



# FEBRUARY FAMILY ACTIVITIES

We may have different demands on our time, but one thing we all value as parents is quality time with our kids. Whether you have 20 minutes or two hours to spend with your child today, we want to equip you with some fun ways to embrace your time together! To find instructions for each of these activities, check out the Elevation eKidz Pinterest board for **February Family Activities**.



## Get Excited for a New Kind of Valentine's Day!

Once kids enter the picture and a Valentine's Day date requires a babysitter (whose rate likely skyrockets on holidays if he/she is even available), romantic celebrations often happen either before or after February 14. A fun family date night on Valentine's Day can be a sweet alternative that doesn't require you to fight crowds or even leave your home! Check out the collection of our favorite family date night ideas.



## Share Some Extra Love with DIY Valentines.

When something is homemade, we say it was "made with love" because it often takes extra care to create things from scratch. Help your child create their own valentines this year — it'll give them a chance to express their love in a more personal way!



## Focus on a Different Kind of Heart this February.

We all associate February with Valentine's Day, but did you know it's also American Heart Month? Lead your family in making your hearts stronger with some family-friendly exercise options.

Speaking of healthy hearts, one of the first successful heart surgeries in the United States was performed by African American doctor Daniel Hale Williams. Learn more about the great contributions he and other African Americans have made in our country in celebration of Black History Month.



## Make Snacks that Remind Your Kids You Love Them!

Throughout a month where love is traditionally expressed with all things chocolate and sugary, try tucking some of these healthy snack options that still say "I love you!" into your child's lunchbox.



## Yes, Winter is "Cold" and "Dark"... But Does That Have to Be a Bad Thing?

Make the best of the cold, dark days of winter! Enjoy the "snow" from the warmth of your kitchen with snow-themed games, snacks, and crafts. Then savor the dark hours playing flashlight games or having some glow-in-the-dark fun!



Use your phone's camera or QR code app to open the Pinterest board.



Don't have your phone? View all the activities at [tinyurl.com/FebFamilyActivities](https://tinyurl.com/FebFamilyActivities)