HEAL·THY·SELF
INSTITUTE

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!

Heart Toss

Objective: To improve hand-eye coordination, visual tracking, and motor planning through a fun and engaging tossing game. This activity helps develop precision, focus, and spatial awareness while encouraging movement and play.

Supplies Needed:
- Paper or foam hearts (cut out in different sizes for targets)
- Bean bags, small foam balls, or rolled-up socks (to act as "Cupid's arrows")
- Tape or markers (to secure targets to the floor or designate tossing lines)
- Measuring tape or string (optional, to set different challenge distances)

Instructions:
- Set Up the Targets – Place paper hearts at various distances and angles around the room. Secure them to the floor or a surface using tape if needed.
- Define the Tossing Line – Mark a starting point where kids will stand to throw their "arrows" (bean bags or small foam balls). Adjust the difficulty by moving the line closer or farther.
- Start the Game – Have each child take turns tossing their "Cupid's arrows" to land on the heart targets.
- Increase the Challenge (Optional) –
- Use smaller hearts for more precision.
- Have kids stand on one foot while tossing to work on balance.
- Try underhand and overhand throws to develop different motor skills.
- Celebrate & Repeat! – Encourage kids to aim carefully, adjust their throws, and keep playing to improve accuracy.