**Show Your Heart Some Love**

Monthly Campaign Announcements:

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| Day 1 | This month we will be working on giving our heart some love by learning about what makes our heart healthy. There will be many chances to celebrate our hearts because Valentine's Day is this month, February is Heart and Stroke awareness month, and Winter Walk Day happens this month. February is a great month to show your heart some love! Note: Find out what date Winter Walk Day is in Alberta and add it to the announcement. |
| Day 2 | This month, let's work on showing our hearts some love. Did you know that your hearts feel better when you do physical activity, eat healthy foods, and reduce your stress? Yep, those three things make your hearts feel really good. This month you will learn lots of tips on how to do that!  |
| Day 3 | Today, we start with a True or False question. True or False: Physical activity helps you cope with stress and improves your heart health. What do you think, is it true or false? Answer: True! Physical activity helps release stress from your mind and body. Stay active and keep moving and playing with your friends! |
| Day 4 | Aerobic exercise makes your heart stronger. Aerobic activities are things like walking, running, biking, and swimming. They make you breathe faster and make your heart beat faster. Show your heart some love and try an aerobic activity at recess. |
| Day 5 | Yesterday we learned about aerobic exercise and how it makes us feel. Did you know these fun activities can help prevent chronic diseases such as type 2 diabetes and heart attacks later in life? Just another reason why it is important to show your heart some love. |
| Day 6 | Let's take a minute to make our hearts work hard by doing 10 jumping jacks. Stand up quietly, push in your chair, and give yourself some room. Ready? 1, 2, 3, 4, 5, 6, 7, 8, 9, 10! Place your index and middle finger on your neck just under your chin. You should feel your heart beating. That is your pulse. Ask your teacher to help you figure out how many times your heart beats in a minute! |
| Day 7 | Did you know laughing is good for the heart? Take time to laugh during the day. Here are some jokes for Valentine's Day:1. What did the stamp say to the envelope on Valentine's Day? I’m stuck on you!
2. What did the boy cat say to the girl cat on Valentine’s Day?  You're purr-fect for me!!
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| Day 8 | Are you feeling stressed today? If you are feeling stressed or anxious today, go for a walk or talk to someone you trust. Check out the APPLE Schools bulletin board located by \_\_\_\_\_\_\_\_\_\_ to learn about other ways to destress. |
| Day 9 | Keeping a healthy heart starts young! Healthy habits can keep your heart healthy when you are older! As an APPLE school we work to build a healthy school community, by focusing on healthy eating, physical activity, and positive mental health habits. Good work on keeping your heart healthy!  |
| Day 10 | Did you know that the heart is a muscle? Our heart works 24 hours a day, 7 days a week and never stops. Your heart beats around 100,000 times a day! That’s a lot of work which is why it is important to keep your heart healthy and beating strong.  |
| Day 11 | READ BEFORE FAMILY DAY HOLIDAY IN ALBERTAFamily Day is a great day for you to show your heart AND your family some love. Get your family together to play a board game, cook a meal together, or go outside. You can also check out the local recreation centre, library, or community center. Ask your teacher what they’re going to do to show their heart and family some love on Family Day. |
| Day 12 | Did you know that what you eat will affect your heart? Eating a healthy, balanced diet is one of the most important things you can do to protect your health. As a class, brainstorm a list of choose-most-often foods that will help you keep your heart healthy. |
| Day 13 | Eating choose-most-often foods will help keep your heart healthy. Foods like white milk, fruits and vegetables, hard boiled eggs, peanut butter, and whole wheat bread are all choose-most-often foods. Ask your teacher what their favourite choose-most-often food is. |
| Day 14 | An important part of keeping your heart healthy is focusing on your mental and emotional health. Doing something kind for other people makes you feel good inside. Ask your teacher or our principal if there is something you can do to help them today. |
| Day 15 | Lots of choose-most-often foods are natural, whole foods. An example of a natural food would be whole grain bread because it is prepared using the entire grain. Whole grain foods have fibre, protein, and B vitamins that help you feel full longer and live longer. They are a “hearty” choice because they help reduce the risk of heart disease. |
| Day 16 | Help your heart by getting a good night’s sleep. Getting enough sleep can manage stress and make you happier and healthier. Lions sleep up to 20 hours a day! Luckily, we don’t need that much sleep. If you’re 5 to 13 years old, you need to get 9 to 11 hours of sleep every night to keep your heart healthy. Are you getting enough sleep? How many hours did you get last night?  |

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| Day 17 | Deep breathing is an easy way to de-stress. It can be done any place at any time. Let’s de-stress right now by deep breathing together. Slowly breathe in through your nose and fill your stomach like a balloon. Slowly breathe out through your mouth. Do this throughout the day when you’re starting to feel stressed. |
| Day 18 | Laughter is a great way to show your heart some love. Not only does laughter raise your heart rate, but it also relieves stress! Let’s get laughing! Here’s a joke:   Why did the golfer wear two pairs of pants?Answer: In case he got a hole in one! |
| Day 19 | Your heart is always beating. The average resting heart rate for humans is around 80 beats per minute. Animals hearts are always beating too. A goldfish has a resting heart rate lower than humans. It is approximately 50 beats per minute. A cat's resting heart rate is higher at around 170 beats per minute. When a little hummingbird is flying it has a heart rate of over 1,200 beats per minute! It’s important to keep your heart healthy! |
| Day 20 | Ever wonder how big your heart is? Make a fist with your hand. This is about how big your heart is. Your heart is located almost in the center of your chest cavity. If you are looking down at your body, place your hand in the center of your chest. Now move your hand a tiny bit towards your left side. That’s where your heart is. |
| Day 21 | I hope you enjoyed learning about what makes your heart healthy. Remember to show your heart some love by eating choose-most-often foods, exercising, and destressing with your favorite activity. Have you shown your heart some love this month? Tell your teacher or a friend your favorite way to show your heart some love. |