

FEBRUARY FUN

Feb. 1. **National Dark Chocolate Day**: Share some Dark Chocolate with family & Friends, have a brownie, make a chocolate cake and share it.

Feb. 2. **Groundhog Day**: Check out our Craft Corner and make your own groundhog day craft. Go outside and take pictures of shadows, make shadow puppets on the wall, or lay out long paper and have someone trace your shadow.

Feb. 3. **Doggy Date Night**: Spend time with your pupper! Post a picture of you and your dog on your date to our facebook page, post to our email at taosyouth@taosgov.com. Take your pup on a long walk in your neighborhood, on your favorite hiking trail, go for a ride, don't forget to treat your dog to a special dinner!

Feb. 4. **National Thank a Mail Carrier Day**: Make your mail carrier a card, make and give a treat for them. They are always out making sure we get our mail, whether it's hot, cold, in a blizzard or in a rainstorm, they deserve our thanks!

Feb. 5. **National Bubble Gum Day**: Can you blow the biggest bubbles? How many bubble gum squares can you fit in your mouth and still chew? Have a bubble gum blowing competition with your family!

Feb. 6. **National Eat Ice Cream for Breakfast Day**: Enjoy your favorite ice cream for breakfast instead of dessert! If you want something healthier, it is also **National Frozen Yogurt Day**!

Feb. 7. **National Send a Card to a Friend Day**: Now that it's harder to see your friends, send them a card to make them smile and let them know you miss them. For ideas on making some cards, check out the Youth and Family Centers website at www.taosgov.com and go to the recreation site, virtual recreation and check out the craft corner card ideas.

Feb. 8. **National Kite Flying Day**: get creative and have fun making a kite with your family and try flying it at the park!

Feb. 9. **National Pizza Day**: Order a pizza and make it a movie night with your family, or for more fun make your own pizzas at home with all your favorite toppings!

Feb. 10. **National Umbrella Day**: Watch a movie that features an umbrella like Singin' in the Rain? Mary Poppins? There are dozens of movies with umbrellas prominently featured, and today's the perfect day to watch one!

Feb. 11. **National Make a Friend Day**: To paraphrase Yeats: "There are no strangers in the world, just friends you have never met." We must never stop making friends. That's why National Make a Friend Day is so important. A new friendship can open you to new experiences. Friends can help us through challenging times. They provide us with the comfort of a safe emotional space where we can be ourselves. Good friends are our biggest treasure. Make a special effort on February 11 to meet (or at least talk to) someone new. Your life could change forever.

Feb. 12. **Lost Penny Day:** Today you can make a few pennies, by seeking out lost pennies, of which there are probably quite a few in the nooks and crannies of your home. An individual penny may not have a lot of monetary value these days. However, finding a penny is a sign of good luck. Go on a hunt for lost pennies today, and pile up some good fortune.

Feb. 13. **World Radio Day:** Turn off the TV and listen and dance to your favorite radio stations. Enjoy listening to music, podcasts or try something new.

Feb. 14. **Valentine's Day:** Make a gift for your favorite valentine, write a poem, draw a picture, or give them a call. Let them know how you feel, how they have affected your life or just give them a hug.

Feb. 15. **President's Day:** Build a log cabin out of pretzels and peanut butter and see who can make it best, or make a cabin out of wafer cookies and icing, recreate Mount Rushmore out of clay or mashed potatoes, clean coins

Feb. 16. **National Pancake Day:** Do you love pancakes? Try some new flavors, add shredded apples, or try fresh blueberries, or if you would rather, try new pancake toppings like peanut butter with jelly on top, peanut butter and honey, sprinkle sugar and add fresh squeezed lemon juice, combinations are endless. You just might find your new pancake combination!

Feb. 17. **Random Act of Kindness Day:** Hold open a door for someone, open a car door for your mom, write positive notes and hand them out to strangers to make them smile.

Feb. 18. **National Battery Day:** Make sure your batteries are working in your smoke detectors, alarms, remotes and your toys

Feb. 19 **Tug of War Day:** Get outside for some fun! Have a tug of war contest with your family, or play tug of war with your pets!

Feb. 20. **National Love Your Pet Day:** Share a picture of your pet on our Facebook page. Show a picture of just them or the two of you together. Remember, pets come in all shapes and sizes! We would really love to see them!

Feb. 21. **National Sticky Bun Day:** Make your own sticky buns (these are also known as cinnamon rolls or monkey bread) and share them with your family, friends or someone who is alone. Sticky buns can be made in a variety of shapes and sizes. Create a giant sticky roll that can be sliced like a cake, roll the dough into balls and pile them into a cake pan for Monkey Bread or stack each slice together into a bread pan to create a pull apart loaf. And sticky buns aren't only for breakfast, have some for lunch or a ooey, gooey desert.

Feb. 22. **National Banana Bread Day:** Learn to make banana bread. Add in either walnuts, pinon nuts, and top off with a nice maple glaze. Share with your friends and family, most of all, have fun!

Feb. 23. **National Dog Biscuit Day:** Give your dog as many biscuits as they want! It's their day. Try to Learn to make your own healthy biscuits, they will be cheaper and use less ingredients. Throw a dog party and let your dog and his buddies run around together and serve your healthy dog biscuits.

Feb. 24. **National Tortilla Chip Day**: Make your own chips today. Did you know tortilla chips are very simple to make at home? Heat some oil, cut up some tortillas, fry, and enjoy. Eat them with guacamole, salsa, nachos or even loaded nachos which has tortilla chips, ground beef, cheese, olives, onions, tomatoes, guacamole, jalapenos and if you like, sour cream.

Feb. 25. **National Chili Day**: Pay homage to the legendary dish that brings people together, and can tear them apart. Chili is the ultimate people-pleaser, but it's also the ultimate cook-off dish. Family recipes are guarded like crown jewels, and secret ingredients are never spoken of above a whisper. And the debates about what makes true chili — beans or no beans? — are fierce! But these are all part of what makes chili such an experience. When chili is being served — perhaps with some chopped onions and shredded cheese on top — everyone comes to the table. Make your chili and enjoy!

Feb. 26. **National Pistachio Day**: Sometimes great things really do come in small packages. Known as the “happy nut” in China and the “smiling nut” in the Middle East, pistachios have a unique, small shape but pack a powerfully nutritious punch. Aside from having a great smile, these vibrant green nuts let you snack your way to good health by containing as much protein as an egg per serving and myriad of other nutrients. They are part of a very nutty, yet irritating family of plants, the evergreen family, which includes mangoes, pistachios, cashews, and yup... poison ivy! Try and go nuts today by incorporating pistachios into every meal. These versatile nuts have powerful flavor that can elevate a sweet or savory dish throughout your day. Start off with a stack of pistachio pancakes, ease into lunch with a pistachio, pomegranate, and arugula salad, then enjoy pistachio encrusted salmon for dinner, and top it all off with some pistachio gelato. Check out the endless array of possibilities and go green!

Feb. 27. **National Pokemon Day**: The best way to celebrate is to play! There's tons of ways to engage, too; trading cards, video games, a TV and film series, books, manga, comics and more! Did you know The name Pokemon is a contraction of the Japanese brand "Poketto Monsuta" — or Pocket Monsters.

Feb. 28. **National Chocolate Souffle Day**: Don your chef's hat and your favorite apron, pull up a favorite recipe and get cooking! Baking a chocolate soufflé can be the perfect culmination to a nice meal, or works just as well after take-out pizza. The most important thing is to serve this impressive dish just out of the oven, so make sure you've left room for dessert! So, if you like chocolate, you'll love a chocolate soufflé. Even picky or unadventurous eaters go crazy for this delightful dessert. Skeptical? You've probably had one and may not even know it! Chocolate lava cake — the rich cake with a gooey chocolate center that can be found on most dessert menus and frozen food aisles — is in fact a variation on the classic chocolate soufflé!