

February 2026

Parent Leadership Month Activity Calendar



| Protective Factors | Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|--|--|---|--|---|---|---|
| Week One Parental Resilience | Build or imagine the coziest fort, corner, or "chill spot" your family can think of. | Create a family "reset button" using a word, motion, or sound. Try it out. | Design a superhero power your family uses to get through hard days. | Build something together using what's nearby — or pretend and describe it instead. | Make a silly routine your family can use to shake off stress. | Create a symbol, logo, or emoji that represents your family's strength. | End the week with a "do nothing together" moment — sit, rest, or just be. |
| Week Two Social Connections | Parental Resilience 01 | 02 | 03 | 04 | 05 | 06 | 07 |
| Week Three Knowledge of Parenting & Child Development | Design a family flag, crest, or badge using drawings, words, or imagination. | Invent a brand-new game and teach everyone how to play. | Make shadow puppets, hand shapes, or body shapes together. | Create a secret family greeting, signal, or handshake. | Make a map of people or places that matter to your family — real or imagined. | Take turns being the "leader" of a fun activity for one minute. | Do one small kind or creative act for someone today, your way. |
| Week Four Concrete Support in Times of Need | Social Connections 08 | 09 | 10 | 11 | 12 | 13 | 14 |
| Social & Emotional Competence of Children | Knowledge of Parenting & Child Development 15 | 16 | 17 | 18 | 19 | 20 | 21 |
| Concrete Support in Times of Need | Create a "helpers map" of people, places, or tools that help families. | Build or imagine a family "help kit" with things that make hard days easier. | Design a sign or symbol that means "it's okay to ask for help." | Invent a service, tool, or idea that supports families in your community. | Create thank-you notes, drawings, or symbols for helpers you appreciate. | Make up a team cheer or chant for helping one another. | Create a character or creature that shows feelings using colors, sounds, or movement. |
| Social & Emotional Competence of Children | 22 | 23 | 24 | 25 | 26 | 27 | 28 |