

BIG HEART DAY

FEBRUARY 2018



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 Heart Day ideas:

- ♥ Hold a 'Dress up in red' day
- ♥ Sports day with whānau
- ♥ Cook and share healthy kai
- ♥ Play 'pin the heart' on the person
- ♥ Combine it with a Valentine's Day event
- ♥ Visit a garden centre, learn how to grow fruit and veggies
- ♥ Create & laminate placemats using cut-outs of healthy foods
- ♥ Learn to say different foods and body parts in other languages



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