

# In the Spirit of Valentine's Day

A nice way to celebrate Valentine's Day with your pals is to show how much you appreciate one another by demonstrating that you know each person's best qualities and value them. Below is a fun activity that is sure to get you in the spirit of the holiday!

Have your friends sit down in a circle. Each circle should be about five kids. One person starts by whispering into the ear of the person on their left (counter-clockwise) two good qualities they've noticed about that person. It might be that he/she is kind and smart, for example. Then that person whispers into the ear of the person on his/her left, two of that person's best traits: maybe he/she is funny and generous. Go around the circle that way until you get back to the first person.

Take a moment to let each person write down the two traits that were said about him or her.

Now go around the circle in the other direction (clockwise) doing the same thing, and when you complete the circle, each person should add the two new adjectives to his or her paper.

One person in the crew should collect all the papers and make a master list of the good qualities named. That list should be posted.

Then each crewmember should select one personality attribute not ascribed to him or her that he/she would like to achieve. In the course of the next week, he/she should try to do three things that fit the chosen quality. For example, you might select "thoughtful."

During the week, you could volunteer to help at home making supper without being asked; you could send a letter or e-mail or make a phone call to your grandparents or cousins just to say hello; or you could help a classmate with a homework assignment.

Each person should write down their goal and the actions they took toward achieving it. With your class, you can talk about what you did, what you learned, and how it felt.

This is a nice way to make the spirit of Valentine's Day last a little longer and to spread good feelings and friendship around.

