

FEBRUARY 2026

The sensory themes of February 2026 are:

Taste: Fermented, acidic, tart

Smell: Woodsy things, such as sandalwood, spruce, soil, etc

Look For: Matte black

Listen For: Accidental melodies

Touch: Coarse, granular textures

Celebrate The Whole Month

Black History

American Heart

Haiku Writing

Pet Dental Health

Wedding

Women Inventors

Potato Lovers

Vegan Cuisine

Raynaud's Awareness

Goat Yoga

Dog Training

Cat Health

Embroidery

Snack Food

Canned Food

Grapefruit

Love The Bus

Sweet Potato

Library Lover's

Bird Feeding

Condom

Boost Self Esteem

Cancer Prevention

Fasting

Exotic Vegetables and Starfruit

Spunky Old Broads

Declutter For A Cause

Creative Romance

Hot Breakfast

“National Day”

1. Dump your significant jerk / spunky old broads / decorate with candy / serpent / yorkshire pudding / baked alaska / Texas / hijab / change your password / dark chocolate
2. Groundhog / play your ukelele / tater tot / crepe / brown dog / hedgehog / river / wetlands / marmot
3. Doggie date / golden retriever / American painters / carrot cake / Elmo's Birthday / feed the birds / missing persons
4. Homemade soup / wicker / transit equity / thank a mail carrier / read aloud / girls and women in sports / Liberace / hemp / sweater / mejdool date / stuffed mushroom / world cancer
5. Time to talk / nutella / western monarch / chocolate fondue / optimist / fart
6. Bubble gum / pay a compliment / frozen yogurt / wear red / number / chopstick / 80's / lame duck
7. Ice cream for breakfast / pisco sour / send a card to a friend / ballet / rose / fettuccine alfredo / periodic table
8. Kite flying / boyscout / molasses bar / laugh and get rich / chicken wing / marriage / iowa / pork rind appreciation
9. Pizza / read in the bathtub / develop alternative vices / cut the cord / chocolate / oatmeal / poop / toothache / bagel and lox
10. Umbrella / weird pulses / extraterrestrial culture / teddy / flannel / cribbage / cream cheese brownie
11. Latte / peppermint patty / get out your guitar / don't cry over spilled milk / inventors / white shirt / girls and women in science / make a friend
12. Lost penny / plum pudding / freedom to marry / Darwin / digital learning / Oglethorpe / NAACP
13. Radio / galentines / self love / get a different name / crab rangoon / natural / kiss / tortellini / no one eats alone / cheddar
14. Library Lover / organ donor / have a heart / cream filled chocolates / book giving / sound healing / movie / bonobo / impotence / ferris wheel
15. Gum drop / love reset / annoy squidward / hippo / whale
16. Almond / innovation / do a grouch a favor / bolludagur / family
17. Random acts of kindness / Mardi Gras / cafe au lait / fasnacht / who shall I be / my way / human spirit / public science / Chinese new year / cabbage / pancake
18. Drink wine / thumb appreciation / pluto
19. Tug of war / eyelash / skate shop / chocolate mint / world anthropology / hickey
20. Love your pet / pipe smoking / comfy / cherry pie / muffin / caregiver / fish fry / tartar sauce / clean out your bookcase / leadership / handcuff / women in blue jeans
21. Sticky bun / pangolin / red socks / card reading / grain free / breakup
22. Margarita / forgiveness / single task / yoga / cook a sweet potato / recreational sports and fitness / walk the dog / thinking / be humble
23. Banana bread / play tennis / hospitality workers appreciation / tootsie roll / pinocchio / rationalization / tile
24. Tortilla chip / trading card / Twin Peaks / bartender
25. Clam chowder / pink shirt / inconvenience yourself / let's all eat right / chocolate covered nut

26. Tell a fairytale / letter to an elder / carpe diem / chili / pistachio / carnival / toast / tongue twister / set a good example / for Pete's sake

27. Strawberry / no brainer / Pokemon / Khachapuri / polar bear / NGO / retro / big breakfast / Kahlua / protein

28. Science / tooth fairy / rare disease / open that bottle / essay / chocolate souffle / floral design / vegan lipstick