



# Happy, Healthy Valentine's Day

Valentine's Day does not need to be all about sugary treats! Enjoy the following activities and recipe with your children as you celebrate this holiday.

## Hop Along a Heart Path

Exercise is so important for young children and a great way for them to build coordination, gross motor skills and so much more! For this experience, cut heart shapes from different colors of construction paper and tape to the floor. Then, turn on upbeat music and have the children move from heart to heart. Younger children, like toddlers, may want to crawl along the path. More advanced children may decide to hop or even walk backward! Randomly stop the music and have each child stand (or sit) on a heart. Verbal children and those who are ready can identify the color of heart on which they are sitting or standing. Keep playing for as long as the children show interest!



## Valentine's Day Dance

Dancing is a wonderful form of exercise! It also teaches children to respect personal space while helping them build gross motor skills. Because dancing is creative, it invites children to share their ideas and feelings through movement. For this experience, you will have each child make his/her own Valentine's Day streamer ahead of time. You will need red or pink crepe paper streamers, Valentine's Day stickers and/or construction paper, child-safe scissors and tape. Cut a

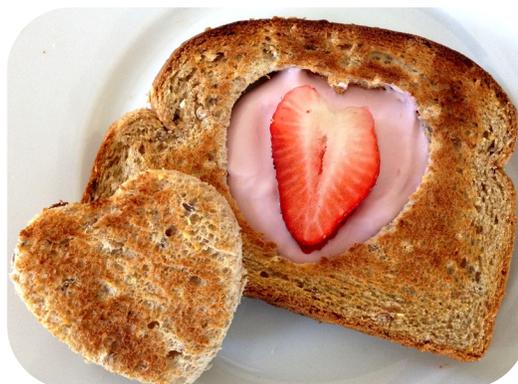
length of crepe paper streamer for each child. Then, invite the children to add stickers, cutout hearts or other items to their streamers. Once finished, turn on upbeat music and invite the children to move their streamers as they dance to the music!

## A Healthy Valentine's Day Treat

This treat is super easy and super fun! Serve for breakfast or snack.

You will need:

- ♥ Whole grain bread
- ♥ Strawberry yogurt
- ♥ Strawberries
- ♥ Heart-shaped cookie cutter



Toast the bread and then cut out the center using a heart-shaped cookie cutter. Put the toast on a plate and fill the heart-shaped hole with strawberry yogurt. Add a strawberry (sliced lengthwise). Enjoy!

Activities provided courtesy of Gee Whiz Education,  
the digital curriculum for early childhood educators.

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