



Ongoing Walk and Roll February



Theme: Healthy Hearts

To keep our hearts early, we need to do two things: stay active, and be kind! February is National Heart Health month, and the month's theme is **Healthy Hearts**. Below are a few activities to keep our hearts healthy.

Activities your child or students might want to do before your walk and roll event:

- Check out this fun healthy heart health [video](#) to learn more about your heart!
- Think about the things that make your heart happy. Write them down on a piece of paper, and re-visit that paper when you want to feel good.
- Acknowledge acts of kindness that others perform. For example, did someone help you do something this morning? Thank them for giving you space to be healthy.
- Get your heart pumping by doing something active for at least 10 minutes. For example, you might walk to school or bike with your family. Thank your heart for pumping oxygen into your body.

Activities your child might want to do during your walk and roll event:

- Get creative: Create a heart using items you discover along your walk. Be sure to capture a photo of your masterpiece! Once you've taken your heart photo, we invite you to post it to social media using the hashtag #SR2SHeartChallenge. Be sure to tag the SR2S Program on Facebook ([@saferoutestoschool](#)) or Twitter ([@AlamedaCoSR2S](#)), and your photo just might make a special appearance on our social media page!

Make sure to use [these helpful tips](#) on your walk!



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