

Are you an eagle-eyed reader? Read the article below and correct the **ten errors** you find. The first one is done for you.

February is the month to fall in love with fitness!

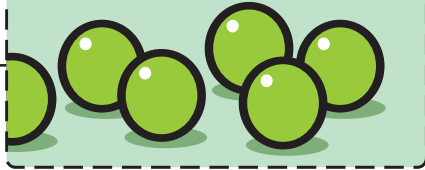
Good 4 You Valentine's Day Cards

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 _ ?

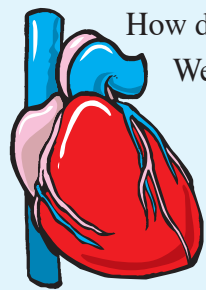


TO: _____
FROM: _____

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











































Love Your Heart and Your Heart Will Love You!



How do you love your heart?

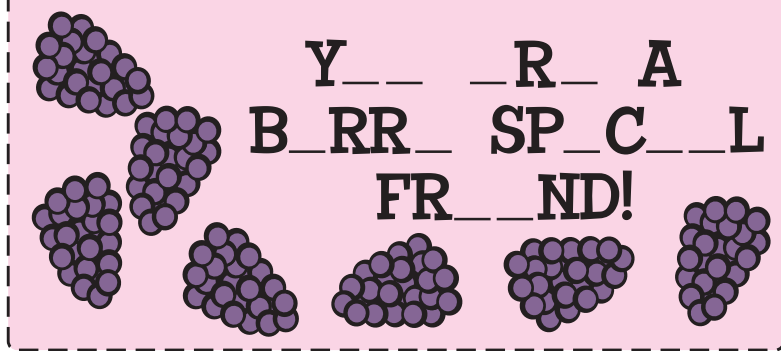
Well, first of all you need to understand that your heart is a muscle. And, like all of your muscles, it works best when you exercise, rest, drink water and eat healthy food.

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

TO: _____
FROM: _____

Y _ _ R _ A
B _ RR _ SP _ C _ L
FR _ ND!



Heart Puzzle

Which two hearts are exactly the same?



Extra! Extra!

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.

Hop on one foot for 30 seconds.	Jump up and down in place for 60 seconds.	Stand on one leg while singing for 45 seconds.	<p>Ad Transformer</p> <p>Look for newspaper ads that encourage kids to eat or drink things that are unhealthy. Rewrite the ad so that it is advertising something <i>good</i> for your health.</p> <p>Standards Link: Health: Students understand essential concepts about nutrition and diet; know healthy eating practices.</p>
Flap your arms like a bird for 30 seconds.	Tiptoe in a circle while quacking for 10 seconds.	Pretend to be a motorcycle for 30 seconds.	
Run in slow-motion for 15 seconds.	Pretend to carry an elephant for 60 seconds.	Do jumping jacks for 20 seconds.	

Standards Link: Reading Comprehension: Understand the meaning of words from context clues.

Kid Scoop-doku™

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

	L		E
	O	L	
	V		
	E		

Kid Scoop Puzzler

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



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.

Kid Scoop VOCABULARY BUILDERS

This week's word: **HEALTH**

The noun **health** means being without sickness or pain.

Exercise and eating right will keep you in good **health**.

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

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."

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 in your story.