



Peoria Child Care

Love to Grow By

I THIS IS Crystal with the Kid Kalendar Newsletter for the month of February, 2026

Kid Kalendar

www.Brooktownepeoriachildcare.com

@TheDaycareTeacher

Why Kids Should Play Outside in Cold Weather

- Boosts immune system**
Helps kids fight off sickness.
- Creates fun memories**
Playing outside makes happy moments.
- Improves mood**
Playing outside makes kids happy.
- Helps sleep better**
Tired kids sleep deeper and longer.
- Strengthens lungs**
Fresh air supports healthy lung function.
- Burns extra energy**
Helps kids stay active and not bored.
- Gets fresh air**
Fresh air keeps them healthy.
- Encourages creativity**
Kids imagine and create new things.
- Encourages exploration**
Kids discover new things outside.
- Improves balance**
Snow and ice help kids stay steady.
- Reduces screen time**
Keeps kids off TVs and tablets.
- Teaches weather awareness**
Kids learn to dress for the cold.
- Encourages mindfulness**
Kids notice small things in nature.
- It's just fun!**

@TheDaycareTeacher

Homemade Hot Cocoa Recipe

Perfect for little helpers!

Ingredients:

2 cups of milk (any kind: whole, almond, oat, etc.)
2 tablespoons of cocoa powder
2 tablespoons of sugar
1/4 teaspoon of vanilla
Whipped cream, marshmallows, or sprinkles for topping (optional but fun!)



Steps:

Scoop cocoa powder and sugar into a bowl and mix. Pour milk into a pot (with a grown-up's help), then add the cocoa mix. A grown-up will heat the pot while you take turns stirring carefully. Add vanilla, pour into mugs, top with marshmallows or whipped cream, and enjoy!

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in

BROOKTOWNE

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February 2026



Kid Kalendar

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|---|--|--|---|
| | | | | |
| 2 Ts-Valentine Dinos 2s-Mr Groundhog P3s-Valentines 3s-Letter K PKs-Intro to Letter F Sch-Giant Jengo | 3 Ts-Heart Balloon Craft 2s-Puppy Love P3s-Fingerpaint with Red 3s-Number Chart PKs-Words that start with F Sch-UNO | 4 Ts-Heart Suncatchers 2s-Love Free Art P3s-Letter V 3s-Cutting Skills PKs-Upper & Lowercase Sch-Large Puzzles | 5 Ts-Handprint Bears 2s-Heart Strawberry P3s-Letter V Cutting 3s-Heart Names PKs-Valentine Boxes Sch-Heart Art | 6 Ts-Little Love Bugs 2s-2's Super Bowl Predictions P3s-Free Art Day 3s-Teachers Choice PKs-How many F words Sch-Candyland |
| 9 Ts-Valentine Cactus 2s-Olympic Torch P3s-Valentine Box 3s-Letter E PKs-Intro to Letter N Sch-Hershey Kiss Game | 10 Ts-Bumblebee Valentine 2s-Love Swans P3s-Valentine Presents 3s-Write Name PKs-Words that start with N Sch-Valentine Craft | 11 Ts-Heart Tree 2s-Valentine Free Art P3s-Paint with Pink 3s-Cutting Skills PKs-Upper & Lower Case Sch-Valentine Stamps | 12 Ts-Heart Footprints 2s-Heart Dino P3s-Love and Kisses 3s-Color Sort PKs-N Shopping Sch-Clean Cubbies Out | 13 Bring Valentines for Valentines Party |
| 16 Ts-Shamrock Stamping 2s-President's Day Craft P3s-Paint with Green 3s-Letter G PKs-Intro to Letter E Sch-Movie Day | 17 Ts-Love you berry much 2s-Green Collage P3s-Shamrock 3s-Write Numbers PKs-Words that start with E Sch-Snowflake Art | 18 Ts-Handprint Leprechaun 2s-Green Free Art P3s-Cutting Letter S 3s-Cutting Skills PKs-Upper & Lower Case Sch-Pictionary | 19 Ts-Rainbow Craft 2s-Olympic Rings P3s-Leprechaun 3s-Shape Sort PKs-E magnetic dots Sch-Playdough | 20 Ts-St Patricks Day Wreath 2s-Mickey Leprechaun P3s-Free Art Day 3s-Teachers Choice PKs-How many E words Sch-Slap Jack |
| 23 Ts-Handprint Rainbows 2s-Coffee Filter Shamrock P3s-Letter L Painting 3s-Review K, E, G PKs-Intro to Letter S Sch-Giant Checkers | 24 Ts-Torn Paper Craft 2s-Rainbow Pot of Gold P3s-Gold 3s-Write Names PKs-Words that start with S Sch-Car's | 25 Ts-Pot of Gold 2s-St Patrick's Free art P3s-Playdough Fun 3s-Cutting Skills PKs-Upper & Lower Case Sch-Make Snowflakes | 26 Ts-Shamrock Paintin 2s-Fingerprint Shamrock P3s-Letter L Cutting 3s-Torn Paper Collage PKs-S Sand Painting Sch-Duck Duck Goose | 27 Ts-Fork Leprechaun 2s-Marble Paint Clover P3s-Free Art 3s-Teachers Choice PKs-How many S words Sch-Open Ended Art |