



BIG IDEAS



Important Dates in February

Black History Month: [Click Here](#) to learn more

February 2nd - Groundhog Day

February 4th- World Cancer Day

February 14th- Valentine's Day

February 15th - International Childhood Cancer Day

February 21st- Family Day

February 23rd- Pink Shirt Bullying Awareness Day

February 28th - Rare Disease Day

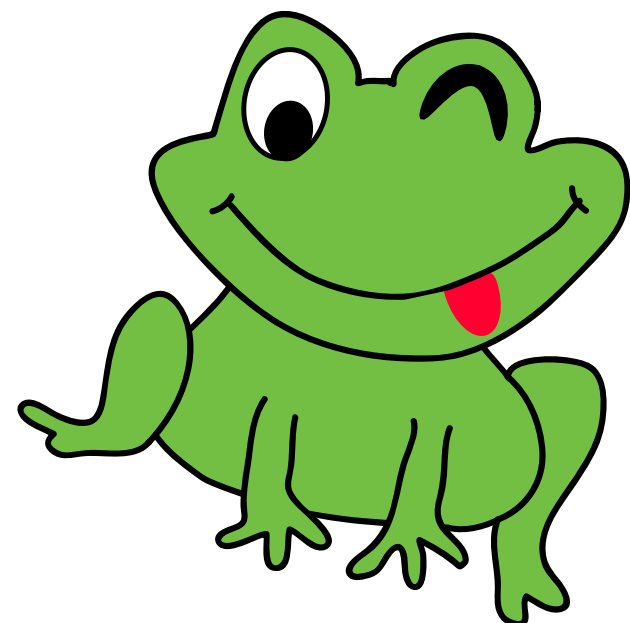


STRONGER

TOGETHER

RIDDLES AND GIGGLES

1. Imagine being captured and kept in a pitch dark room with two guards outside. How would you escape without anyone noticing?
2. What weighs more between a pound of cotton wool and a pound of steel wool?
3. How many sides does a circle have?
4. What gets wet while drying?



Answers:
1. Stop imagining
2. They both weigh the same,
they are a pound each
3. Two sides: Inside and
outside
4. A towel

" YOU'RE BRAVER THAN YOU BELIEVE, STRONGER THAN YOU SEEM, AND SMARTER
THAN YOU THINK!"

- A.A MILNE



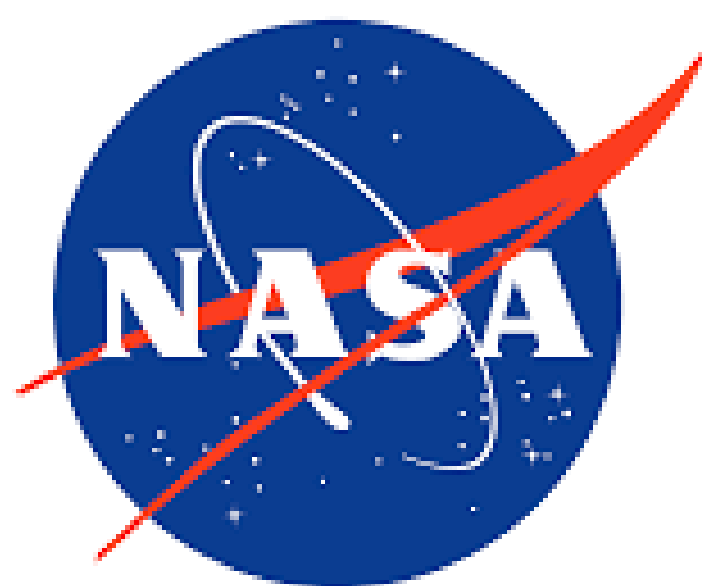
TAKE A VIRTUAL TRIP TO...

Are you a Sneaker Head, and want to learn more about the history of sneakers? [Click here](#) to visit the Bata Shoe Museum! With over 14,000 shoes in their collection, they have a lot of shoes (and other shoe-related items) to show you, one shoe at a time.



FLOAT AROUND THE INTERNATIONAL SPACE STATION

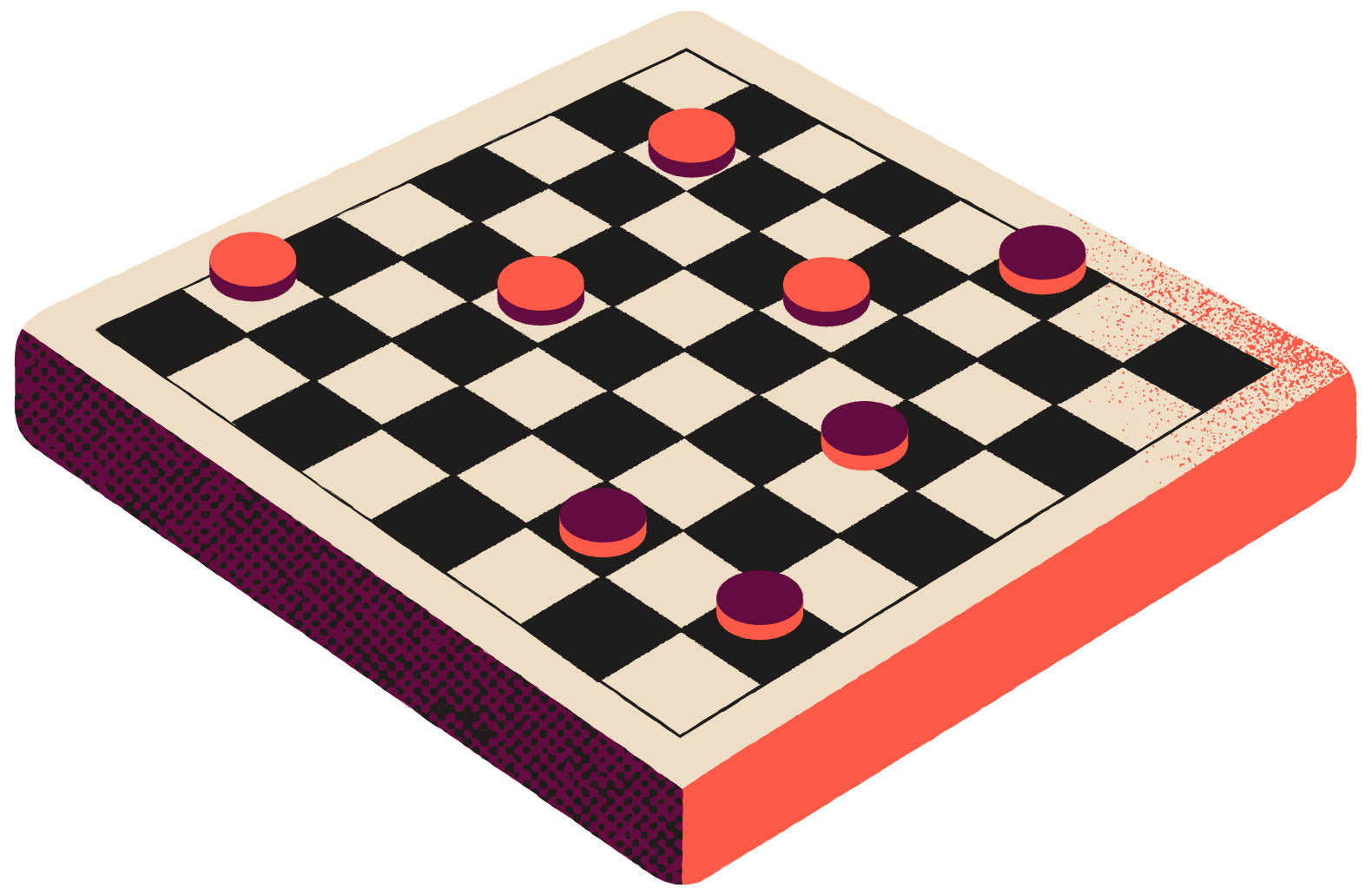
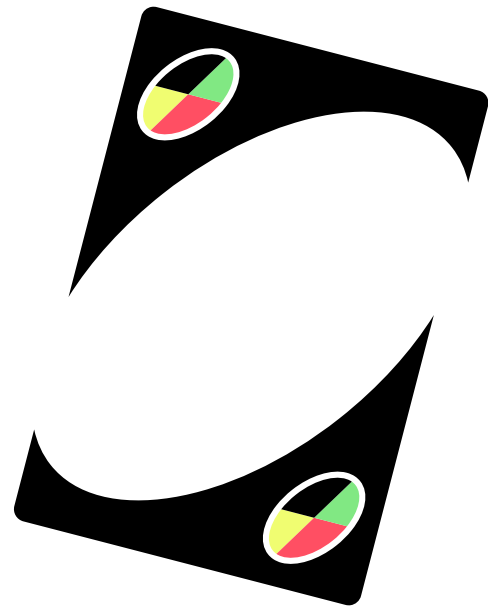
[Click Here](#) and become an astronaut for a day! Tour different parts of the space station, learn about its layout and assembly, and learn about the different astronauts who've visited from around the world! Have an out-of-this-world experience from the comfort of your home!



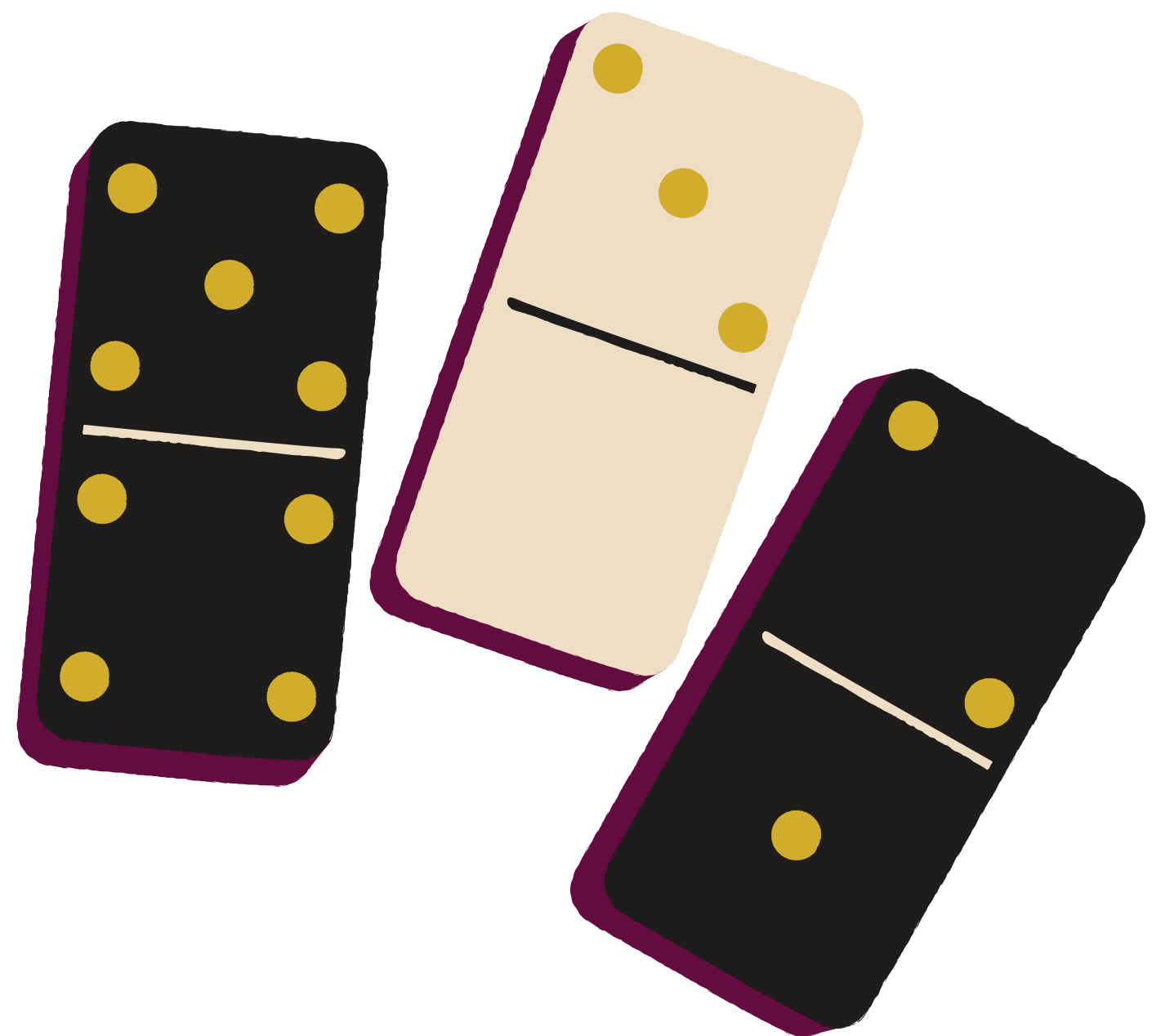
BIG LINKS

It's cold outside! Stay warm inside while you play these classic games online

[Click Here](#) to play Uno!



[Click Here](#) and choose from Connect 4, Battleship, Pictionary, Dominoes, Checkers, and more!



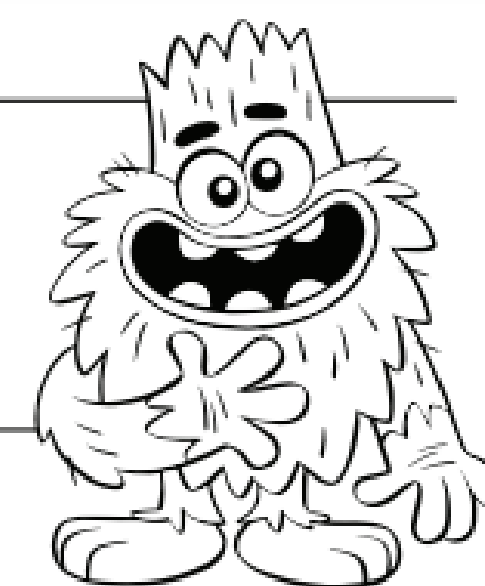
[Click Here](#) to play Guess Who!

Name _____

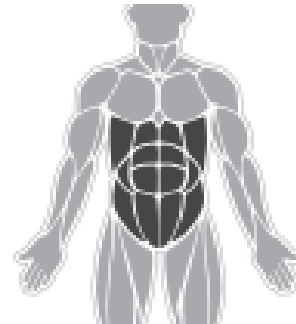
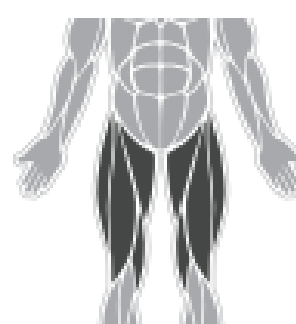
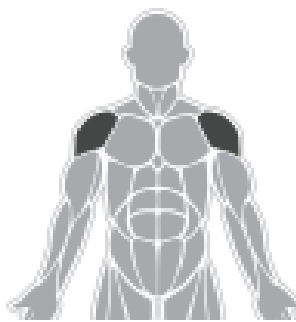
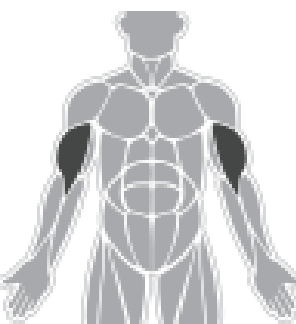
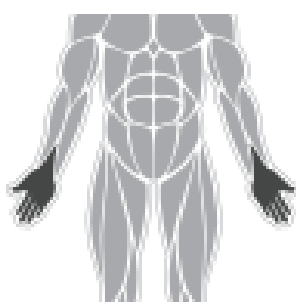
Date _____

Flex Your Muscles!

Check out the **Flex** video on the **Awesome Sauce** channel.



Try at least one exercise in each muscle group. If possible, put your hand on the muscle you are using to feel it work. After you finish the exercises, fill in the blanks below.

 <p>Abdominals</p>	<ul style="list-style-type: none"> • Do 5 sit-ups. • Move from sitting to standing 5 times. • Pick up something from the floor 5 times.
 <p>Quadriceps</p>	<ul style="list-style-type: none"> • Squat to pick up something 5 times. • Jump up and down 5 times. • Climb at least 5 stairs.
 <p>Deltoids</p>	<ul style="list-style-type: none"> • Do 5 push-ups. • Raise your hand 5 times. • Do a plank and hold it for 5 seconds.
 <p>Biceps</p>	<ul style="list-style-type: none"> • Bend your elbow 5 times. • Do biceps curls 5 times: Hold your arms straight out in front of you. Keeping your arms tight, lift your hands to your shoulders and then back down in front of you. • Rotate your arm so your palm faces up 5 times.
 <p>Hand Muscles</p>	<ul style="list-style-type: none"> • Make a tight fist for 5 seconds and then release it and spread out your fingers. • Stretch out your fingers as far as they will go for 5 seconds and then relax them. • Press the tip of your thumb to each fingertip and hold it for 5 seconds.

My favorite exercise was _____ because _____
