

WOULD YOU BE MY Valentine?

“Dear children, let us not love with words or speech but with actions and in truth.” 1 John 3:18 NIV

Valentine's Day can create a variety of emotions for different people. For some it creates great satisfaction celebrating the love you have between you and your friends & family. For others it can cause feelings of loneliness. Whatever activities we do, let's keep in mind to share God's unconditional and indescribable love for us and those who will not have a personal Valentine. After all, Valentine's Day is to express our love for others.

“Valentine's Cards”

» Children love creating cards where they can express their love for their family, teachers, and friends. An easy activity is to provide white paper bags (with a handle), a heart shape pattern made of cardboard, child proof paint, and pencils. Show children how they can use the props you provided on the table (make a demonstration on how to).

» Instruct children to place the heart shape on the bag and make as many hearts as they would like to make.

» Once the hearts have been made, invite children to fill the bags with cookies to give away to someone they love.

» Provide a cookie recipe printed on a nice heart shape card so that the children can take it home and bake yummy cookies with their parents.

» Or, if you are doing this activity at home with your children, you may involve your children in baking cookies and giving those away to neighbors, or homeless people.



“No-Bake” Cookies!

What You Need:

- Medium mixing bowl
- Spatula
- ½ c butter
- 1 ½ c sugar (can use coconut sugar)
- ½ c milk (may use non-dairy milk such as almond milk)
- 1 c peanut butter (can use almond butter)
- 5 Tbsp cocoa
- 1 tsp vanilla
- 3 c oats (can use gluten free oats)
- Small saucepan
- Sheet pan
- Aluminum foil

What You Do:

1. Instruct your child to measure and add the butter, sugar, and milk to a small saucepan and begin heating over low heat. She can use a spatula to stir things together as needed.
2. While the butter is melting, your child can measure and add the oats to a large bowl. Along with exploring cooking techniques she's learning more about math concepts!
3. Now she can measure and add the peanut butter and cocoa powder to the melted butter, along with turning the heat up to medium. She can keep stirring the ingredients until they begin to boil lightly. Offer adult assistance as needed.
4. Turn off the heat and let the hot mixture cool for about 5 minutes before moving on to the next step.
5. Now your child can add the warm mixture to the oats and stir together using the spatula. Offer adult assistance as needed.
6. Let the mixture cool while covering the sheet pan with aluminum foil.
7. Offer your child a spoon and instruct her to scoop spoonfuls of the mixture onto the sheet pans and then placing in the fridge to set up for at least an hour. These chocolate no-bake cookies should be kept in the fridge for maximum tastiness.

BROUGHT TO YOU BY: