



Week 4: All About Love



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Activity 1: 3D Valentine's Day Paper Tree

① *This activity can be completed before the Zoom session if you have a university mentor.*

Valentine's day is a special day that is celebrated every year on February 14th. This day is all about celebrating love. Who are some people you love and care about? Write them down on your Valentine's Day tree!



You can find a video demonstration here: www.youtube.com/channel/UCV-Sx4Jt70IGI0oO7hSECSQ/featured

Materials: Brown and few other coloured construction paper, glue, scissors, pen/marker



This craft requires cutting. It is important to be careful when you use scissors. Ask an adult to help you!

Directions:

1. Cut the brown construction paper into strips. One strip should be thicker than the others for the trunk of the tree and several thinner strips will be the branches.
2. Cut the thick strip in half. Glue one half of the strip onto a separate paper, then glue the thin strips (branches) onto the glued down thick strip. Glue the second half of the thick strip on top of the glued down thick and thin strips to keep everything in place.
3. Grab the end of each branch and twist it a couple times. Then glue the end down.
4. Cut out hearts, and write down the names of family, friends or anyone else that you love and care about.
5. Glue the paper hearts onto the branches.

Activity 2: Healthy Hearts

① *This activity can be completed independently of the Zoom session if you have a university mentor.*



The heart is an organ in our body that provides your body with oxygen, nutrients, and carries the waste away. Your heart is sort of like a pump and it is very important to our body. Think of some ways of keeping the heart healthy and also discover how you can feel your own heart rate through this activity!

Directions:

1. Brainstorm some ways of keeping the heart healthy
2. Measure your resting heart rate by placing a finger on your wrist, below your thumb. Count how many beats you feel in 10 seconds, then multiply that by 6. This is your heart rate in beats per minute!
3. Come up with some exercises you can do and then measure your heart rate after. Do you see any difference?

Level Up! Discuss why you think your heart rate increases when you exercise.

Activity 3: Valentine's Day Matching

① *This activity can be completed independently of the Zoom session if you have a university mentor.*

Play this online interactive game to match the different shaped chocolates to the chocolate box!



Directions:

1. Use the following link to go to ABCya and play the game:
https://www.abcya.com/games/valentines_day_puzzle

Level Up! Go to <https://www.abcya.com/> and find a more difficult game by choosing a game from a higher grade level.