

February

Activity Calendar

Show Me Your Smile

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---------------------------------------|--|---|--|--|---|---|
| 1. Dental Health | 2. "Up and down and all around, That's the way I brush my teeth. I brush my gums and shining fronts, then I reach up underneath!" | 3. Take old toothbrushes or pick up a pack and let your children paint with them. This allows them to practice brushing strokes in a fun way! | 4. Pack pieces of playdough in between Duplo blocks to look like "food" stuck between teeth. Let them use yarn as "floss" to get the food out! | 5. ACTIVITY PAGE <u>Brush Your Teeth, Little Bug</u> Click the picture to view our featured book: | 6. Purchase a fun timer and set it next to your child's toothbrush. Each morning and night, set it for 2 minutes and let your child start scrubbing away! | 7. Weekend Wrap-Up Take a trip to your local library to find some books on dentists and how to take care of your teeth! |
| 8. Say Cheese! | 9. Give your child a hand-held mirror. Have them close their lips, and when you tell them to "say cheese", they put on their biggest grin. This is great practice for when you are taking real pictures! | 10. Play "pass a smile" with your child. You make a silly smile, and they must copy you. Then, they make a silly smile, and you copy them. Keeping passing smiles back and forth! | 11. Strike a pose! Let your child play with dress-up clothes and walk the runway! Use a real or pretend camera to catch these fashionable moments! | 12. ACTIVITY PAGE Make your own camera | 13. Using the hand-held mirror, ask your child to draw a picture of the face they are making on a 4x6 piece of paper. Put their "selfie" in a dollar store frame to display in your home! | 14. Weekend Wrap-Up Let your child use the camera they made on Thursday to "take pictures" of friends and family they see today. Don't forget to say cheese! |
| 15. Laugh Out Loud | 16. What do you call 2 bananas? Slippers! What kind of keys are sweet? Cookies! Share some jokes with your child and laugh out loud! | 17. Want to make your child laugh out loud?? Turn a regular hug into a "tickle hug"! Wrap your arms around them and start tickling! Get ready for the giggles! | 18. Sit facing your child. Say "ha". Then, they say "ha-ha". You say "ha-ha-ha". Each of you keep adding a "ha" until you are both bursting out in laughter! | 19. ACTIVITY PAGE Backwards Day | 20. "Shake, shake, shake your sillies out! Shake, shake, shake your sillies out! Shake, shake, shake your sillies out! And waggle your wiggles away!" | 21. Weekend Wrap-Up Watch your child's favorite funny movie or TV show with them and laugh along, even if the humor is a little lost on you! |
| 22. Sure to bring a smile! | 23. Take out some duplicate photos of your family members and let your child put smiley emoji stickers on their faces! That's so silly and will bring on a smile! | 24. Find something nice to say to your child and any other people you see. "What a nice dress!" "That was so sweet of you to share!" Compliments will surely bring a smile! | 25. Let your child enjoy a special bubble bath today! Add the bubbles, a special sponge, and a fun toy. Play some soft music and let them have a relaxing bath time! | 26. ACTIVITY PAGE "Tooth Fairy Pocket" | 27. Have a Friendship Friday! Make a playdate with one of your child's friends. Plan something new or an old favorite that's sure to bring a smile! | 28. Weekend Wrap-Up What treat brings a smile to your child's face? Ice cream? A milkshake? Maybe a doughnut? Take your child to get their favorite treat today to make them smile! |

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