Art + Making  Kindness Stones

A Kindness Stone is a great way to pass along positive messages of joy and love! These hand painted stones are often hidden around neighborhoods and parks, left behind for strangers to find and receive something sweet. What will you write on your stone?

Materials Needed:
- A rock (something large enough to write on but small enough to slip in your pocket!)
- Acrylic paint
- Brushes

Optional:
- permanent markers
- newspaper to cover your working space

Directions:
1. Wash off your stones and allow them to dry
2. Paint your rock a fun color or pattern, then write or paint a message of love or joy on top.
3. Take a walk in your favorite park or neighborhood and leave your rock somewhere that someone might find it.

Spread a little kindness wherever you go!
Wellness  Sweetheart Partner Yoga

Yoga allows us to calm our bodies and minds. It focuses on three things: breathing, movement/poses, and relaxation.

(yoga images by @yepyoga)

Try this simple partner yoga flow:

1. Lean on Me
2. Elevator
3. Double Dancer
4. Double Tree
5. Open Heart
6. Double Boat

Tech Try Out
Marco Polo app

Marco Polo is a fun and family friendly way to keep in touch with friends near and far! Send surprise video messages to loved ones to let them know you are thinking of them. With fun filters and voice changers, this app will delight both the sender and the receiver!
Outdoor Exploration
Five Senses Scavenger Hunt

Take a winter wander this month and explore for the five senses. This can be a challenge during the colder months, but you will be surprised at the sensory experiences a winter hike can offer.

Listen for birds, dripping icicles and the gust of strong wind. Look for the colors of a winter sunset and animal prints in the snow. Feel the rough bark of trees and cold chill against your cheek. Smell evergreen boughs or wood smoke. Taste freshly fallen snow, a cup of hot chocolate or maple syrup, which is made this time of year. What else can you find?

What do you see?
What do you smell?
What do you hear?
What do you feel?
What do you taste?

Book Suggestion
Trunk to Trunklet
by Jorge Lujan & Mandana Sadat

This sweet and poetic book is about animal mommies and their babies! Each pair offers something funny and whimsical. While reading, do you notice similarities in how you and your parents interact?
Hot Cocoa Recipe

Hot Cocoa is a great way to warm up during these chilly days. Follow this simple recipe and end it by adding your favorite topping. What will you add?

**Ingredients Needed:**
- 4 cups of milk (any kind of dairy or plant-based milk)
- ¼ cup of unsweetened cocoa powder
- ¼ cup of granulated sugar
- ½ cup of bittersweet chocolate
- ¼ tsp of vanilla extract

**Optional:**
- marshmallows, chocolate syrup, caramel syrup,
- crushed up peppermint sticks, crushed up cookies

**Directions:**
1. Add milk to a sauce pan and bring to a slight simmer
2. Add dry ingredients and whisk in
3. Add crushed up chocolate and whisk until melted
4. Add vanilla
5. Remove from heat and portion into mugs
6. Add toppings and enjoy!

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**Book Suggestion**

And Tango Makes Three
by Justin Richardson and Peter Parnell

This is a heartwarming tale about a partnership of two male penguins who adopt a baby penguin named Tango. Starting a new family is exciting! Follow along on the journey these new fathers take with their baby, Tango.