

# VALENTINE CELEBRATION IDEAS

Traditionally Valentine celebrations are focused around sweet treats. To support the healthy habits of your school, celebrate this year with a Healthy Heart celebration. This is a way for the kids to have fun and also learn more about health with February being National Heart Month.

**HAVE THE CELEBRATION FOCUS ON WHAT OUR HEARTS NEED TO STAY HEALTHY THROUGH DIFFERENT ACTIVITIES OR CENTERS. IDEAS COULD INCLUDE:**

- Hearts need physical activity
- Hearts need friends
- Hearts need hobbies and activities
- Hearts need service
- Hearts need laughter and fun
- Hearts need healthy foods



## PHYSICAL ACTIVITY

### KEEP YOUR HEART PUMPING

Take a box of Valentine's Day cards and write an exercise on the back of each card (5 jumping jacks, 10 hops in place) before presenting them to each child. Have the students perform the exercise and then let them "give" that Valentine to one of their friends.

### BEAN BAG TOSS GAME

Make a heart healthy exercise game board (with things like jumping jacks, sit ups, running in place, toe touches). Make game cards out of red paper with numbers on them to let the child know how many of the exercise they will do. Have children throw a bean bag to determine which exercise they will do and then choose a card with the number of times.

### SPINNERCISE

Create a spinner with various exercises. Have the child spin to figure out which exercise they will do.



### TWISTER HEART BEATS

Take the kids outside or to the gym and teach them how to measure their heart rates. Have them take measurements while they're at rest, after they do some jumping jacks and then after sprinting.

### HEART BEAT

#### MATERIALS:

- Heart for each child with instruction written on one side

#### INSTRUCTIONS MIGHT INCLUDE:

- Hop like a bunny
- Walk like a crab
- Bear walk
- Skip
- Walk backwards, etc.

#### INSTRUCTIONS:

Children divide into two teams. Put the hearts at the end of the room in two piles. On your mark the first child on each team runs to the pile, takes a heart and does what the heart says, while returning to their team, then sits down. The next team member then runs to the pile...etc. The first team to be sitting down wins.

### HEART STOMP

#### MATERIALS:

- Large laminated red hearts, taped to the floor, one for each child
- Love songs

#### INSTRUCTIONS:

Every child begins by standing on a heart that has been taped to the floor. Start the music and have the children walk around the room. When the music stops they need to stand on a heart or they're out. Remove one heart after each musical segment.

### HEART RELAY

#### MATERIALS:

- 2 Large construction paper hearts per team

#### INSTRUCTIONS:

Divide children into teams. The first person of a team takes the 2 hearts and lays one of the hearts out on the floor. The child steps on the first heart and then places the second heart in front of them. The child steps on the second heart, reaches back and picks up the first heart and then places that heart in front of them. Continue to the end of the course and then run back and tag the next team member. Variation: Divide the teams in half and have the person walk on hearts to the other side.

## WHO DO I LOVE?

Looking for large-group kids' party games for Valentine's Day? A game called "Who Do You Love?" is a fun way to get everyone moving. There are no winners or losers or restrictions on how many people can play.

**DIFFICULTY:** Easy

**TIME REQUIRED:** 5 minutes to an hour, depending on how much fun everyone's having

### INSTRUCTIONS:

1. Arrange the chairs in a circle so that the seats are facing inside.
2. The player who is "it" stands in the center of the circle, and the other kids sit in the chairs facing her. The "it" approaches one of the seated children and says, "Who do you love?" The player who is approached must come up with an answer, such as "I love everyone wearing pink" or "I love everyone who has a dog," and then anyone wearing pink or who has a pet dog must stand up and scramble to find a new seat.
3. Players cannot shift to the seat next to them, should it become vacant. They must move at least two chairs away from their original spot. In the meantime, "it" should try to sit down in one of the vacant chairs.
4. Once everyone finds a spot, the one player left standing becomes the new "it" and must then approach a seated player and ask, "Who do you love?"
5. There's no definitive end to the game and no winner. Repeat it as long as the children are having fun.

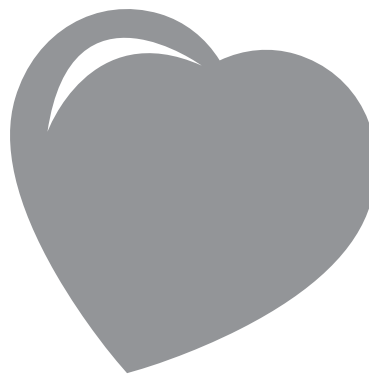
### TIPS:

1. As you explain the instructions, be sure to tell the kids that pushing and shoving or pulling players out of their chairs isn't allowed.
2. Use sturdy chairs and not ones that fold.

## HUGS & KISSES

### INSTRUCTIONS:

1. Pick one child to be the leader. For young children, you may need an adult leader.
2. Have the remaining players stand alongside each other, facing the leader.
3. When the leader says "Hugs," the players are to make a circle with their arms above their heads.
4. When the leader says "Kisses," the players should make an "X" with their arms up and out and their legs spread shoulder-width apart. If the leader says any other phrase, the players should not move.
5. The leader should start the game by saying "Hugs" or "Kisses," and continue shouting out the words in varying order, trying to confuse the guests. The leader may also say other things to try and get the players to move. For instance, the leader may throw in a "Jump" or "Hop" every so often.
6. If a player makes the wrong sign or moves when he/she should not, that player is out. Play continues until only one player remains. That player is the winner, as well as the leader for the next round if you wish to play multiple rounds.



## COOTIES

Cooties is close to a mix between 4 square and dodge ball. It is made to be played in a gym or a large space where you can have 4 same sized areas that form a large square or rectangle. If you are not fond of the game's name feel free to change it!

### MATERIALS:

- 4 teams—One for each section
- 1 paper plate (cootie) per person
- A defined out of bounds line
- Stop watch or timer to have random stops in game play

### INSTRUCTIONS:

Divide the group into 4 teams, you can have mixed teams or teams of girls and boys. Label cups or hats team 1, 2, 3 and 4 and have each member of each team put their name on a piece of paper fold it up and place it in their team cup or hat.

Give each player 1 paper plate / aka a "cootie" and have them go to their team square / area.

When the game starts players are to toss the Cooties (red plates) into another team's square area without having their plate go out of bounds.

If a plate lands outside the playing area it is lost for that game.

Players continue to scramble and toss the Cooties into other squares until the whistle or timer goes off. When the timer goes off the Team in the Square with the most Cooties (plates) loses a player.

After it is determined which team loses a player, reach into that team's cup / hat and randomly select a piece of paper with a player's name on it. That player is then out of the game.

Once the player is eliminated the game resumes until the whistle / timer goes off eliminating another player.

When a square gets down to one player on the team, if that square ends up with the most Cooties then the player and all the Cooties are removed from the game. That now becomes an out of bounds area and any plates that land in that area are out of play.

The last square to have players in the game wins.

## FRIENDS

### FRIENDSHIP NOTES

Have children create cards for each of their classmates. Have each child create an envelope or shoe box for their cards.

### SCAVENGER HUNT

Create a grid and fill in each square with different things children have in common (e.g. Has read a Harry Potter book, Likes to dance, Is wearing red). Have students hunt for friends to sign what they have done.

### FRIEND GRAMS

Replace candy grams with things such as: flower gram or signing greeting cards (works as a great alternate fundraiser as well)



## HOBBIES/ACTIVITIES

### KEY CHAINS

Make an I ♥ \_\_\_\_\_ key chain. Use letter beads for students to make the key chain with their favorite hobby or activity (soccer, dolls, friends, etc).

### PAPERBAG PUPPETS

Make Valentine's Day paperbag puppets. Substitute small hearts for noses and eyes to give the puppet a holiday look. You can use heart shaped stickers on the puppets too.

### VALENTINE SPINNERS

(coupon book)

One of the most popular Valentine crafts is to make a coupon book where kids can cash in tickets for special time with their parents. Why not turn that concept into a game by making a spinner full of family activities?

Students can make these spinners at school and then present them to their parents on Valentine's Day or make them at home with mom or dad at their side.

#### INSTRUCTIONS:

1. Gather Your Supplies
2. The Hardware
3. Print the Spinner Wheel Template
4. Cut the Cardboard
5. Glue the Arrow
6. Fill in the Pie Pieces
7. Glue the Wheel to the Cardboard Step
8. Drill a Hole in the Spinner
9. Insert the Grommet
10. Layer the Hardware
11. Start Spinning!

## SERVICE

### CLASS SERVICE PROJECT

Work together as a class to complete a service project for a local nursing home, shelter, hospital, etc.

### CARE PACKAGES

Consider making care packages for troops serving overseas, lost pets at an animal shelter, homeless children or another group in need of love and compassion.

### TEACHER NOTES

Have students write notes to the teacher about why they appreciate them and place in a jar on the desk for the teacher to take one out when needed.

### LOCAL EXPERTS

Consider inviting an expert from your community to the classroom, whether it's a poet who teaches the kids to write a love poem, a barbershop quartet that teaches them some old-fashioned serenades, an artist who helps them paint a romantic picture or a scientist who leads them through the dissection of a pig's heart.



## LAUGHTER AND FUN

### VALENTINES STORY

This activity can be played with just two children or a classroom full of kids. It might be especially appealing to kids who aren't confident in their writing or story-telling skills, since each participant only adds three to five words to the tale at a time. Although this game is intended for children in the upper elementary grades, it can be done with adult assistance with kids as young as 3 or 4.

**DIFFICULTY:** Average

**TIME REQUIRED:** 10–45 minutes

#### INSTRUCTIONS:

1. Hang a roll of receipt paper on the wall of your classroom or home. Unravel it so several yards of paper are pinned to the wall.
2. Write the following words on the far left side of the receipt paper: "Once upon a time, there were" and then hand each child a pen or pencil.
3. One at a time, the kids must add to the story but they can only contribute three to five words at a time. For example, the story might read: Once upon a time there were ... two dogs named Max and ... Sarah, who lived next door ... to each other. ... Max and ... Sarah were best friends. ... They grew up chasing squirrels ... fetching sticks together. ... One day, Max's owner said, ...
4. The activity ends either after each child has had a turn or when a designated amount of time expires.
5. Once the story is complete, read it aloud to the group.

#### TIPS:

1. You can either set this up so the children come up to the paper roll one at a time while the rest of the class is working on another activity, or you can keep the group together at the paper roll so that they watch as the story evolves.
2. After reading the story, you could have the children draw a picture that represents one scene from it.

3. This project could also be done in smaller groups, with four or so children creating one story on their own receipt roll. Then, read all the stories the kids create once the groups have finished.

4. In the spirit of Valentine's Day, require or encourage the students to include a bit of romance in their tale.

### MATCHMAKER GAME

Looking for fun kids' party games for Valentine's Day? If you have a large group of children, play this game of Matchmaker, where the players must ask clues to figure out their identities and then find their mates.

**DIFFICULTY:** Average

**TIME REQUIRED:** 20 minutes

#### INSTRUCTIONS:

1. Write the names of famous couples and friends on strips of paper. There should be one name on each strip, not both members of the couple on one strip.
2. Here are some suggested names: Santa and Mrs. Claus; Mickey Mouse and Minnie Mouse; Fred and Wilma Flintstone; Batman and Catwoman; Little Red Riding Hood and the Big Bad Wolf; Aladdin and Jasmine; Hansel and Gretel; Peter Pan and Tinker Bell; Betty and Barney Rubble; King Kong and Ann Darrow; Frankenstein and the Bride of Frankenstein; Robin Hood and Maid Marian; Cinderella and Prince Charming; Shrek and Fiona; Shrek and Donkey; Lady and the Tramp; Michelle and Barack Obama; Cleopatra and Mark Antony; Romeo and Juliet; Dora and Boots; Pinocchio and Gepetto; Goldilocks and Baby Bear.
3. Tape one strip on each player's back, making sure they don't see the name of their character. Once all the children have names on their backs, have the players mingle in the room.
4. Players should look at the names on each other's backs and then answer questions for one another about their characters. A player can ask for clues that might lead to their character's

identity, but they cannot provide the information to another player without being asked. For example, a player with the name Shrek on his back might ask, "Am I a character from a movie or a book? Am I a nice character or am I mean?" Other players should answer the questions, but they can't just walk up to the player with the name Shrek on his back and say, "You're green. You're a cartoon character from a movie. Your sidekick is a donkey."

5. As players figure out their own identities, they must then find their mate. So, continuing with that example, Shrek would find Fiona and the two would stop mingling and raise their hands to indicate that they're done.
6. The first couple to correctly identify themselves and find each other wins. Or, if you don't want to crown a winner, simply hand each team a prize after they've found each other.

#### TIPS:

1. Know your audience. For young children, skip some of the more sophisticated couples like Romeo and Juliet and Cleopatra and Marc Antony.
2. Likewise, young players might benefit from a printed picture of the character along with the name on the strips that are taped to players' backs. They might have seen the movie Shrek but can't think of answers to the other player's questions unless they're looking at a picture of Shrek's green, grinning mug.



## VALENTINE Pictionary

Pictionary is a fun kids' party game, and you can adapt it to fit a party theme or holiday, like Valentine's Day. It's also a very flexible game, since you can play it with a small group of kids or an entire classroom.

**DIFFICULTY:** Average

**TIME REQUIRED:** 20–45 minutes, depending on the size of the group

### INSTRUCTIONS:

1. Divide the partygoers into teams of three to five. You will need an even number of teams, so if there are nine children at a party, divide them into a team of four and a team of five instead of three teams of three.
2. Likewise, if you have a group of 20 students divide them into four teams of five and run two separate competitions. Otherwise, children's voices will drown each other out and some kids might become disengaged.
3. Write or print out Valentine's Day-related words or phrases onto paper, cut each word or phrase onto a small strip and place the strips in a bowl.
4. For young children, consider using these words and phrases: heart; love letter; candy; box of chocolates; roses; balloons; broken heart; friend; sweet; flowers; pink; red; chocolate; honey
5. For older children, consider using the words above plus these words and phrases: Cupid's arrow; Valentine's Day card; heartache; blow me a kiss; conversation hearts; a dozen roses; romance; be mine; sweetheart
6. Fold the strips of paper in half and place them in a bowl near the drawing pad. Have each team take turns sending one player to the drawing pad. The player pulls a strip of paper from the bowl without looking and then has to draw a picture of the word or phrase as his teammates try to guess what it is. The player can encourage his teammates with hand and face gestures if they're on the right track (or discourage them if they're on the wrong track), but he cannot talk.

7. Players can draw a series of lines to show how many words are in the phrase. Set a timer, giving the player 1 minute to finish. If his team members guess correctly, they earn one point. If they don't come up with the right answer before the time is up, the other team can guess and earn a point if they're correct.
8. Then, it's the other team's turn to send a player to the drawing pad.
9. After each team has had an even number of turns and all the players have had a chance at the drawing pad (if there isn't an even number of players on each side, some players might have to draw twice), the game is over. The team that has earned the most points wins.

### TIPS:

1. When explaining the directions, tell the children not to yell their answers. As kids become excited and competitive, the volume level can easily go up, making it difficult for the child who is drawing to hear all the teammates' guesses.
2. Arrange the chairs or desks in a circle or cluster around the drawing pads so everyone can see and participate.
3. It might be fun for each team to come up with its own name, like the Red Hot Hearts versus the Sweetie Pies.

## BLINDED BY LOVE

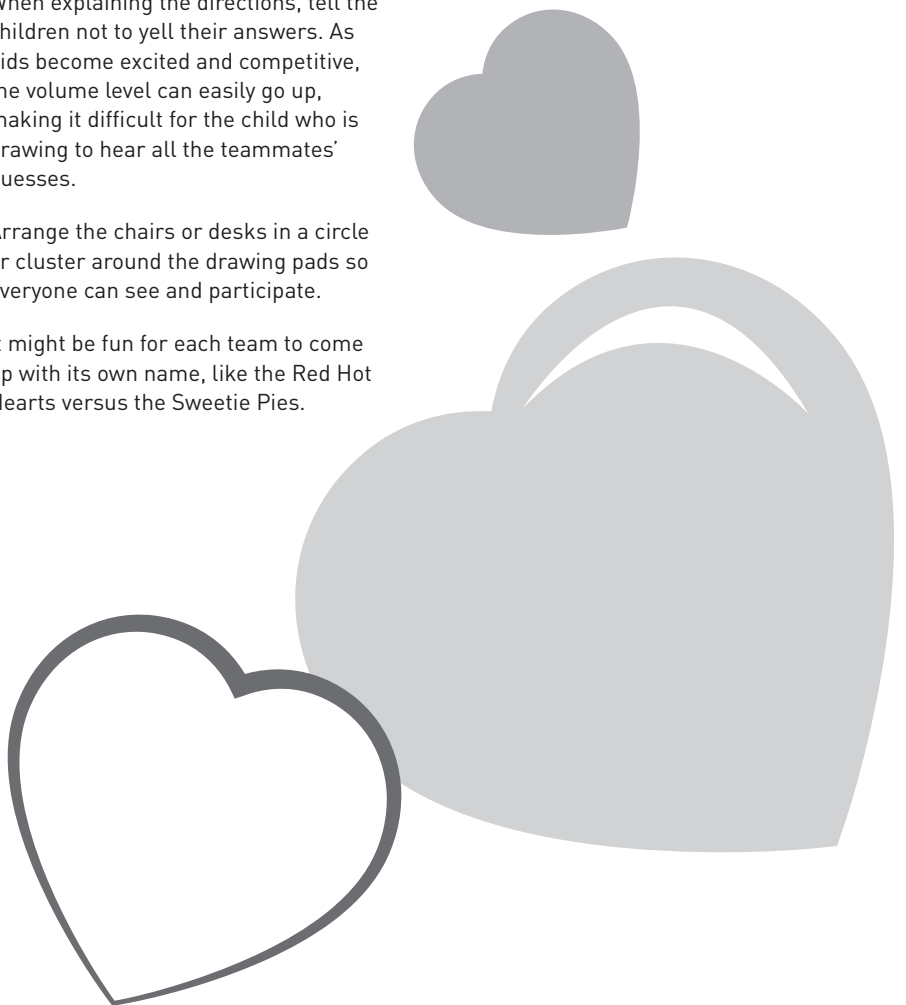
Have three or four children go up to the chalkboard at once.

Blindfold each child, and hand each a piece of chalk.

Ask each child to draw a heart on the chalkboard.

The children will have fun laughing with each other when they see the silly shapes they've actually drawn.

Note: If no chalkboard is available, you can hang butcher paper or large art paper on a wall, or lay the paper on the floor. You can also have the children draw with chalk on a blacktop outdoors



## STOP IN THE NAME OF LOVE

Cut a 6"–10" wide heart from the construction paper.

### INSTRUCTIONS:

1. Ask the players to sit in a circle on the floor.
2. Place an adult near a radio or CD player so that he/she can start and stop the music periodically.
3. Hand one player the heart and start the music.
4. While the music plays, the children pass the heart around the circle.
5. When the music stops, whoever has the heart is out. Play continues until only one player is left and is declared the winner.

For younger children: Award a small prize (a sticker or pencil) to the child holding the heart when the music stops. The adult controlling the music should ensure that each child wins a small prize.

## LOVE LETTERS

Ahead of time, contact each child's parents and ask them to write a love letter to their kids and include a photo of them as a baby. Tell the parents to keep it a secret and then reveal the letters to the kids during the Valentine's party. After the giggling subsides, have the kids write a love letter back to their folks. Tip: This could be a good activity at the end of a unit on how to write and address letters.

## VALENTINE CHARADES

Before the party write some appropriate phrases, book titles, Song Titles and famous love stories (movies). Place the slips of paper into an empty heart box.

Divide the players into teams and have them play facing each other. Each player will draw a slip of paper from the heart box an in turn act out their song, book, title etc. for their respective team.

## HEART HUNT

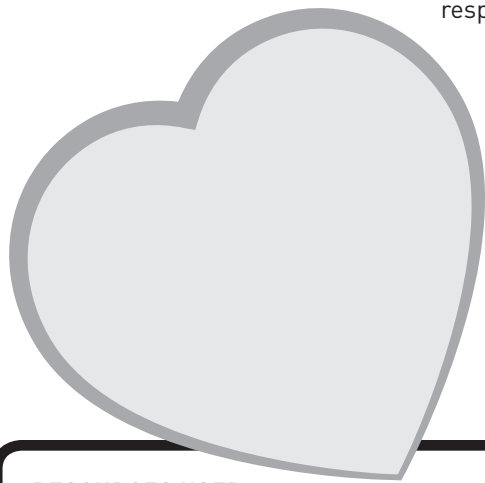
Cut out of red, white, blue, yellow and green paper hearts of all shapes and sizes, then cut each heart into four pieces and scatter these all over the room, on the floor, chairs, tables, behind pictures, etc.

Allow a certain length of time for the hunt, and when all the pieces have been collected, request each guest to put his pieces together and see how many whole hearts of the same color he has collected.

- White hearts count 1
- Blue hearts count 2
- Yellow hearts count 3
- Green hearts count 4
- Red hearts count 5

## WORD'S WORTH

In this game, you try to see how many words one can make with the letters in the words "Valentine's Day".



### RESOURCES USED:

- <http://blog.superhealthykids.com>
- Read more: How to Have a Healthy Heart Valentine's Day Party in the Classroom | eHow.com [http://www.ehow.com/how\\_2178198\\_heart-valentines-day-party-classroom.html#ixzz1ABS81ukd](http://www.ehow.com/how_2178198_heart-valentines-day-party-classroom.html#ixzz1ABS81ukd)
- [www.purpletrail.com](http://www.purpletrail.com)
- [www.apples4theteacher.com](http://www.apples4theteacher.com)
- [www.birthdayinabox.com](http://www.birthdayinabox.com)
- <http://kidsparties.about.com>
- [www.associatedcontent.com](http://www.associatedcontent.com)
- [www.partygameideas.com](http://www.partygameideas.com)
- [www.holidays.kaboose.com](http://www.holidays.kaboose.com)

