

# February 2020 Wellness Activity Calendar

## This Month's Theme: Corporal Works of Mercy

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<p><b>Corporal</b> <i>pertaining to the body and its physical needs</i></p>	<p><b>Mercy</b> <i>showing kindness and compassion for another person</i></p>				<p><b>1</b> Watch the video and then make a list of the Seven (7) Corporal Works of Mercy we will learn about this month. <a href="#">CLICK HERE</a></p>
<p><b>2</b> Read Matthew 25:34-46 for the Corporal Works of Mercy spoken by Jesus. Reflect on how you have helped others in need and how you can help them next time.</p>	<p><b>3 Feed the Hungry</b> Check your cupboard and donate one or more items to the local food pantry or collection site. Add the number of calories from the items. Can you get over 500 calories? 1000 calories?</p>	<p><b>4</b> Chair squats – stand 6 inches in front of your chair, squat until you almost touch the chair seat and then stand up again. Do 15 chair squats. To make it more fun, try it to the beat of your favorite song.</p>	<p><b>5</b> Read John 6:48-58. Draw a picture or act out the scene. Memorize “I am the bread of life, said Jesus.”</p>	<p><b>6 Give Drink to the Thirsty</b> Gather plastic cups and a small ball or cotton ball. Toss the small ball into the cups and catch them. Step back to make it harder.</p>	<p><b>7</b> Drink only water today to become “thirsty for Jesus”.  How can you conserve water in your life?</p>	<p><b>8</b> Make a collage of pictures from magazines, clipart, newspapers that show the Corporal Works of Mercy. Hang it in your house for the month to remember those in need.</p>
<p><b>9</b> Build a prayer table in your bedroom. Include a Bible, LED candle, crucifix, rosary, and prayer card. Pray for those in need.</p>	<p><b>10</b> If it is nice outside, spend some time taking a walk, make snow angels, or play catch with a football. If it is too cold to go outside, jog in place for three minutes.</p>	<p><b>11</b> You will need teaspoons and cotton balls. Use the spoons to carry the cotton balls across the room to another pile. If they fall off the spoon, you must go back to start.</p>	<p><b>12 Clothe the Naked</b> Play a relay game. Gather two shirts, pants, sweaters, pairs of socks, and jackets for each person in the relay. See who can get dressed the fastest.</p>	<p><b>13</b> Clean out a closet and donate the clothes, toys, games, and books that you no longer need or use.</p>	<p><b>14 St. Valentine's Day</b> Watch a short video about St. Valentine's Day history. <a href="#">CLICK HERE</a>  Write a love letter to Jesus from you. Save it!</p>	<p><b>15</b> Pray for those who need love. Bake heart cookies or make hearts of paper to remember those you love.</p>
<p><b>16</b> Potato Race – place a raw potato between your knees and try to cross the room to put the potato in the pot. If it drops, you must go back to the beginning and try again.</p>	<p><b>17 Shelter the Homeless</b> Use a large cardboard box or a blanket fort to see what it feels like to live like a homeless person. Eat a small meal for supper tonight. No snacks all day long.</p>	<p><b>18</b> Face the wall in your room and do vertical jumps for 15 seconds. Turn to the next wall and run in place for 15 seconds. Turn again and do side steps for 15 seconds. Turn again and do the grapevine step for 15 seconds.</p>	<p><b>19</b> Play shadow tag-get a flashlight for one person who is “it” and everyone else hides in a dark room. “It” uses the flashlight to find the hiding people.</p>	<p><b>20 Visit the Sick</b> Make and send a get well card or a thinking of you card to someone you know. Send that person an email or call him/her on the phone. Tell them Jesus loves them.</p>	<p><b>21</b> Stack up 10 plastic cups to make a pyramid/triangle. Use a small ball to knock the cups down. For each cup knocked down, name a corporal work of mercy or a favorite food or drink.</p>	<p><b>22</b> Visit someone in a nursing home or assisted living. Take a small gift to show you care. It can be a word search book, small bottle of lotion, or a small box of candy.</p>
<p><b>23</b> Trace everyone's footprints on paper and cut them out. Write on each footprint things you do to “walk like Jesus”. How long can you get your footprint path to be before Easter?</p>	<p><b>24</b> Sing the song and make up actions for this song- “I want to walk like Jesus”. <a href="#">CLICK HERE</a></p>	<p><b>25 Visit the Imprisoned</b> Imprisoned can mean someone in jail or someone who cannot leave their home. Call someone who cannot leave their home to make their day happy.</p>	<p><b>26 Ash Wednesday</b> Attend Mass sometime today. Consider fasting, praying, and giving alms to those in need during Lent.</p>	<p><b>27</b> Today while watching TV, a movie, or YouTube video, notice any Corporal Works of Mercy you see. Is someone helping another person in need? Are they sharing food, drinks, or clothes?</p>	<p><b>28 Bury the Dead</b> This weekend, visit a cemetery near you or one where your loved ones are buried. Say a prayer for the people who are already in heaven with Jesus. Which is the oldest tombstone you can see?</p>	<p><b>29</b> Leap Year Time Box. In a small box, add things about your family that you will look at on in the future, on February 29, 2024!</p>

*GRACE is growing healthy ~ Body, Mind and Spirit ~ in our families!*

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### List of this Month's Web Page Addresses

Date	Address
1	Corporal Works of Mercy Song <a href="https://www.youtube.com/watch?v=_8QGtMEv82k">https://www.youtube.com/watch?v=_8QGtMEv82k</a>
14	The History of St. Valentine's Day <a href="https://www.youtube.com/watch?v=CaRgHQjC1WE">https://www.youtube.com/watch?v=CaRgHQjC1WE</a>
24	I Want to Walk Like Jesus <a href="https://www.youtube.com/watch?v=UvoUs9uBHxI">https://www.youtube.com/watch?v=UvoUs9uBHxI</a>

### Additional Activities

- *More ideas to put love into action today!*  
Catholic Central's Corporal Works of Mercy Video  
<https://www.youtube.com/watch?v=FfWEUw0iwAQ>
- *Great ideas for indoor activities (on cold and snowy days)!*  
WHATMOMSLOVE  
<https://whatmomslove.com/kids/active-indoor-games-activities-for-kids-to-burn-energy/>



● 9 SCHOOLS      ● 23 PARISHES      ● 1 COMMUNITY

*Building academic excellence and life skills while growing in our Catholic faith*

