

# Kid Scoop

THE AWARD-WINNING PRINT & ONLINE FAMILY FEATURE

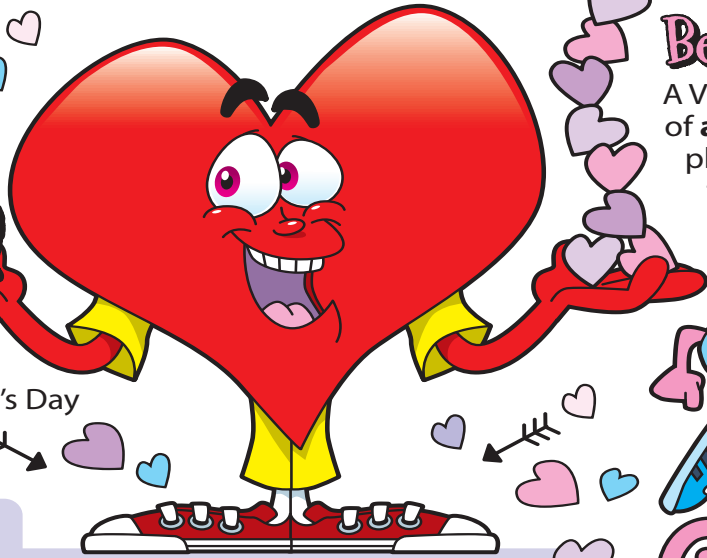


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## Kid Scoop FIT & FUN

### Be Your Own Valentine!

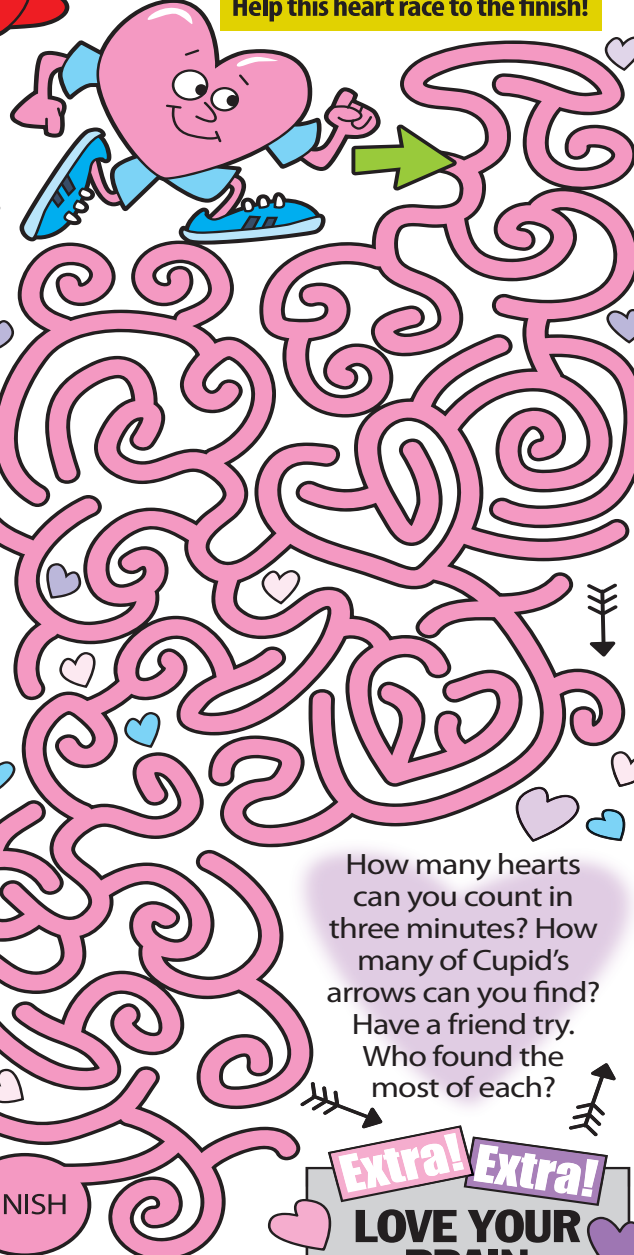
Show yourself the love by taking good care of yourself. Here are some little Valentine's Day gifts to give yourself!



### Be a Hero for Your Heart!

A Valentine your heart will treasure is a gift of **action!** Jump rope, dance, run, skip and play active sports and games. Anything to get your heart beating a bit faster for 20 minutes a day or so.

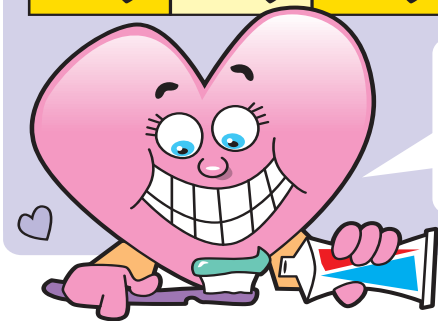
Help this heart race to the finish!



### 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!

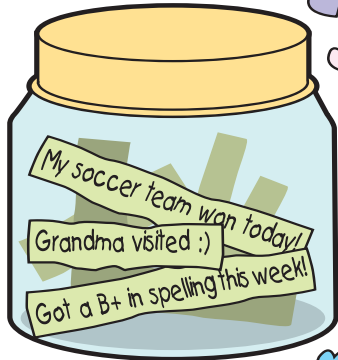
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
♡ ♡	♡ ♡	♡ ♡	♡ ♡	♡ ♡	♡ ♡	♡ ♡



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.

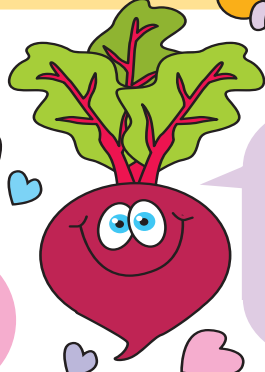
T\_g\_th\_r, we're a r\_\_lly gr\_\_t p\_\_r!



We l\_\_e y\_\_ a wh\_\_le b\_\_nch!



Y\_\_ are the \_\_ppl\_ of my \_\_y\_!



My h\_\_rt b\_\_ts just for y\_\_!

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

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.

### 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 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.

16	2		13
5	11	10	
9		6	12
4	14	15	

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.

### Kid Scoop VOCABULARY BUILDERS

This week's word: **TREASURE**  
The verb **treasure** means to value highly.

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

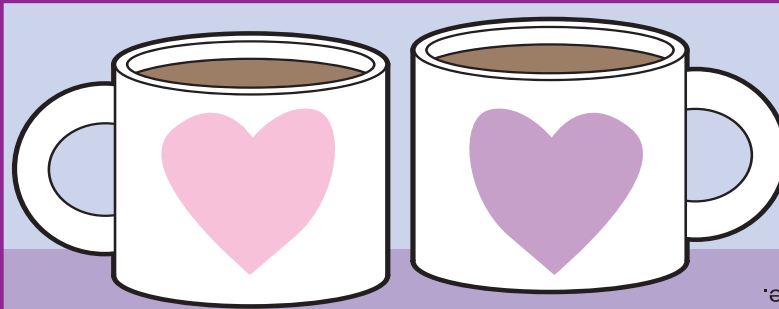
Try to use the word **treasure** in a sentence today when talking with your friends and family today.

### 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.



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