

Shape Your Future

VALENTINE'S DAY CLASSROOM ACTIVITIES

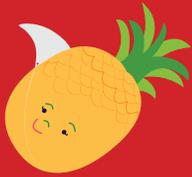
It's no secret... your students will admire these fun ideas.

Physical activity is dear to the heart — and kids need 60 minutes of it every day! Help your class show their health a little love with these fun classroom activities. Try them during your Valentine's Day party or any time you want to get moving!



Hug Yourself

Start the day with a quick warm-up stretch! Spread out with your students and have everyone stretch their arms straight out to their sides. Then, give yourself a big hug, with your right arm over your left. Bring your arms back out and repeat, but this time with your left arm over your right. Repeat for 30 seconds.



Animal Game

Tell your students to think of their favorite animal. Then, allow each student to come to the front of the class and act like the animal, mimicking how it moves. The rest of the class will then try to guess the animal. To make it even more challenging, add rules like “no making sounds” or “no repeats!”



Heart-Healthy Bag Toss

Draw a 3x3 grid on a large sheet of poster board. In each square, write a different exercise, like sit-ups, jumping jacks, jog in place, etc. (You can even glue pictures of the exercises to the squares too!) Then, make a small set of heart-shaped cards with number values written on them, like 20 seconds, 30 seconds or a minute.

Lay the board on the floor, then have students take turns drawing a card and tossing a beanbag onto the board from a few feet away. Wherever the bag lands, have the class do the activity in that square. Whatever card they draw will be the length of time they do it!

Having snacks for your holiday party? Be sure to include nutritious fruits and veggies! Find fun Valentine's Day snack ideas at ShapeYourFutureOK.com.

Eat better. Move more. Be tobacco free.

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