

February Activities for Catholic Families



- 1. February is dedicated to the Holy Family. **Pick one day to spend together doing family activities all day**, such as games, group prayer, outdoor fun, movie night, or whatever your family loves best!
- 2. **Make your own illuminated manuscript** in honor of St. Brigid who started the first convent in Ireland and founded a school of art that became known for its beautiful illuminated manuscripts: mykidsadventures.com/illuminated-manuscript/. More St. Brigid celebration ideas: <https://www.reallifeathome.com/tag/st-brigid/> (February 1st)
- 3. **The Presentation of the Lord, also called Candlemas is February 2nd**. Have a meal and some prayer time by candlelight. (Your parish may have blessed candles you may take home.) Talk about ideas for how each family member can give more of themselves to God. For younger children, frame this as asking what they can do to make God happy.
- 4. **Have your family's throats blessed for Saint Blaise's feast day**, if that's available at your parish. (February 3rd)
- 5. **Read about Saint Paul Miki and Companions** (February 6th). Have a Japanese meal or a snack.
- 6. For the feast day of Saint Josephine Bakhita, **pray for the safety and strength for Christians living in parts of the world where it is not safe to be a Christian**. Also, take time to pray for people of all faiths who face violence and discrimination because of their beliefs. (February 8th)
- 7. Saint Scholastica was the twin sister of Saint Benedict. For her feast day on February 10th, **you can use a coloring page to learn more about these saint twins**: www.reallifeathome.com/saint-benedict-scholastica-coloring-page/
- 8. **Make a grotto craft or project for the feast day of Our Lady of Lourdes on February 11th**. You might use paper (<http://makemesaint.blogspot.com/2010/02/our-lady-of-lourdes-craft.html>) or Rice Krispie Treats (<http://www.catholicicing.com/rice-krispie-treat-grotto-for-our-lady/>)
- 9. **Send Saint Valentine's Day cards to neighbors and family members who may not receive one otherwise**. You could include some heart shaped snacks or baked goods! Here are several sets of Scripture-based valentines that are free to print: reallifeathome.com/tag/religious-valentines/
- 10. **Choose your favorite heart themed activities (crafting or baking)** and decorate them with words that remind us of God's love for everyone.
- 11. **Take time to pray for our current pope, past popes, and future popes** for the feast day of the Chair of Saint Peter on February 22nd. Consider doing activities themed around Pope Francis: <https://www.reallifeathome.com/pope-francis-printables-worksheets/>
- 12. **Take a nature walk**, even if it's cold out where you live. Talk about the miracles in God's Creation all around us.