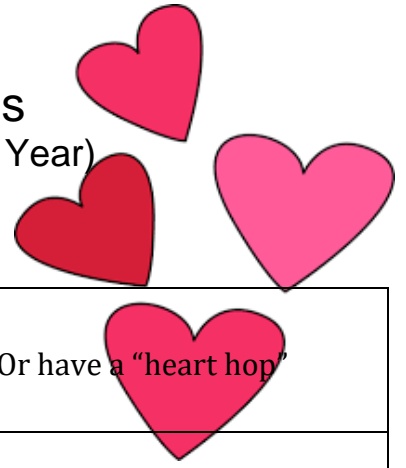


February Class Party Activities

(Valentine's Day, 100 Days, Chinese New Year)



ACTIVE GAMES

Heart Healthy

Walk 100 steps around the school. Or do 10 repetitions of 10 exercises. Or have a "heart hop" dance party. Learn to measure heart rate before and after exercise.

Valentine's Exer-Cards

Each student makes a Valentine with an exercise on it (text and picture), then swap cards.

Funny Valentine

In two lines/teams, one team

Who's Your Valentine Musical Chairs

Set chairs in a circle (enough for each student). One student is asked "Who's Your Valentine" and responds, "My Valentine is ____ (wearing red, likes to read, has a sister etc). All students who match the descriptor must switch chairs.

Steal My Heart

Instead of Capture the Flag game (requires a large field)

Musical Hearts

On large paper/foam hearts, write different exercises. Place hearts in a large circle on the floor. Students stand around hearts, and when music stops, they do exercise on heart in front of them.

Broken Heart

Cut hearts in half with jagged edges, each heart with a different cut. Students must find the match to their broken heart.

Cupid Says

Simon Says but the leader must say "Cupid Says"

Scavenger Hunt

Spell out Valentine words (heart, flower, love, Valentine etc) on paper hearts. Hide hearts around the classroom/playground. Students run around to gather letters and figure out what they spell.



ART, SONG, & SENSORY ACTIVITIES

Dissect a flower

Learn the parts of a flower as students remove them and glue onto construction paper. Laminate the paper for a take-home gift.

Human Heart Lesson

Listen to each other's hearts through a cardboard tube.

Be Mine Valen-Slime

Make slime: 1 bottle of white glue, 1.5 tsp baking soda, 1.5 tsp contact lens solution (with boric acid in ingredients). Optional: food coloring or tempura paint, scents, glitter. In bowl, pour glue, add baking soda and mix. Add any color/scent/glitter. Add contact lens solution and mix until it pulls away from bowl. Knead with hands for desired consistency. Makes enough for 2-3 students.

Painting with Flowers

Dip flower heads in paint and get creative!

Teacher Heart-Attack

All students write down what they like about their teacher on a heart, then give all the hearts to teacher (or post them on door etc)

Fizzing Hearts

With baking soda, vinegar, red coloring, and glue. Use a baking tray to contain the mess. On paper, draw the outline of a heart with glue and sprinkle well with baking soda. Allow to dry is possible (makes more fizz). Add food coloring to vinegar. With a dropper or teaspoon, add the solution to the middle of your heart and watch it fizz!

Chinese New Year

Make a fan. Serve tea. Practice with chopsticks.



A Note of Kindness

With all students names in a jar, each student picks a name and writes a note of kindness. Post them on the wall.

BEST FOR OLDER KIDS (GRADE 4+)

Love-Song Guessing Game

Play well-known love songs and see if students can name that tune.

Famous Couples

Write the names of famous couples (cartoons, celebrities, historical figures etc) and tape one name to each student's back. Students help each other find their match.

Valentine Pictionary

Pictionary with Valentine-themed words

Cupid vs Human Heart

On large paper, draw a heart shape and a human heart. Discuss differences. Give students labels for each ("flowers, red, like, love" vs "blood flow, life, rhythm") and take turns labeling the hearts. Discuss the social-emotional cross-over of the hearts.

Circulatory System Relay

https://www.educationworld.com/a_lesson/01-1/lp222_05.shtml

