



LEWIS COUNTY HEAD START/EARLY HEAD START

# Family Togetherness

## February 2021



Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 Build a snowman	2 Make playdough	3 Do a virtual story hour at a library	4 Shovel snow
5 Rip newspaper or junk mail	6 Walk in the snow	7 Play hide and seek with shapes or colors	8 Make frozen bubbles! (directions on back)	9 Sing "Twinkle Twinkle Little Star"	10 Read the story, <u>The Mitten</u>	11 Set up an obstacle course in the house
12 Catch snowflakes	13 Read the story, <u>The Hat</u>	14 Go sledding	15 Work together to fold laundry or match socks	16 Make snow angels	17 Use a pizza box to make a road or parking lot	18 Practice using silverware at meals
19 Make your own sandwich day!	20 Video chat with your home visitor sometime this week.	21 Use crayons to draw	22 Shovel snow	23 Help with dishes	24 Have a snowball fight	25 Use junk mail envelopes to practice sending mail
26 Practice scooping and pouring while playing in the bathtub.	27 Have a parade around the house	28 Learn a new nursery rhyme	29 Enjoy the extra day this year!!			

## Frozen Bubbles

In order for bubbles to freeze, the temperature needs to be below 32 degrees Fahrenheit.

You will need: a bowl, straw and bubble solution

Place bubble solution into the bowl and slowly blow bubbles using a straw. A thin layer of ice will soon appear on each bubble!



### Spend time together as a family.

Children need love, time and attention. Setting time aside to be with your child produces a stronger bond, making them feel valued and loved. Invite them to join you in an activity you enjoy to reduce stress. Incorporate these activities into your family's weekly routine and acknowledge their mental health benefits.