






Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Happy Birthday Eli & Aiden	2	3 	4 Happy Birthday Miranda & Ms. Olivia	5 ♥ Celebrate Heart Healthy this month! Everything we do this month will help your heart be healthy.	6 ♥ Explore Speed-move fast, then really slow, and now in between. Which one makes your heart go faster?	7 Happy Birthday Lucas
8 ♥ Give away five hugs to make your heart happy and healthy today!	9 Happy Birthday Michael	10 Happy Birthday Coleson & Miley	11 ♥ Lie down and feel your heart then get up and run in place and feel your heart.	12	13 Happy Birthday Lucia	14 
15 Happy Birthday Ms. Ashlyn	16  Happy Birthday Terrance & Ms. Hailey	17	18 Happy Birthday Oliver	19	20 ♥ Act out foods that make your heart healthy. Be a tiny blueberry, a curvy banana, and a swimming fish.	21
22 Happy Birthday Hailey	23 Happy Birthday Ms. Mackenzie	24 ♥ Play catch with someone with a rolled-up t-shirt. Can you toss it up and catch it on different body parts?	25 ♥ Time for a winter rock party. Turn on the music and dance until you feel your heart beating fast.	26	27 Happy Birthday Ms. Julia	28