



Learning Through Play ~ February



Watercolor Heart Paintings



These little watercolor heart paintings are so wonderful! Use a white crayon and paint over with watered down paint for a simple & beautiful wax resist valentine.

Such a fun process over product gift for children to give those they love!

- **Cut cardstock into hearts**
- **Paint** - try using watercolors!
- **Hole punch**—Kids will love make holes around the edges of the hearts.
- **Thread ribbon**—this will make each card unique

The finished valentines might not be totally polished, but they are ones that your kids will have a lot of fun making and that they will be proud to give to friends!

Homemade Valentines

FOR KIDS

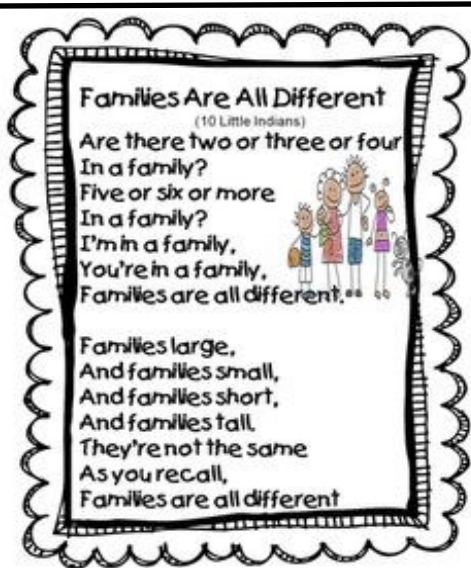


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Snacks can be beautiful, delicious AND nutritious!



When trying to get picky eaters to eat something other than a jam sandwich, try cutting the food into attractive shapes and see if this will encourage some healthy snack choices for them! What a sweet Valentines or Family Day snack to celebrate LOVE!



Family Day is Monday, February 21st—How will you celebrate!?

Will you go: Tubing? Skating? Hiking? Swimming? Tobogganing? Will you snuggle up and watch a movie? Read a book? Play a game? Whatever it is you do, enjoy being together with the ones you love!

What is Connection!?

"Connection is why we're here. We are hardwired to connect with others, it's what gives purpose and meaning to our lives, and without it there is suffering." — Brené Brown

February is for celebrating love and family. The idea to Mail a Hug is a sweet way to tell your family far away that you love them and are thinking of them while sharing a piece of the child, just as they are, in that moment in time.

