



Alameda County Safe Routes to Schools



Walk and Rollin' Pen Pals

Theme:

A healthy heart is not only active, but also kind. In honor of National Heart Health month, February's theme is **Healthy Hearts**. Here are a few activities to keep our hearts healthy:

Letter Writing Prompts:

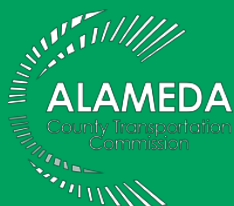
- Read these Healthy Heart facts and write a letter to your heart thanking it for all the work that it does.
- It can be heartwarming to receive a letter from a friend or family member you haven't been able to see for a while. Write a letter to someone you have been missing.
- Send us a letter at info@alamedacountysr2s.org telling us what a healthy heart means to you.

How To:

Here is a helpful [video](#) to show you how to write a letter.

Delivery:

You can deliver letters by walking/rolling to the post office/a mailbox. You can use [this link](#) to find post offices or mailboxes near you or you can deliver the letter by hand. You can also send letters to classmates—just work with your teacher to exchange them!



METROPOLITAN
TRANSPORTATION
COMMISSION

The Alameda County Safe Routes to Schools Program is a program of the Alameda County Transportation Commission (alamedactc.org) and is funded with Alameda County's local sales tax Measure B, regional, state and federal funds.