



Thrive to Five Family Fun Activity Calendar



February



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Fine Art Add a few drops of red food coloring to yogurt for an edible painting experience.	Social Emotional Invite some friends over to play Duck, Duck, Goose.	Math Have your child sort bottle caps by color or size.	Physical Play with red play dough today.	Social Studies Have your child pretend to do different jobs such as baking, teaching, or serving food.	Science Have a bubble contest when washing hands. Try to make a lot of bubbles when you scrub.	Language & Literacy Have your child pick out a favorite book to read at bedtime.
Social Emotional Have your child call, visit or video chat a family member that lives far away.	Science Hide a ticking clock and have your child find it.	Fine Art Give your child a paper shaped like a heart and have them glue different materials on it.	Social Studies Have your child draw a picture of family members.	Language & Literacy Write object names on post-it notes and have child match them to objects in your house (door, window, lamp).	Math Make a drum from an empty container such as an oatmeal container. Have child tap out a pattern.	Physical Make a "fort" out of a blanket draped over a table and enjoy a snack or book.
Science Talk about shadows and then go outside and have your child look for shadows.	Physical Have child use tweezers or tongs to pick up small candy hearts.	Social Emotional Spend one on one time with your child. Smile, laugh, and touch different parts of their body and see how they react.	Fine Art Have your child draw a picture and sign the masterpiece	Math Draw shapes, letters, and numbers in shaving cream on a cookie sheet.	Language & Literacy Create, cut, and color a card for someone special today.	Social Studies Plan a teddy bear picnic and talk to your child about friendship.
Physical Have your child wiggle individual body parts such as toes and fingers.	Social Studies Talk to your child about responsibility and show them how to clean up liquid with a paper towel or sponge.	Language & Literacy Encourage language development by naming the items your child points to and asking questions. Example: If child points to a toy, ask, "Would you like that toy?"	Math Give your child a handful of heart shaped candies to count.	Fine Art Make up and sing songs with your child such as "There is a food that we all love and PIZZA is its name-o. P-I-Z-Z-A." (Sing to tune of Bingo).	Social Emotional Work with your child to help them eat with a spoon independently. Be prepared to clean up a mess. It's ok if your child gets food on their face and hands.	Science Have your child help make red JELLO for dessert.

Thrive to Five offers FREE classes and community resources to families with children ages 0-5 years old!
For more information and to register for classes visit ThrivetoFive.org