



## ♥ Kind Hearts & Healthy Habits ♥



### Nutrition Focus

- Encourage healthy lunches & snacks for your child's heart.
- Choose fiber-rich foods like whole grains, beans, and oats
- Prepare heart-healthy meals together as a family.
- Limit sugary drinks and sweets in favor of fruits and water

### Fun Days to Celebrate

- **2/2** – Groundhog Day
- **2/14** – Valentine's Day
- **2/17** – Random Acts of Kindness Day



### Healthy Habits for a Kind Mind

- Discuss the importance of kindness with your child
- Practice sharing, helping, and using kind words at home and school
- Model gratitude and positive self-talk
- Celebrate acts of kindness with praise and encouragement

