

# A Month of Love

## INSTRUCTIONS:

Join the Omaha Moms Blog in the month of February to celebrate **#LOVE** throughout our community. We suggest a weekly focus, and you spread the love! Omaha is a great place to be a mom so let's show the **#OMBLOVE**.

1. Download and print off the calendar.
2. Follow the suggested love action for each day or create your own, just make sure you're spreading **#OMBLOVE**.
3. Share what you're doing with us **@omahamomsblog**.

Feb 1

**Friday:**

Download the month of love calendar, review the daily challenges and share it with others.

The more love we can spread, the better!

Feb 2

**Saturday:**

Show yourself some love today, take a break and do something just for you.

## WEEK 1:

Feb 3 - 9

### Love Your Spouse

Make time to show your spouse some extra love this week!

**Sunday:**

Write your spouse a love note and leave it for them to find.

**Monday:**

Ask your spouse how their day was and really listen to their response.

**Tuesday:**

Kiss your spouse like you are newlyweds again.

**Wednesday:**

Wild card— you choose what you think your spouse will love today.

**Thursday:**

Surprise your spouse with their favorite treat.

**Friday:**

Plan a surprise date night (you can even do it at home).

**Saturday:**

Hold hands with your spouse while you are out and about.

## WEEK 2:

Feb 10 - 16

### Love Your Family

Focus on ways to show your family how much you truly love them this week.

**Sunday:**

Read each of your children an extra book before bedtime.

**Monday:**

Say yes to something you would usually say no to.

**Tuesday:**

Smile at and hug your kids every time you see them today.

**Wednesday:**

Wild card— you choose what you think your family will love today.

**Thursday:**

Compliment each member of your family today.

**Friday:**

Call a family member that you haven't talked to recently.

**Saturday:**

Give 20 minutes of undivided attention to each member of your family today.

## WEEK 3:

Feb 17 - 23

### Love Your Neighborhood

How can you show your neighbors some appreciation this week?

**Sunday:**

Make cookies and take them to your neighbors.

**Monday:**

Eat lunch with someone new at work.

**Tuesday:**

Stop and talk to your neighbors if you see them outside.

**Wednesday:**

Wild card— choose your own way to show love today.

**Thursday:**

Host a neighborhood play date.

**Friday:**

Help clear snow off of your neighbors driveway.

**Saturday:**

Invite a neighbor over for dinner.

## WEEK 4:

Feb 24 - 28

### Love Omaha

Spread love throughout Omaha this week!

**Sunday:**

Smile and say hi to ten strangers today.

**Monday:**

Donate a toy to a children's hospital or shelter.

**Tuesday:**

Thank all of the community workers you see today.

**Wednesday:**

Wild card— you choose your own way to show love in Omaha today.

**Thursday:**

Pick up any garbage you see outside today.

