

Gathering Activity:

Quiet activity while waiting for others to arrive –

Heart pin -you will need 1 3 inch pre-cut heart - Bristol board or fun foam with hole punched in top. Have girls put heart shaped stickers on it then pin it on

Opening :

After your regular opening, discuss things and people you love.



Activity 1 :

Talk about a different heart - your heart . Find your pulse. If you know someone who has a stethoscope have the Sparks listen to their heart beat.

Activity 2:

Valentine Move to the beat - Play fast beat Valentine type music. Stop the music and have the girls hold hands with another girl. After a few minutes have the Sparks find their heart beat again. Talk about how the heart speeds up and slows down with different activity.

Game:

I love tag- have a game of tag. When someone gets caught they are frozen and can become “free” when another girl comes to them and then the frozen spark must tell her saver something she loves.

Craft:

Using pink or red pony beads and heart shaped beads and ribbon, make a Valentine bracelet.

Song: Have the girls chose a song or two they love to sing together and sing those.

Closing: Do your regular closing .