





FEBRUARY 2024

SHOWING LOVE

Activity Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Character Word of the Month: Respect -Caring enough to consider how words and actions impact others Calendar created by: Dr. Pamela B Connor, Educational Trainer and Consultant Calendar translated by: Manuela Rodriguez				1 ACTIVITY PAGE Book of the Month: <u>Happy, Sad, and Silly</u>	2 Hide cut out hearts all over your house for this month. Keep a count of how many hearts your child finds each day!	3 <i>Weekend Wrap-Up</i> Read some good books, look for hearts and count them, and get ready for a month full of showing love!
4 WE LOVE ART! 	5 An easy way for your child to play with paint is to pour different colors into used or new condiment bottles. Just a squeeze, and the paint comes out!	6 Create an art box for hours of fun. Crayons, paper scrapes, glue, toilet paper rolls, stickers, yarn, cotton balls, and more!	7 Mix 1 cup baby oil with 8 cups of flour and add in some food coloring and you have playdough! Store in used food containers with lids.	8 ACTIVITY PAGE Rainbow in a Bag	9 For easy access to paint, pour colors into the sections of an egg carton. Close the lid, and the paint stays fresh!	10 <i>Weekend Wrap-Up</i> Read and revisit all of the activities that helped your family explore the wonderful world of art this week!
11 HEART HEALTHY! 	12 Children need at least 60 minutes a day of physical activity. If you're stuck indoors, have a dance party!	13 Face your child. Clasp your hands together. Rock back and forth and feel your heart beating!	14 Have a jar of candy hearts displayed at your child's eye-level. Every time they do a kind or loving act, let them take a candy from the jar!	15 ACTIVITY PAGE Kindness Kits	16 Go old school with physical activities. Teach your child to hula hoop, play hopscotch, and jump rope. All of these can be done indoors and really get the heart pumping!	17 <i>Weekend Wrap-Up</i> Read and revisit all of the activities that helped your family keep your heart healthy and kind!
18 WE LOVE MUSIC! 	19 Play some music on your phone and hide it! Your child has to use their sense of hearing to find the music!	20 Let's hear it for the kitchen band! Take out some pots and pans, spoons, sealed spice shakers, and play!	21 Turn off the lights and add glowsticks to the kitchen band! What a fun way to keep a beat!	22 ACTIVITY PAGE Song Cube	23 Sing "If you're happy and you know it" and add in more actions like, "wave hello" or "nod your head."	24 <i>Weekend Wrap-Up</i> Read and revisit all of the activities that helped your family enjoy music this week!
25 WE LOVE BOOKS! 	26 Be sure to take a moment to tell your child the author and illustrator of each book before you read it.	27 Make a bookmark by punching a hole and tying on a ribbon to a paint strip from a hardware store!	28 Popcorn and a movie? Why not pair a favorite snack with a favorite book!?	29 Celebrate this "leap year" by reading one extra book at bedtime!	<div style="display: flex; justify-content: space-between; align-items: center;"> <div style="text-align: center;"> <p>2022 CERTIFIED</p> <p>OhioWBE</p> <p>Women-Owned Business Enterprise</p> </div> <div style="text-align: center;"> <p>CERTIFIED</p> <p>NWBOC</p> <p>WOMAN OWNED BUSINESS</p> </div> <div style="text-align: center;"> <p>Books by the Bushel</p> <p>©2024</p> </div> </div>	



Happy, Sad, and Silly

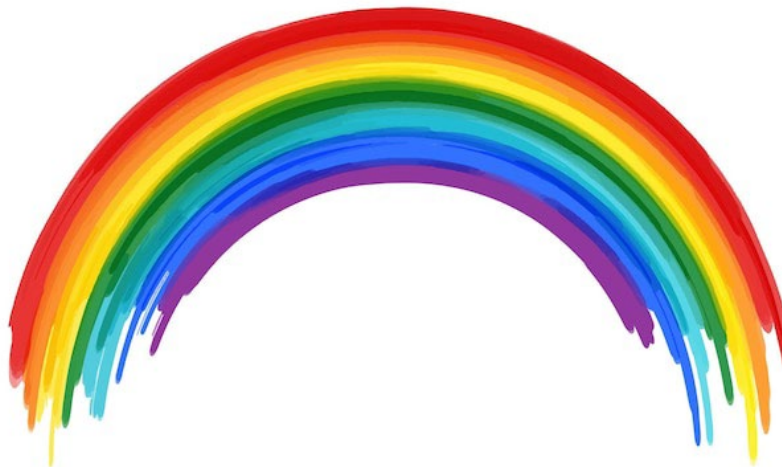
Your child has so many feelings, or emotions, and they may not know exactly what to call them. After reading Happy, Sad, and Silly, look back over the pictures and ask your child to make the same face as the person on each page. Take a picture of your child making each “feelings face” on your phone or with a camera. You can keep the photos on your phone to scroll through or have the photos printed, no larger than 3x5. Glue the photos onto a large piece of paper. Hang this poster somewhere in your home that is eye-level for your child. The next time they are having a big emotion- excited, sad, scared or any others- and they can’t seem to explain how they are feeling, ask your child to point to the picture on the poster that shows how they are feeling. This will help you help them identify their emotions! From this exercise, your child will become aware of what actions or events make them feel a certain way and then learn how to handle that feeling in a healthy way!





Rainbow in a Bag

Here's an easy way to paint a rainbow without the mess. First, cut a piece of white paper to fit any size Ziploc bag you have on hand. Then, you draw the arches of a rainbow on that sheet of paper- blue, red, yellow, orange, green. Show your child this rainbow and then have them help you slide the paper into the bag. It is fine if the paint smears some when it is going in the bag. Once it is in the bag, seal it shut and you may want to put tape around the seal to ensure it stays shut. Once the rainbow is in the bag, your child can use their fingertips to press on the bag and mix all of the colors, create shapes, practice writing letters, or whatever they want to do! You can repeat this activity with any rainbow of colors!





Kindness Kits

There are many people in communities all over the world who do not have many of the basic items that others may take for granted. Show your child how to show some kindness by helping them make some kindness kits. Next time you are at the grocery store, purchase any of the following items: large Ziploc bags, bottled water, granola bars, packs of crackers, gum or mints, small apples or oranges, and any other individually packed items you may see. Once you get home, put these items out on a table and help your child put one of each item in a Ziploc bag. Your child can even draw a heart on a small piece of paper to place inside of the bag. Keep these bags in your car or bring one with you during a walk, bike, or bus ride. When you and your child see someone less fortunate, hand that person a Kindness Kit. It will hopefully put a smile on their face and will certainly put one on the faces of you and your child!





Song Cube

Your child probably has a great number of favorite songs from “Wheels on the Bus” to “Baby Shark” to “Let it Go”. By creating a song cube, you can take the guess work (and maybe the arguing if you have more than one child) when it comes to deciding which song to sing or listen to. Take a cube-shaped tissue box and cover it with a solid color wrapping paper. Then, write the name of one of your child’s favorite songs on each side of the cube. You can even draw a small picture to go with the title so your child can identify the song!

