



February Companion Booklet



**Seasonal learning for home-
educated families**

Welcome to Your February Adventures

February sits in that gentle space between deep winter and the first whispers of spring. The light is noticeably returning, but there's still that cosy feeling that invites us to slow down, notice the small things, and enjoy being together.

How to Use This Calendar and Booklet

Think of this as your friend, not your taskmaster! These activities are here to inspire you, not to add pressure to your days.

Dip in and out as it suits your family. Some days you might dive into an activity with enthusiasm. Other days, life happens—and that's absolutely fine. The calendar isn't going anywhere, and there are no boxes that must be ticked.

Connection over completion is our motto here.

If an activity sparks a conversation, leads you down an unexpected path, or simply gives you a reason to be together, that's success. It doesn't matter if you "finish" everything (or anything!).

What February is Perfect For...

Noticing – The world is still quiet enough to really see what's happening around us. Track how the light changes, watch for the first signs of spring, notice patterns in frost or clouds.

Stories – Long evenings still call for curling up together with books, making up tales, or sharing family stories while the world outside is dark.

A Month of Cosy Curiosity

February is a quiet but important month. Winter is still with us, yet the days are slowly growing lighter. Nature hasn't burst into life just yet, but beneath the surface, change is already happening.

This is a perfect time for:

- noticing small details
- slowing down
- listening and observing
- enjoying warmth, stories, and shared moments

In home education, or any education, February doesn't need to be busy. It's a month for gentle learning that fits naturally around family life.

What's Waiting for You This Month

February brings wonderful opportunities to explore together. You'll find invitations to:

Play with light and shadow as Candlemas reminds us that the light is returning

Get curious about science through simple soup experiments and Darwin's discoveries

Celebrate creativity with story writing, fairy tale explorations, and building challenges

Connect with nature during National Nest Box Week and National Hedgehog Day

Explore feelings and kindness with gratitude notes, emotion faces, and caring for each other

Have fun together with dance parties, board games, and family activities

From making shadow shapes to inventing something useful, from baking bread to painting hippos—there's something here for every mood and every day.

Try This Together

Sit quietly for a moment and notice:

- What feels different from January?
- Talk about what you're looking forward to this month.
- Draw or write one small hope for February.

You Don't Need to Do Everything

This booklet is here to support you, not to add pressure. Choose the activities that feel right for your family and leave the rest. Some days you might explore an activity deeply. Other days, just reading the calendar together is enough. Connection matters more than completion—always.



1st and 2nd of February

Celebrating the Returning Light

Early February has long been associated with light returning after the darkest part of winter.

In nature-based traditions, Imbolc marks a turning point – a time of hope, preparation, and new beginnings. In the Christian calendar, Candlemas celebrates light, and Saint Brigid's Day honours care, creativity, and protection. You don't need to follow any belief system to enjoy this moment. It's simply a chance to notice that brighter days are ahead.



Shadow Play Activity

What you need: A torch or a sunny window

What to do:

Use a torch or sunlight to make shadow shapes on the wall

Try making animal shapes with your hands

Move closer and further away from the light

Notice and draw: What happens to your shadow when you move?

1st and 2nd of February

 My Light Observations

Draw or describe what you notice:

When I look out the window in the morning, the light looks...

The brightest part of my day is...

Light makes me feel...

3rd February

Carrot Cake Day

When Vegetables Became Cake

Carrot cake has an interesting history. During times when sugar was scarce or expensive, people used naturally sweet vegetables, like carrots, to flavour their baking.

History is full of clever ideas. Why not try this together with an adult.

Bake a carrot cake, or simply look at the ingredients.

Talk about where carrots come from and how they grow.

Count, measure, and mix ingredients together.

There are so many recipes for Carrot Cake. Why not try out this tray bake recipe first.

This recipe was found on the BBC website.

Ingredients

- **200g carrots peeled**
- **175g soft brown sugar**
- **200g self-raising flour**
- **1 tsp bicarbonate of soda**
- **2 tsp cinnamon**
- **zest 1 orange**
- **2 eggs**
- **150ml sunflower oil**
- **For the icing**
- **50g softened butter**
- **75g icing sugar**
- **200g soft cheese**
- **sprinkles (optional)**

Method

step 1

Line an 18cm square tin with baking parchment. Ask your grown-up helper to turn the oven on to 180C/160C fan/gas 4. Grate the carrots on the fine side of the grater, then tip them into a large bowl.

step 2

Sift the sugar, flour, bicarb and cinnamon on top of the carrot, then add the orange zest and mix everything around a bit.

step 3

Break the eggs into a bowl (scoop out any bits of shell), then add them to the bowl along with the oil. Mix everything together well.

step 4

Scoop the cake mix into your tin and level the top. Ask a grown-up to put it in the oven for 30 minutes or until the cake is cooked. Cool.

step 5

To make the icing, mix the butter and icing sugar together, then stir in the soft cheese until smooth.

step 6

When the cake is cool, spread the top with the icing and cut into squares. Decorate with sprinkles, if you like.



4th February

UK Weather Lore Day

Watching the Sky Like People Once Did

Before weather apps and forecasts, people relied on careful observation. Farmers, sailors, and families watched the sky, the wind, animals, and plants to help predict the weather. February was an especially important time for weather watching, as it helped people decide when to prepare for spring.

Weather Detective Challenge

Go outside (or look out the window) and use all your senses:

I can SEE:

I can HEAR:

I can FEEL:

4th February

Track the weather for a week:

Day	Weather	Temperature	Wind	Notes
Mon				
Tues				
Wed				
Thur				
Fri				
Sat				
Sun				

Old Weather Sayings

Find and collect old weather sayings. Here are two to start:

"Red sky at night, shepherd's delight." What I think this means:

"February fill-dyke." What I think this means:

Create Your Own Weather Symbols

Design your own symbols for different weather types:



5th February Soup Scientist Day

Let's Explore What Happens!

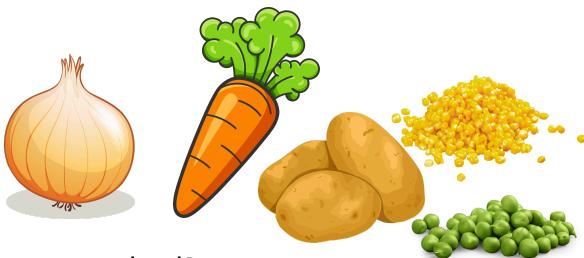
Today you are a Soup Scientist That means you don't just make soup... you watch, smell, stir, taste, and notice changes. There is no right or wrong.

You are here to be curious.

🔍 Before We Start

- Look at the ingredients. -
- What colours can you see?
- Which pieces are hard?
- Which ones are soft?
- What do you think will happen when they are cooked?

You can say your ideas out loud or draw them.



🌿 Simple Soup Scientist Recipe

Easy Vegetable Soup

You will need:

1 carrot (chopped small)

1 potato (chopped small)

½ onion (adult to help)

1 small handful of peas or sweetcorn

500 ml vegetable stock or water

A little oil or butter

(You can change ingredients if needed - scientists adapt!)

💡 What to do:

1. With an adult, gently cook the onion in oil until soft.
2. Add the carrot and potato.
3. Pour in the stock or water.
4. Let the soup simmer gently.
5. Add peas or sweetcorn near the end.
6. Stir carefully and watch what happens.

⚠️ Time to Taste

When the soup is ready and cooled safely:

Smell it first...Take a small taste

How would you describe it?

warm...soft...sweet...savoury

There are no wrong answers.

🧠 Scientist Thinking

Cooking is science!

Heat changes food.

Water carries flavour.

Time makes things softer.

Today you learned by doing, not by worksheets.

👀 Watch Like a Scientist

- While the soup cooks, notice:
- Do the vegetables change colour?
- Do they get softer?
- How does the smell change?
- What happens to the liquid?
- You can:
- talk about it
- draw it
- point to it
- or just watch quietly
- All of these are learning.

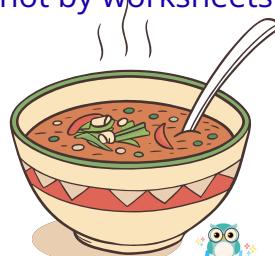


⭐ Optional Extras

Draw the soup before and after cooking

Make up a name for your soup

Compare two soups on different days



6th February



New Zealand's National Day

Discover a Country Far Away

Today we're learning about New Zealand, a country on the other side of the world.

New Zealand is made up of islands, surrounded by ocean, and is known for its mountains, beaches, animals, and strong respect for nature.

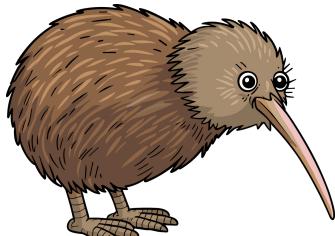


Where Is New Zealand?

New Zealand is very far from the UK.

Try this together

Find New Zealand on a world map or globe
Notice how much ocean surrounds it
Talk about how long it might take to travel there
You could draw your own simple map showing:
land
sea
mountains



People in New Zealand have a strong connection to the land and environment.

Talk about

Why caring for nature matters

How we can look after plants and animals where we live

Simple action

Pick one small way your family can care for nature today



Languages & Culture
New Zealand has more than one language, including English and Māori.

Try this

Learn how to say hello in another language

Make up a greeting of your own



Calm Reflection
Even though New Zealand is far away, children everywhere:

play

learn

eat

rest

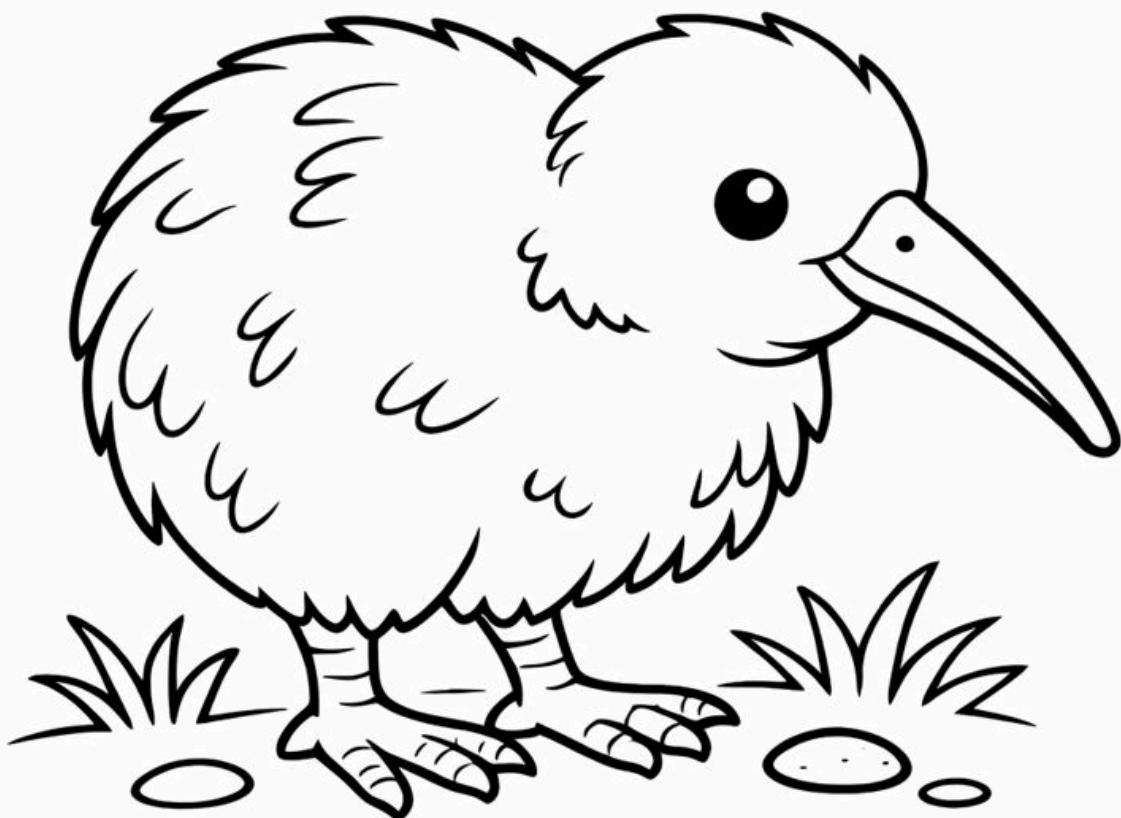
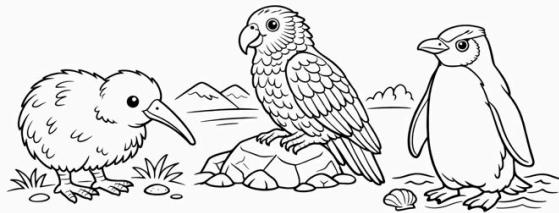
love their families

We are different, but also the same.



This page is about gentle geography, cultural awareness, and curiosity about the wider world. There's no need to go into politics or history unless it feels right for your child.

Animals of NEW ZEALAND
★ Colouring Page ★



 **Kiwi**

The kiwi is a small bird that cannot fly.
It comes out mostly at night and uses its long beak to find food in the ground.

Did you know?

The kiwi is a symbol of New Zealand.

Colour me:
Brown, grey, or soft earthy colours.



Kea

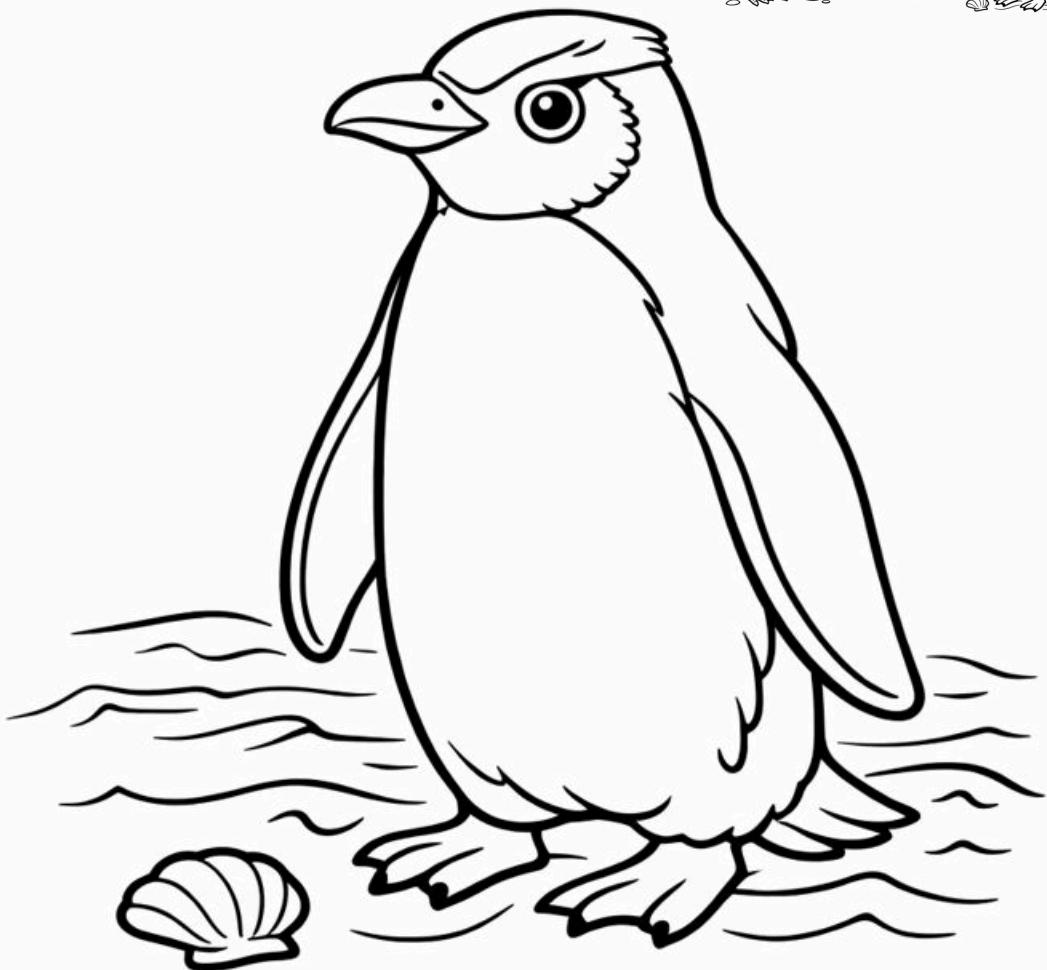
The kea is a clever parrot that lives in the mountains of New Zealand.

It likes to explore, solve problems, and investigate new things.

Did you know?

The kea is one of the smartest birds in the world.

Colour me:
Green feathers with darker wings.



Yellow-eyed Penguin

This penguin lives near the coast and is one of the rarest penguins in world.

Did you know?

It has yellow feathers around its eyes.

Colour me:
Black, white, and a little yellow.

7th February

Charles Dickens' Birthday

A Storyteller from the Past

Charles Dickens was born on 7 February 1812 in England.

He lived at a time when many children had difficult lives. Some worked long hours and had very little time to play or learn. Charles Dickens wrote stories to help people understand what life was like for children and families in the past.

His stories often show how kindness, fairness, and caring for others can change lives.

Try This

Create a simple story character, just like Dickens did.

Name:

Kind or grumpy?

One problem they have:

One thing they hope for:

You can draw your character, talk about them, or write a few words.

Did you know?

He wrote by candlelight
Families often read his stories aloud
Many of his characters were inspired by real people

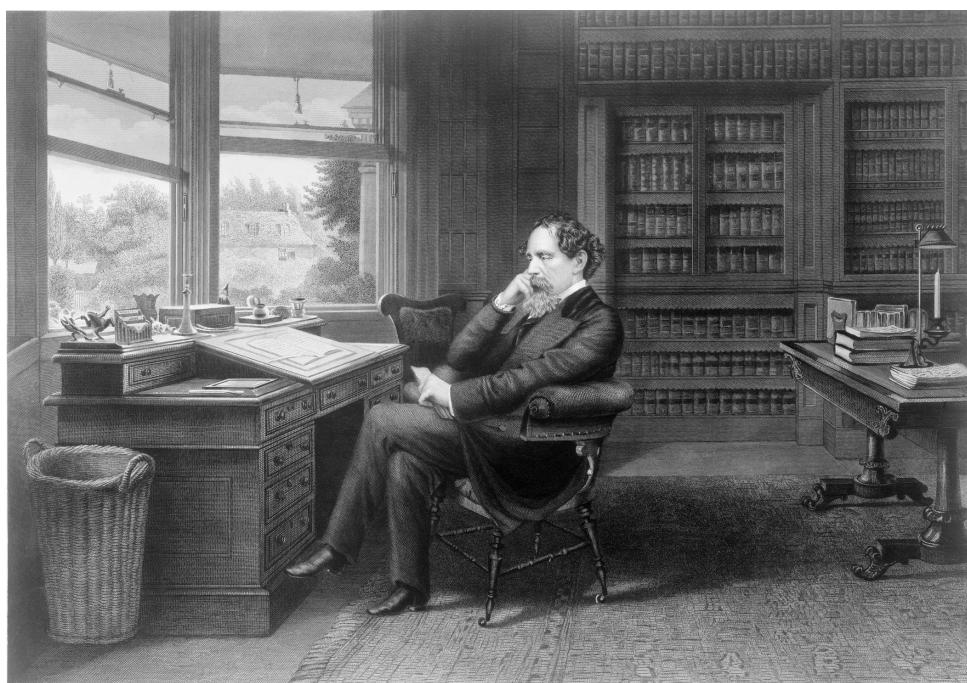
Talk Together

Why do you think stories are important?

How can stories help people understand others?

What makes a character kind?

Stories from the past can still teach us something today.



8th February

Dance party!

Move, Shake & Have Fun!
Today is Dance Party Day 🎵

That means turning on some music and letting your body move in any way it wants to.

There are no right or wrong moves.
Fast, slow, wiggly, jumpy, silly – it all counts.

🎵 Try This

Choose one or more:

Put on a favourite song and dance freely

Copy each other's moves

Freeze when the music stops

Dance like an animal

Make up a family dance

You can dance standing up, sitting down, or even just moving your arms and head.

💬 Talk Together

How does your body feel before dancing?

How does it feel afterwards?

Which kind of movement do you enjoy most?

Why Moving Our Bodies Helps

Moving your body is good for you because it:

helps your heart stay strong

gives your muscles and joints practice

helps you sleep better

can lift your mood

helps release worried or fizzy feelings

Even a few minutes of movement makes a difference.

How It Helps Our Minds

Exercise isn't just for bodies.

Moving can help us:

feel calmer

feel happier

feel more confident

let go of stress

That's why dancing is such a great kind of exercise – it feels like play.

Moving your body is not about being perfect.
It's about feeling good.



9 February – Teddy Bear Day

How Teddy Bears Got Their Name

Teddy bears have been loved by children for over 100 years.

Before teddy bears, many toys were made of wood or metal. Soft toys were rare.

When teddy bears first appeared, they quickly became special comfort toys for children.

Why Are They Called “Teddy” Bears?

The name teddy bear comes from Theodore Roosevelt, who was often called Teddy.

In 1902, a story appeared in the newspapers about President Roosevelt refusing to harm a bear during a hunting trip. A cartoon was drawn showing a small bear, and people began talking about “Teddy’s bear”. Toy makers soon created soft bear toys inspired by the story, and the name teddy bear stuck.

Why Teddy Bears Became So Popular

Teddy bears were different because they were:

soft and comforting

easy to hold

safe for children

good listeners for secrets and worries

Many children still use teddy bears to feel safe, calm, and comforted.



Try This

Choose one:

Introduce your teddy bear (name, age, favourite thing)

Draw your teddy

Tell a short story about an adventure your teddy might have

Talking, drawing, or writing all count.

Talk Together

Why do you think children like soft toys?

How can a teddy help when someone feels sad or worried?

Do you think adults need comfort objects too?

Sometimes the simplest toys become the most loved.

10 February – Umbrella Day

Staying Dry Through History

An umbrella is a tool people use to protect themselves from rain – and sometimes from the sun too.

Umbrellas have been used for thousands of years. Early umbrellas were often made from:

leaves

paper

fabric stretched over wooden frames

They were not always used for rain. In some places, umbrellas were first used to give shade from the sun.



Make Your Own Umbrella

You don't need a real umbrella to explore the idea.

Try one of these:

Make a paper umbrella using folded paper

Use a paper plate, stick, and string to create a model

Design an umbrella on paper and decorate it with patterns

Think like a designer:

How will it keep someone dry?

What shape works best?

What materials would you choose?

Umbrellas Around the World

Different countries have used umbrellas in different ways:

In China, early umbrellas were made from paper and bamboo
In India, umbrellas were used to give shade from strong sunlight

In Europe, umbrellas became popular for rain in the 1700s

In many places today, umbrellas are both practical and decorative

Why Umbrellas Are Clever

Umbrellas show us how people:

solve problems - design useful tools - adapt to weather - use materials creatively

Simple ideas can become very clever inventions.



Talk Together

Why do people need protection from weather?

What other tools help us stay safe outside?

Would you change anything about umbrellas today?

11 February – Inventors & Ideas Day

How New Ideas Begin

An invention starts with an idea.

Inventors are people who notice problems and think of ways to make things better. Some inventions are big and famous. Others are small and quiet but still very helpful.

Every inventor starts by asking questions like:

What if...?

Why does this happen?

How could this be easier?

Where Do Ideas Come From?

Ideas can come from:

watching what happens around us

noticing problems

wanting to help someone

curiosity and imagination

You don't need special tools to have ideas – just your thinking brain.

Every big idea starts as a small thought.

Try This: Be an Inventor

Think of something that could help someone.

What problem does it solve?

Who would use it?

What does it look like?

You can:

draw your invention

build it with blocks or junk materials

explain it out loud

All of these are real inventor skills.

Talk Together

- What invention do you use every day?
- What problem would you like to solve?
- Do inventions always have to be new?

Inventors Are Everywhere

People all over the world invent things every day:

tools

toys

machines

ideas that help others

You don't have to be famous to be an inventor.

Every Idea Starts Small

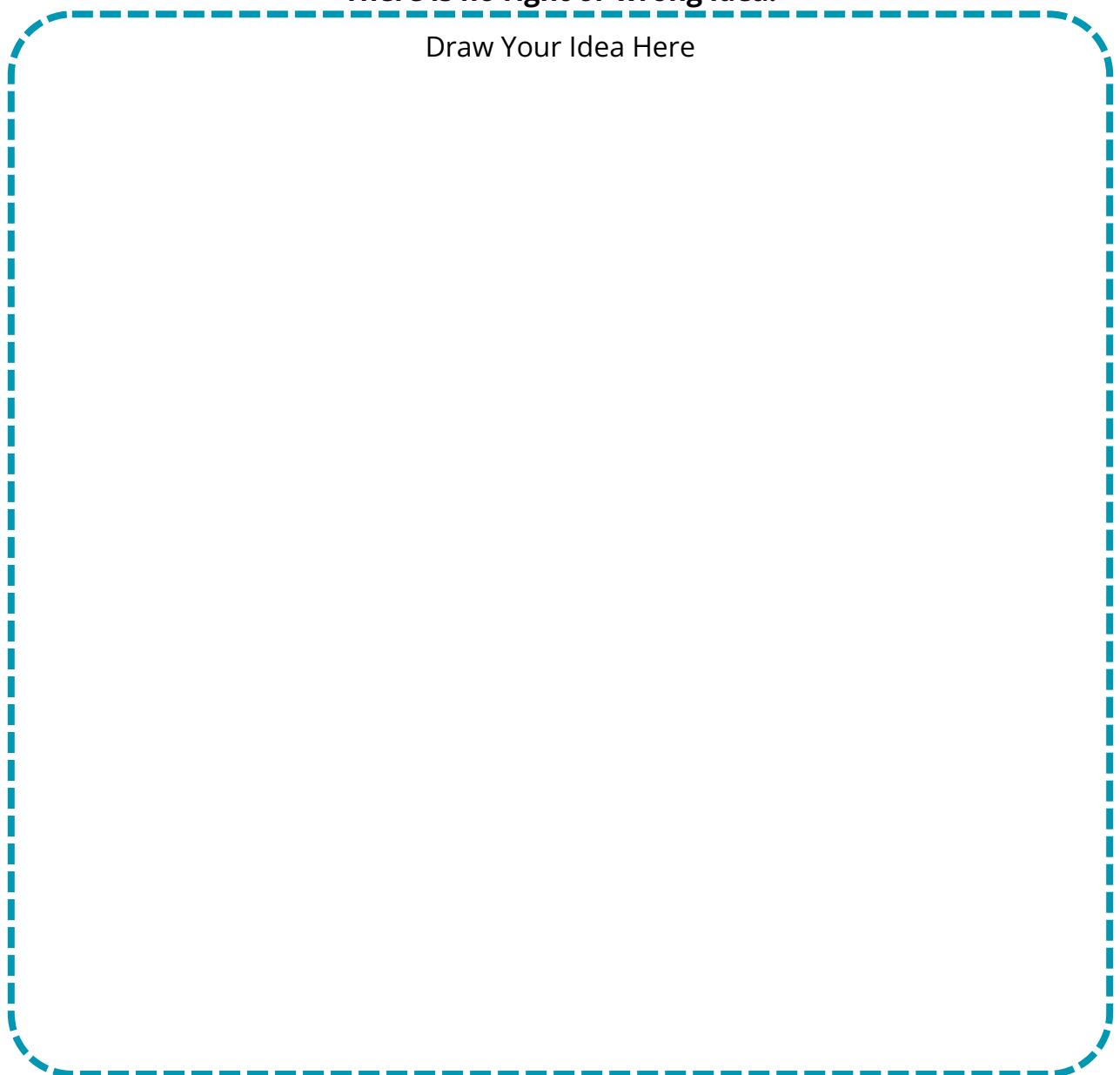
Inventors begin by noticing and imagining

Think about something that could help someone or make life easier.

- You can draw:
- a new tool
- a machine
- a toy
- or something completely imaginary

There is no right or wrong idea.

Draw Your Idea Here



If You Need a Little Help...

You might like to think about:

What problem does your idea solve?

Who would use it?

What is the most important part?

You can draw, label, or just sketch freely.



Remember
Big inventions
begin as small
ideas.
Your idea
matters.

12 February – Charles Darwin Day

Science begins with curiosity and careful observation.

Watching and Wondering About Nature

Charles Darwin was born on 12 February 1809.

He was a scientist who loved to watch nature carefully. Charles Darwin spent a lot of time observing plants, animals, and living things. He asked questions, made notes, and wondered why things were the way they were.

One of the most important things about Darwin was that he didn't rush. He believed careful watching helped people understand the world better.

What Did Charles Darwin Do?

- observed plants and animals closely
- noticed similarities and differences
- asked questions about nature
- recorded what he saw

He showed us that learning often begins with paying attention.

Talk Together

- **What did you notice that you hadn't seen before?**
- **Why do you think watching carefully is important?**
- **How does nature change over time?**

Try This: Be a Nature Watcher

Choose one living thing to observe:...a plant...an insect,,a pet...or something outside

Look closely and notice:...shape...colour...size...movement

You can:...draw what you see...talk about it...or make simple notes

Draw Your Living Thing Here



13 February – Feelings Faces Day

Remember

Feelings are messages, not problems.

Noticing them helps us understand ourselves and others.

Learning About How We Feel

We all have feelings.

Sometimes we feel happy, calm, excited, worried, angry, or sad.

All feelings are okay.

Feelings can change during the day, just like the weather.

Try This: Feelings Faces

Look at different feelings and show them using faces.

You can:

- draw faces
- look in a mirror and copy expressions
- point to faces that match how you feel

Some feelings to explore:

- happy
- sad
- angry
- worried
- surprised
- calm

There is no need to explain unless you want to.

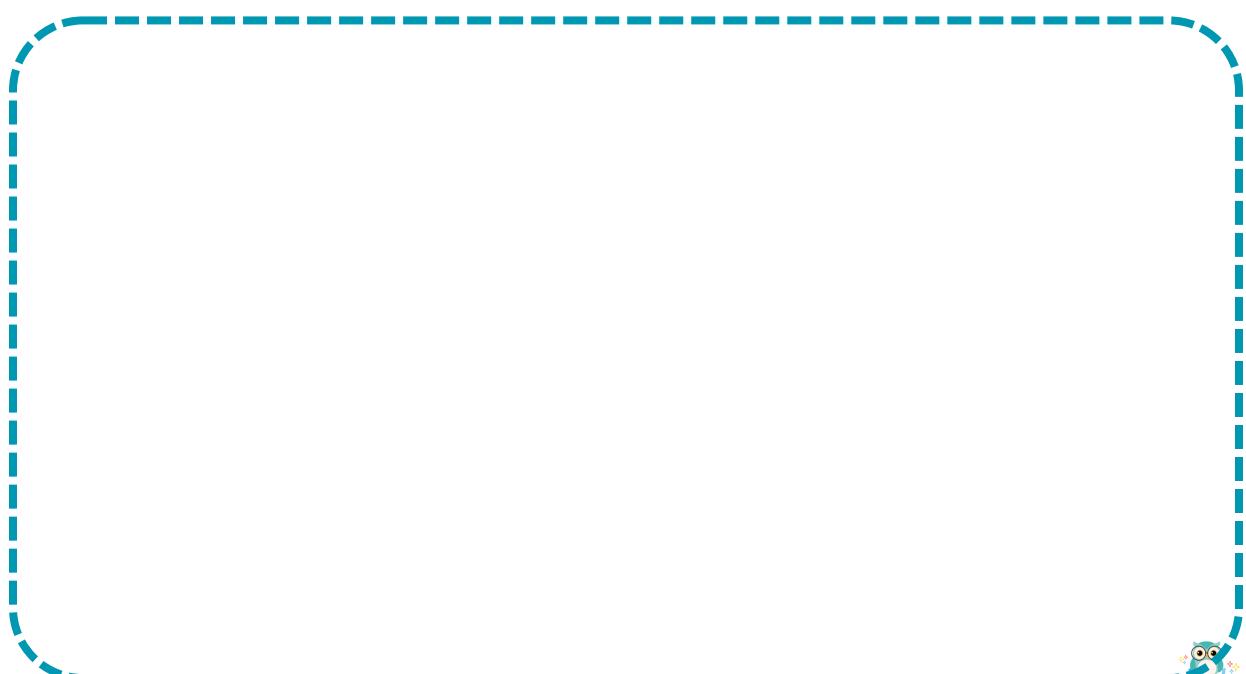
Talk Together (optional)

- How does your body feel with different emotions?
- Do feelings always stay the same?
- What helps when a feeling feels big?



Draw Your Feelings

Draw one or more faces or emojis showing:
how you feel right now
how you felt earlier
how you feel when something nice happens
You can use colours, shapes, or lines to help.



14 February – Valentine's Day

Valentine's Day is a time to celebrate love, kindness, and friendship.

Love isn't just about couples or grown ups.

It can be shared with:

- family
- friends
- neighbours
- pets
- and people who help us

Talk Together

- Who do you care about?
- How do you show someone you like them?
- How does kindness make you feel?

Small acts of kindness can mean a lot.

Try This: Share Kindness

Choose one or more:

- Make a card for a friend or family member
- Write a kind note
- Draw a picture for someone
- Say thank you to someone who helps you

Kindness doesn't have to cost anything.

Make & Create

You could:

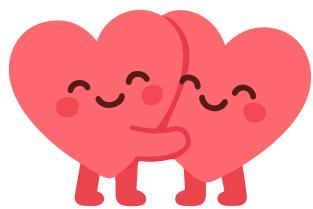
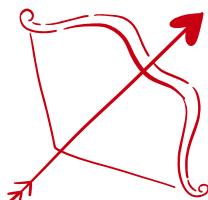
decorate hearts

make paper cards

cut out shapes and colours

add kind words or pictures

There is no need for perfection — meaning matters more than neatness.



Happy
Valentine's
Day

A Short History of Valentine's Day

Valentine's Day is named after Saint Valentine, who lived a long time ago.

There are different stories about him, but many people believe he was known for being kind and caring, and for helping others even when it was difficult.

Over time, Valentine's Day became a day to:
show care for others
share kind words
celebrate love and friendship

In the past, people wrote letters and poems by hand to show how they felt. Today, many people still share cards, messages, and small acts of kindness.

15 February – World Hippo Day

Remember

Animals all over the world live in different ways to suit their environment.

Meet the Hippopotamus

Hippos are one of the largest land animals on Earth.

Even though they look slow and cuddly, they are very strong and powerful.

Hippos spend much of their time in water, where they stay cool and protect their skin.

Did You Know?

- Hippo means “river horse”
- Hippos can hold their breath underwater for several minutes
- They sleep, rest, and even give birth in water
- They can run faster than you might expect on land

Hippos may look calm, but they need plenty of space and respect.

Where Do Hippos Live?

Hippos live in parts of Africa, near:

- rivers
- lakes
- wetlands

They need both water and land to survive.

Try This

Choose one:

Draw a hippo in the water

Draw a hippo on land

Compare how a hippo looks in water vs out of water

Talk Together

- Why do you think hippos spend so much time in water?
- What other animals like to live near water?
- Would you rather swim or sunbathe if you were a hippo?

You can add:

ripples

plants

fish

sunshine



You can draw, paint, build, or talk about your ideas.

16 February – Calm Morning Day

Remember

You don't have to change who you are to be worthy. You already matter.

Noticing What Makes You... You

Some mornings are busy.

Today is a chance to slow things down just a little.

A calm morning helps us:

feel settled feel safe think more clearly start the day kindly

There's no rush today.

Try This: Things I Like About Me

Take a quiet moment and think about yourself.

You might like:

- how you help others
- how you try your best
- how you make people laugh
- how you keep going when things feel hard
- how you care

Write, draw, or say out loud one or more things you like about yourself.

If this feels tricky, that's okay.

You can ask someone you trust to help.

Calm Colour Painting

Choose colours that feel calm to you.

Some people find calm in:

blues greens soft purples greys

Try this:

- Paint or colour freely using calm colours
- There doesn't need to be a picture
- Lines, shapes, and patterns are perfect

This is about how the colours feel, not how they look.

Calm looks different for everyone.

What matters is noticing what helps you.



Talk Together (Optional)

- What are you good at?
- What do other people appreciate about you?
- How does it feel to say kind things about yourself?

Why This Matters

When we notice good things about ourselves, it helps us:

- build confidence
- feel calmer
- make kinder choices
- believe we are enough

This isn't about being perfect.

It's about recognising that everyone has value.

My Calm List

Everyone feels stressed sometimes. It helps to know what brings us back to calm.

Write or draw one or two things that help you feel calm, such as:

- quiet time
- music
- being outside
- hugging a favourite toy
- breathing slowly
- drawing or colouring

This list can be kept and used again.

17 February – Shrove Tuesday

Remember

Traditions often begin with simple, practical ideas.
Sharing food and time together is what really matters.

Pancakes and Preparing for Change

Shrove Tuesday is often called Pancake Day. A long time ago, this day was used to prepare for the weeks ahead. Families used up foods like eggs, milk, and flour, which is why pancakes became part of the tradition. It was a practical idea that turned into a much-loved one.

Why Pancakes?

Pancakes were a simple way to: use ingredients that wouldn't keep avoid waste work together in the kitchen Over time, making pancakes became a fun family tradition.

Talk Together

- Why do you think traditions last so long?
- What foods are special in your family?
- How does it feel to make something together?

Try This: Pancake Making

You might like to:

- help measure ingredients
- stir the mixture
- watch bubbles form in the pan
- count flips or pancakes

Helping, watching, or tasting all count.

If cooking isn't possible today, you could:

- draw pancakes and toppings
- plan a pancake you'd like to make
- talk about favourite foods

A Time for Fresh Starts

Shrove Tuesday comes just before a time when people traditionally slowed down and reflected.

You don't need to follow any tradition to use this idea.

Try this instead:

- Talk about one thing you'd like to let go of
- Or one thing you'd like to try differently
- Keep it light and gentle

This might be:

- being kinder to yourself
- trying again at something
- taking more breaks



17 February – Chinese New Year

Remember

New beginnings don't have to be big or noisy.
Sometimes they start quietly.

A Celebration of New Beginnings

Chinese New Year is a celebration that marks the start of a new year in the lunar calendar. It is celebrated by families and communities around the world, including here in the UK. The date changes each year because it follows the moon, not the calendar we usually use.

Chinese New Year is a time for:

- fresh starts
- family gatherings
- cleaning and tidying
- sharing food
- wishing each other well

Try This

Choose one:

- **Draw a horse using shapes and patterns**
- **Decorate your page with red and gold (traditional lucky colours)**
- **Design a celebration banner with kind or hopeful words**

You don't need to make it perfect – enjoying the process is what matters.



The Year of the Fire Horse

Each Chinese New Year is linked to an animal.

2026 is the Year of the Horse.

The Horse is often linked with:

- energy
- kindness
- determination
- moving forward

People believe the animal of the year represents the qualities they hope for in the months ahead.

Talk Together

- Why do people like to celebrate new beginnings?
- How do you like to start something new?
- What would you like more of this year?

A Celebration Around the World

Chinese New Year is celebrated in China and in many other countries.

Even though traditions may look different, many celebrations share the same ideas:
spending time together
welcoming a new beginning
showing care and respect

18 February – Ash Wednesday

Remember

Big changes often start with small, thoughtful steps.
Taking time to pause is just as important as being busy.

A Day to Pause and Reflect

Ash Wednesday is a day that marks the beginning of Lent in the Christian calendar. For many people, it is a quiet day used for thinking, reflecting, and making positive choices.

You don't have to celebrate it in a religious way to enjoy the ideas behind it.

What Is Lent?

Lent is a period of time when people:

- slow down
- think about their actions
- practise kindness
- try to make small, positive changes

It lasts for 40 days and leads up to Easter.

A Gentle Way to Explore This Day

Today can be about care, kindness, and fresh starts.

Try one or more of these simple activities:

- Write or draw one kind thing you can do for yourself
- Think of one kind thing you can do for someone else
- Choose one small habit you'd like to practise this week
- Spend a quiet moment noticing how you feel today

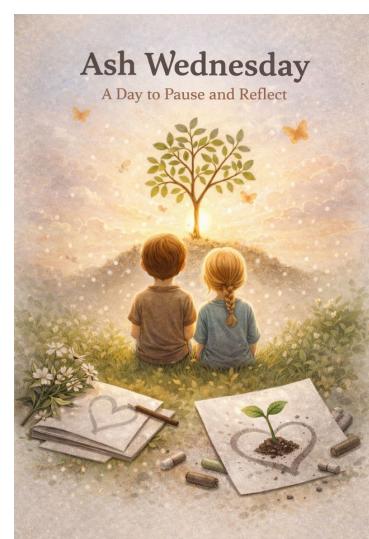
There is no right or wrong answer.

Talk Together

- Why do people like to have time to reflect?
- How does slowing down make us feel?
- What helps you reset when things feel busy?

Creative Option

- Use grey, soft brown, or natural colours to create a calm picture
- Draw something that helps you feel peaceful
- Create a simple symbol for "new beginnings"



A Little Bit of History

Ash Wednesday has been observed for over 1,000 years and began as a day when people used ashes as a symbol of new beginnings and reflection. It traditionally marks the start of a quiet season in the Christian calendar leading up to Easter.

19 February – You're in Charge Day

Remember

Being in charge means doing your best and caring about the people around you.
Kind leaders make a big difference.

Leading with Care and Responsibility

Today, you're in charge.

Being in charge doesn't mean telling people what to do.
It means helping, thinking ahead, and caring about others.
Good leaders listen, notice what needs doing, and try their best.

What Does "Being in Charge" Mean?

When you're in charge, you might:

- help someone
- make a kind choice
- organise part of the day
- take responsibility for a task

Being in charge is about looking after people and spaces, not bossing.

Talk Together

- How does it feel to be trusted?
- What makes a good leader?
- How can being in charge help others?



Try This: My In-Charge Jobs

Choose one or two:

- help prepare a meal or snack
- tidy a shared space
- look after a pet or plant
- help a younger child
- decide a family activity



You can choose something small.
Small jobs still matter.

"Being in charge can feel like a big responsibility. There's a lot to think about, and you're doing great."

20 February – Build It Day

Remember

Building isn't about getting it right straight away.
It's about thinking, trying, and learning as you go.

Creating, Testing, and Trying Again
Today is Build It Day.

Building is about using what you have, trying ideas out, and seeing what works.

There is no perfect build — every attempt teaches you something.
You don't need special equipment. Everyday items are enough.

Build It Challenges

Choose one or make up your own:

- Build the tallest tower you can
- Build something that can stand on its own
- Build a bridge between two chairs
- Build something that can hold a small toy
- Build the strongest structure you can

You can work alone or together with another member of the household. Sometimes it's great to work with a partner.

If It Falls Down...
That's part of building.

Try:
changing the base
using fewer pieces
building wider instead of taller
trying again in a different way
Builders learn by testing and adjusting.

Talk Together

- What helped your build stay up?
- What didn't work the first time?
- What would you change next time?



What Can You Build With?
Look around the house for safe items such as:

- cardboard boxes
- toilet rolls
- books
- plastic cups
- paper
- cushions
- building blocks

Using everyday items helps you think creatively.

21 February – Mother Language Day

Remember

There are many ways to use language, and every voice matters.

Words, Voices, and Ways We Communicate

Mother Language Day celebrates the many languages people use around the world.

A mother language means the language (or languages) you first learn to communicate with — through words, sounds, signs, or gestures.

This day is recognised internationally to remind us that every language matters, and that learning and communication can happen in many different ways.

(It is supported by UNESCO.)

Why Language Is Important

Language helps us:

- share ideas
- express feelings
- tell stories
- connect with others

Some people use spoken languages, some use sign language, and some use pictures or technology. All are real ways of communicating.

Try This: Play With Language

Choose one fun idea:

Learn how to say hello in another language

Make up your own language with new words

Create secret symbols or sounds for common things

Rename objects in the room using invented words

There are no rules – this is about creativity and curiosity.

Many Ways to Use Language

Language is not only spoken words. Some people communicate using picture cards, technology, sign language, or gestures.

Touch, facial expressions, and body language can also share meaning and feelings. All of these are real and important ways of communicating.

How many different ways does your family use language?

Talk Together

- How many ways can people communicate?
- How would the world be different if everyone spoke the same language?
- Why is it important to listen, even if we don't understand straight away?

Make Your Own Language

You might like to decide:

how to say hello

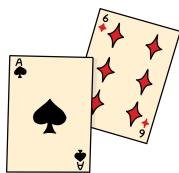
how to say thank you

a word for happy

a word for food

You can draw symbols, write words, or make sounds.

22 February – Family Games Day



Remember

The best games aren't always about winning.
They're about playing together.



Playing Together and Having Fun

Family Games Day is a chance to play together, laugh, and enjoy each other's company.

**Games don't have to be
about winning.**

They're about:

- spending time together
- taking turns
- trying your best
- and having fun

Try This: Make Up Your Own Game

You don't need a shop-bought game.

You could:

- invent a board game using paper and pens
- make a dice game with numbers or pictures
- create a movement game using actions
- turn household items into game pieces

Think about:

- How do you start the game?
- What are the rules?
- How does someone win – or does everyone win?

Rules help games feel fair and fun.



Talk Together

- What makes a game fun?
- Why do games need rules?
- How can we play kindly, even when we lose?

Why Games Are Important

Playing games helps us practise:

- turn-taking
- following rules
- problem-solving
- patience
- being a good winner and a good loser

Games help us learn how to play fairly and kindly with others.

Keeping Game Playing Fun

If a game feels frustrating:

- pause and take a break
- change the rules
- help each other
- remind everyone that it's just a game

It's okay to stop if it stops being fun.

23 February – Shape Hunt Day

Remember

Maths isn't just numbers — it's part of the world around us.

Finding Maths All Around Us

Shapes aren't just in books — they're everywhere.

Today is about looking, noticing, and discovering shapes in the world around you.

You don't need to sit at a table. You can move, explore, and have fun.

🔍 Shape Hunt Challenge

Go on a shape hunt around your home or outside.

Look for:

- circles
- squares
- rectangles
- triangles

You might find shapes in:

- doors
- windows
- plates
- signs
- tiles
- furniture

You can point, draw, photograph, or talk about what you find.

Try This

Choose one:

- Draw the shapes you find
- Make a tally of how many of each shape you see
- Sort objects by shape
- Build shapes using blocks, sticks, or paper

There is no right number — noticing is what matters.

Talk Together

- Which shape did you find the most?
- Where do you see shapes every day?
- Can you find a shape that surprised you?

Shape Hunt Outdoors (Weather Permitting)

If the weather allows, try your shape hunt outside.

Look at:

- buildings
- houses
- shops
- windows
- doors
- roofs

Notice:

Which shapes are used most often?
Why do you think builders choose these shapes?

You might see lots of rectangles and squares, because they are strong and easy to build with.

Why Shapes Matter

Learning about shapes helps us:

- understand space
- build problem-solving skills
- recognise patterns
- develop early maths thinking

24 February – Bread & Baking Traditions

Remember

Food is more than fuel. It's a way people show care, share time, and connect.

Sharing Food, Time, and Care

Bread has been made and shared for thousands of years.

In many cultures, bread is a symbol of care, sharing, and togetherness.

People around the world bake different kinds of bread using simple ingredients like flour, water, and heat. Each place has its own traditions and favourite recipes.

Try This

Choose one:

- Help make bread, rolls, or dough
- Watch how dough changes as it's mixed and cooked
- Draw or design your own type of bread
- Talk about a food your family likes to share

If baking isn't possible, imagining and learning still count.

Why Baking Matters

Baking bread helps us practise:

- patience (waiting for dough to rise)
- following steps
- noticing changes
- working together

It's a slow process, and that's part of what makes it special.

Talk Together

- Why do you think bread is found in so many cultures?
- How does it feel to make food together?
- What foods are special in your family?

Bread Around the World

Different cultures make bread in different ways, for example:

- flatbreads
- rolls and loaves
- steamed breads
- bread cooked in ovens, pans, or over fires

Even though breads look different, they often serve the same purpose — to feed and bring people together.

Bread Around the World – Fact File

People all over the world make and share bread, but it can look very different depending on where you are.

- United Kingdom – Loaves, rolls, and flatbreads are common
- France – Long, crusty breads like baguettes
- Italy – Flatbreads and rustic loaves
- India – Flatbreads cooked on hot pans
- China – Steamed breads and buns
- Mexico – Flatbreads made from corn or flour

Even though breads look different, they are often eaten for the same reason — to feed people and bring them together.

25 February – Acts of Kindness Day

Remember

Kindness doesn't need an audience.
It matters because it helps people feel seen.

Small Actions That Make a Difference

Kindness doesn't have to be big or dramatic.

Often, it's the small things that matter most.

Today is about doing, not just feeling.

★ Ways to Show Kindness

Choose one or two ideas:

- Write a short note or message for someone
- Draw a picture to make someone smile
- Say thank you to someone who helps you
- Be gentle and caring with pets or animals
- Offer to help with a job at home
- Let someone else choose first

You don't have to do them all.

One is enough.



Explaining Kindness to Others

Kindness can mean different things to different people.

Try explaining kindness in your own way:

What does kindness look like?

What does it sound like?

How does it make people feel?

You can explain kindness by talking, drawing, or showing an example. There is no single right answer.

Kind Notes

You could:

- write "thank you"
- write "I appreciate you"
- draw a picture instead of writing
- make badges to give people that are being kind
- draw a poster using lots of kind words - and make it colourful

Kindness can be shared in many ways.

Talk Together

- How does it feel to help someone?
- Did you notice anything change after being kind?
- Why do small actions matter?



26 February – Fairy Tale Day

Remember

Kindness doesn't need an audience.
It matters because it helps people feel seen.

Stories, Characters, and Imagination

Fairy tales are stories that have been told for a very long time.

They often include:

- heroes and villains
- challenges to overcome
- magical or unusual events
- lessons about right and wrong

Fairy tales help us think about people, choices, and consequences — all through stories.



Fairy Tale Characters

Think about fairy tales you already know.

Some characters are:

- kind
- brave
- selfish
- tricky
- helpful

Characters don't have to be perfect to be interesting.

Fairy Tale Patterns

Many fairy tales begin in similar ways.

You might notice:

- "Once upon a time..."
- a journey or challenge
- a problem that needs solving

Stories often follow patterns, even when the details change.

Choose One Activity

You only need to do one.

- Draw a fairy tale character you remember
- Write or say three words to describe a character
- Sort characters into kind and unkind
- Draw two characters and show how they are different

Using describing words (adjectives) helps us explain ideas clearly.

Talk Together

- Which fairy tale character do you like most?
- Why do you think fairy tales have villains?
- What lesson do you think fairy tales try to teach?



27 February – Polar Bear Day

Remember

Words help us describe the world and imagine places we may never visit.

Words, Images, and Imagination

Polar bears live in some of the coldest places on Earth. They are strong animals with thick white fur that helps keep them warm and camouflaged in snow and ice.

Choose One Activity

For younger children

Write or say words that describe a polar bear

Draw a polar bear and label it with describing words

For older children

Write a short poem about a polar bear

Use describing words to show what the polar bear is like

Try starting with:

The polar bear is...

In the cold, the polar bear...

Your poem can be short. Even a few lines are enough.

Geography Fact

Polar bears live in the Arctic, a very cold region around the North Pole.

They can be found in parts of:

Canada

Greenland

Russia

Alaska

Norway

Polar bears live near the sea because they rely on ice and water to find food.

Polar bears spend much of their time:

- walking across ice
- swimming in cold water
- resting on frozen land

Thinking About Polar Bears

When you think of a polar bear, what comes to mind?

You might think of words

like:

- white
- big
- powerful
- furry
- cold
- quiet
- fierce



There are no wrong words — this is about what you imagine.

Talk Together

- Why do you think polar bears are white?
- How does the cold environment shape how they live?
- How do words help us create pictures in our minds?

28 February – Get Ready for March

Remember

Every new month is a chance to begin again.
You don't have to rush — learning grows in its own time.

Looking Back and Looking Ahead
February is coming to an end.

**This month may have been short, but
it has been full of:**

- learning
- noticing
- creating
- caring
- and trying new things

**Today is a chance to slow down and
get ready for what comes next.**

Looking Back

Take a moment to think about February.

You might like to:

- talk about your favourite day
- draw something you enjoyed
- remember something new you learned
- notice something you felt proud of

There are no right answers.

Looking Ahead to March

March often brings:

- lighter days
- signs of spring
- new energy
- fresh ideas

You might like to think about:

- something you're curious about
- something you'd like to try
- something you're looking forward to

**You don't need a big plan. Small
thoughts are enough.**

Optional Activity

Choose one:

- Draw a picture of what you hope March will bring
- Write or say one word you want to take into March
- Make a simple list of things you enjoy doing

