

Everyday and Everyway Talking about... February



Valentine's Day and Family Day are both in February. It's a good time to celebrate family and to think about those you love. Children can learn many things by celebrating these two holidays.

Try these activities, songs, books, and crafts to help your child learn. Speak, sing, and talk about books with your child in your own language.



Activities

Valentine's Day

- Talk about what this day means. Talk about how we send cards to tell people we love them.
- Talk about all the people your child loves. Make a list of the people that you will send a card.
- Let your child pick out the cards to send. Let him write his name on the card.
- Let your child make his own Valentine cards. Help him cut out hearts and write notes on them. He can draw or paint a picture to send as a gift.
- Make heart-shaped sugar cookies together. Your child can use the cookie cutter. He can help put icing and decorations on them.

Family Day

- Some families have this day off. Think of something your family can do together.
- Play in the snow, go to a winter festival, visit a museum, or stay inside and play with toys or games all day.
- It doesn't matter what you do. If the whole family is there it can be lots of fun!
- If you don't have the day off, pick a different day to be a special family day.

Build snowmen

- Build snowmen together.
- Talk about how you make the snowman – you roll the snowballs to make them bigger.
- Talk about how many snowballs you need and how big they are. Talk about which one is the biggest or the smallest.
- Talk about what you need for the snowman's face, arms, and hat.
- Make snowmen that look like everyone in your family.





Songs and Rhymes

Want to learn more songs and rhymes? Look for a parent-child music class in your area.

10 little hearts

Author unknown

1 little, 2 little, 3 little red hearts.
4 little, 5 little, 6 little red hearts.
7 little, 8 little, 9 little red hearts.
10 little wiggling red hearts.

(count your fingers as you sing the song and wiggle them when you get to the end)

If you're happy and you know it

Author unknown

If you're happy and you know it, clap your hands.
If you're happy and you know it, clap your hands.
If you're happy and you know it and you really want to show it,
If you're happy and you know it, clap your hands.

(change it up and add other actions, like stomp your feet, nod your head, jump up and down, or hug a friend)



Books

Go to your local public library to find these and many more great books.

Red is best by *Kathy Stinson*
Mommy's best kisses by *Margaret Anastas*
Skidamarink by *G. Brian Karas*
Kiss kiss by *Margaret Wild and Bridget Strevens-Marzo*
A hug for you by *Margaret Anastas and Susan Winter*

Hugs and hearts by *Toni Trent Parker*
Big pig saves Valentine's Day by *Cecile Schoberle*
Hug by *Jez Alborough*
Hugs and kisses by *Roberta Grobel Intrater*



Crafts

For more craft ideas go to www.wondertime.go.com

Heart wreath

Materials needed

Red and pink construction paper
Paper plate, scissors, glue

Instructions

Cut a circle out of the middle of the paper plate so it leaves a ring about 2 to 3 inches wide.

Cut out a lot of red and pink hearts large enough to cover the plate.

Write the name of someone or something that your child likes on each of the hearts.

Glue hearts on the paper plate, covering the entire plate ring.

Soft sugar cookies

Materials needed

1 cup butter	$\frac{2}{3}$ cup milk
1½ cups sugar	4 cups flour
2 eggs	2½ teaspoons baking powder
1 teaspoon vanilla flavouring	1 teaspoon salt
1 teaspoon almond flavouring	

Instructions

Cream together butter and sugar until light and fluffy. Mix in eggs, vanilla, and almond flavouring. Add milk and mix well. Sift together flour, baking powder, and salt. Gradually add flour mixture and mix well. Shape dough into a ball and cover with plastic. Refrigerate overnight. Roll dough to desired thickness and cut with favourite cookie cutters. Bake in a 350°F oven for 8–10 minutes. Let cool and decorate with your favourite icing.

Singing is a great way for children to learn new words. Don't forget to make up actions for songs.

Drawing, colouring, cutting, and making crafts help children learn skills they later need for writing.