



POWERUP PRESS | WINTER ISSUE

## SPREAD THE LOVE

You can spread love with acts, big or small.  
Brighten someone's day and share joy for all.  
Don't forget to show yourself love, too!  
Do the things that bring you joy through and through.

## SHOW LOVE TO YOURSELF AND OTHERS

**Ideas to get you started:**

1. Write or draw a note to someone you are thankful for.
2. Play your favorite game or activity.
3. Volunteer in your community.
4. Cook a meal with someone.
5. Read with a friend or family member.



# HAPPY HEARTS ADVENTURE PLACEMAT

## TABLE TALK

Take turns asking questions to make meals extra fun, full of love and connection!

What are you most looking forward to?

What makes you feel loved?

What is your favorite thing to do with friends?

## HAPPY WORDS AND THOUGHTS

It feels good to say kind and loving things to yourself. Give it a try!

I am a good friend.

I am creative. 

Write your own: 

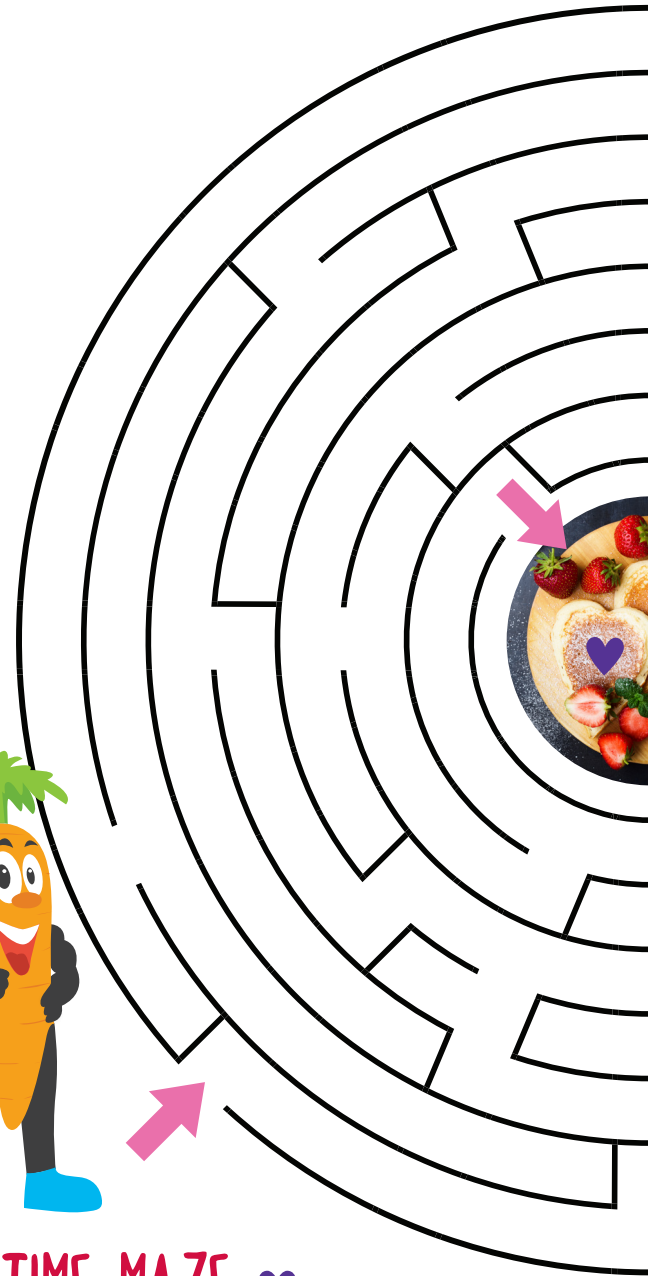
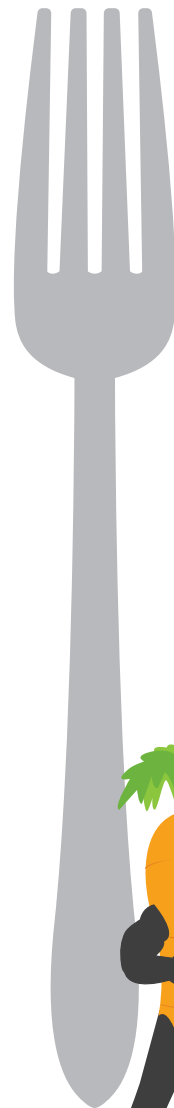
I can do hard things. 



## I SPY



There are ten purple hearts hidden on this page. Can you find them all? We found the first one above to get you started.



## MEALTIME MAZE

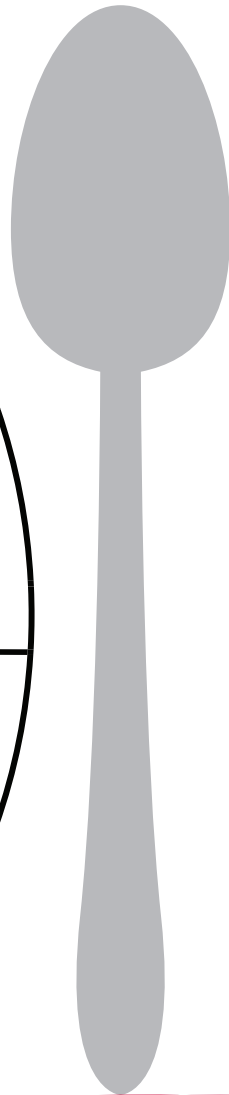
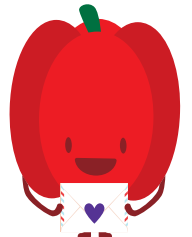
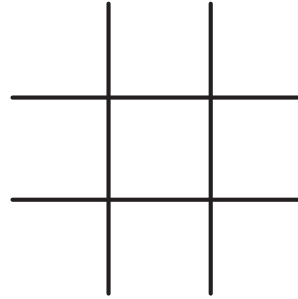
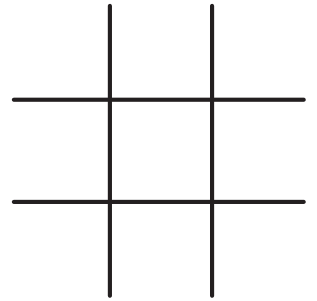
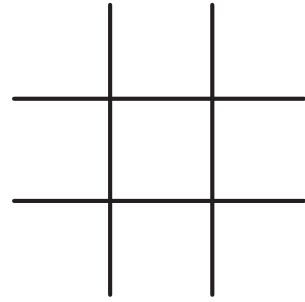
Help Chomp get to the heart of his meal!



## X'S AND O'S TIC-TAC-TOE

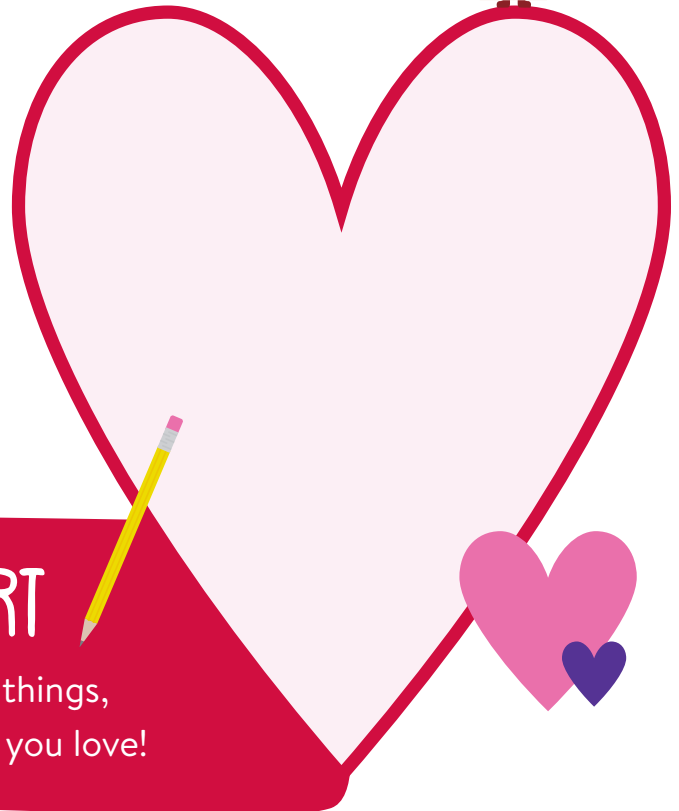
Grab a friend and play.

Get three X's or O's in a row to win!



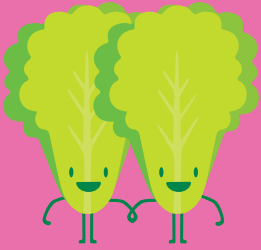
## MY FULL HEART

Write or draw the things,  
people and places you love!



# 'PEEL' GOOD PUNS

LETTUCE  
ALWAYS BE FRIENDS

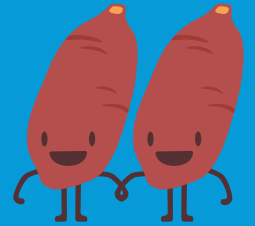


YOU'RE BERRY COOL



I LIKE YOU  
A WHOLE BUNCH

YOU'RE MY  
BEST SPUD

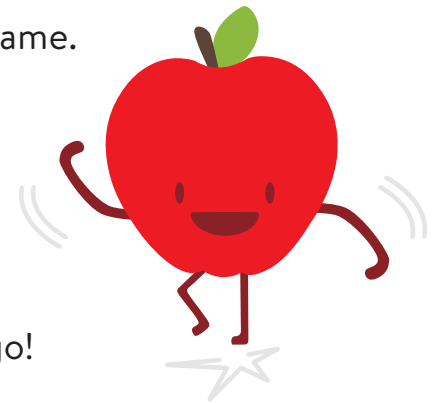


## HEARTBEAT BOOGIE

Get dancing with friends and family using this heart-pumping game.

### How to play

- Have a grown-up help cut out each move below.
- Without looking, pick three moves.
- Put the three moves together to make a dance.
- First, do the dance moves slowly. Then see how fast you can go!



JAZZ HANDS



SWAY SIDE-TO-SIDE



CLAP HANDS



RAISE THE ROOF



HAND ROLL



KICK



TWIST



SQUAT



JUMP



MARCH