



Here are some activities picked just for you to help teach your child ways to keep their heart healthy- physically and emotionally!

Lovebirds: Help your child show love for our feathered friends by making a heart-shaped bird feeder. Sprinkle two packages of unflavored gelatin over $\frac{1}{2}$ cup of cold water. After the gelatin has absorbed the water, heat $1 \frac{3}{4}$ cups water in a pan and add in the gelatin mixture. Finally, stir in 3 cups of birdseed. Let the mixture cool and then your child can get their hands in the process! Place a piece of tinfoil over a baking sheet and spray with cooking spray. Help your child spread out the birdseed mixture using their hands and maybe even a rolling pin. Then, use a heart shaped cookie cutter to cut out the shapes and make sure to poke a hole at the top of each heart to put in some twine for hanging it. Place the tray in the freezer for about an hour-and-a-half and after tying on the twine, help your child find the perfect trees to hang their showing of love for the birds!

Take a breath! Learning how to breathe correctly can help calm your nerves and is good for your heart health as well! There is a tool called the Hoberman Sphere that helps teach children to breathe through their anger or anxiety. This “toy” can be found at many different stores, even the Dollar Store! A child simply holds it between their hands and inhales when the sphere is in its smallest form and then exhales as they widen their hands and expand the sphere. In and out, in and out. Deep breathes, healthy heart (and lungs!)

Get moving! The best way to keep your heart healthy is to move!! Jumping jacks, running in place, touching toes, side bends, and more can easily be done inside on cold winter days!

