



# February 2010

Encourage your child to express ideas and feelings.

Use every day activities to learn about different feelings.

- Turn off the radio or CD player and talk when you and your child are driving in the car together.
- Turn off the TV and talk with your child about things that interest him or her.
- Talk with your child about some things each of you did that day.
- Talk about what makes people feel sad, happy, angry, frustrated, scared, etc.
- Use facial expressions and different tones of voice to dramatize different emotions.
- Look at a picture book together and have your child try to predict what will happen next.

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

**1** **Reminder:**  
Check with your school about upcoming kindergarten registration dates.

**2** **Groundhog Day**  
**Read to Me:**  
Read a book about different types of feelings.

**3**

**4** **Rosa Park's Birthday**  
**Library Day**



**5** **Read to Me:**  
Read a book and talk about how the story made you feel.

**6** **Art Time:**  
Make homemade Valentine's cards for the loved ones on your list.



**7** **Play Time:**  
Try acting out various feelings through facial expressions.



**8** **Letter Time:**  
Find things that begin with the letter 'L.'



**9**



**10** **To Do Together:**  
Make a list of people you love and talk about why.

**11** **Thomas Edison's Birthday**



**12** **Lincoln's Birthday**

**13** **Numbers and Counting:**  
Stack and count pennies as high as you can.



## 14 Valentine's Day

**Red Week:**  
Look for things that are red this week.



## 15 President's Day

## 16 Learn Colors:

Eat red fruits and vegetables today.



## 17 Ash Wednesday

## 18 Library Day



## 19 Talk to Me:

Look outside and talk about what you see.

## 20 National Hoodie-Hoo Day!

Chase away winter and bring in spring. On Hoodie-Hoo Day go outside at noon wave your hands and yell . . . "Hoodie-Hoo!"



## 21 Talk to Me:

Talk about what makes people sad, happy, angry, frustrated, scared, etc.

## 22 George Washington's

## 23 What . . . ?

Rhymes with the word owl.



## 24 Practice:

Zippers, snaps and buttons.

## 25

## 26 Numbers and Counting:

Count all of the doors and windows in your home.

## 27 Play Time:

Have your child invite a friend over to play dress-up.



## 28 Read to Me:

Read a story and ask your child what was his/her favorite part and why.



### Books You'll Love in February:

- Geoffrey Groundhog Predicts the Weather* by Bruce Koscielniak
- The Story of Rosa Parks* by Patricia A. Pingry
- Abe Lincoln-The Boy Who Loved Books* by Kay Winters
- George Washington's Breakfast* by Jean Fritz
- The Day It Rained Hearts* by Felecia Bond
- The Night Before Valentine's Day* by Natasha Wing
- Valentine Mice* by Bethany Roberts

## February is National Children's Dental Health Month!

