





Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>♥ Celebrate Heart Healthy this month! Everything we do this month will help your heart be healthy.</p>				<p>1</p> <p>Happy Birthday Ms. Madison</p>		<p>♥ Explore Speed-move ³ fast, then really slow, and now in between. Which one makes your heart go faster?</p>
<p>4</p>	<p>♥ Lie down and feel your heart then get up and run in place and feel your heart, what happened?</p> <p>5</p>	<p>♥ Give away five hugs to make your heart happy and healthy today!</p> <p>6</p>	<p>7</p> <p>Happy Birthday Krishna and Lucas</p>	<p>8</p>	<p>9</p> <p>Happy Birthday Michael</p>	<p>10</p> <p>Happy Birthday Ethan</p>
<p>11</p> <p>Happy Birthday Ana and Ava</p>	<p>12</p> <p>Happy Birthday Gabriella</p>	<p>13</p>	<p>14</p> <p>HAPPY Valentine's Day</p> <p>Happy Birthday Autumn</p>	<p>15</p> <p>Happy Birthday Grant, MJ, & Ms. Ashlyn</p>	<p>16</p> <p>Happy Birthday Joseph & Ms. Hailey</p>	<p>17</p> <p>♥ Act out foods that make your heart healthy. Be a tiny blueberry, a curvy banana, and a swimming fish.</p>
<p>18</p>	 <p>19</p> <p>Happy Birthday Lucas, Rafaela, & Ms. Julie</p>	<p>♥ Time for a winter rock party. Turn on the music and dance until you feel your heart beating fast.</p> <p>20</p>	<p>21</p> <p>Happy Birthday Zaviar and Amias</p>	<p>22</p> <p>Happy Birthday Aiden</p>	<p>23</p> <p>Happy Birthday Joseph</p>	<p>24</p> <p>Happy Birthday Joseph</p>
<p>25</p> <p>Happy Birthday Arianna</p>	<p>26</p>	<p>27</p> <p>Happy Birthday Amelia & Ms. Julia</p>	<p>28</p> <p>Happy Birthday Ms. Sally</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>29</p>		