

Lov-uary Ideas for a Heartwarming February

Christi Nicholls, 4-H Program Coordinator

It's finally February, January took about a month and half to get through. Oh wait, was that just me? February is often associated with heart-shaped cards and gestures of affection. It's important to remember that not everyone experiences this time of year with the same happy feelings. Let's try and make this a month that everyone can love. Let's turn February into Lov-uary, let's make it a month of love and appreciation for those around you. Here are a few ideas to get you started:

1. Make a family member's bed: Show love within your own home by lending a helping hand.
2. Thank your bus driver: Expressing gratitude to those who ensure that you arrive safely to school.
3. Give a flower to a stranger: Brighten someone's day with a simple, unexpected gesture of kindness.
4. Shovel snow for a neighbor: Help out neighbors by clearing their paths during the winter chill.
5. Compliment a friend: Spread positivity by acknowledging the qualities you appreciate in others.
6. Leave a positive post it note on the mirror in the school bathroom: Create a ripple effect of positivity right in your own school.
7. Thank your teachers: Show appreciation for the educators who contribute to your growth and learning.
8. Let someone go ahead of you in line: Practice patience and courtesy in your daily interactions.
9. Cook dinner for your family: Share love through a homemade meal.
10. Read a book to a younger sibling: Foster a love for learning and bonding within your family.

11. Offer to babysit for FREE: Give your parents a break and spread the love.
12. Hold the door for someone: Small gestures can make a big difference.
13. Pick up litter: Show your love for your community by helping to keep it clean.
14. Invite someone new to join you: Extend a hand of friendship to make someone feel included.
15. Take someone a treat: Surprise someone with a thoughtful snack.

This lov-uary, let's go beyond traditional Valentine's Day celebrations and try to create a month filled with love, kindness, and inclusion for everyone. Small actions can have a ripple effect, turning February into a heartwarming experience for everyone.