



Thank you for visiting our website! We're so glad you're here and hope you enjoy this Valentine's Day-inspired download as much as we enjoyed creating it for you.

Wishing you and your family a season filled with love, joy, and meaningful moments together. Happy Valentine's Day!

Disclaimer: These movement activities are designed for fun and gentle physical exercise. Please ensure adequate space to move safely and avoid obstacles. Always encourage children to move within their comfort level, and if they feel any discomfort, they should stop the activity. Supervision is recommended to ensure safe play. Not intended as a substitute for professional fitness or health guidance.

# Heart Balloon Breath

Imagine blowing up a heart-shaped balloon,  
inhaling deeply and exhaling slowly.



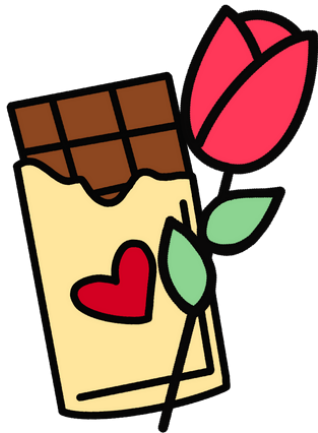
# Love Candle Breath

Pretend to hold a candle, take a deep breath,  
and gently blow to flicker (but not blow out)  
the flame.



# Flower and Chocolate Breath

**Inhale like you're smelling a sweet  
Valentine's flower, exhale like you're  
blowing on warm chocolate to cool it down.**



# Hug Yourself Breath

**Take a deep breath in, wrap your arms  
around yourself in a big hug, and exhale  
slowly.**

