

Junior News

Screven Co. 4-H



February 2021

FEBRUARY = HEART HEALTH MONTH

Heart disease is the leading cause of death in the United States. The month of February is dedicated to raising awareness about heart disease and increasing knowledge about prevention. It's never too early to start building a healthier heart!

Here are some great healthy heart tips:

- Limit screen time (television, movies, video and computer games) to less than 2 hours a day. Substitute the rest of your leisure time with physical activity.
- Enjoy more outdoor activities including sports, hiking, walking, swimming, and other activities.
- Ride a bike around your neighborhood.
- Make healthy eating a priority! Substitute junk food cravings with fruits, vegetables, smoothies, etc.
- Get out and play! Kids ages 6-17 need 60 minutes of moderate to vigorous physical activity every day.

VALENTINE PROJECT—SPREAD KINDNESS

This Valentine's Day, instead of just expressing your love to your friends and family, why not spread kindness to your whole community? Here are some easy ways to make a difference this Valentine's Day to create a ripple effect of kindness:

- Make a Valentine Card and deliver to someone who needs a smile.
- Buy a pack of Hershey Hugs candy to hand out to classmates at school.
- Send a box of pet treats to the local animal shelter.

UPCOMING DATES TO REMEMBER

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|-----------|------------------------------|
| 2/8-2/9 | 7TH & 8TH GRADE 4-H MEETINGS |
| 2/11 | VIRTUAL 4-H MEETINGS |
| 2/12-2/15 | SCHOOL HOLIDAY—WINTER BREAK |
| 2/17-2/20 | STATE LIVESTOCK SHOWS |
| 3/8-3/9 | 7TH & 8TH GRADE 4-H MEETINGS |
| 3/11 | VIRTUAL 4-H MEETINGS |

I PLEDGE
MY HEAD
to clearer *thinking*
MY HEART to greater
loyalty
 **MY TO**
HANDS LARGER SERVICE
MY HEALTH
to better living
FOR MY CLUB *& my*
MY COMMUNITY *world.*
MY COUNTRY

Movement Matters Word Search

F I I F O F Z R E J A A L J Z P V S N Z M C X K I E X D U B
F Z W C D J R U E R T P A E R O B I C Y Y Z B D E H S P B S
E R E E W B D O R L G W H O V M R C K C D Z D G B K X D S B
X F B Q I W A O Z R K W P O R R O T Q L K W N S R R I M D H
L N S Z U S N M C U S R L V Q S E V I P I D D C C P C L H I
N G V F O A I V G W E D M P U Q O Y L G D O U L O I Z X C K
A I L D I N J X L Q Y V E J M S L C D L S L R I Z Q K Y X I
M C I M B T H L T X W Y X H A S T W C I V R K M B X N A Y N
Q V T Q A I N G N Y W N D T O S P R T E A L S B I Y P R H G
B X F I S C G E B J M G J Q C P A G E J R T A I J J P P K B
C G T M V W A H S V F I E O O I S X O N L Y Q N W N H T G B
C H L F U I K R W S Q W N V X M J C U G G N O G K A Q G Z O
E D A Q C S T G E W F P Y U D M P N O E S T C S R D N S D I
L X X C F X C Y Z N N B H X T E V K T T E H H J O Q B O N E
H Y P D H H J L C P A E Q Y T E X R B E C T F G Q P U R G M
M O U B B A W N E D G U E A S D S O I P Q H F C P K S U F D
L Y Q L P M S T D S G J E G Q I U Q W P K K K M G M Y N Z X
F Q N A A J F L E O N J L X Q A C C D R R E S R T J Z N E N
R E A Q G T D F I J D M A K J N M A G A R X G M K G L I L S
F W C J R R D X T D B I P G I E A Y L Y O I J F R B F N D Z
V X E I Q F H E T S E G T B T Y I L G J X H H R N C D G I L
J L Q G E H Z T I H D A R I B R A Q N F D J U Z U V C G Q C
W L Q E I W E E X Y L C A T Q M E U O V N N G R M R Q Z O A
T A P Q R Y W A W M K R M Q D J O X C D S G X I C R P F T A
X F L L D G D P L C H C P S N T F V E Q A U O N A Q B F Z J
W E A K W J R C T T W Y O H E I A G E R P N I Y R M G J J E
O K Z W I G I O E S H S L B K L A W G M C T C A D H M D X K
O W I H V N X D X N J Y I E U Y W D C Y E I S E I E R M E O
L W Q Q M S G M W N A C N J D F Z G A T J N S S O A D C V A
I S I B B B H X S E N U E F O F A S B Q L M T E U Z N S F Q

Sixty Minutes

Exercise

Physical

Aerobic

Soccer

Dance

ChaCha Slide

Strength

Activity

Fitness

Hiking

Bone

Trampoline

Movement

Macarena

Running

Muscle

Kids

Hopscotch

Climbing

Healthy

Walking

Cardio