

2025 Family Fun Calendar

Keeping Your Family Strong

This year's family fun calendar shares ideas on how to keep 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 have help and feel supported it makes the job a bit easier.

In this calendar, you will find ideas to stay strong when life gets hard. Building on your own strengths is a great way to keep the family strong too. When family members work together and find support from others, children tend to be happy and healthy.

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.

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, perhaps on your "family night."
- ♦ do all the activities or one activity each week.

However you decide to use the calendar, spending quality time together will have a positive impact on your family. We hope that this calendar helps you find ways to spend quality time as a family.



Strong families have:

- Love and respect for each other
- Understanding of parenting skills and child growth
- Ability to deal with stressful events
- Help from others when needed – family, friends, neighbors
- Ability to share their feelings
- Access to their basic needs like housing, food, clothing, medical care, etc.



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January

Staying Healthy Inside and Out

Children learn healthy habits by watching you. Set a good example. Practice the following:

- 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.
- Reward children with your time and kind words, and not food treats.
- 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, stretch, follow a yoga video, play tag or hide and seek!

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Notes

Books and resources for the month:

Gregory, the Terrible Eater
By M. Sharmat

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

January 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
			Discuss ways to stay healthy inside and out in 2025	Do a favor	Hug someone	Visit a museum
5	6	7	8	9	10	11
Try a new food	Draw a picture of the weather	Do a finger painting	Breathe deeply	Make puppets with paper bags	Volunteer as a family	Build a snow family
12	13	14	15	16	17	18
No TV day	Play a board game	Give someone a nice note	Make a healthy snack	Exercise as a family	Make warm apple cider	Dress up for dinner
19	20	21	22	23	24	25
Try something new	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
26	27	28	29	30	31	
Have a family sing a long	Make faces in the mirror	Visit the library	Discuss a TV show	Make trail mix or smoothies	Make your own obstacle course	

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February

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 but it might be 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 handling 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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Notes

"When little people are overwhelmed by big emotions, it's our job to share our calm, not join their chaos."

~L.R. Knost

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

How to Take the Grrrr Out of Anger

By E. Verdick

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

By D. Huebner

February 2025

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

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March

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:

- Respond when your baby cries. You can't "spoil" a baby with too much attention.
- Hold and touch your baby. Keep your baby close with a baby sling or carrier
- 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.

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Notes

"We never know the love of a parent until we become one ourselves."

~Henry Ward Beecher

Books for the month:

Twinkle, Twinkle, Little Star: And Other Favorite Nursery Rhymes

By S. Rescek

Chicka Chicka Boom Boom

By B. Martin Jr

Baby Signs: A Baby-Sized Introduction to Speaking Sign Language

By J. Allen

Where is Baby's Belly Button?

By K. Katz

March 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
						Bake a cake as a family
2	3	4	5	6	7	8
Draw a picture of your home	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
9	10	11	12	13	14	15
Share a happy memory	Color a picture of someone	Read a book out loud	Family game night	Taco night	Volunteer as a family	Have a dance party
16	17	18	19	20	21	22
Touch your toes 10 times	Make green pancakes	No TV day	Learn a word in sign language	Share your favorite poem	Look at baby pictures	Talk about your role models
23	24	25	26	27	28	29
Call a relative to say "hi"	Read a book about cats	Look for square shapes	Dress silly for dinner	Help dust the furniture	Have a treasure hunt	Go to a playground
30	31					
Help with grocery shopping	Make root beer floats					

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April

Parenting School-Age Children

Children ages 6-12 go through big changes. As they spend more time at school with friends, they are developing their own identity. Their bodies are also changing and growing quickly. They are learning to control their feelings, use reason and solve problems. They need rules and structure and, most of all, their caretakers' love and support.

Below are some parenting tips for this age group:

- Make a few important rules and follow them. Children want freedom, so give them choices in smaller matters – like clothing, bedroom decorating.
- Talk to them about what you expect. Post rules and routines where everyone can see them. Fewer “grey areas” mean less to argue about.
- Support their growing bodies. Children this age need healthy meals – breakfast is very important. They also need about 10 hours of sleep each night.
- Talk with your child AND listen to what they have to say. They may act like they don't care what you have to say, but they do want your love, attention and advice.

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Notes

“Education is the most powerful weapon which you can use to change the world.”

~Nelson Mandela

Books for the month:

Alexander and the Terrible, Horrible, No Good, Very Bad Day

By J. Viorst

Cloudy With a Chance of Meatballs

By J. Barrett

The Borrowers

By M. Norton

Parenting in the Age of Attention Snatchers: A Step-by-Step Guide to Balancing Your Child's Use of Technology

By L. Palladino

April 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
		Draw a picture of a tree	Have a family meeting	Run around your house	Find things smooth and bumpy	Visit a nursing home and sing songs
6	7	8	9	10	11	12
Talk about your childhood memories	Do jumping jacks	Play music while doing your chores	Learn 5 words in sign language	Watch the news and discuss what you saw	Discuss and write down 3-5 family rules	Do "Spring Cleaning"
13	14	15	16	17	18	19
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 your own personal flag
20	21	22	23	24	25	26
Sing songs together	Make a grocery list of healthy things to eat	Talk about being a good friend	Blow bubbles outside	Make snack mix using breakfast cereals	Visit friends	Clean up your neighborhood
27	28	29	30			
Go hiking	Laugh a lot today	Eat ice cream	Make a May Day basket			

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May

Building Coping Skills

All kids face problems and disappointments. Being able to handle these is an important skill to learn. Experts call this “resilience” – how one bounces back after a setback.

You can help your child develop coping skills by:

- Having a positive outlook – children will watch to see how you handle a problem. Model an “I can do it” attitude.
- Build confidence – tell your child what they do well. Comment when they are kind, helpful, patient, etc.
- Encourage goal setting – help them set realistic goals. Work towards them, taking one step at a time.

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Notes

“Life doesn’t get easier or more forgiving, we get stronger and more resilient.”

~Steve Maraboli

Books for the month:

Bounce Back! A Book About Resilience
By C. Meiners

Building Resilience in Children and Teens:
Giving Kids Roots and Wings
By K. Ginsburg MD FAAP

Flight School
By L. Judge

Pearla and her Unpredictably Perfect Day:
A story about how a sprinkling of mistakes
can be a recipe for success
By R. Lieberman

May 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
				Make a goal for the month	Write down how you are feeling today	Plant flower bulbs
4	5	6	7	8	9	10
Make cards for everyone in your house	Learn about pet care	Work on a jigsaw puzzle	Help someone in your family	Plan a family reunion	Discuss good manners	Go on a family outing
11	12	13	14	15	16	17
Count the street signs in your neighborhood	Turn off the TV for the day	Make paper flowers	Play "Simon Says"	Pick dandelions	Read the comics	Have a family meeting to talk about anything
18	19	20	21	22	23	24
"I was proud when I..."	Try a new food	Watch the sunset	Say "thank you"	Talk about the ways people travel	Tell each family member what they do well	Visit the zoo
25	26	27	28	29	30	31
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

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June

Communicating

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

Whole Body Listening Larry at Home!
By Elizabeth Sautter

So Many Ways to Say What We Mean
By Roz MacLean

June 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
Talk about the best part of your day	Write a song and sing for your family	Stop and smell the flowers	Look for frogs	Play outside with a ball	Walk through the woods	Visit your neighbors
8	9	10	11	12	13	14
Make a summer reading list	Feel your heartbeat	Play "Tag"	Talk about what makes you happy	Write a story together	Draw pictures for your story	Have a family picnic
15	16	17	18	19	20	21
Look for butterflies	Read a book about families	Draw animals	Color on the sidewalk with chalk	Create a family cheer	Learn how to spell a new word	Play basketball
22	23	24	25	26	27	28
Give everyone in your house a hug	Explore with a magnifying glass	Go roller skating or rollerblading	How do you make good choices?	Make banana splits for dessert	Invite friends for a backyard picnic	Clean up a local park
29	30					
Make ice cube tray popsicles	Compliment a family member					

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July

Staying Healthy with Exercise

Children and teens need 60 minutes or more of physical activity each day. Adults should aim for at least 30 minutes daily. Below are some ideas to get your family moving:

- Find things your family enjoys – shoot hoops, walk, swim, dance – just keep moving together.
- If your children are in sports – help them practice. Kick soccer balls, pitch, throw or catch balls.
- Take a family walk after dinner – instead of turning on the TV. During this time, play “I Spy,” 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.

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“I find if my body feels well and I exercise regularly, I think better, work better and feel better.”

~Helmut Jahn

Books for the month:

Fisher-Price Let's Get Moving!
By Fisher-Price TM

303 Kid-Approved Exercises and Active Games
By K. Wechsler

303 Tween-Approved Exercises and Active Games
By K. Wechsler

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

July 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
		Family game night	Learn about Wisconsin	Eat dinner outside	Go to the beach	Water the plants outside
6	7	8	9	10	11	12
Fly a kite	Roll down a grassy hill	Count to 100	Learn about thunder and lightning	Run in place for 5 minutes	Camp outdoors as a family	Catch fireflies
13	14	15	16	17	18	19
Draw a rainbow	Turn off the TV for the day	Compliment yourself	Listen for crickets at night	Have a family cookout	Make a goal for the week	Do two chores today
20	21	22	23	24	25	26
Count the stars	Jump rope	Run through a sprinkler	Make breakfast for dinner	Set up a lemonade stand	Donate profits from lemonade stand to charity	Go for a walk after dinner
27	28	29	30	31		
Eat watermelon	Listen to different kinds of music	Measure how tall you are	Pull weeds from the garden	Do cartwheels		

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August

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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Notes

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

August 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
					Lay in the grass and look at clouds	Listen to music outdoors
3	4	5	6	7	8	9
Make smoothies with fresh fruit	Pick wildflowers	Write letters to your family	Feel the grass under your feet	No complaining day	Eat a meal by candlelight as a family	Go to the farmer's market
14	15	16	17	18	19	16
Go swimming	Look at a map of your town	Read under a tree	Collect interesting rocks	Talk about what upsets you	Make tacos for dinner	Watch a movie
21	22	23	24	25	26	23
Talk about how to calm down	Have a friend sleep over	Help unpack and put away groceries	Make funny faces	Have a family cookout	Celebrate for no good reason!	Build a sandcastle
24	25	26	27	28	29	30
Dance Party!	Trace and cut out letters of the alphabet	Discuss how to solve problems	Look for fireflies tonight	Wash the dishes together	Learn or teach how to tie shoes	Play (or go to) a baseball game
31						
Play catch with water balloons						

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September

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 ideas:

- 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- engage in activities your teen enjoys. Learn about their interests
- 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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Notes

"I thought I used to 'worry' a lot when my kids were little. Then I had teenagers. You know what I would give right now to worry about sippy cups and naptime? EVERYTHING."

~Unknown

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

September 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
	Family game night	Learn about saving money	Make a summer scrapbook	Clean the garage out	What is your favorite school subject?	Learn 5 new words
7	8	9	10	11	12	13
Make puppets with old socks	Wish on a star	Set goals for the school year	Do something nice for your family	Play on swings at the park	Set up a homework/quiet corner	Try a new vegetable
14	15	16	17	18	19	20
Talk about how to make a new friend	Learn about a famous person from Wisconsin	Practice patience	Make a mural of hand and foot prints	Order dinner to be delivered	Joke night at dinner	Watch a movie as a family
21	22	23	24	25	26	27
Do an act of kindness	Say "please"	Climb trees (or monkey bars)	Have a spelling contest	Take a family walk	No TV day	Craft/art project day
28	29	30				
Start a home library	Make a fruit salad	Read a book about space				

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October

Managing Stress

Everyone experiences stress at times- it can be a bad day at work, car trouble or too many things to do. But too much stress can make it hard to parent well and impacts the whole family system. It is important to learn how to manage your stress – for your own sake and for your children.

Here are some ideas:

- Identify what's making you stressed. Everyone's stressors are different.
- Accept what you cannot change. Ask yourself, "Can I do anything about it?"
- Try deep breathing, meditation, yoga or listening to music. 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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Notes

"Doing something that is productive is a great way to alleviate emotional stress. Get your mind doing something that is productive."

~Ziggy Marley

Books for the month:

David and the Worry Beast: Helping Children Cope with Anxiety
By A.M. Guanci

Wemberly Worried
By K. Henkes

Wilma Jean the Worry Machine
By J. Cook

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

October 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
			Do homework together tonight	Do yard work	Have a family camp out indoors	Write a song with your name in it
5	6	7	8	9	10	11
Look for things that are round	Make a "happy" card for someone	Breathe deeply and relax	Make homemade pizzas	Make a collage from things in nature	Donate food to a local pantry	Make everyone's bed today
12	13	14	15	16	17	18
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	Think positive
19	20	21	22	23	24	25
Make a healthy snack	See how fast you can run	Learn to recycle	Enjoy popcorn and movies!	Jump in leaves	Take flowers to a friend or relative	Pick apples at an orchard
26	27	28	29	30	31	
Visit a pumpkin patch	Be polite	Make caramel apples	Say "Hi" to your family members	Help clean up after dinner	Trick or Treat	

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November

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 have to 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

November 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
						Bake an apple pie
2	7	8	9	10	11	12
Watch or go to a football game	Pretend your blanket is a flying carpet	Talk about what it means to vote	No TV day	Make hot chocolate	Play "Charades"	Visit the library
9	14	15	16	17	18	19
Help with the laundry	Make soup for supper	Learn to spell "November"	Spaghetti Night	Take turns reading a book out loud	Write down things you're thankful for	Enjoy popcorn and a movie
16	21	22	23	24	25	26
Take a family photo	Talk about what you are thankful for	Learn about rainforests	Draw your favorite teacher	Send thank you notes to people	Do a puzzle as a family	Make homemade wrapping paper
23	24	25	26	27	28	29
Play cards	Help make breakfast	Help set the table	Volunteer as a family	Give yourself a hug	Clean your room	Learn about endangered animals
30						
Look for geese flying south						

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December

Making Time to Play!

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

Everyday Practice:

- Pretending!- Start A game with a fun introduction, like saying: *"Come look, there's a bear in our kitchen."*
- Crawl like a bear with your child. *"C'mon? Let's crawl like bears! Grrr!"*
- Find some pretend "food" that the animal likes. *"There's a river over there. See the Fish? Let's pretend to eat fish!"*
- Find a pretend home for the animal. *"Look! There's our cave. Let's get inside and take a nap."*
- You can repeat this game and pretend to be other animals- bunny, frog, cat, cow
- Come up with different pretend situations- astronaut, train conductor, athlete
- Have fun with your child – remember – you're never too old to be silly.

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Books and resource for the month:

www.loveandlogic.com

~Helping to raise responsible kids

It's Not My Fault

~N. Carlson

Horton Hatches the Egg

~Dr. Seuss

Berenstain Bears and the Blame Game

~Stan and Jan Berenstain

Pigsty

~Mark Teague

December 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
	Call a relative	Help clean the house	Get a calendar for next year	Write a letter to a friend	Bake a pumpkin pie	Make a picture collage
7	8	9	10	11	12	13
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
14	15	16	17	18	19	20
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
21	22	23	24	25	26	27
Create new words to your favorite song	Observe the winter night	Close your eyes & take 5 deep breaths	Look for animal tracks in the snow	Name 3 things you do well	Count the windows in your house	Build a fort with pillows
28	29	30	31			
Watch a movie and make popcorn	Be yourself	Read a book with an adult	Make confetti from recycled paper			

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