



Be My Valentine!

Teach students that there are as many ways to ask "Will you be my Valentine?" as there are to answer!

Did You Know?

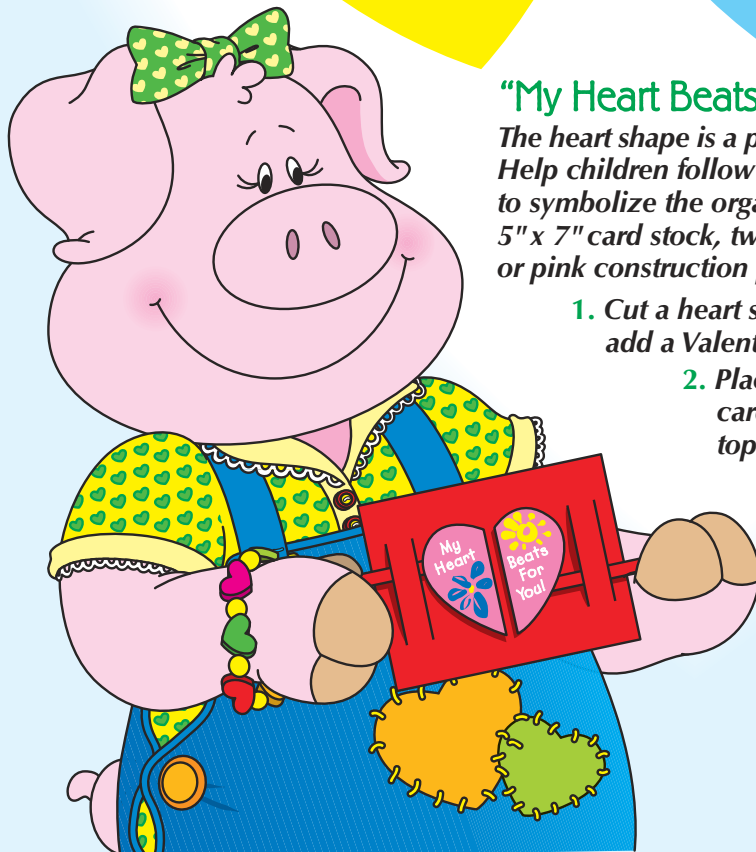
- ♥ No one knows exactly how Valentine's Day began. Some Valentine's Day traditions probably came from the ancient Roman festival *Lupercalia*, which honored *Juno*, the goddess of marriage.
- ♥ Another legend claims that *St. Valentine*, a Roman priest, was especially popular with young couples because he performed their wedding ceremonies, even though the Roman government discouraged marriage at the time.
- ♥ The oldest Valentine still in existence is a poem written in England by the Duke of Orleans, in 1415, to his wife. The poem is on display at the British Museum in London.

Literature Selections

Cranberry Valentine
by Wende Devlin: *Aladdin*, 1992. (Picture book, 36 pg.)
Maggie and her grandmother send secret valentines to Mr. Whiskers.

Junie B. Jones and the Mushy Gushy Valentine
by Barbara Park:
Random House, 1999. (Storybook, 80 pg.)
Junie B. cannot believe it when a secret admirer sends a mushy valentine to her!

Roses are Pink, Your Feet Really Stink!
by Diane deGroat:
Mulberry Books, 1997. (Picture book, 32 pg.)
Gilbert learns how to write nice valentine cards, even when he'd rather not.



"My Heart Beats for You" Cards

The heart shape is a popular Valentine symbol of love and emotion. Help children follow the steps below to make beating heart cards to symbolize the organ's function. Each child will need a sheet of 5" x 7" card stock, two 1/2" x 4" strips of card stock, a sheet of red or pink construction paper, scissors, and art supplies.

1. Cut a heart shape from construction paper. Decorate and add a Valentine slogan. Cut the heart in half.
2. Place the heart halves together on the sheet of card stock. On the card stock, mark where the top and bottom of the heart halves line up.
3. Glue one card stock strip to the back of each heart half as shown.
4. Cut four slots into the card stock, each about 2" long (students may need help with this step).
5. Slide the strips through the slits to make the heart "beat."



Make & Shake Cards

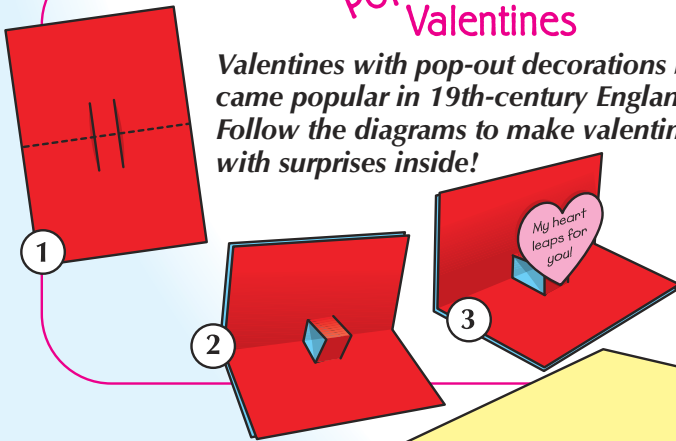
Children will enjoy making and shaking these unusual cards. Have each child fold an $8\frac{1}{2}$ " x $5\frac{1}{2}$ " piece of red construction paper in half, then unfold it. Trace and cut out a heart shape from one side of the paper. Sprinkle confetti on the other side, then cover it with a piece of cellophane larger than the heart. Glue the edges of the cellophane to seal in the confetti. When the glue is dry, glue the inside edges of the card together. Punch two holes in the top of the card. Thread and tie a decorative ribbon through the holes.

Pinprick Valentines

Early handmade valentines were often very elaborate. One type, called a pinprick valentine, resembled paper lace. Let each child make a simple, light pencil drawing with a Valentine's Day theme on construction paper. Then, let children tape the papers to cardboard and use pushpins to punch holes in the paper along the outline of the drawing. Remove the drawings from the cardboard and display them over yellow or red paper, or in a window to let light shine through the designs.

Pop-Out Valentines

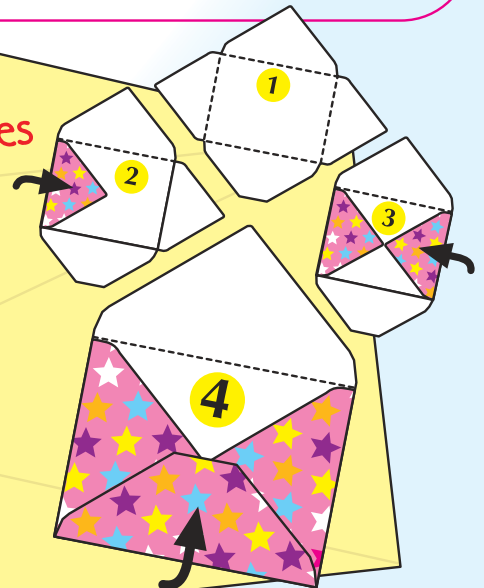
Valentines with pop-out decorations became popular in 19th-century England. Follow the diagrams to make valentines with surprises inside!



1. Give each child two colors of card stock. Cut two parallel slits about 2" long in one piece of card stock to create a tab.
2. Fold the two sheets of card stock together. Pull the tab in the center out from the fold. Glue the edges of the card stock together, leaving the tab unglued.
3. Cut out a paper heart and write a valentine message on it. Attach the heart to the bottom of the tab, so it is flat when the card is closed. When the card is opened, the heart pops out!

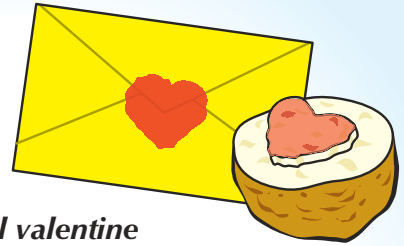
Special Envelopes for Special Valentines

Make envelopes as pretty as the cards they carry! Provide copies of the envelope pattern (page 66) enlarged to different sizes. Each child should choose an envelope pattern slightly larger than the card to be mailed. Let each child trace the pattern on the back of wrapping paper, then follow the pattern instructions to fold and tape the wrapping paper to make an envelope. Use the envelopes to deliver Make & Shake Valentines, Pinprick Valentines, or Pop-Out Valentines (see above).



Sealed with a Stamp

Brighten existing envelopes with special seals. Explain that before envelopes were made with adhesive flaps, people dripped hot wax on envelope flaps. Sometimes a ring with a special design was pressed into the wax. The recipient of the letter knew no one else had read the letter if the wax was intact. Let students make special valentine seals using raw potato halves. Help students use a paper clip end to scratch a heart shape in a potato. Older students can carve their initials into the heart shape as well. Assist students in cutting around the heart using a dinner knife, so that the heart is raised. Combine different paint colors on each heart to form individual stamps. Let students stamp their “seals” on the flaps of sealed envelopes.

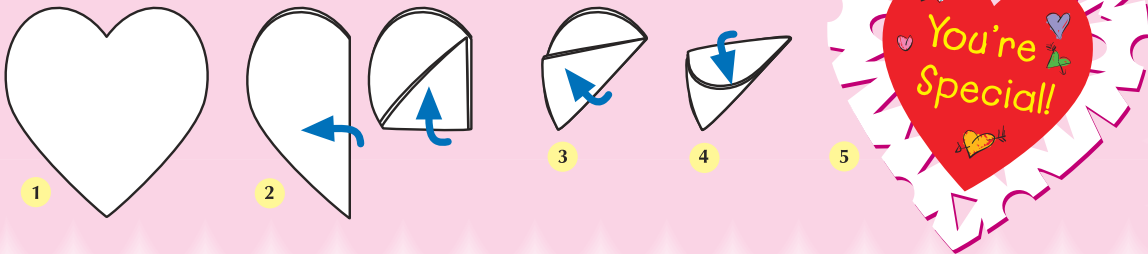


Heart-Shaped Doilies

Add interest to cut-out heart cards with lacy borders. Paper lace was accidentally invented when London paper maker Joseph Addenbrooke pushed a sharp metal file over paper embossed with a raised design. The file sheared off the raised design, leaving tiny, lace-like holes in the paper.

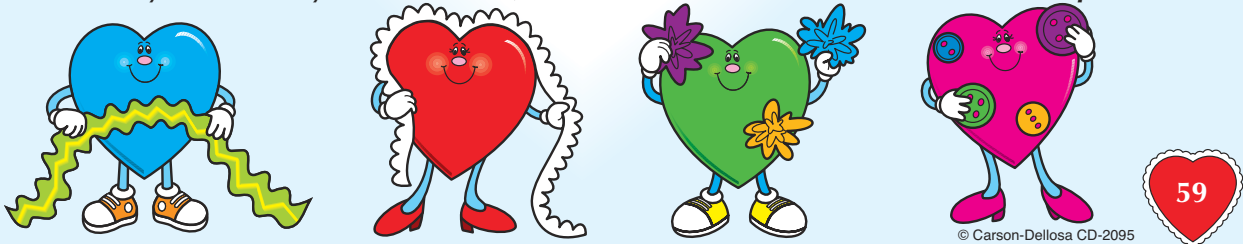
Make lace doilies the easy way!

1. Cut a large heart from white construction paper.
2. Fold the heart in half, then fold up the pointed bottom even with the folded side.
3. Fold the lower right edge up and left so the left edges are parallel.
4. Fold the rounded edge down over the straight edge.
5. Cut several notches in the heart as if making a paper snowflake, then unfold the doily. Glue the doily behind a smaller, solid paper heart with a special valentine message written on it.



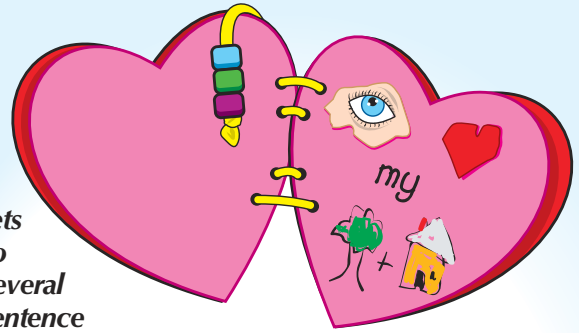
Assembly Line Valentines

In 1848, Esther Howland, the daughter of a stationer, designed valentine cards from paper lace and flowers. The cards were so popular that she had to create an assembly line to meet the demand. She designed the cards and other workers copied her design. One added lace, another added beads, etc. Create a class Valentine assembly line. Use the valentine patterns (page 66) to make a model for students to follow. Assign students to write messages, add glitter, etc. Have students sign the cards, then choose a place to send your assembly line valentines, such as a retirement center or children’s hospital.



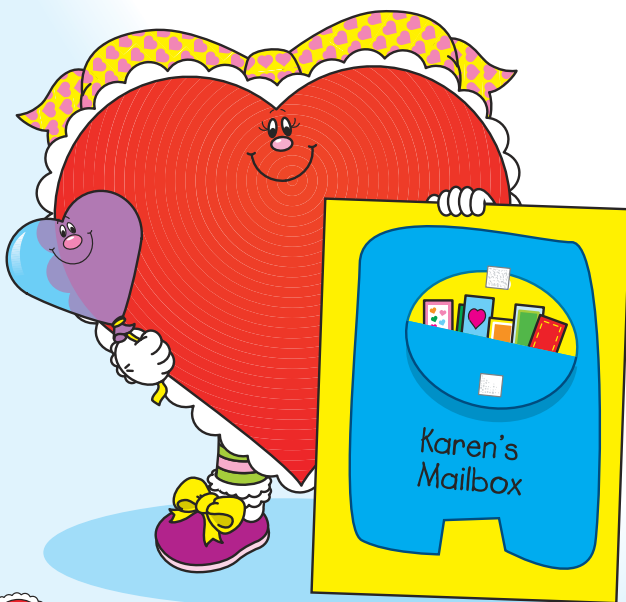
Rebus Books!

Valentines are more fun when there is a puzzle inside! Rebus valentines, which deliver their messages with pictures, were popular in the 1700's. Practice making rebus sentences. Have students fold a few sheets of construction paper in half, then cut along the fold to make heart-shaped pages. Unfold the pages and punch several holes along the left side. Explain the concept of a rebus sentence and brainstorm words which can be easily represented with pictures. Compound words (treehouse, sunflower, rainbow, etc.) make good choices. Begin each page with the rebus version of the sentence *I love...* by gluing on an eye cut from a magazine and a construction paper heart. Students can complete the rebus sentences with pictures of things they love. To complete each book, stack the pages together, thread ribbon through the punched holes, then tie beads to the ribbon ends to hold them in place. Have students try to decipher each others' sentences.



Valentine Mailboxes

Hanging mailboxes will keep students' desks clutter free. Provide a shoebox for each child. Tape the lid to the box. Stand each box on its short side. Assist each child in cutting a mail slot in the box lid, and a square, pull-down flap in the box bottom. Pull out the flap in the box bottom and punch two holes in the top left and right corners of the flap. Tie a ribbon handle through the punched holes. Then, punch a hole in each side of the box, and tie a piece of string through the holes. Let children add their names to the mailboxes, and decorate them. For Valentine mail delivery, loop the string over the back of each child's chair, so the mailbox slot faces out. Children can pull down the flaps in the backs of the boxes to retrieve delivered mail.



Flat Mailboxes

This space-saving box is perfect for delivering a small number of valentines. Give each child a copy of the drop mailbox pattern (page 67) on card stock. Have children cut out the patterns and decorate the mailboxes with their names, then cut along the dotted line to make a mailbox flap. Glue each pattern on an 8 1/2" x 11" sheet of card stock (do not put glue behind the flap). Finally, attach self-adhesive hook tape to the back of the flap and to the card stock underneath. As children create valentines for their families, they can open the flaps and slide their cards into their mailboxes for safekeeping until they take them home.

For more mailbox and envelope ideas, refer to the Post Office chapter (pages 74-78).

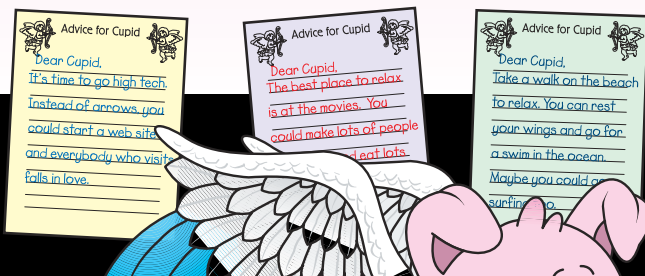
When in Rome...

Double the Valentine's Day fun with this Roman tradition! Explain that Roman children drew names from jars to see who would be their partners for the Lupericalia festival (see *Did You Know?*, page 57). Give markers and slips of paper to half of the students. Have students print their names on the slips, then fold them and place them in a jar. Allow each student to draw a name from the jar to see who will be his partner. Let partners sit together for a day or work together on assignments. You may want to complete the process more than once so that each child can write his name on a slip of paper and draw a name from the jar.



Advice for Cupid

Use valentine story starters to sharpen students' problem-solving skills. Explain that in Greek and Roman mythology, it was Cupid's job to make people fall in love by shooting them with an invisible, painless arrow. On enlarged copies of the cupid stationery (page 68), write funny questions from Cupid, as if the cherub is asking for advice. Examples might be: Cupid needs a vacation. Where would be the best place for Cupid to relax? or Cupid is tired of using arrows. What could Cupid use instead, and how would he use it? Place the cards in a horizontal row across the top of a bulletin board. Let each child choose a story starter and write a letter of advice to Cupid on copies of the stationery. Post the letters on the bulletin board, then let children read their letters aloud.



A Picture is Worth a Thousand Words

Students can frame "sweet" portraits for their families. Use an instant camera to photograph each student. Have students glue four craft sticks together to create a square frame about the size of the photograph. Then, let students glue conversation hearts or cinnamon candy hearts to the front of the craft stick frame. Next, secure the front of the photo to the back of the frame by gluing it around the edges. Glue a loop of string to the back of the photograph for hanging.





A Valentine Party!

Reward students for their hard valentine work with these treats and activities to celebrate Valentine's Day.

How many words can you make from the letters in the word valentine? To keep students occupied during the waiting period before their Valentine's Day party, pass out copies of the valentine worksheet (page 65) for them to complete. Offer prizes to the students who think of the most words, names, nouns, verbs, etc.

What's Red All Over?

A few days before your Valentine's Day party, tell students that red is the traditional color of valentines. Ask students to wear as much red as they can on the day of the party. Give everyone a prize for participating. Let students vote on who should receive an extra prize for wearing the most red, the most unusual red clothing item, the most heart shapes on a piece of clothing, etc.



Heart Cakes

Make these heart-shaped cupcakes without heart-shaped pans. First, prepare a cake mix according to package directions. Place cupcake liners in a muffin tin, then add the batter. Before baking, place a ceramic pie weight or a marble between the pan and the side of each liner to create a dent in each cupcake. When the baked cupcakes are pulled from the wrappers, they will be heart-shaped! Let students decorate the cupcakes with colored frosting and valentine-themed candy sprinkles.

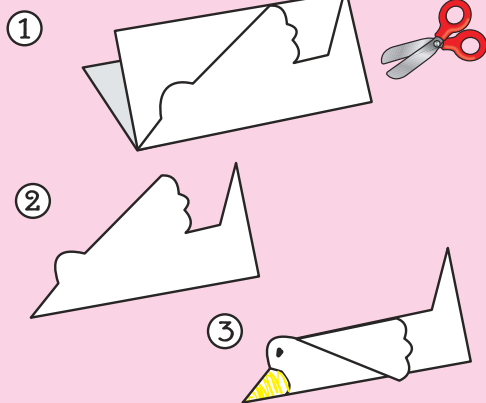
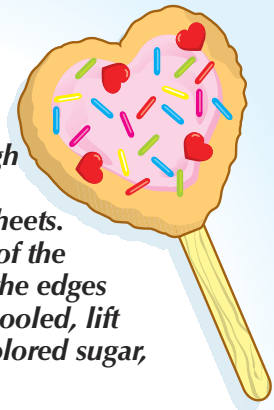


Mmm...Smooth!

These tasty smoothies are a welcome break from the sugary sweetness of most valentine treats! Provide 1 pound frozen strawberries (reserve a few for garnish), 4 cups pineapple juice, 1 cup orange juice, and 1½ cups vanilla yogurt. Mix the ingredients in stages in a blender until you have a smooth, thick drink. Slice the reserved strawberries vertically—they will be somewhat heart-shaped! If desired, cut a small slit in the bottom of a fresh strawberry and place it on the rim of the cup. Give each child a small cup of smoothie with a garnish.

Lollipop Valentine Cookies

Children can devour these cookies in class or wrap them in colorful plastic to take home. Provide refrigerated sugar cookie dough and craft sticks (one per child). Soak the craft sticks in water for at least an hour before this activity. Let students roll out the dough on sheets of waxed paper until it is $\frac{1}{8}$ " thick. Let each child cut two 3" heart shapes from the dough using a cookie cutter. Chill the dough in the freezer for one hour. Five minutes before the cookies finish chilling, remove the craft sticks from the water and pat them dry. Place half of the hearts on baking sheets. Let each student place a craft stick in the center of one cookie cutout so that $2\frac{1}{2}$ " of the craft stick is a handle, then place a second cookie on top of each handle, pressing the edges to seal. Bake the cookies according to package directions. When the cookies are cooled, lift them off the baking sheet with a spatula. Let children decorate the cookies with colored sugar, melted chocolate (from the Solid, Liquid, Delicious! activity, page 64), or sprinkles.

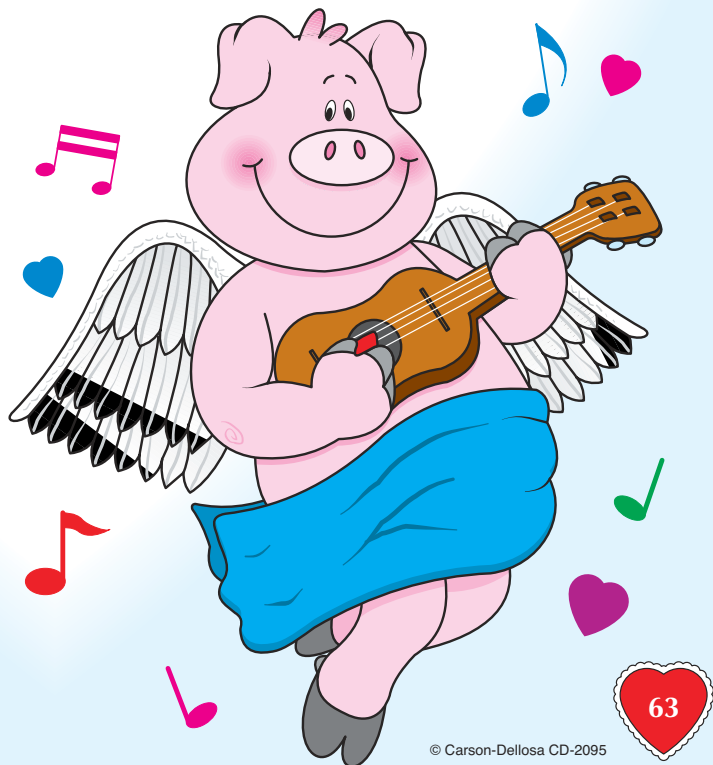


Flying Love Doves

Explain that doves are symbols of peace and love, then play this indoor/outdoor game at your valentine party. First, trace and cut out a template from the dove pattern (page 68) on heavy paper or cardstock. 1. Give each student an $8\frac{1}{2}$ " x 11" sheet of paper and have her fold it in half lengthwise. Instruct students to trace the dove pattern along the folded edge. 2. Have them cut out the dove with the paper still folded. 3. Add and color a beak and eyes, and then fold down the wings. Make sure you have plenty of space, then have contests to see whose doves fly the farthest!

Musical Cards

This holiday version of musical chairs can be played in small groups or as a class. Have each student cut out one heart shape from construction paper. Only one heart should be red; the other hearts should be different colors. Pass out slips of paper and instruct students to write a silly activity or question on each slip. For example: If you had to choose new colors for Valentine's Day, what would they be?; What food should everyone have to eat on Valentine's Day?; Sing "Happy Valentine's Day to You" to the teacher; etc. Place the slips in a jar. Have students sit in a circle, holding their heart shapes. Play music as the children pass the hearts around the circle. When the music stops, the child with the red heart must draw a slip, then answer the question or perform the activity. Discard slips as they are drawn, and play until all slips have been used.

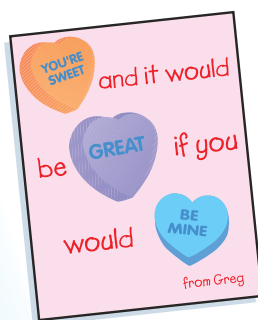
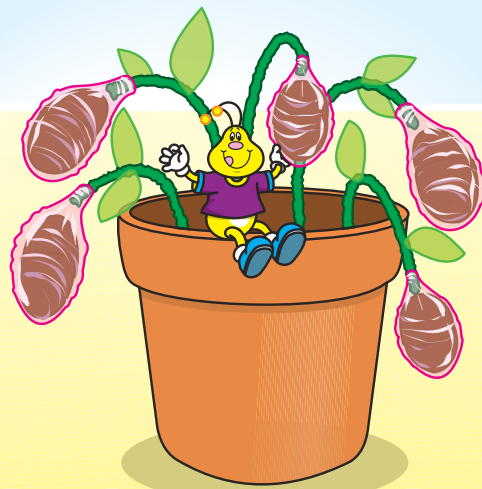


Candy Connections

What would Valentine's Day be without candy? Use these delicious activities to satisfy every sweet tooth.

Love is Like a Chocolate Rose

Chocolate roses can be better than the real thing! Give each child two chocolate covered cherries or other chocolates, red or pink plastic wrap, green tissue paper, and a green pipe cleaner. Instruct them to place the chocolates bottom-to-bottom, then wrap them with plastic wrap to make a "rosebud." Tape the plastic wrap in place. Place the end of a pipe cleaner against the chocolates, and wrap tape around the "stem" to attach it to the "bud." Tape green paper leaves to the pipe cleaner. Let each child make several chocolate roses to create a bouquet.



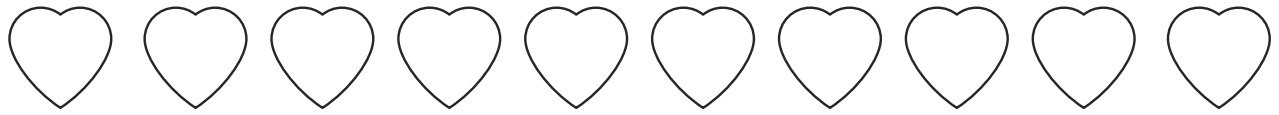
Candy Messages

Use candy conversation hearts or candy bar wrappers for this mouth-watering activity. Assemble candy hearts or wrappers with different sayings. Challenge the class to make up sentences and stories using the words on the candy or wrappers. For example, a sentence using candy bar wrappers might read, I Snickered when I saw the astronaut leave Mars to fly through the Milky Way (from Snickers®, Mars®, and Milky Way® candy bars). On poster board, write out the sentences, gluing the corresponding hearts or wrappers to the poster board in the correct spaces.

Solid, Liquid, Delicious!

Explore the sweet science of chocolate. Supply waxed paper, resealable plastic bags, chocolate or white chocolate chips, fruit, stick pretzels, and plastic forks. Place the chocolate in a pan, and give each child a chocolate chip to taste. Ask students how they know the chocolate is a solid. (It is firm to the touch and holds its shape). Melt the chocolate over low heat or in a microwave. Let children watch you stir the chocolate. How do they know it is now a liquid? (It takes the shape of the bowl.) Pour warm chocolate into plastic bags, snip off a corner of each bag, and let children write and draw on waxed paper by squeezing chocolate out of the bag. While the chocolate designs are cooling, let the children dunk the fruit and pretzels into the warm chocolate in the pan. When children revisit their waxed paper creations, they should find that their drawings are solidifying, just in time to peel and eat!





Name _____

Use the letters in the word Valentine to make new words. Write the words below.



VALENTINE

















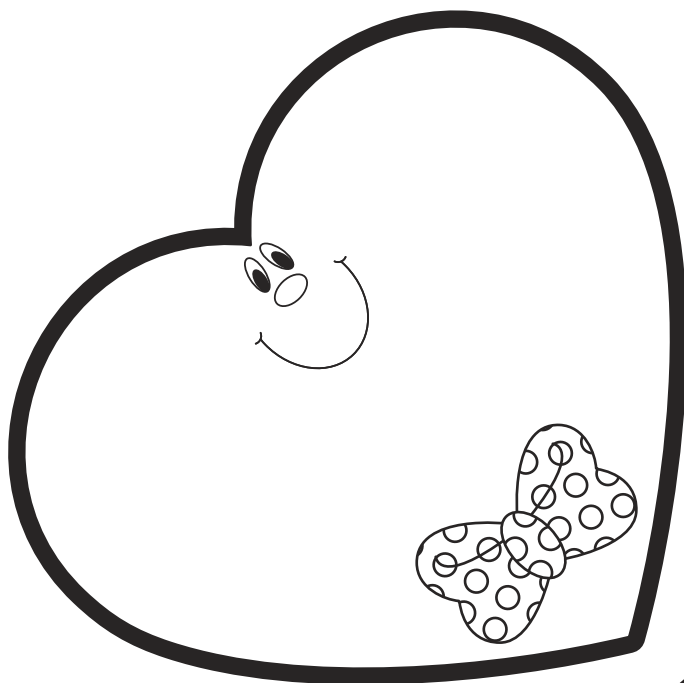




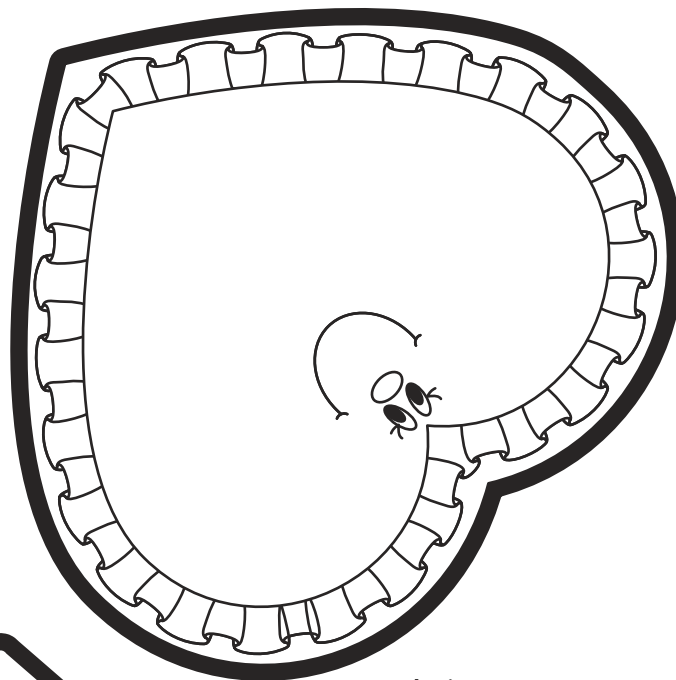


Quick-and-Easy Valentine Cards

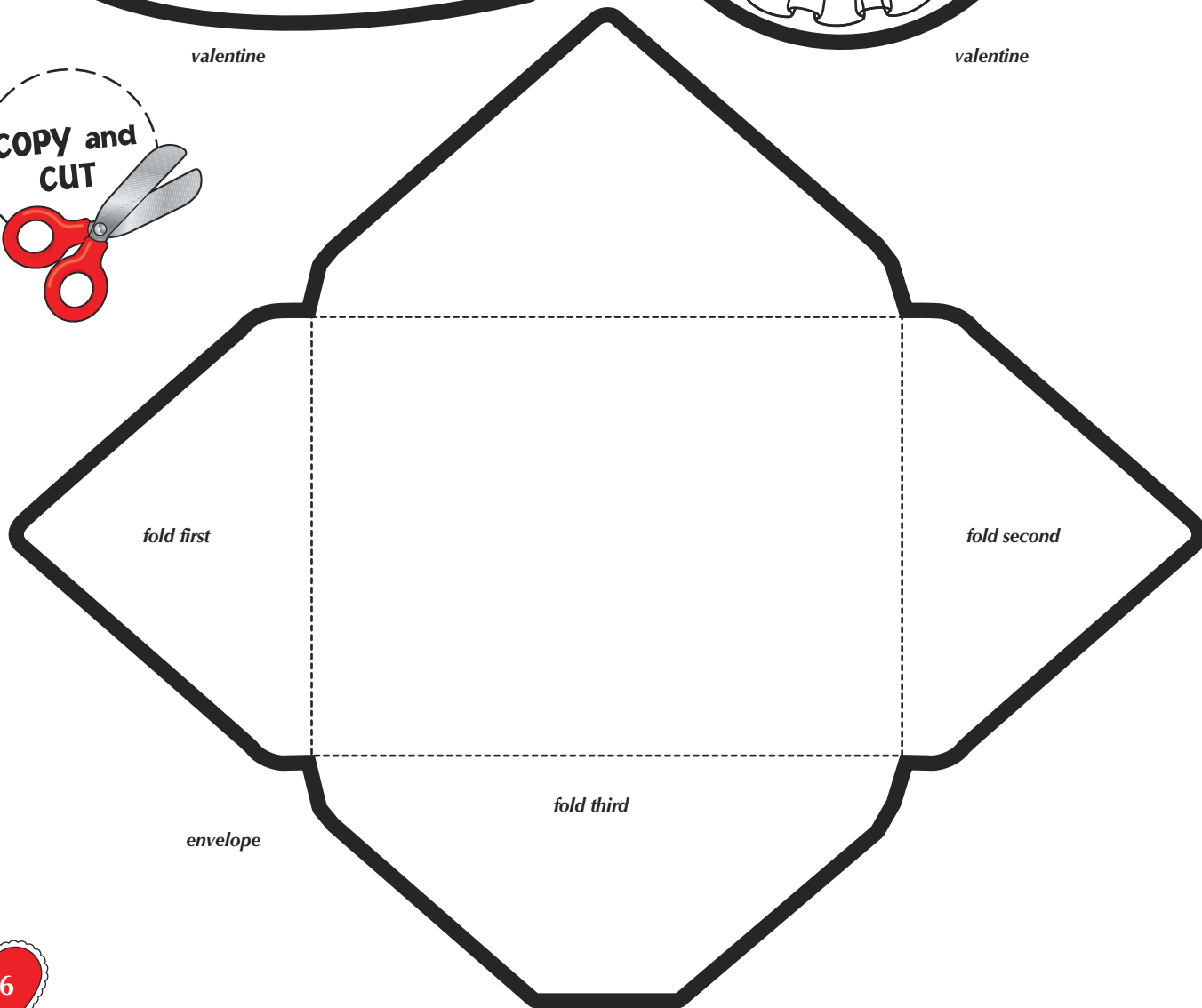
Enlarge these valentine patterns for the Assembly Line Valentines activity (page 59), for students to color, or copy them on construction paper to give to students.

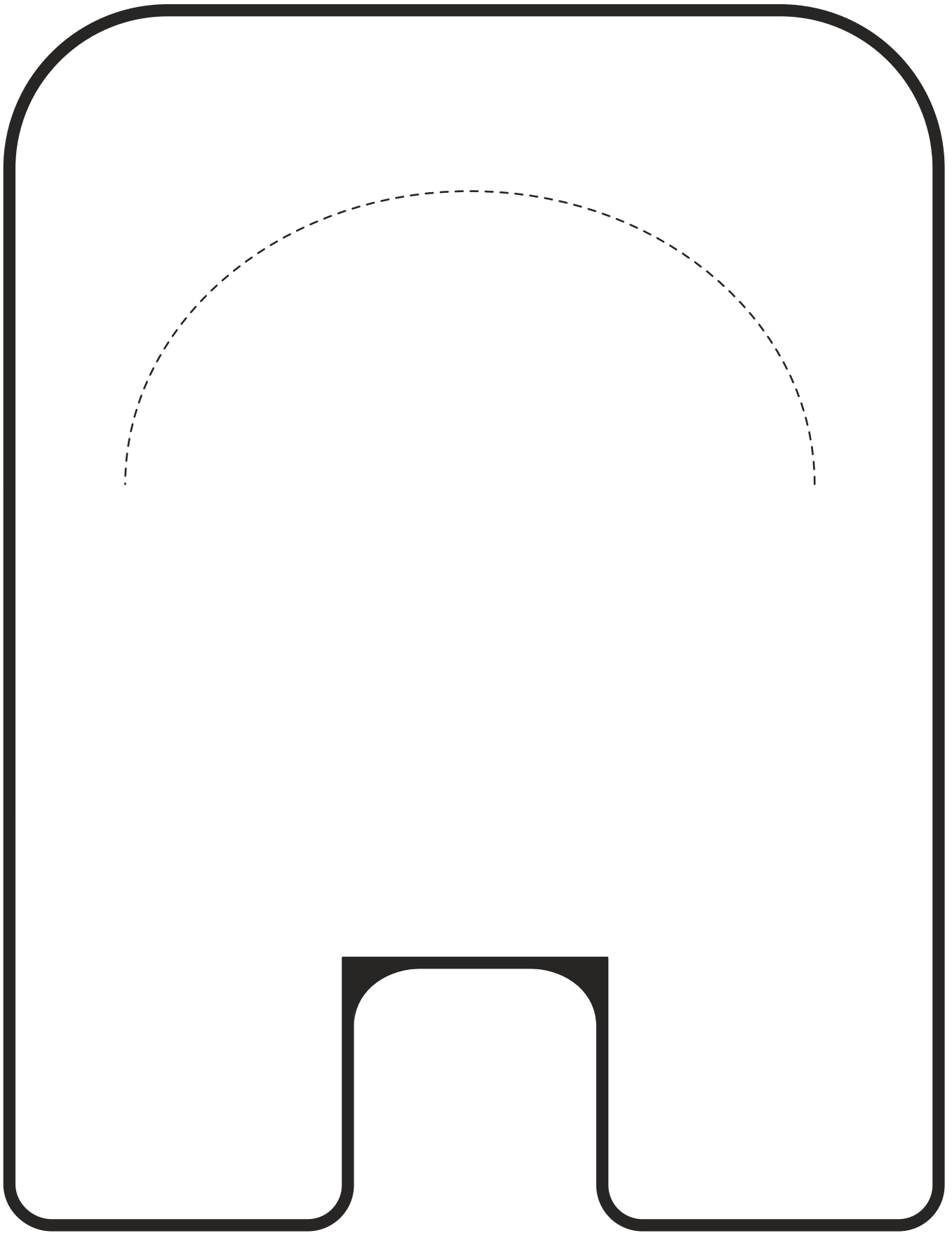


valentine

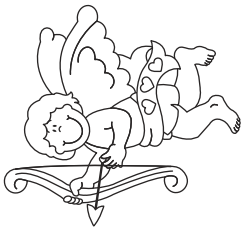


valentine

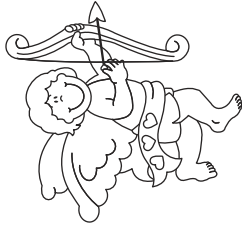




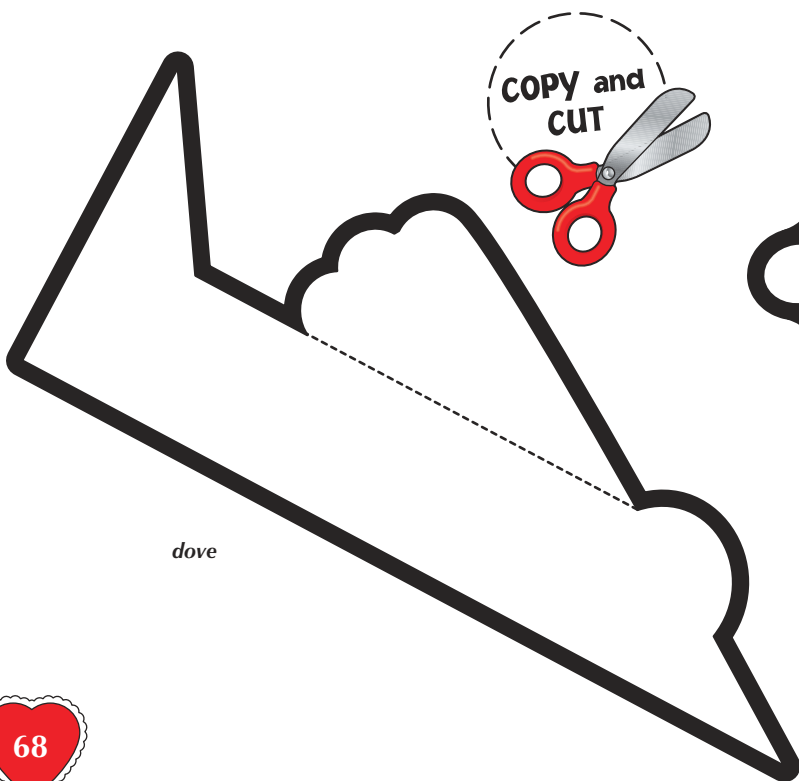
drop mailbox



Advice for Cupid



A series of ten vertical lines for writing.



dove



cupid