

JANUARY

2026

FAMILY ENGAGEMENT CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
			1 Make a family goal for the new year - something healthy!	2 Drink water instead of a sugary drink today. 	3 Go on a family walk at your local park.	4 Read a book together before bedtime. 
5 Have a "no screens" family dinner and share your favorite part of your day. 	6 Try a new fruit today. 	7 Do 10 jumping jacks together. 	8 Make a "feelings chart" and draw how you feel today. 	9 Listen to music and have a family dance party!	10 Practice washing your hands while singing "Happy Birthday" twice.	11 Play a board game or card game as a family. 
12 Go outside and count how many birds you can find.	13 Help your child pick out clothes to wear - practice independence! 	14 Draw a family picture and label everyone's name. 	15 Talk about kindness in honor of Dr. Martin Luther King Jr. Day.	16 Make a paper chain of kind things you can do for others.	17 Try a "quiet time" for 5 minutes - practice calm breathing.	18 Eat the rainbow: choose fruits and veggies of the colors of the rainbow.
19 Play "freeze dance" for fun exercise. 	20 	21 Do a good deed for someone in your neighborhood.	22 Build a tower using recycled boxes.	23 Read a winter story and talk about what happens in snow..	24 Help your child set the table for dinner. 	25 Opposite Day JANUARY 25
26 Try a new breakfast food together.	27 Share something you are grateful for.	28 Have a silly face contest to encourage laughter.	29 Practice counting while brushing teeth - count to 20 twice.	30 Cook a healthy meal together - let your child mix ingredients.	31 Have a family "gratitude night" - share what made you smile today. 	

FEBRUARY

2026

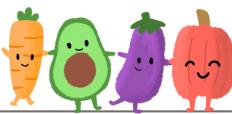
FAMILY ENGAGEMENT CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
						1 Talk about how your heart works and why exercise helps.
2 	3 Cut fruit into heart shapes.	4 Dance to your favorite song.	5 Practice flossing together. 	6 Draw a smiley face and talk about what makes you happy.	7 Read a book about friendship. 	8 Visit a dentist and talk about dental health.
9 Play "Mirror Smiles" take turns smiling in the mirror.	10 Say something kind to each family member.	11 Read dental themed book. 	12 Make a fruit kabob.	13 Draw a heart for each person you love.	14 	15 Practice slow breathing - breathe in for 3 seconds, out for 3 seconds.
16 Have a "No Sugar" day. 	17 Go outside and find things that are heart shaped.	18 Help your child count their teeth.	19 Cook family dinner together. 	20 Read a book about feelings or kindness.	21 Draw something nice for your teacher.	22 Talk about ways to take care of your body.
23 Try yoga together or simple stretches. 	24 Have a "family smile photo day" and talk about emotions.	25 Count all the toothbrushes in your home.	26 Talk about healthy snacks/foods.	27 Make a "Thank you" card for someone who helps the family.	28 Have a "Celebration of Love," Dinner. 	

FAMILY ENGAGEMENT CALENDAR

MARCH

2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
						1 Start a family gratitude jar - add 1 thankful note each day.
2 	3 Try a new vegetable today. 	4 Go outside and find something green.	5 Practice deep breathing - pretend to smell a flower.	6 Create a healthy plate using pictures. 	7 Have a dance party with scarves.	8 Let your child help prepare breakfast. 
9 Read a book about feelings. 	10 Drink water with every meal. 	11 Sort fruits and veggies by color.	12 Go on a "sound walk" - listen to birds, cars, wind, etc.	13 Practice saying something positive about yourself.	14 	15 Try balancing on one foot - count how long you can stand.
16 Draw a picture of your favorite healthy food. 	17 	18 Talk about why washing your hands is a healthy habit. 	19 Make a rainbow snack using fruits and veggies.	20 First Day of Spring: Look for flowers outside. 	21 Stretch together as a family or practice yoga.	22 Read a bedtime story about growth.
23 Plant & Water seeds in a cup. 	24 Sort foods from your pantry by healthy choices.	25 Go on a family walk, and count how many animals you see.	26 Practice Gratitude - say "Thank you" to 3 people today.	27 Draw or color together as a calm, mindful activity. 	28 Make a fruit smoothie. 	29 Talk about bedtime routines for good rest.

World Braille Day Activity: “My Name in Braille” - January 4th

Goal: Introduce children to Braille, build awareness of visual impairments, and strengthen fine-motor and sensory skills.

Materials

- Dot stickers (round, small) or puff paint
- Pre-printed Braille alphabet cards (large-print and Braille dots)
- Sentence strips or index cards
- Markers
 - Optional: Blindfolds for a sensory exploration station

Activity Steps

Start with a Short Discussion

- Show children a Braille alphabet card.
- Explain: “Braille is a special way people who are blind read with their fingers. Each letter is made of tiny raised dots.”

Touch & Feel Exploration

- Let children feel Braille dots on the alphabet cards.
- Invite them to describe what they notice: “Bumpy,” “little circles,” “smooth paper,” etc.

Create “My Name in Braille”

- Give each child a card or sentence strip.
- Help them find the Braille dots that match each letter of their name.
- They place dot stickers (or small drops of puff paint) to form each Braille letter.
- Write their name in print above the Braille to connect written and tactile literacy.
 - Optional Sensory Center: “Can You Feel the Letter?”
 - Ask them to guess if two cards are the same or different.

Wrap-Up Conversation

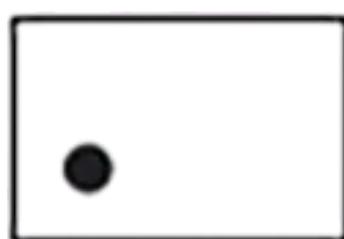
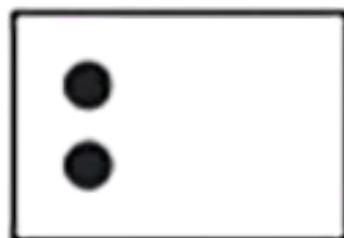
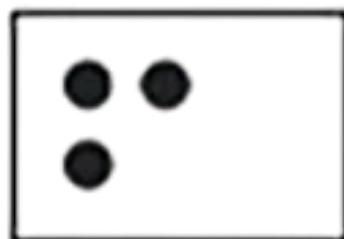
Ask the children:

“How do you think people learn to read with their fingers?”

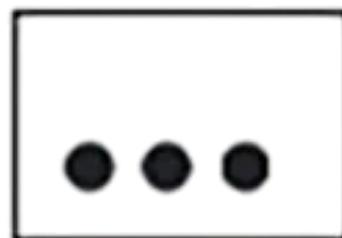
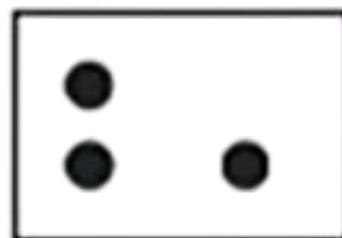
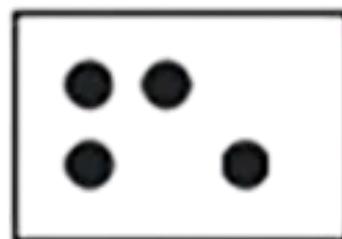
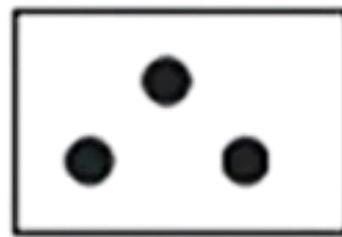
1. “What was it like to make your name in Braille?”
2. “Why is it important to learn about different ways people read and learn?”

Extension Ideas

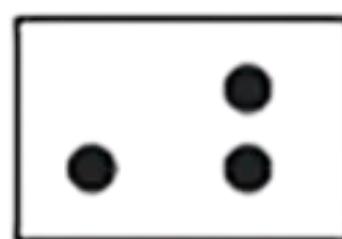
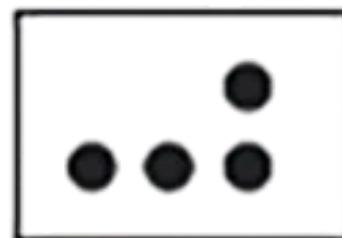
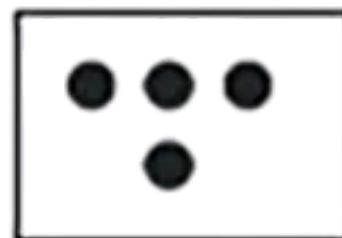
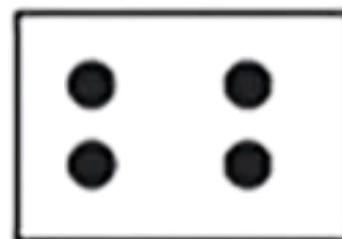
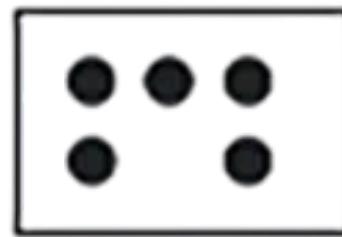
- Read a book about inclusion or visual impairments (e.g., The Black Book of Colors).
- Invite a guest or show a video of someone reading Braille.
- Add tactile letter cards to your literacy center.



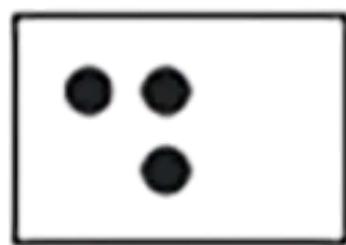
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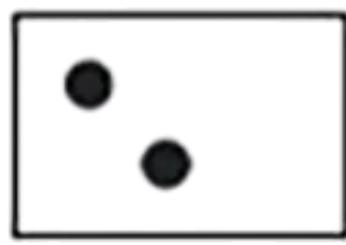
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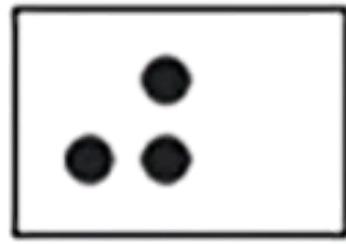
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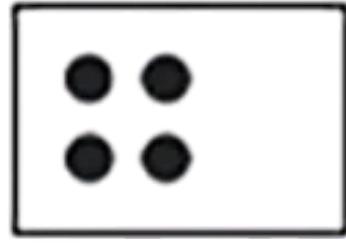
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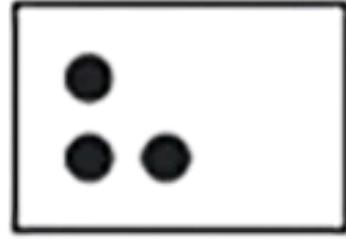
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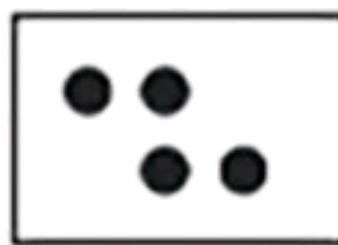
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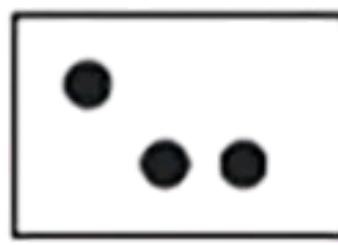
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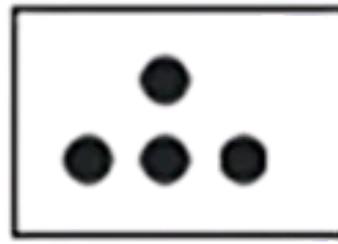
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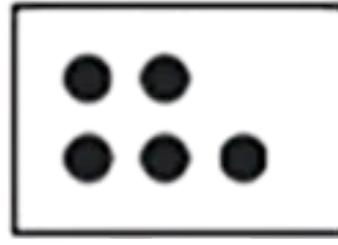
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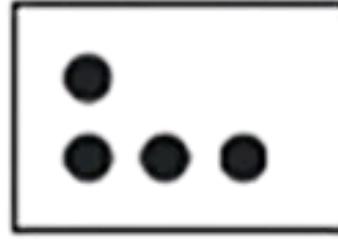
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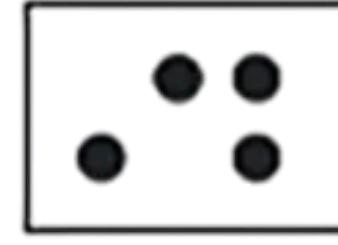
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z

World
Braille
Day

MY NAME IN BRAILLE:

