

# 2026 Family Fun Calendar

## *Encouraging Strong Family Connections*

This year's family fun calendar shares ideas on how to keep the relationships in your family strong. Every family has strengths, and every family faces challenges. When you are under stress it can take a little extra help to get through the day. When parents feel supported it makes the job a bit easier and allows relationships to thrive.

In this calendar, you will find ideas to strengthen your family connections throughout the year. Building on your own strengths is a great way to keep your family strong and bonded. When family members work together and find support from others, children tend to feel happy and safe.

You will also find simple activity ideas on each calendar square. These activities can be enjoyed by people of all ages and most can be done with items you have around the house. There is no "right" way to use this calendar because you can:

- ◆ change the activities based on your family's interests
- ◆ do the activity on the day it is listed
- ◆ circle the activities you like and do them on the day of your choice
- ◆ do all the activities or one activity each week

Regardless of how you decide to use the calendar, spending quality time together will have a positive impact on your family relationships. We hope that this calendar helps you find ways to enjoy your time together!



### **Strong family relationships are:**

- Loving and respectful
- Use developmentally appropriate parenting skills
- Preserved during times of stress
- Marked by strong community supports like extended family, friends, neighbors
- Those that have open communication about feelings
- Marked by physical and emotional safety and access to basic needs

# January

## Managing Stress

Everyone experiences stress at times- it can be a bad day, car trouble or too many things to do. We know that stress impacts our family relationships, too. Excess stress can make it hard to be the parents we want to be, so it is important to learn how to manage our stress- for ourselves and our loved ones.

Here are some ideas:

- Identify your stressors- everyone's are different!
- Accept what you cannot change. Ask yourself, "Can I do anything about it?"
- Try deep breathing, meditation, yoga or listening to music. You can do this independently or with family members.
- Take time to play with your children and laugh.
- Develop a support system. Don't be afraid to ask for help. Older children can set the table. Ask a friend to pick up the children and give you some time.

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### **Books for the month:**

Parenting from the Inside Out  
By Daniel J. Siegel & Mary Hartzell

Anxiety-Free Kids: An Interactive Guide for Parents and Children  
By B. Zucker

Wemberly Worried  
By K. Henkes

Wilma Jean the Worry Machine  
By J. Cook

# January 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
				Discuss ways to stay grounded in 2026	Hug someone	Visit a museum
4	5	6	7	8	9	10
Try a new food	Do a favor	Draw a picture of the weather	Breathe deeply	Make puppets with paper bags	Volunteer as a family	Build a snow family
11	12	13	14	15	16	17
No TV day	Play a board game	Give someone a nice note	Make a healthy snack	Exercise as a family	Make hot chocolate	Dress up for dinner
18	19	20	21	22	23	24
Try something new together	Mail a letter to someone	Help set the table	Have a treasure hunt	Write a poem about peace	Call someone you love	Bake cookies as a family
25	26	27	28	29	30	31
Have a family sing a long	Find a relaxation exercise online	Visit the library	Discuss a book you read	Make trail mix or smoothies	Make your own obstacle course	Have a family movie marathon

# February

## Building Coping Skills

With help and support from a parent or adult, children can learn to cope with negative emotions like frustration or disappointment. You can help your child develop resilience in the following ways:

- Foster a loving environment that encourages your child to make good friends. This will help them have plenty of support in times of trouble.
- Address challenges as learning opportunities. Tough times are often when we learn the most. Resist the urge to solve your child's problem – this can send a message that you don't believe they can handle it. Instead offer love and support.
- Teach self-care. It's easier for all of us to face challenges when we eat well, get enough exercise and rest. Self-care also means taking a break from technology sometimes to relax and have some fun as a family.

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### **Books for the month:**

The Whole-Brain Child  
Daniel J. Segal & Tina Payne  
Bryson

The Hugging Tree: A Story About Resilience  
By J. Neimark

Bounce Back: How to Be a Resilient Kid  
King Calm: Mindful Gorilla in the City  
By S. Sweet & B. Miles

What Does it Mean to Be Present?  
By R. DiOrio

# February 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
Talk about feelings	Say "I love you"	Make a self-care plan	Tell knock-knock jokes	Have an indoor picnic	Invite a friend for dinner	Do an art or craft project
8	9	10	11	12	13	14
Watch a family movie	Make friendship bracelets	Learn about your family's history	Dance to your favorite song	Make paper hearts	Make heart cookies	Make a card to give to your neighbor
15	16	17	18	19	20	21
Make a food from another culture	Learn about the presidents of the USA	Talk about what to do when you are upset	Listen to classical music	Shovel your neighbor's sidewalk	Go bowling	Go sledding together
22	23	24	25	26	27	28
Observe the winter night	Read a book about polar bears	Build an indoor fort with blankets	Listen to calming music before bed tonight	Draw a picture for a friend or teacher	Family game night	Bundle up and play outside

You can download this free calendar at [www.preventchildabusewi.org](http://www.preventchildabusewi.org)



# March

## Making Time to Play!

This month's theme is about using your imagination and having fun with your loved ones. As Albert Einstein once said, "Imagination is more important than knowledge. Knowledge is limited. Imagination encircles the world." Making time to play, pretend and laugh is beneficial for our relationships and our overall sense of well being.

### Everyday Practice:

- Physical play can include games like tag, catch, Simon Says, or hide and seek for school-aged children. Younger children love to dance or engage in movement songs
- Imaginative play involves pretending and benefits children's creativity, problem-solving skills and cognitive development. It also doesn't require any special toys or equipment!
- Constructive play involves building or designing. This kind of play fosters fine motor skills, spatial awareness and reasoning. Kids might need support with this kind of play but it is
- Sensory play is characterized by using senses to guide play. These hands-on activities may include water tables, clay, finger painting or playdough.

Have fun playing with your child and remember – you're never too old to be silly.

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### Books for the month:

Play: How it Shapes the Brain, Opens the Imagination, and Invigorates the Soul  
By Stuart Brown and Christopher Vaughan

Where the Wild Things Are  
By Maurice Sendak

Harold and the Purple Crayon  
By Crockett Johnson

Charlie and the Chocolate Factory  
By Roald Dahl

I Spy with My Little Eye  
By Paula Vasquez

# March 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
Make a new recipe as a family	Draw a picture of your home	Share a happy memory	Talk about your role models	Read a book as a family	Family game night	Bake a cake together
8	9	10	11	12	13	14
Help with grocery shopping	Learn about your community	Read a poem	Clean out a closet	Do some stretching exercises	Sit under a blanket and tell stories	Donate gently used clothes
15	16	17	18	19	20	21
Play music while doing chores together	Color a picture of someone	Make green pancakes	Help dust the furniture	Play "I Spy" together	Volunteer as a family	Have a dance party
22	23	23	25	26	27	28
Play dress up!	Write a story from your imagination	Taco night	Learn a word in sign language	Share your favorite poem	Look at baby pictures	Dress silly for dinner
29	30	31				
Call a relative to say "hi"	Read a book out loud	Take an after-dinner walk together				

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# April

## Staying Healthy Inside and Out

Children learn healthy habits by watching their caregivers. To set a good example, keep these tips in mind:

- Eating together is important to connect with your children. Have different healthy foods to eat. Focus on what your children are saying rather than what they are eating.
- Plan, shop and cook at home as a family. Children can help plan the menu, set the table, and prepare the meal if they are older.
- Find physical activities that all family members enjoy
  - Take a walk- during this time, play “I Spy” with younger children or count the number of trees or cars you see. For older children this can be a good time to talk about friends, school and ask them how they are doing
  - Stretch or follow a yoga video together
  - Help kids practice team sports they play
  - Play tag or hide and seek

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### **Books for the month:**

What's so Yummy? All About Eating Well and Feeling Good  
By R. Harris

Nutrition Facts for Kids: Teaching Children the Facts about Nutrition  
By M. A. Ruffaer

Monsters Don't Eat Broccoli  
By B. Hicks

Oh, The Things You Can Do That Are Good for You! All About Staying Healthy (The Cat in the Hat's Learning Library)  
By Tish Rabe

Yoga Exercises for Teens: Developing a Calmer Mind and a Stronger Body  
By H. Purperhart

# April 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
			Have a family meeting	Run around your house	Make a meal together	Visit a nursing home
5	6	7	8	9	10	11
Talk about your childhood memories	Do jumping jacks	Play music while doing your chores	Learn 5 words in sign language	Find new recipes to make this weekend	Discuss and write down 3-5 family rules	Do "Spring Cleaning"
12	13	14	15	16	17	18
Explore a map together	Stop, talk and listen to each other	Go puddle jumping	Thank someone for being your friend	Play follow the leader	Read a book about friends	Make snack mix using breakfast cereals
19	20	21	22	23	24	25
Sing songs together	Make a grocery list of healthy you like to things to eat	Talk about being a good friend	Blow bubbles outside	Make a fruit salad	Visit friends	Clean up your neighborhood
26	27	28	29	30		
Go hiking	Laugh a lot today	Eat ice cream	Draw a picture of a tree	Make a May Day basket		



# May

## Bonding with Baby

Attachment is a deep, lasting bond that grows between a caregiver and child during the baby's first few years of life. This is key to the growth of a baby's body and mind. Babies who have this bond and feel loved have a better chance to grow up to be caring adults.

Here are some ways to bond with your baby:

- Hold and touch your baby and allow your support system to do the same. Keep your baby close with a baby sling or carrier if you prefer to be productive during this time.
- Use feeding, bathing and diapering times to look at your baby, smile and talk.
- Read, sing and play peek-a-boo. Babies love to hear voices.
- Accept help from your support network when possible and give yourself grace
- Reach out to your child's pediatrician if you feel you need more support and would like community resources that can help you
- Keep in mind the temporary nature of this time and don't be afraid to communicate your own needs too

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### **Books for the month:**

Cribsheet

By Emily Oster

The Fourth Trimester

By Kimberly Ann Johnson

The Happiest Baby on the Block

By Harvey Karp

Brown Bear, Brown Bear, What Do You See?

By Bill Martin Jr.

Goodnight Moon

By Margaret Wise Brown

# May 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
					Make a goal for the month	Plant flower bulbs
3	4	5	6	7	8	9
Make cards for everyone in your house	Learn about pet care	Work on a jigsaw puzzle	Help someone in your family	Write down how you are feeling today	Discuss good manners	Go on a family outing
10	11	12	13	14	15	16
Have a picnic at your favorite park	Turn off the TV for the day	Make paper flowers	Play "Simon Says"	Pick dandelions	Read the comics	Have a family meeting
17	18	19	20	21	22	23
Go on a scavenger hunt	Try a new food	Watch the sunset	Say "thank you"	Talk about a time you felt proud	Tell each family member what they do well	Visit the zoo
24	25	26	27	28	29	30
Cook dinner together	Read a book outside	Write a short story about your family	Talk about feelings	Have a talent show	Play Frisbee	Make up a family skit
31						
Plan a family reunion						

# June

## Dealing with Temper Tantrums

Learning how to manage temper tantrums can be tough. Tantrums can be unpredictable and challenging, especially when parents are tired or stressed. For many caregivers, staying calm during a child's tantrum is difficult it is helpful to remember that tantrums are a normal part of development. They are a common way for children to express strong feelings as they learn about communication, impulse-control and uncomfortable emotions. Tantrums are part of the important learning process of problem-solving, following instructions, waiting and getting along with others.

Here are some tips for handling and preventing tantrums:

- Stay calm- try to take deep breaths to help your child learn about regulating strong emotions from your example
- Stick to your decisions- try not to reinforce the tantrum while still acknowledging your child's feelings
- Avoid teaching or reasoning mid-tantrum- wait until everyone is calmer to discuss the behaviors
- Encourage positive behavior by recognizing when your child is being helpful, sharing or listening
- Help your child recognize and express their feelings while holding boundaries about shouting at or hurting others

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### Books for the month:

Jilly's Terrible Temper Tantrums:  
And How She Outgrew Them  
By M. Heineman Pieper

A Little Book About Feelings  
By A. Schiller

What to Do When Your Temper  
Flares: A Kid's Guide to Overcoming  
Problems With Anger  
By D. Huebner

Tiny Humans, Big Emotions  
By Alyssa Blask Campbell and  
Lauren Stauble

# June 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
	Write a song and sing for your family	Stop and smell the flowers	Play basketball after dinner	Try a new way to practice self-care	Give everyone in your house a hug	Visit your neighbors
7	8	9	10	11	12	13
Make a summer reading list	Feel your heartbeat, take deep breaths	Learn about a new topic of interest	Talk about what makes you happy	Write a story together	Draw pictures for your story	Have a family picnic
14	15	16	17	18	19	20
Look for butterflies	Read a book about families	Draw animals	Color on the sidewalk with chalk	Create a family cheer	Participate in a local Juneteenth celebration	Walk through the woods together
21	22	23	24	25	26	27
Play tag outside	Explore outdoors with a magnifying glass	Go roller skating or rollerblading	Talk about ways to stay calm	Make banana splits for dessert	Invite friends for a backyard picnic	Clean up a local park
28	29	30				
Make ice cube tray popsicles	Compliment a family member	Talk about the best part of your day				

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# July

## Parenting School-Age Children

Below are some things you might have observed in your school-age child:

- They mature unevenly- their bodies may be growing, but they can still have temper tantrums and need reminders to do tasks
- They see things in black and white. They are concrete thinkers concerned about fairness and rules.
- They can do chores and homework more independently but may need you to remind them and teach them without doing it for them
- They get distracted easily and may lack organizational skills.
- Friend relationships are very important at this age. They care deeply about fitting in socially.

As parents, it's important to do the following:

- Model the behavior you want to see in your child.
- Offer support and understanding when your child has problems with peers.
- Explore ways they can resolve conflicts, but do not interfere.

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### **Books for the month:**

Pippi Longstocking

By A. Lindgren

Stuart Little

By E.B. White

How to Talk So Kids Will Listen & Listen So Kids Will Talk

By Adele Faber and Elain Mazlish

The Birthday Rules: Critical Conversations to Have with You Children (Ages 6-16)

By J. Wald & Dr. R. Marsh

Responsive Parenting for School-Age Children

By Morgan Ramsey and Brian Teinert

# July 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
			Learn about Wisconsin	Eat dinner outside	Go to the beach	Watch fireworks
5	6	7	8	9	10	11
Fly a kite	Roll down a grassy hill	Draw a rainbow	Learn about thunder and lightning	Run in place for 5 minutes	Camp outdoors as a family	Catch fireflies
12	13	14	15	16	17	18
Play with a friend you haven't seen all summer	Turn off the TV for the day	Compliment yourself	Listen for crickets at night	Have a family cookout	Make a goal for the week	Make breakfast for dinner
19	20	21	22	23	24	25
Count the stars	Jump rope	Run through a sprinkler	Do two chores today	Set up a lemonade stand	Donate profits from lemonade stand to charity	Go for a walk after dinner
26	27	28	29	30	31	
Eat a meal outdoors	Listen to different kinds of music	Measure how tall you are	Pull weeds from the garden	Do cartwheels	Family game night	

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# August

## Parenting Teenagers

The teen and pre-teen years are a time of big changes and transitions. Along with bodily changes, brain development, and social pressures, teens need increasing independence. It can be a confusing time! But teens still need a strong connection with their caregiver that involves open communication, active listening and validation.

Here are some tips:

- Create a calm environment with predictable routines
- Check in with your own emotions as a caregiver- practice modeling how to handle stress
- Spend time together- learn about your teen's interests and engage in activities they enjoy.
- Try to withhold judgment so teens don't feel defensive and shut down
- Involve teens in decision-making- have open and honest discussions of expectations, rules and boundaries.
- Ensure that the consequences for violating boundaries are reasonable and fair

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### **Books for the Month:**

How to Hug a Hedgehog: 12 Keys for Connecting

By B. Wilcox & J. Robbins

How to Talk So Teens Will Listen and Listen So Teens Will Talk

By A. Faber & E. Mazlish

Fourteen Talks by Age Fourteen

By Michelle Icard

The Emotional Lives of Teenagers

By Lisa Damour

# August 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
						Make a list of goals for this month
2	3	4	5	6	7	8
Make smoothies with fresh fruit	Pick wildflowers	Write letters to your family	Feel the grass under your feet	Learn or teach how to tie shoes	Eat a meal by candlelight as a family	Go to a farmer's market
9	10	11	12	13	14	15
Go swimming	Look at a map of your town	Read under a tree	Collect interesting rocks	Talk about what upsets you	Have a dance party	Have a family cookout
16	17	18	19	20	21	22
Talk about how to calm down	Lay in the grass and look at clouds	Make tacos for dinner	Make funny faces	Tell someone you appreciate them	Blow bubbles outside	Build a sandcastle
23	24	25	26	27	28	29
Play catch with water balloons	List goals for the school year	Discuss how to solve problems	Look for fireflies tonight	Wash the dishes together	Discuss your hopes for the new school year	Play (or go to) a baseball game
30	31					
Listen to music outdoors	List your favorite summer 2026 memories					



Children's  
Wisconsin



Prevent Child Abuse  
Wisconsin

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# September

## Sharpening Our Minds

This month's highlights are about playing to help sharpen your brain. Our brains continue to form new pathways well into adulthood. Exercising your brain is a great idea to help prevent cognitive decline – and best of all, it's easy to do! Even very simple things like brushing your teeth with your opposite hand can improve your brain function.

### Everyday Practice for Adults:

- Do crossword puzzles, Sudoku, play cards – all these activities stimulate your brain.
- Learn something new. Try checking out a book from the library about a topic in which you are interested.
- Try adding and subtracting in your head.

### Everyday Practice for Kids:

- When you are at the store, talk about the price of items you are buying. Show how different brands are different prices (for an older child, discuss unit price or the cost of buying multiple items).
- Find letters in street or store signs (for an older child, play a letter game where you find every letter of the alphabet in street/store signs).

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### Books and resource for the month:

The Simple Science Activity Book  
by Jane Bull

Yumbo Gumbo  
By: Keila V. Dawson

Brain Gaming for Clever Kids: More than 100 Puzzles to Exercise Your Mind  
By Gareth Moore

Logic Puzzles for Clever Kids: Fun brain games for ages 4 & up  
By Molly Lynch

# September 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
		Start a summer scrapbook	Take a family walk	Make puppets with old socks	Play with a new friend at school	Help clean the garage out
6	7	8	9	10	11	12
Set goals for the school year	Wish on a star	Set up a homework/quiet corner	Do something nice for your family	Play on swings at the park	Talk to your family about your new teacher(s)	Family game night
13	14	15	16	17	18	19
Talk about how to make a new friend	Learn about a famous person from Wisconsin	Practice patience	Make a mural of hand and footprints	Order dinner to be delivered	Do an act of kindness	Watch a movie as a family
20	21	22	23	24	25	26
Count the stars tonight	Say "please"	Climb trees (or monkey bars)	Have a spelling contest	Help set the table for dinner	Try a "no-screens" day after dinner	Make an art project
27	28	29	30			
Start a home library	Make a fruit salad	Read a book about space	Look to see if trees are changing colors			

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# October

## Effective Communication

This month is all about communicating with others in a healthy and productive way. Developing healthy ways to talk and listen to others helps you feel confident. It helps you express yourself so that you can be better understood (and you can better understand others, too). Kids can learn how to communicate more effectively with others by observing and interacting with you. Best of all, communicating effectively can help you feel closer and less frustrated with those around you, which always makes for a happier day!

### Everyday Practice:

- Wait until you are calm before engaging in conversations. Not much good will come from a conversation where there is yelling. There is nothing wrong with saying “I can’t talk right now. I’m upset.”
- Use “I” statements instead of “you” statements. You can express yourself without attacking the other person’s self-esteem.
- Try holding a family meeting once a week to discuss issues and/or scheduling concerns.
- Make sure to hug your loved ones to show your love!

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### Books for the Month

Parenting with Love and Logic  
By Foster W. Cline

My Mouth is a Volcano  
By Julia Cook

So Many Ways to Say What We Mean  
By Roz MacLean

Siblings Without Rivalry  
By Adele Faber & Elaine Mazlish

How to Talk to Kids About Anything  
By Robyn Silverman, PhD

# October 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
				Do homework together tonight	Have a family camp out indoors	Make homemade pizzas
4	5	6	7	8	9	10
Have tea with your family	Make a card for someone	Breathe deeply and relax	Talk about your day after school	Make a collage from things in nature	Donate food to a local pantry	Enjoy popcorn and a movie
11	12	13	14	15	16	17
Finger paint with shaving cream	Tell someone you like them	Lay under colorful fall trees	Set a good example	Make paper airplanes	Paint faces on leaves	Help with yardwork
18	19	20	21	22	23	24
Make a healthy snack	See how fast you can run	Learn more about recycling	Ask your family members how they're feeling	Jump in leaves	Take flowers to a friend or relative	Pick apples at an orchard
25	26	27	28	29	30	31
Visit a pumpkin patch	Practice using manners	Write a song with your name in it	Call a relative	Talk about a trick or treat plan	Make caramel apples	Trick or Treat

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# November

## Practicing Gratitude

This month's theme is about expressing gratitude and showing appreciation. This theme does not have to center around the Thanksgiving holiday but can be used all year round to promote ways of recognizing positivity. Developing this skill can encourage empathy and kindness as well as generous behaviors toward others. Other social benefits include improved relationships and stronger bonds among kids and their peers, family members their community as a whole. Gratitude can also enhance kids' concentration and motivation as well as promoting positive behaviors like cooperation. Last, gratitude helps all of us, kids and adults, to worry less and feel calmer when we learn, work and even sleep.

### Everyday Practice:

- Model gratitude- express being thankful or appreciative in front of kids
- Create a gratitude routine- implement a daily family practice of discussing or writing what you are thankful for. This can be during a meal, before bedtime or during a quiet moment with your child. Older children can journal and younger kids can either talk about what they are grateful for or drop a note/drawing in a gratitude jar.
- Involve kids in thank you projects- kids can write notes or make art to thank school staff, classmates, neighbors or community helpers
- Read about gratitude- see the list to the right for some great literary suggestions!

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### Books for the Month

Bear Says Thanks  
By Karma Wilson

We Are Grateful: Otsaliheliga  
By Traci Sorell

What is Given from the Heart  
By Patricia C. McKissack

Gratitude is My Superpower  
By Alicia Ortego

# November 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
Watch or go to a football game	Pretend your blanket is a flying carpet	Talk about what it means to vote	Give someone you love a hug	Learn about a new topic you're curious about	Do a puzzle as a family	Bake an apple pie
8	9	10	11	12	13	14
Help set the table	Research volunteering opportunities in your community	Look for geese flying south	Try having a "no TV day"	Make hot chocolate	Play Charades	Visit the library as a family
15	16	17	18	19	20	21
Help with the laundry	Learn about rainforests	Learn to spell "November"	Spaghetti Night	Take turns reading a book out loud	Write down things you're thankful for	Make soup today
22	23	24	25	26	27	28
Help make breakfast	Learn about endangered animals	Listen to a new song today	Volunteer as a family	Talk about what you are thankful for	Take a family photo	Make homemade wrapping paper
29	30					
Play cards together	Make a list of gifts you would like to give this year					

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# December

## Taking Time to Relax

This month's theme is about the "art of relaxation." It can be difficult in our rushed and busy society to relax, but it is a necessary part of staying healthy. Studies have shown that there are many benefits to relaxing like decreasing anger and anxiety, improving your immune system and even helping to have a better memory! All it takes is 10 minutes a day!

### Everyday Practice

#### Breathing

- Get into a comfortable position, sitting or lying down
- Begin focusing your breath. Count your breaths from 1 to 10, starting over again at 1. (If your mind wanders, gently bring it back to your breath).
- Feel your body relax as you focus on your breathing.
- Start with 5 minutes a day, and gradually increase to 10 to 15 minutes

#### Mindful Walking

- First, just stand. Feel the weight of your body.
- Begin walking at a normal pace. Let your mind focus on each step you take
- If your mind wanders, gently bring it back to your steps, feeling the rhythm, how your legs, hips and body feel.
- When ready to stop, stand and take a few deep breaths.

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### Books for the Month

My Body Is a Rainbow: The Color of My Feelings

By Malika Chopra

Breathe Like a Bear

By Kira Willey

A Handful of Quiet

By Thich Nhat Hanh

What Does it Mean to Be Present?

By Rana Diorio

# December 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
		Get a calendar for next year	Enjoy hot chocolate together	Write a letter to a friend	Bake a pumpkin pie	Call a relative
6	7	8	9	10	11	12
Put on a play for your family	Make handmade holiday cards	Learn about winter sports	Look at baby pictures	Talk about holiday traditions	Pretend you are at the beach	Have a friend over for dinner
13	14	15	16	17	18	19
Make paper snowflakes	Look for frost on the windows	Talk about ways to solve a problem	Take turns giving compliments	Bake a batch of cookies and share	Visit the library	Make winter pictures with cotton balls
20	21	22	23	24	25	26
Make a picture collage with a sibling or friend	Observe the winter night	Close your eyes & take 5 deep breaths	Look for animal tracks in the snow	List or talk about 3 things you do well	Tell your loved ones why they are special to you	Build a fort with pillows
27	28	29	30	31		
Bundle up and play outside	Play relaxing music	Read a book with an adult	Talk about your favorite memories from 2026	Make confetti from recycled paper		

You can download this free calendar at [www.preventchildabusewi.org](http://www.preventchildabusewi.org).

