

## Heart Health & Kindness

Hey kids! February is the perfect time to focus on two things that make us feel amazing: a healthy heart and being kind. Did you know that your heart is one of the most important muscles in your body? Taking care of it can help you feel strong, happy, and full of energy. And the best part? Being kind to others (and yourself) helps your heart, too!

### Tips for a Healthy Heart:

- 1. Get Moving:** Try to play outside, dance to your favorite music, or ride your bike every day. Being active is like giving your heart a big hug!
- 2. Eat Heart-Healthy Foods:** Add colorful fruits and veggies to your plate. Foods like strawberries, carrots, and leafy greens are super good for you.
- 3. Drink Water:** Your heart works hard, so give it the fuel it needs by drinking water instead of sugary drinks.

### Kindness is Key!

Here's a secret: kindness doesn't just make others feel good—it makes *you* feel awesome, too! Helping a friend, sharing a smile, or even giving yourself a compliment can brighten your day.

## National Pizza Day: February 9th

Did you know pizza can be made heart-healthy? Celebrate National Pizza Day by making your own pizza at home! Use a whole-grain crust, top it with tomato sauce, and load it up with colorful veggies like spinach, peppers, and mushrooms. Sprinkle some low-fat cheese on top and bake for a delicious, healthy treat. Turn it into a family event and let everyone pick their favorite toppings. Yum!

## School Nurse Expertise

From Shelly Tofte,  
School Nurse of Milton  
School District:

"Practicing kindness to others (and yourself) has been linked to better stress management, improved heart health and even living longer! By taking time to be kind, we benefit in so many ways. Kindness not only benefits the heart physically but also improves mental well-being by reducing anxiety and depression which further contributes to our overall health. Practice random acts of kindness, volunteer and don't forget to be kind to yourself, too. No matter how big or small, kindness matters!"

## Tips for Parents

Encourage heart health and kindness at home by:

- Taking family walks or dance breaks.
  - Cooking heart-healthy meals together.
- Practicing small acts of kindness as a family.
- Creating a "kindness jar" to track kind deeds.

Small actions make a big impact!

## Spread Love with Friendship

February isn't just about hearts—it's also a great time to celebrate friendships! Being a good friend is one of the best ways to spread kindness and make the people around you feel happy. And guess what? It helps your heart feel good, too!

### How to Be a Great Friend

★ **Listen & Share** – Take turns talking and really listen when your friends share their thoughts. Sharing snacks, toys, or even a joke can make someone's day!

★ **Include Everyone** – Invite someone new to play or sit with you at lunch. Small actions make a big difference!

★ **Use Kind Words** – Saying "thank you," giving compliments, or cheering someone up when they're sad shows you care.

★ **Have Fun Together** – Play games, do crafts, or go on an adventure outside. Laughing with friends is good for your heart and your happiness!

### DIY Friendship Cards!

Want to brighten someone's day? Make your own friendship cards!

1. Grab some paper and decorate it with drawings or stickers.
2. Write a kind message like "You're an awesome friend!" or "Thanks for making me smile!"
3. Give it to a classmate, family member, or teacher to spread the kindness!

Friendship makes every day better—so this February, let's make kindness, laughter, and togetherness a big part of our lives!