



Sabine

Isaiah

Wyatt



# FEBRUARY

# 2022

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1	2	3 TALK: Ask your child what they enjoy most about school.	4	5 READ: Find a book on sign language and practice with your child.
6 PLAY: Play a matching game with your child.	7	8	9 COUNT: Count as many things in your house that are square shaped.	10	11 TALK: Discuss with your child what it means to be a good friend.	12 LOG-OFF: Use different art supplies to make Valentine's Day cards with your child.
13	14 Valentine's Day READ: Sing the Alphabet with your child in a silly voice.	15 TALK: Talk about your family tree with your child and help them draw it.	16	17 PLAY: Create a scavenger hunt for your child.	18	19
20 COUNT: Have your child count all of the letters in their name.	21 Presidents' Day	22	23 PLAY: Dentist, help them understand why the dentist is important.	24	25 READ: Learn a new song!	26
27	28 LOG-OFF: Teach your child about rainbows and then have them draw one.					

**HEALTH TIP:**  
 Studies show that eating breakfast has a positive effect on cognitive performance. A balanced breakfast of protein and complex carbohydrates has been shown to be important for brain function and maintaining a steady level of energy throughout the day.

