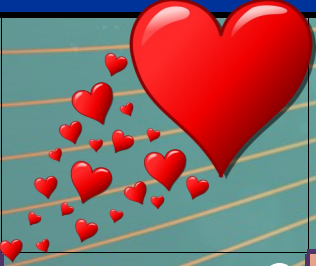




Friendly February

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		Action For Creativity Remember creativity is everywhere and in everyone... How does art help you find your learning groove?				
Fun Fact: Every 4 years, February gets a 29th day for leap year to keep the calendar in sync with the astronomical year. 1	This year's Children's Mental Health Week is taking place on 1-7 February and the theme is <u>Express Yourself</u> . 2	We all have mental health, this video gives young people a way of understanding <u>mental health and ways to look after it</u> . 3	There's nothing greater than the love of family, this Valentine's Day bring everyone together. <u>Plan to get crafty on your next family night</u> 4	LGBT+ month to educate out the prejudice and make LGBT+ more visible in all their rich diversity. <u>Check out their resources of fun</u> . 5	A small conversation about mental health has the power to make a big difference. <u>Time to Talk encourages us to do just that</u> . 6	Try your hand at these 5 DIY Friendship <u>crafts to give away as gifts to delight</u> . 7
Beautiful short animation about a <u>boy's love for his pet friend</u> . 8	What do you buy the person who can make basically everything? These gift ideas will <u>spark the imagination of your favourite creators</u> . 9	Here are some top tips on why you should make nature and the <u>outdoors part of your exercise routine</u> . Tip one: it's free 10	Protect our planet and buy eco-friendly gifts that <u>your special someone will love, use and truly enjoy</u> . 11	Chinese New Year 's is one of the most popular celebrations around the world. <u>Beautiful illustrated children's books</u> . 12	Love Puppies? <u>How about making a cute puppy-shaped Valentine card?</u> 13	 14
Show Mother Earth some love by these 10 <u>planet-friendly year-round resolutions</u> . 15	Here are some practical ways to <u>achieve better mental health and wellbeing</u> . 16	10 easy hacks to save our environment. <u>Step up your game with these fun and unusual ideas</u> . 17	How to manage stress whilst studying. Students check out <u>your guide to being a GREAT student to yourself</u> . 18	Try a 30 day photography challenge, to <u>get the creative juices flowing!</u> 19	Save the world without leaving your sofa... Friends of the Earth have put together <u>top lifestyle changes you can make for Earth</u> . 20	Want to move a little differently? Check out how teachers of <u>yoga and family dance</u> are getting people moving. 21
We all know that being active is vital to physical health. It lowers blood pressure, amongst others. How are you remaining active? 22	Oooo ... 45 unusual <u>crafts that are actually pretty cool!</u> 23	Guided Dance Meditation to be fully present, fully aware and fully alive in our bodies. 24	Some tips on how you can <u>maintain positive mental health during COVID19</u> 25	Friends are a strange, sticky phenomenon. <u>Everyone is someone's friend, even when they think they are all alone</u> . 26		Inspire the next generation to love the planet and become a Planet Protector. Love the planet and have fun together as a family. 28