



# ACTIVITY CALENDAR

## FEBRUARY FAMILY FUN!

1.

High five  
your  
little one

2.

Pick an  
activity  
from our  
website

3.

Go on an  
outdoor  
adventure  
(a walk)

4.

Touch  
your toes,  
reach the  
sky



5.

Have a  
sweet treat  
together

6.

Take a  
silly selfie  
with your  
little one

7.

Think of  
3 things  
you're  
grateful for



8.

Have  
double the  
cuddles  
today

9.

Make a  
silly noise  
for 30  
seconds

10.

Reach out  
to an old  
friend

11.

Make a  
cosy den



12.

Have a  
30 second  
dance  
party

13.

Leave  
someone a  
positive  
message

14.

Tell 5  
people  
that you  
love them



15.

List 5  
things you  
like about  
yourself

16.

Flip a  
pancake  
in the air

17.

Do  
something  
kind for  
someone

18.

Wave at  
5 people  
from the  
window

19.

Sing one  
nursery  
rhyme 5  
times today

20.

Focus on  
your  
breath for  
2 minutes

21.

Say  
'I love you'  
in a new  
language



22.

Copy your  
little one  
for 5  
minutes

23.

Draw a  
sunflower

24.

Take a new  
route on  
your walk

25.

Have a  
CBeebies  
watch  
party



26.

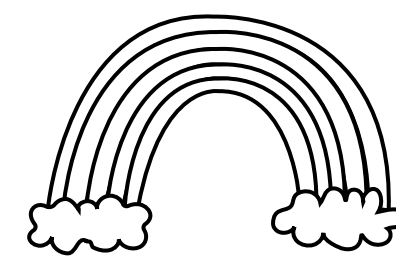
Look  
through  
old photos

27.

Do a  
wacky  
workout

28.

Get  
involved  
at nap time



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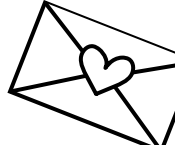
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