



February 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Happy Birthday Eli & Aiden	2		3 Happy Birthday Miranda & Ms. Olivia	4 Heart icon. Celebrate Heart Healthy this month! Everything we do this month will help your heart be healthy.	5 Heart icon. Explore Speed-move fast, then really slow, and now in between. Which one makes your heart go faster?	6 Happy Birthday Lucas
Heart icon. Give away five hugs to make your heart happy and healthy today!	8 Happy Birthday Michael	9 Happy Birthday Coleson & Miley	10 Heart icon. Lie down and feel your heart then get up and run in place and feel your heart.	11 12 Happy Birthday Lucia	13 	14
15 Happy Birthday Ms. Ashlyn	16 	17 Happy Birthday Terrance & Ms. Hailey	18 Happy Birthday Oliver	19 Heart icon. Act out foods that make your heart healthy. Be a tiny blueberry, a curvy banana, and a swimming fish.	20 21	
22 Happy Birthday Hailey	23 Happy Birthday Ms. Mackenzie	24 Heart icon. Play catch with someone with a rolled-up t-shirt. Can you toss it up and catch it on different body parts?	25 Heart icon. Time for a winter rock party. Turn on the music and dance until you feel your heart beating fast.	26 27 Happy Birthday Ms. Julia	28	