



# February 2026

## Parent Leadership Month Activity Calendar

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