FEBRUARY

ACTIVITY LIST

- Eat dinner by candelight
 - 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

Extension

UtahStateUniversity.

- 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



Created by Kerry Garvin

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