



How to...

DID YOU KNOW?

In Greek mythology, Cupid—the unofficial mascot of Valentine’s Day—is known as Eros, the god of love.



Show someone you care

Make family and friends feel extra special this Valentine’s Day.

Valentine’s Day, which takes place on February 14, is a holiday celebrating love, and its origins may date back more than 1,000 years. Today, it’s a holiday that honors all types of relationships that bring people joy and happiness. In addition, Random Acts of Kindness Week kicks off on February 11—another reason to make others feel special! Here are some sweet ways to spread love and kindness this year.

Deck out your home

Get your family in a festive mood with holiday decorations. One idea is to cut paper hearts out of construction paper, punch holes in them, and use string to hang them across a mantel or bookcase. Another fun way to decorate is to write messages on paper hearts and put them in unexpected places. Surprise your family with a “Looking good!” heart on the bathroom mirror or an “I love you” heart on a coffee maker.

Start a surprise chain

Here’s a fun tradition to try for delighting others. Pack a goody bag or small box with sweets, stickers, colored pencils, or whatever you have on hand. Leave it on the

doorstep of a friend or neighbor without them seeing you. Include a note that encourages them to leave a similar goody bag for someone else.

Make a special plan

One of the best ways to show a friend, parent, or sibling that you care about them is to plan a special outing just for the two of you. For example, you could write a card to your dad inviting him on a hike, or give a card to your best friend suggesting a picnic in the park. You can also do a random act of kindness, like cleaning the clutter out of the family car, packing a surprise snack in a sibling’s lunch box, or surprising a grandparent with an unexpected phone call.



Make your own valentines.

Go homemade

There’s a reason valentine cards and chocolates are so popular—everyone likes them! Make homemade cards and treats for special people in your life. (Check out our Valentine’s globe craft and minty chocolate shake recipe on the opposite page.) On your card, write about how much you appreciate the person, noting a special quality they have or recalling a fun memory you shared.

A holiday’s history



Since the 1400s, Valentine’s Day has been celebrated on February 14, starting in Rome. The oldest known valentine was written in 1415 in France. Charles, the Duke of Orléans, penned it in the form of a poem to his wife.

It’s believed that Americans started making and giving homemade valentine cards as early as the 1700s. The first store-bought cards were likely produced in the 1840s.

Around the same time, a British chocolate company, Cadbury, started selling sweets in special boxes for Valentine’s Day. Customers were urged to keep the boxes after the holiday to store mementos, like love notes.