

# Love the Moment

## February 2011

Mon	Tue	Wed	Thu	Fri	Sat	Sun
	<i>1</i> Make up a new word.	<i>2</i> Shake hands.	<i>3</i> Walk outside in bare feet for 2 minutes.	<i>4</i> Tickle.	<i>5</i> Throw a little water in the air and watch the drops fall.	<i>6</i> Jump.
<i>7</i> Have a long hug.	<i>8</i> Look at bugs.	<i>9</i> Crouch down and stroke your child's cheek.	<i>10</i> Twirl.	<i>11</i> Role Play with your child for 5 minutes	<i>12</i> Family circle. Hold hands and move as a circle.	<i>13</i> Run for 1 minute...and feel the wind in your hair.
<i>14</i> Lie down on your child's bed with them and talk or sing.	<i>15</i> Listen for animal sounds.	<i>16</i> Eat ice in a cup.	<i>17</i> Draw colourful squiggles on a page.	<i>18</i> Say "I love you" just one more time.	<i>19</i> Press your cheek on your child's cheek.	<i>20</i> Sing. Even if you can't do it well.
<i>21</i> Look for clouds in the sky.	<i>22</i> Collect leaves.	<i>23</i> Stand your child on your feet walk around the kitchen.	<i>24</i> Rip up some paper into small bits and throw in the air and pretend it's snow.	<i>25</i> Measure your hands against your child's.	<i>26</i> Look out the window and drink in the view like it's the last time.	<i>27</i> Smile... at everyone... all day.
<i>28</i> Sit in the dirt... seriously...and make pictures in the dirt with a stick.						

Little things: They are big things.