

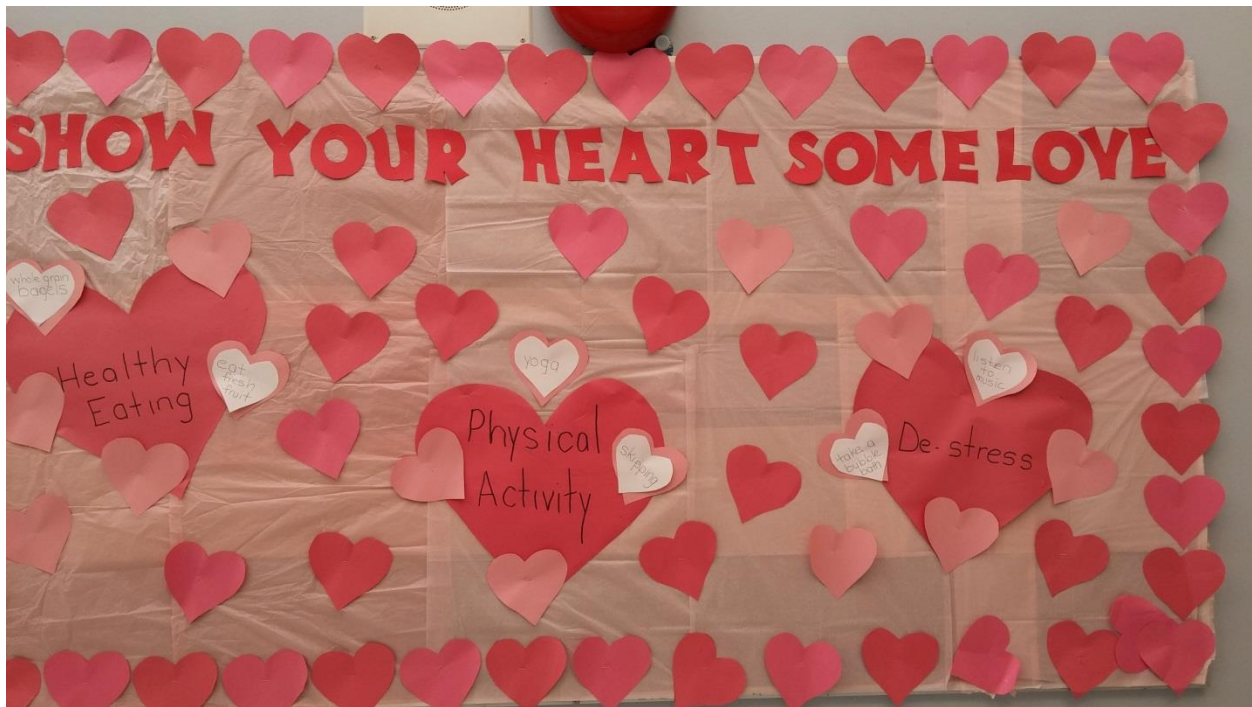
Show Your Heart Some Love

Monthly Campaign Bulletin Board:

Theme:

This campaign is focused on heart health and works well for the month of February because of Valentine's day, and February is Heart Health Month in Canada. Students are encouraged to show their heart some love through healthy eating, physically activity and stress reduction.

Example Bulletin Board:



Classroom Instructions:

Have a classroom discussion on the important role our hearts play in our bodies. Review how eating healthy foods, doing physical activity and reducing stress can benefit your heart.

Bulletin Board Instructions:

Cut out 3 large red/pink hearts and label them **Physical Activity**, **Healthy Eating**, and **Mental Health**. Place red/pink/white hearts in staff mailboxes. A heart template is provided below. Ask teachers to brainstorm with their students how to 'show your heart some love'. Have the students either write or draw pictures on the hearts and then add them to the bulletin board. You can place them near the three different headings or fill your bulletin board however you see fit. Another option would be to have students write ways they showed their heart throughout the month and add them to the bulletin board as an ongoing project.

