



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 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.



