

Valentine's Day Activities¹



For multi-generations; children,
parents/adults/grandparents.

Three fun activities for Valentine's Day to help children be "other focused".

Objective(s):

- Adults and children will enjoy time interacting together.
- Children will nurture an "other focused" attitude.
- All involved will recognize God as the author and model of love.

Activities (Pick one or two or three. Consider doing one a day):

1. Introduction: Ways to use Valentine's Day to help your children learn the art of encouragement, compliment-giving, and expressions of love for others. Here are three fun activities to help.

- a. Create a Love Note Box

You will need the following materials:

- 1 old shoe box with lid
- wrapping paper
- scissors
- tape
- pencil
- small notepad



Take the shoebox and cover it and its lid separately with a seasonally appropriate wrapping paper (red, hearts, kisses, etc.). Alternatively, you could wrap it in craft paper or a paper grocery bag and have your children decorate it with Valentine's stickers and drawings. Cut a slit in the lid big enough for a piece of paper to slip through. Next, using a sharpened pencil, poke a hole through one corner of the lid to create a holder for the pencil. Select a small notepad and tape it to the top. Place the box in a conspicuous place in your home the week before Valentine's Day. Each day, family members can rip off a piece of note paper, write a message to

¹ Taken from Cornerstones For Parents, written by Laura Kuehn
<https://www.cornerstonesforparents.com/valentines-activities>

a loved one and slip it inside the box. For children who can't write, offer to write the notes for them. Messages can include statements like: "Mom, thanks for always making my lunch. I appreciate you" or "Sally, I like riding bikes with you." See if you can use up the whole notepad!

b. Play the Compliment Game

On Valentine's Day, challenge each family member to give one another as many compliments as possible. However, don't assume that your children know what constitutes a compliment. Explain that a compliment means the most when it is reflective of someone's character (friendly, helpful, funny, etc.) rather than his or her physical appearance. Teach your children how to respond when they receive a compliment as well. You can also use the opportunity to point out the different ways you have seen the Lord working in the lives of your children (for example: "I can see God working in you because I have noticed that you are choosing to obey the first time."). See who can give the most meaningful compliments or observations in one day!

c. Make a Special Treat Together

Use your favorite rolled cookie dough recipe and make heart shaped cookies and decorate them together. Or, dip strawberries in melted chocolate and place on waxed paper to cool. After dinner on Valentine's Day, enjoy your treat as a family and open the Love Note Box (a. above). Take turns pulling out the notes and passing it to the person who wrote it. Have the author read the note. Gently encourage your children to make eye contact with the recipient while reading the note. This will help them begin to develop a greater level of comfort sharing their feelings with others.

These activities can teach your children humility (for some, there is nothing harder than giving a compliment) and will give them some practice looking "outside" of themselves. So this year, make Valentine's Day special for everyone in your family. You may find that the skills your children learn carry over into the rest of the year as well.

2. Share a Bible verse or two that you know related to one or more of the activities. Some samples:



a. *Creativity* – Gen. 1:1, 26-27. To be creative is to be like God. It makes Him happy.

b. *Encouragement* – 1 Thess. 4:18, 5:11. God likes us to encourage one another.

c. *Love* – God’s love (Jer. 31:3 is everlasting, 1 John 4:18 God’s love does not cause us to be afraid, Jesus chose His own (John 15:16, 19).

d. *Compliments* – Which fruit of the Spirit do you see in one another? (Gal. 5:22-23).

e. *Humility* – Phil. 2:1-4 (5-11), Matt. 19:30, 18:1-4.

3. Pray (share prayer topics, say your own prayers, or use the following);

Dear God, you are the creator of everything. You made us to be like you, creative and loving. We thank you that you have loved us. We pray to be loving to other people. Thank you for this time to celebrate Valentine’s Day, love, and be with You and one another. Amen.