



Leonardo



2023

January

2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 New Year's Day	2	3	4 Log-Off Write thank you notes to those you received holiday gifts from.	5	6	7
8	9 Talk Talk about your goals for this year.	10	11 Read Read your favorite book.	12	13 Count Count all your favorite toys.	14
15	16 Martin Luther King, Jr. Day Log-Off Do a puzzle.	17	18	19 Read Read a fictional book.	20	21
22 Log-Off Go for a walk someplace new.	23	24 Talk Talk about the importance of sharing.	25	26	27 play Write the alphabet in different color crayons.	28
29	30	31	<p>JANUARY HEALTH TIP:</p> <p>Although it is hard when it is cold out, any screen time should be limited to two hours a day or less, if possible. That includes phones, televisions, tablets, video games, and computers. The light emitted from screens can reduce melatonin levels, making it more difficult to fall asleep and can disrupt the body's circadian rhythm.</p>			



United Way of Southern Kentucky