



BIG HEART DAY

FEBRUARY 2019



Have a Big Heart Day at your early learning service and bring together staff, children & whānau to celebrate what it means to look after your heart.

Fun Big Heart Day ideas:

- ♥ Hold a '**Dress up in red**' day
- ♥ **Sports day** with whānau
- ♥ Cook and **share healthy kai**
- ♥ Have a Big Heart Day **dance party**
- ♥ Discover different healthy foods from **around the world**
- ♥ Have **relay races**: egg and spoon, 3-legged race, wheelbarrow race
- ♥ **Grow vegetable seedlings** in yoghurt pottles or egg containers for whānau for Big Heart Day.



Register for a free Big Heart Day kit: learnbyheart.org.nz/heart-day