

# HEART HEALTHY ACTIVITIES

The month of February is National Heart Month. Below are some fun activities that use heart shapes and will get children's hearts pumping!

**MUSICAL HEARTS-** In this activity, you will need to cut out heart shapes of various colors. Each color will have a designated activity such as jumping jacks, hopping on one foot or dancing for a desired amount of time. Play the game like you would musical chairs but instead you will use hearts that are taped to the ground or chair. Once the music stops instruct the children on what activity they need to do.

**SUGGESTION:** Using foam sheets will make the hearts sturdier and multifunctional.

**HEART HUNT-** In this activity, cut out various sized hearts and hide them around the room or outside. Give each child a paper sack or bag, and instruct them to collect as many hearts as possible. Increase the level of difficulty by having them search for one particular color or for a certain number of hearts.

**SUGGESTION:** Make sure to write down how many hearts you hide so that you don't forget one.

**BALANCE ON THE HEART-** In this activity, use tape to make a heart outline on the floor of the room. Be sure to make the heart large enough for multiple children or have other heart outlines placed throughout the room. Advise the children to walk along the tape by placing one foot in front of the other without stepping off the tape.

**SUGGESTION:** Painter's tape or masking tape is recommended. Making various sized hearts and other Valentine-related shapes will give them a variety that will help improve their balance.

FOR MORE INFORMATION ON THIS AND OTHER ACTIVITIES FOR YOUR EARLY CHILDHOOD CLASSROOM, CHECK OUT THE [@BEST CARE CONNECTED PINTEREST PAGE.](#)

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