

# FEBRUARY

## ACTIVITY LIST

- Eat dinner by candlelight
- Say "I love you"
- Play blind-man's bluff
- Wear all red on February 5
- Give a kiss
- Play animal charades
- Play indoor hop-scotch
- Cook a heart-shaped pizza
- Slow-dance with someone
- Make a masking tape balance beam
- Make a pot of jambalaya for Mardi Gras
- Learn CPR
- Learn how to take your heart rate
- Play a game of slow motion tag
- Have a group hug
- Have heart-shaped pancakes for breakfast
- Act out a story together
- Have a toy car-carwash in the sink or tub
- Play balloon volleyball
- Hold hands on a walk
- Enjoy a sunset
- Be sure everyone knows how/why to wash their hands
- Make a valentine and hand deliver it
- Dip strawberries in chocolate
- Have an indoor picnic

Extension  
UtahStateUniversity.



**CREATE** BETTER HEALTH<sup>SNAP-ED</sup>

Created by Kerry Garvin