

CCSD February Family Activity Calendar 2022

Monday	Tuesday	Wednesday	Thursday	Friday	Weekend
	01 Theme: Family night Affirmation: I am good Song: Pick your song today Activity: Spend some time together; play some games or listen to your favorite songs together.	02 Theme: Snow Day Affirmation: I am great Song: Enjoy some happy music Activity: Spend some time outside in the snow. Walk around or make a snowman together	03 Theme: Sweater Day Affirmation: I am awesome Song: Oldies are good too Activity: Wear your favorite sweater and enjoy some time together.	04 Theme: Reading Day Affirmation: I will enjoy my day Song: Pick one you like Activity: Pick your favorite book and take turns reading out loud to one another. Do this every evening for 30 minutes.	05/06 Theme: Exercise Day Affirmation: I will read often Song: It's a Rock Song kind of day Activity: Spend some time exercising together and enjoy trying something different for your exercise routine.
07 Theme: Morning stretch Affirmation: I am great Song: The Best of Mozart - YouTube Activity: Get up and find a comfortable place to do some stretching. Listen to some soothing music while you stretch.	08 Theme: Morning walk Affirmation: I am worthy Song: Listen to your favorite songs while you walk Activity: Go outside in the morning and go for a quick 15 minute walk. Take your dog or cat for a walk too.	09 Theme: Meditation AM Affirmation: I am strong Song: Relaxing Music 24/7, Sleep Music, Stress Relief Music ... - YouTube Activity: Spend some time this morning to sit and meditate. Think only good and positive thoughts for yourself and your day.	10 Theme: Positive message Affirmation: I love myself Song: Listen to motivation songs today Activity: Share a good and positive note or message with several people today. Encourage others and yourself too.	11 Theme: Thinking good Affirmation: I enjoy my life Song: Nina Simone - Feeling Good (Official Video) - YouTube Activity: Have some good thoughts and share that good energy with those around you today. Don't forget about yourself too.	12/13 Theme: Family Time Affirmation: I love my family Song: Pick your song today Activity: Go outside, spend some time doing something you all enjoy. Go for a walk, hike a little or talk to one another.
14 Theme: Love one another Affirmation: I feel enthusiastic Song: Check Yes or No By: George Strait Activity: Make some chocolate covered strawberries or bake a cake and decorate it together.	15 Theme: Fun & Games Affirmation: I enjoy laughing Song: Roar - Katy Perry (Lyrics) - YouTube Activity: Get out your arts and crafts. Have fun putting together some crafts and share the idea with others.	16 Theme: Conversations Affirmation: I am lovable Song: Choose your song Activity: Find a comfortable place to sit together. Bring your favorite snacks and drinks. Have a conversation about your week.	17 Theme: Movie night Affirmation: I am humble Song: Humble and Kind Tim McGraw with Lyrics - YouTube Activity: Pick out your favorite movie. Make some popcorn and get your favorite drink. Watch a movie together.	18 Theme: Reading time Affirmation: I am loved Song: Select your song today Activity: Pick out your favorite book and read it together for 30 minutes. Take turns reading.	19/20 Theme: Outside Fun Affirmation: I can do this! Song: Tom Petty - I Won't Back Down - YouTube Activity: Spend some time outside, breathe in the fresh air and enjoy some time together.
Wellness Week 21 Theme: Social Wellness Affirmation: I am unstoppable Song: Kelly Clarkson - Stronger (What Doesn't Kill You) [Official Video] Activity: Send a note to someone you haven't heard from in a while. Enjoy a conversation with them.	Wellness Week 22 Theme: Mental Wellness Affirmation: I am determined Song: Joe Esposito - You're The Best Around (Karate Kid soundtrack) Activity: Look up some strategies for mental wellness. You can go online, contact the school for resources or talk to someone when you can.	Wellness Week 23 Theme: Physical Wellness Affirmation: I have the will Song: Eye of the Tiger - YouTube Activity: Schedule in time for some physical activities for yourself and your children. Do this every other day.	Wellness Week 24 Theme: Emotional Wellness Affirmation: I will overcome Song: Don't Stop Believin' - YouTube Activity: Have a moment each day to take deep breaths and think about one task at a time. Remember to breathe.	Wellness Week 25 Theme: Whole Wellness Affirmation: I am strong Song: Kanye West - Stronger - YouTube Activity: Learn to care for your whole self. Take care of your well-being so that you can care for others.	Wellness Week 26/27 Theme: Environmental Wellness Affirmation: I appreciate my life Song: Bob Marley - Don't worry be Happy - YouTube Activity: Do something new today. Enjoy the outdoors. Go for a drive and see the sites around you.
28 Theme: Hiking Affirmation: I like to be outdoors Song: Watermelon Crawl ~Tracy Byrd - YouTube Activity: Pack a basket of snacks and drinks. Go to the park, nearby mountain, or in your backyard. Enjoy some hiking together.	CCSD student and family support programs: H.O.P.E. (Homeless student support and services) Food Pantry: Available for student and families in need Contact: ICO Department at 505-368-5175/5177	Articles for family wellness: Click on the links. https://www.healthiergeneration.org/articles/3-ways-families-can-promote-fun-wellness-at-home https://www.healthychildren.org/English/healthy-living/emotional-wellness/Pages/How-to-Talk-with-Your-Child-and-Their-Pediatrician-About-Mental-Health-Concerns.aspx https://www.parentingspecialneeds.org/article/tech-tips-to-support-your-family-physical-mental-wellness/	Resources are available. Click on this link for more information https://www.ccsdnm.org/COVID-19.aspx	 <p>Happy Birthday to all those who have a birthday this month! We hope you have a wonderful day!</p>	