

February 2025

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

						<p>Healthy Habits TIDYING UP ENCOURAGE THEM TO PUT TOYS AWAY IN BINS OR SHELVES AFTER PLAYING. 1</p>
<p>Reading READ THE BOOK BEAR SNORES ON. WHILE READING, TALK TO THE CHILD ABOUT THE DIFFERENT SEASONS AND EXPLAIN WHY BEARS HIBERNATE DURING THE WINTER. 2</p>	<p>Sensory Art CUT OUT A CARDBOARD SHAPE OF A HEART. TAPE RANDOM AREAS OF THE CARDBOARD, LEAVING SOME PARTS EXPOSED. THEN, PAINT OVER THE ENTIRE SURFACE, INCLUDING THE TAPED AREAS. AFTER THE PAINT DRIES, REMOVE THE TAPE TO REVEAL THE FINISHED DESIGN 3</p>	<p>Fine Motor Skills PLACE POM-POM BALLS INSIDE A MIXING WHISK AND HAVE THE CHILD REMOVE THEM ONE BY ONE. 4</p>	<p>Cooking BAKE COOKIES WITH KID ALLOW THEM TO ROLL THE DOUGH AND FEEL THE TEXTURE 5</p>	<p>Reading READ THE BOOK NO, DAVID! TO THE CHILD. WHILE READING, ASK QUESTIONS LIKE, 'WHAT IS DAVID DOING?' AND 'WHY IS HIS MOTHER SAYING NO?' 6</p>	<p>Bed Time PUTTING TOYS TO BED LET THEM "TUCK IN" THEIR TOYS BEFORE GOING TO SLEEP. 7</p>	<p>Self-Care TALK TO THE KIDS ABOUT PROPER HYGIENE, INCLUDING BRUSHING THEIR TEETH REGULARLY 8</p>
<p>Cooking PRACTICE EATING WITH A SPOON AND FORK INDEPENDENTLY 9</p>	<p>Reading READ THE BOOK A BAD CASE OF STRIPS AFTER READING ASK CHILD WHY SHE DIDN'T WANT TO EAT THE LIME BEANS 10</p>	<p>Deep Breathing BLOW BUBBLES OR PRETEND TO BLOW OUT CANDLES ON A "BIRTHDAY CAKE" TO TEACH CALMING BREATHS. 11</p>	<p>Sensory Art PRINT AND CUT OUT A PINK PAPER PIG. PUT THE PIG IN A PLASTIC BAG. ADD BROWN PAINT AND SHAVING CREAM TO THE BAG. SEAL THE BAG. LET THE CHILD PAT AND MIX THE "MUD" ON THE PIG. 12</p>	<p>Fine Motor Skills USING A SPOON, HAVE THE CHILD REMOVE FUZZY BALLS FROM AN ICE CUBE TRAY AND PLACE THEM ON A PLATE 13</p>	<p>Movie ENJOY A MOVIE WITH YOUR CHILD THAT HAS TO DO WITH FRIENDSHIP AND SHARING 14</p>	<p>Self-Care TALK TO CHILD ABOUT EMOTIONS ASK THEM HOW THEY'RE FEELING AT THE MOMENT. INTRODUCE THEM TO ITEMS THAT MIGHT HELP EXPRESS THEIR FEELINGS 15</p>
<p>Healthy Habits CHOOSING CLOTHES LET THEM PICK OUT THEIR OUTFIT FOR THE DAY (FROM A LIMITED SELECTION). 16</p>	<p>Cooking LET THEM HELP WASH FRUIT, SPREAD PEANUT BUTTER ON BREAD, OR POUR MILK INTO A CUP WITH SUPERVISION. 17</p>	<p>Self-Care TALK TO THE KIDS ABOUT STRANGER DANGER AND WHAT TO DO IF A STRANGER APPROACHES THEM. 18</p>	<p>Sensory Art IN A BOWL, PLACE A CUT-OUT OF A CANDY CANE. ADD COLORS AND JINGLE BELLS TO THE BOWL. HAVE THE CHILD SHAKE THE BOWL TO MOVE THE JINGLE BELLS AROUND AND PAINT THE CANDY CANE 19</p>	<p>Fine Motor Skills USING A LIME SQUEEZER, HAVE THE CHILD SQUEEZE SOME PLAY DOUGH TO SEE HOW IT MOLDS AND CHANGES SHAPE, ADDING A FUN ELEMENT TO THEIR PLAY 20</p>	<p>Exercise PLAY WITH KINETIC SAND, WATER, OR OTHER SENSORY MATERIALS TO PROMOTE RELAXATION. 21</p>	<p>Reading READ WHITE RABBIT'S COLOR BOOK TO THE CHILD. AFTER READING, ASK THEM, 'HOW MANY DIFFERENT COLORS WAS THE BUNNY?' 22</p>
<p>Quiet Time CREATE A COZY CORNER WHERE THEY CAN SIT WITH A STUFFED ANIMAL, BLANKET, OR A BOOK TO RELAX. 23</p>	<p>Healthy Habits SUNSCREEN APPLICATION TEACH THEM TO RUB A SMALL AMOUNT OF SUNSCREEN ON THEIR ARMS OR LEGS BEFORE GOING OUTSIDE. 24</p>	<p>Cooking USING M&MS, HAVE THE CHILD SORT THEM INTO PILES BY COLOR. SAY THE COLORS OUTLOUD AS THEY ARE SORTING THEM. 25</p>	<p>Fine Motor Skills HAVE THE CHILD SORT BLOCKS WITH TONGS AND PLACE THEM ON A PLATE. 26</p>	<p>Self-Care TALK TO THE KIDS ABOUT PROPER HYGIENE, INCLUDING WASHING HANDS BEFORE AND AFTER EATING 27</p>	<p>Reading READ THE VERY HUNGRY CATERPILLAR TO THE CHILD. AFTER READING, ASK THEM, 'WHAT FOODS DID THE CATERPILLAR EAT?' 28</p>	