

Fun Ideas for Family Engagement February

14 Days of Love and Appreciation: Countdown to Valentine's Day Activities

Celebrate February by engaging your children in acts of love, kindness, and appreciation with these easy activities!

1 – Home of Hearts.

Fill your house with hearts. Cut hearts out of pink and red paper. Ask children to write something they admire about each family member on a heart. Choose a wall, door, or cabinet to decorate with the hearts.

2 – Bake for Family Month.

Celebrate by making [heart-shaped sugar cookies](#). Have the children decorate the cookies with frosting or pink and red sprinkles. Pack the cookies in a decorated tin. Create homemade cards to include with the baked goods. Deliver the treats to an elderly family member, friend, or neighbor.

3 – Family Movie Night.

Serve [pink popcorn](#) while the family enjoys a movie with a [love-related theme](#).

4 – Share the Love.

Ask the children to think of a family member or friend they miss. Write a funny poem with rhyming words. Record the poem on a mobile phone, and then text or email to the lucky person.

5 – Create a Work of Love.

Buy colored paper, crayons, glitter, and markers. Help the children make cards for their classmates to deliver on Valentine's Day.

6 – Mini Date Night.

Take your children ice skating, out for ice cream, or even [stargazing on a clear night](#).

7– Family Hug Day.

During an evening when everyone is home, stop what you are doing every hour for group hugs.

8 – Appreciative Crafts.

Buy white canvas from a dollar or craft store. Make a handprint mural out of family members' [handprints](#).

9 – Love your Teeth.

Celebrate National Children's Dental Health Month with [puzzles and coloring pages](#). Download [this fun and engaging way](#) for children to keep track of their healthy brushing habits.

10 –Family Game Night.

Have everyone dress up in red or pink for a fun family night of [Valentine Bingo](#).

11 –Heart-Healthy Exercises.

Get your family moving and their hearts pumping with some [physical activity](#) such as a brisk walk around the neighborhood or dancing at home.

12 – A Sweet Tradition.

Start a new family tradition with a Valentine tree. Find some small branches and arrange them in a vase. Make [yarn hearts](#) to decorate the branches. Save the hearts to make a tree each year.

13- Random Acts of Kindness Day.

In preparation for Random Acts of Kindness Day, which is Feb. 17, ask the children what kindness means to them. Then ask them to select a family member, friend, or teacher who they think deserves an act of kindness. Help them [brainstorm ideas](#) for showing their appreciation.

14 – Red and Pink Dinner Night.

Try new recipes that the family can prepare together. Use food coloring to color dishes pink or red. For added fun, cut garlic toast, dinner rolls, cheese, or vegetables into heart shapes.

