

# February Family Connection Calendar

*Small moments. Big memories.*

Try one simple activity each day to connect as a family.

## February 1-14

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Share one "rose" (best part) and one "thorn" (hard part) from your day

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Write a kind note and hide it for someone in your family to find

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Cook or bake something together

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Read a book aloud together

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Take a family walk and notice 5 new things

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Have a no-screens hour and play a game

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Share one thing you appreciate about each other

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Draw a picture of your family doing something you love

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Do one act of kindness together

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Ask: "What was the funniest part of your day?"

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Create a family cheer or secret handshake

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Write a thank-you note (teacher, coach, bus driver, or family member)

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Share one thing that makes you feel loved

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Family Hug Day