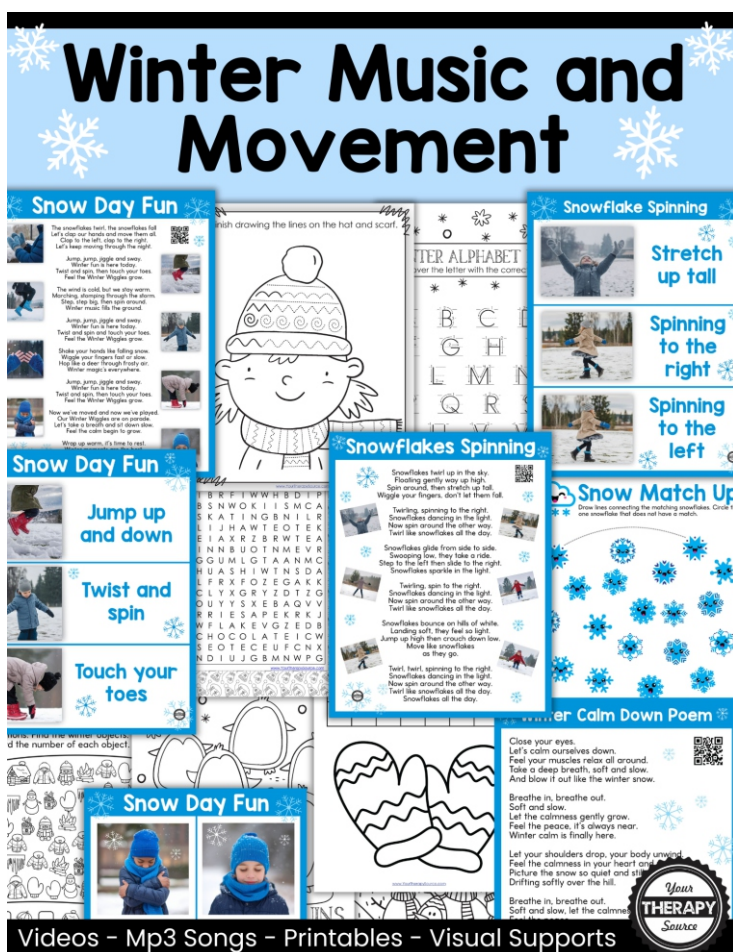


Directions for the Valentine Activities

1. Teach the children the moves for the song or poem. Use the visuals on pages 2,3 and 4.
2. Read the poem on pages 5 and 6 out loud and perform the movements.
3. Scan this QR code for the Valentine's Day Movement Break or click on this link <https://youtu.be/c7nhQckxNgM> to move to the music for the Valentine's Brain Break.



Want more activities like this one? Check out the Winter Music and Movement Packet at www.yourtherapysource.com/product/winter-music-and-movement



Valentine's Day Fun



**March
in place**



**Draw a
big heart**



**Run
in place**

Valentine's Day Fun



**Kick legs
up high**



**Jump
forward**



**Jump up
slam dunks**

Valentine's Day Fun



**Give
yourself
a big
hug**



**Take
deep
breaths**





Valentine's Day Fun



Page 1



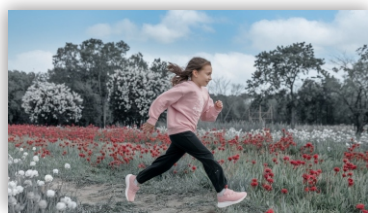
Valentine fun, let's march today,
Big smiles and hearts lead the way!
Step to the beat, feel the love and play,
We're moving on this Valentine's Day!



Draw a heart in the air, big and bold,
With your hands, let the love unfold.
Side to side, let your fingers glide,
Draw a heart in the air, big and wide!



Valentine fun, let's march today,
Big smiles and hearts lead the way!
Step to the beat, feel the love and play,
We're moving on this Valentine's Day!



Let's run in place, feel your heart go "zoom,"
Fast as you can, make some room!
Get that energy up, it's Valentine's Day,
Run in place, let's laugh and play!



Valentine fun, let's march today,
Big smiles and hearts lead the way!
Step to the beat, feel the love and play,
We're moving on this Valentine's Day!



I get a kick out of you, my friend,
Kick each foot, let the fun extend!
Left, then right, now switch it up,
I get a kick out of you—don't give up!



Valentine fun, let's march today,
Big smiles and hearts lead the way!
Step to the beat, feel the love and play,
We're moving on this Valentine's Day!





Valentine's Day Fun



Page 2



Have a ball, jump forward, bounce back,
Pretend you're a ball on a fun red track!
Hop like you're bouncing, one, two, three,
Have a ball, jump with me!



Valentine fun, let's march today,
Big smiles and hearts lead the way!
Step to the beat, feel the love and play,
We're moving on this Valentine's Day!



You're a slam dunk, jump and aim,
Shoot the ball—it's a Valentine game!
Take your shot, up high and true,
You're a slam dunk—yes, it's YOU!



Valentine fun, let's march today,
Big smiles and hearts lead the way!
Step to the beat, feel the love and play,
We're moving on this Valentine's Day!



Slow it down, take a breath in deep,
Let your body feel calm and sweet.
Wrap your arms around, give a big hug,
Feel the love—it's Valentine snug.



Close your eyes, feel peace in the air,
Relax your body from feet to hair.
Breathe in slow, breathe out with care,
Feel the love everywhere!

