



Happy Valentine's Day!



Celebrate with the ones you love with a game of Cupid Tag.

Work on fine motor skills by drawing and cutting out paper hearts. You can also use heart stickers. Make at least one heart per person playing.

Play with two or more people. One person will be Cupid (the tagger). The others will be Cupid's targets (the runners).

Once tagged, the person tagged gets one of Cupid's hearts and must freeze.

Once all the players have frozen, they must unfreeze their hearts by:

- Writing something nice on the heart or saying something nice about Cupid.
- Decorating the heart for Cupid.

You can also choose to forgo the writing/decorating hearts and unfreeze by:

- Completing a heart healthy challenge: Do a physical activity in place for 10 seconds. This can be marching, running, jumping, hopping, or dancing.

Once everyone has thawed, choose a new Cupid and play again



Keep a bag or piece of paper for each Cupid to collect the hearts or heart stickers from the runner's they tagged.