



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 activities are intended for general movement and sensory play. Always ensure a safe and supervised environment while participating.

Children should be encouraged to move within their ability level, and modifications can be made as needed. If your child has any medical concerns, sensory sensitivities, or motor challenges, please consult with a healthcare professional before engaging in these exercises.

# Heart Hunt (Scavenger Hunt for Reflexes & Movement)

**Objective:** To encourage balance, coordination, and sensory processing through a fun, Valentine's Day-themed movement game that supports primitive reflex integration. This activity helps children develop gross motor skills, spatial awareness, and body control while engaging in an interactive scavenger hunt.

Supplies Needed:

- Paper hearts (cut out and decorated)
- Marker (to write movement challenges on the back of each heart)
- Tape (to secure hearts to surfaces if needed)
- Open space for movement

**Instructions:**

- Prepare the Hearts: Cut out paper hearts.
- Hide the Hearts: Scatter or tape the hearts around the room at different levels in obvious places (on the floor, walls, chairs, etc.).
- Start the Hunt: Have kids search for the hearts one at a time. When they find a heart, they must flip it over and complete the movement challenge before moving on to the next one.
- Encourage Proper Movement: Guide kids to perform each movement correctly to support reflex integration and motor skill development.
- Complete the Game: Continue until all the hearts have been found and all movement challenges completed. Modify challenges as needed for different skill levels!

**Crab walk to the  
next heart**

**Crawl like a bear  
to the next heart**

**Hop on each foot  
10 times**

**Do 5 pushups**

**Do 10 Jumping  
Jacks**

**Do 5 Frog Jumps**

**Do 10 windmills  
(hand to opposite  
foot)**

**Army crawl across  
the floor**

**Pretend to climb a  
ladder with 10  
steps**