

FEBRUARY



Get Moving Today!

ACTIVITY CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Celebrate Heart Healthy this month! Everything we do this month will help your heart be healthy. Put your hand on your heart after every physical activity.</p>	<p>Start today with jumping jacks. Is your heart beating faster?</p> 	<p>Silly walking around the house – walk all around your house acting out different emotions – can you walk happy, sad, shy, angry?</p>	<p>Ask others in your family to pretend to be in a parade with you. Each of you can imagine that you are playing a different instrument as you march in a line.</p>	<p>Play the “Mirror Game”. Face your parent/caregiver and copy what they do with their bodies as if you were looking into a mirror.</p>	<p>Explore Speed – move fast, then really slow, and now in between. Which one makes your heart go faster?</p>	<p>Time to get outside and take a Nature Walk around your house or neighborhood. Make sure to go with a grown up.</p>
<p>Turn on some music and try to run in place for one song. Feel your heart when the song is over. Now lay down for one song. Feel your heart again.</p>	<p>Act out the foods that make your heart healthy. Be a tiny blueberry, a curvy banana, and a swimming fish.</p>	<p>Move like things around the house. Can you be a blender? Now be the washing machine. How about a vacuum? What does this do to your heart?</p>	<p>Read a book with someone and act out the words.</p> 	<p>Pretend you are floating through the air like a bubble. Your job is to move all through your house without being popped. Try to get really close to things without touching them.</p>	<p>Ask someone to help you make paper airplanes and then work on your throwing skills. Remember to step with the opposite foot.</p>	<p>Make a circle on the floor with a string and practice moving into, out of, around, over and beside. Make a different shape with your string.</p>
<p>Time for a winter rock party. Turn on the music and dance until you feel your heart beating really fast.</p>	<p>Twist, turn, bounce, and bend - try doing each of these movements with different parts of your body. Can you think of other ways to move?</p>	<p>Give away five hugs to make your heart happy and healthy today!</p>	<p>Be a clean machine! Dust – reach high, low, over and under as you work your muscles.</p>	<p>Visit every doorway in your home and when you get there try to do a different balance. Balance on one hand and two feet, or one knee and two hands. How long can you hold each one?</p>	<p>Run like a bear with your hands on paper plates and your feet on the ground. Push the plates through different pathways.</p>	<p>Spread out wash cloths and move across the floor stepping only on the wash cloths. Try not to touch the floor.</p>
<p>Visit every window in your home, and when you get there try to jump as high as you can as you reach and stretch.</p> 	<p>Yoga Zoo Animals – put your body into different animal shapes. Stretch and reach and hold the shape as you remember to breathe.</p>	<p>Make your heart healthy today! Lie down and feel your heart then get up and run in place and feel your heart. What happened?</p>	<p>Get outside and work on your jumping skills. Find a rope and lay it on the ground – practice jumping back and forth over it as you sing your favorite song.</p>	<p>Body Ball Roll – using a ball, such as a beach ball, work on rolling the ball around your body. Stand up, sit down, kneel or lay down. Go around the whole body and different body parts.</p>	<p>Place a sheet of newspaper on your tummy – try to run without it falling off.</p> 	<p>Wad up balls of newspaper and see how far you can throw them. Remember to step with the opposite foot as you throw. What does this do to your heart?</p>
<p>Using the newspaper balls from yesterday – hold them between your knees and take them to the other end of the room.</p>	<p>Play Add-On. Take turns doing one simple movement, such as bending your head forward and backwards. As you do a new movement, repeat the movements that have already been done.</p>	<p>Play catch with someone with a rolled up t-shirt. Can you toss it up and catch it on different body parts?</p>	<p>Sweep the floor, working your reaching and pulling and pushing motions.</p> 	<p>Using a laundry basket and recycled paper, make a bunch of paper balls and practice throwing into the basket from different distances.</p>	<p>Get outside and work on the idea of BIG and small. Can you take big steps and small steps, big jumps and small jumps?</p>	<p>Read through each day again and repeat your favorite February activity. Enjoy!</p>