

Fall in Love with a 5-2-1-0 Valentine's Day

Here are some tips on how you can achieve a 5-2-1-0 Valentine's Day while still celebrating:

5 OR MORE
FRUITS &
VEGETABLES
EVERY DAY

- Challenge your students to bring in healthy snacks that meet certain criteria that you can determine ahead of time. For example, 'heart healthy' foods would be a great category and also relevant to the holiday!
- Send out ideas to parents for healthy tips at home before Valentine's Day arrives: cut sandwiches or individual foods into heart shapes. Use naturally colored red or pink foods in meals, for example strawberries, raspberries, watermelon, red apple slices, pink grapefruit, pomegranate, red cherries, beets, radishes, red carrots, tomatoes, red cabbage, etc. Try to include more vegetables rather than fruits.

2 HOURS
OR LESS
RECREATIONAL
SCREEN TIME
EVERY DAY

- Avoid playing any movies or shows during class. Instead, opt for interactive activities that do not involve screen time.
- Have your students log after-school screen time that night as a homework assignment.

1 HOUR
OR MORE
OF PHYSICAL
ACTIVITY
EVERY DAY

- Encourage your kids to walk to school, or walk part-way if a safe route exists.
- Organize a walking 'field trip' or scavenger hunt around the school grounds.
- Take the class outside for a lesson if possible, so they can get Vitamin D and fresh air.
- Add movement to your lesson plans with exercise breaks that can be done while students stand alongside their desks or as a transition from one task to another.
- Teach your students how and why to increase their heart rates. Have them measure their resting heart rates, then complete jumping jacks or another physical activity and take their heart rates again. Have each student compare these two readings.
- Extend their recess time and engage them in a Valentine's Day themed activity outside.
- Have them log their after-school physical activity that night as a homework assignment.

0 SUGARY
DRINKS AND
MORE
WATER
EVERY DAY

- Serve water infused with raspberries or strawberries.
- Teach students the importance of hydration status and its connection to concentration levels.