

Valentine's Card



STORE CUPBOARD:

- A4 sheet of pink card
- Corrugated silver card
- Sheet of silver fun foam
- Scissors
- Glue
- Small buttons

1 Take the A4 sheet of pink card. Fold in half to create a greeting card.

2 Cut out a heart shape in silver fun foam. It should be a suitable size to fit onto the card face. Glue in position.

3 Take a selection of small buttons. Glue them around the edges of the foam heart.

4 Cut out two thin strips of silver corrugated card. Glue a strip to the top and bottom of the greeting card. Make sure the glued on decorations are completely dry before signing your card.

Musical Hearts Game

STORE CUPBOARD:

- Pink card
- White paper
- Black pen
- Scissors
- Glue
- Music

1 Take the pink card and a pair of scissors. Cut out 15 hearts. You may wish to cut out more if playing with more than one child.

2 Next, take a sheet of white paper and write out a forfeit for each heart. Task suitability will depend on player ages. Ideas could include:

- ♥ Jump as high as you can (5 times)
- ♥ Hop on one foot
- ♥ Sing a nursery rhyme
- ♥ Walk like a crab
- ♥ March on the spot
- ♥ Gallop like a horse
- ♥ Make a farmyard animal noise
- ♥ Clap your hands together (10 times)
- ♥ Pull a silly face
- ♥ Tell a joke
- ♥ Sing your ABCs
- ♥ Do the robot dance
- ♥ Run on the spot
- ♥ Do star jumps (5 times)
- ♥ Pretend to fly like a bird

3 Cut out the tasks and glue one onto each heart. You are now ready to play the game!

HOW TO PLAY

♥ Arrange the hearts face-down in a circle on the floor

♥ Each player should stand on a heart to begin

♥ Start the music! Players should start walking around the circle of hearts until the music stops.

♥ When you choose to stop the music, players should turn over the heart they've landed on and complete the forfeit. One forfeit should be completed at a time, otherwise things could get rather noisy!

♥ Continue the game in this way.

