKIP AND SING for 60 seconds

DO SIT-UPS for 45 seconds

RUN IN PLACE for 60 seconds

DO PUSH-UPS for 30 seconds

SOMERSAULT for 30 seconds

WALK BACKWARD for 10 seconds

DO CARTWHEELS for 30 seconds

TWIRL YOUR ARMS FAST for 60 seconds

WALK ON ALL FOURS for 30 seconds

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

Kid Scoop VOCABULARY BUILDERS

This week's word: **TREASURE**

The verb **treasure** means to value highly.

Lucas will **treasure** the chance to play basketball.

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

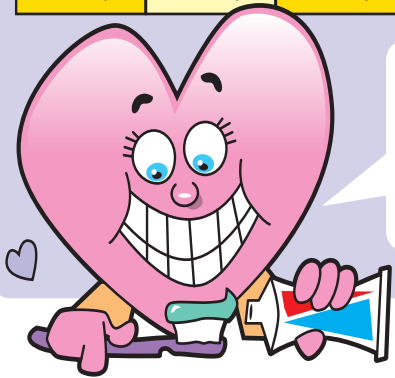
Be Your Own Valentine!

Show yourself the love by taking good care of yourself. Here are some little Valentine's Day gifts to give yourself!

Love Your Teeth

Color in a heart every time you brush your teeth for the next week. Can you color in every heart? That would be a Valentine treat to keep your teeth strong and healthy!

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
♥	♥	♥	♥	♥	♥	♥
♥	♥	♥	♥	♥	♥	♥



Teeth are real sweet But they need your care! You couldn't munch an apple With no teeth there!

Love Your Life

Each night before you go to sleep, write down at least one happy thing that happened that day on a little slip of paper. Keep these slips of paper in a jar and read them whenever you are having a bad day.



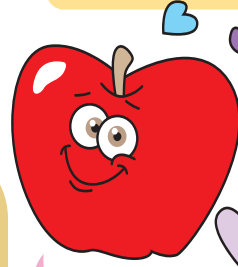
Vegetable Valentines

Fill in the missing vowels to complete these Valentines messages by these healthy foods.

T_g_th_r, we're a r_ally gr__t p__r!

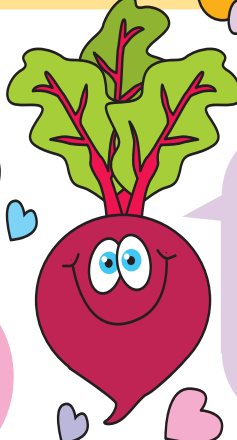


We l__e y__ a wh__le b_nch!



Eating yummy fruits and veggies Helps your body and your mind. Lovely food from the produce section Keeps you feeling really fine!

Y__ are the _ppl_ of my _y_!



My h__rt b__ts just for y__!

How many hearts can you count in three minutes? How many of Cupid's arrows can you find? Have a friend try. Who found the most of each?

Extra! Extra! LOVE YOUR BRAIN

Look for these things in your newspaper or its website:

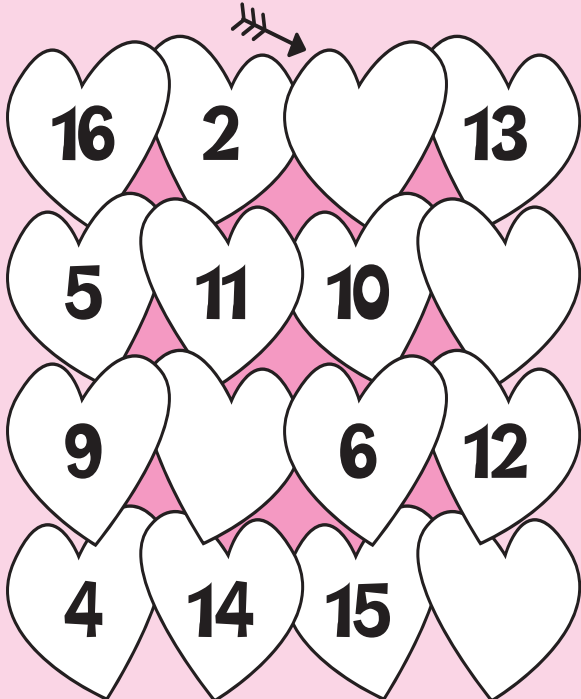
- ♥ A headline with two adjectives
- ♥ A number larger than 1,000
- ♥ A picture with an animal
- ♥ Something that makes you happy
- ♥ Something healthy
- ♥ A word with three syllables
- ♥ Tomorrow's weather forecast

Standards Link: Research: Use the newspaper to locate information.

Kid Scoop Puzzler

LOVE-ly Magic Squares

Every row and every column, plus the two diagonals will add up to same sum if you fill in the four missing numbers correctly.



Standards Link: Math: Compute sums using addition.

Double Double Word Search

VALENTINE
VEGETABLE
IMAGINE
FARMERS
FOREVER
HEALTHY
ACTION
ACTIVE
TEETH
HEART
LOVE
GIVE
PEAR
SKIP

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

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

Standards Link: Letter sequencing. Recognized 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 funny Valentine message to your teacher! Then, make another one for a friend or family member.

Standards Link: Writing Applications: Write summaries of expository text.



What did one coffee cup say to the other coffee cup on Valentine's Day?

ANSWER: I love you a latte.

Write On!

Valentine Surprise

Make up a story about a Valentine's Day surprise. Who was surprised? What was the surprise? Use five or more adjectives.