



Healthy Heart



In the Red Room, the children have been learning about healthy hearts to celebrate Valentine's Day. During circle time and adult-led activities, the children discussed which foods are healthy and which foods are less healthy. They talked about how eating too much sugar can cause tooth decay and learned that sugar should be eaten in moderation, reinforcing the idea that everyone has the right to be healthy.

The children placed their hands on their chests to feel their heartbeat and noticed that it made a soft, drum-like sound. They also discussed the importance of brushing their teeth and taking care of their bodies.

The children enjoyed making pizza toasties using heart-shaped cutters and described them as "delicious" and "yummy." They also learned about Valentine's Day and talked about how it is a time to show love, kindness, and caring words to people who are important to them.

Overall, the children thoroughly enjoyed celebrating Valentine's Day while learning about how to keep their hearts and bodies healthy.



