



## History of Valentine's Day for Kids

The truth is, Valentine's Day is one big mystery, but there are some great stories about its origin nonetheless. The little princess in your life might find it swoon-worthy that Valentine may have been an imprisoned man who fell in love with his jailer's daughter. Before he was put to death, he sent her the world's first Valentine, signed, of course, with his name.

Another legend holds that a priest by the name of St. Valentine secretly married couples in love during the third century. The Emperor had forbidden his soldiers from getting married, believing that single soldiers performed better in battle. St. Valentine disagreed, and so he married couples in secret.

The more likely, though less star-crossed, reason

for the holiday goes all the way back to the ancient Roman holiday called Lupercalia.

The festival honored Juno, the Roman goddess of women and marriage.

**Here are a few other Valentine's Day facts your kids might enjoy:**

- 1) Instead of sending cards to everyone, in the Middle Ages, young people drew names from a bowl. They pinned the other person's name to their sleeve for one week to show everyone who their Valentine was. Imagine, an entire week with one Valentine -- who you may or may not even have a crush on!
- 2) The biggest Valentine ever given was the Taj



Mahal in India. Mughal Emperor Shah Jahan built it as a memorial to his wife.

3) Doctors

in the 1880s prescribed chocolate to patients to help soothe their broken hearts.

4) Teachers receive the most Valentine's Day cards each year -- but come on, they have an unfair advantage!

5) Cupid is a symbol of Valentine's Day because he was the son of Venus, the Roman goddess of love and beauty. Those cute little arrows he holds were actually magical arrows, believed to make those he shot fall in love. [http://thetir.cafemom.com/big\\_kid/116275/history\\_of\\_valentines\\_day\\_for](http://thetir.cafemom.com/big_kid/116275/history_of_valentines_day_for)

## Recycled Gift Tags

### Materials:

- Old greeting cards
- Pinking shears or decorative-edge scissors
- Hole punch
- White or clear glue
- Glitter
- Yarn

### Directions:

- 1) Cut the front of the card into shapes of your choice using pinking shears or decorative-



- edge scissors. You could cut out rectangles, circles, triangles, hearts, and so on. Punch a hole in the top of the tag.

- 2) Squeeze glue around the edges of the shapes and sprinkle glitter on top. Shake the excess glitter off the gift tag onto a piece of paper. Either fold the paper in half and pour the excess glitter back into the

container or discard.

- 3) Thread a six-inch piece of yarn through the hole and knot the ends.

If desired, you could use the front and back of the greeting card when cutting out your shapes and tie the two pieces together with the yarn forming a gift tag that opens up to include a message. <http://fun.familyeducation.com/crafts/valentines-day/48226.html>

## 10 Little Ways To Show Your Kids You Love Them Every Day

Do you miss your child during the day and wish you had more time to connect with her? Do you have multiple kids and you want to make sure all of them know that you love them a lot? Are you tight on time and wish you could take your child to do a special full day activity, but you just don't always have that kind of time? Then this article is for you. All of these sweet ways to tell your children you love them are quick to execute, but each will make your child feel very special.

**1. Notes in unexpected places.** Even if your little one can't read yet, you can draw them a picture. Kids will love this surprise in their pocket and will treasure knowing that you planned this especially for them. Examples of places you could put them include: under their breakfast plate, in their coat pocket, in their car seat, on top of their toothbrush, folded inside their cereal bowl.

**2. Stickers.** Stickers are cheap, quick, and popular with kids of all ages. Buy many sheets of stickers in advance and then put them on your kids' shirts before they go to school. Tell them that whenever they see the sticker, they can remember that you love them!

**3. Journal.** Buy a special notebook that your child picks out. Every day, write down their favorite thing they did that day. They will be able to read this over later in life and will cherish it, and best

of all, it literally only takes a minute or less. If you get into the routine of doing it at the same time every day, like dinner time, it will be easy to remember.

**4. "Tattoo."** Using a ballpoint pen, draw your child a special little picture on the inside of their arm. Tell them that this is a special tattoo that shows everyone how much you love them, or for a shyer child, tell them that this is a secret tattoo that only you and her know about, that means you love them. For bonus points, let your child draw one on your arm too, so you match.

**5. Kiss box.** This is an empty box that they can decorate. You can put a kiss "into" it when you leave for work or to go out. Tell them that if they ever miss you, they can open the box and take out a kiss. There is a great picture book, *The Kiss Box* that you can read with your child if they like the kiss box idea.

**6. Special code.** You make up a special code with your child that means "I love you." For my daughter and me it is a finger in the ear. Your child will enjoy thinking up their own special code, and whenever one of you does the signal, the other should respond. Different parents and sibling pairs can all make up their own special codes.

**7. Special book.** Designate one of



your child's favorite short picture books as your special book. Before bed, no matter if you read other books or not (of course, the more reading, the better!), always read your special book too.

**8. Aluminum foil animal.** With practice, you can whip one of these up in a minute. It's not perfect, but your kid will love it and will like to take it to school, if they are little enough not to realize its weird looking (come on people, it's a duck).

**9. Special spy names.** You can make up secret spy names with your child, like Red Turtle or Dancing Flamingo. The sillier the better. Only you two know the secret names, so your child will feel special. If your child likes pretending to be a spy, you can keep this game going and make up a new spy code word every day.

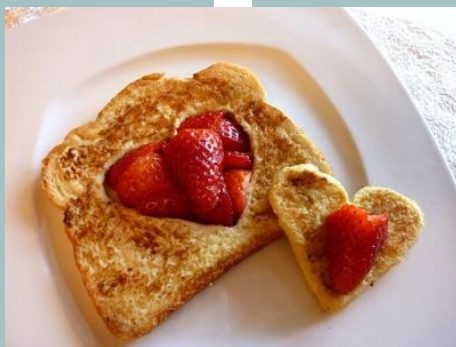
**10. Special song.** Make up a little song for your child based on a melody you love, that is only for you and her. For example: You are my Clara, my only Clara, you make me happy when skies are gray, you'll never know dear, how much Mommy loves you, please don't take my Clara Bear away. <http://www.lifehack.org/articles/lifestyle/10-little-ways-show-your-kids-you-love-them-every-day.html>

## Kid-Friendly French Toast

Kids can help: Stir egg mixture, dip

### Ingredients

bread and cut hearts.  
Oatmeal bread  
Egg  
Skim milk  
Maple syrup  
Strawberries



Beat an egg, using a fork, in a medium, low bowl. Add about  $\frac{3}{4}$  cup milk per each egg used. Add a teaspoon of maple syrup and stir well. Using a heart-shaped cookie cut-

ter, cut out heart shapes from the center of bread slices.

Dip all bread pieces into egg mixture and set onto pancake griddle or large skillet set on medium heat. Brown lightly on both sides.

Garnish with cut strawberries and maple syrup. <http://www.parenting.com/article/kid-friendly-french-toast>

## Energizing My Finances: Life Happens

On December 18, 2015, we followed up with the second half of our Energizing My Finances parent training. During the first half of our training, we discussed setting financial goals and steps to creating a financial vision board. After setting financial goals, it is very important to keep track of how you are spending your money. This way, you know how you are doing when it comes to completing one of your goals. During the second half of our Energizing My Finances parent training, we played a game, Life Happens, and created budgets. The game encouraged parents to financially prepare for different situations that may occur in their daily lives, including cars breaking down and receiving unexpected checks in the mail.

**When creating your budget, remember to include:**

- Your income
- Your savings
- Your expenses

### "Life Happens"

This lesson was adapted for Teaching Tolerance from Life Happens, a game created by Tracy Ore, Assistant Professor at Saint Cloud State University, Department of Human

Relations and Multicultural Education.

### Materials

Printed copy of the family profiles (PDF) (one profile is provided for each small group of four-to-six students)

Printed copies of budget costs (PDF) (one for each small group)

Printed "Life Happens" sheets (PDF), cut into cards and placed in a basket

### Directions

During the first 20-30 minutes, each group should construct a monthly budget for its family (the family profile should be given), using the budget cost sheets. Ask each group to reflect on the difficulty or ease of creating the budget.

During the next 30 minutes, ask each group to draw a "Life Happens" card from the basket. Small groups should then rearrange their budgets, making difficult decisions, as necessary. Ask each group to reflect on the difficulty or ease of creating the revised budget.

Household Finances

Expense (Monthly)	Amount	Due Date
<b>HOME</b>		
Mortgage/Rent	\$	
Second Mortgage	\$	
Taxes & Insurance	\$	
Repairs	\$	
Association Fees	\$	
<b>UTILITIES</b>		
Electric	\$	
Gas or Oil	\$	
Water & Sewer	\$	
Phone (Landline)	\$	
Phone (Cellular)	\$	
Cable/Satellite	\$	
Internet	\$	
<b>TRANSPORTATION</b>		
Car Payment 1	\$	
Car Payment 2	\$	
Gas	\$	
Car Insurance	\$	
Repairs/Maintenance	\$	
Other Transportation (tolls, taxis, parking, subway, bus)	\$	
<b>INSURANCE</b>		
Life Insurance	\$	
Disability	\$	
Health Insurance	\$	
<b>DEBT PAYMENTS (Minimums only)</b>		
Credit Card 1	\$	
Credit Card 2	\$	
Credit Card 3	\$	
Student Loans	\$	
Other Loans	\$	
<b>SUBTOTAL:</b>	\$	

Build-a-Budget Worksheet

Household Finances

Expense (Monthly)	Amount	Due Date
<b>SUBTOTAL, pg. 1</b>	\$	
<b>FOOD</b>		
Groceries	\$	
Eating Out	\$	
<b>FAMILY EXPENSES</b>		
Day Care	\$	
Child Support	\$	
Alimony	\$	
School Tuition/Fees	\$	
<b>PERSONAL CARE</b>		
Hair Cuts	\$	
Prescription Medication	\$	
Toiletries/Makeup	\$	
Clothing	\$	
<b>PETS</b>		
Food	\$	
Care (vet, grooming, etc.)	\$	
<b>ENTERTAINMENT</b>		
Books & Magazines	\$	
Movies/Concerts	\$	
Music	\$	
Hobbies	\$	
Other	\$	
<b>OTHER</b>		
Cleaning Supplies	\$	
Tithes/Donations	\$	
Other	\$	
Other	\$	
<b>TOTAL:</b>	\$	

Build-a-Budget Worksheet, cont'd.

# Winter Weather Safety for Children and Adults

1) Wear layers so you can adjust your clothing as temperatures often change in Florida. Dress so the inner layer allows sweat to escape, the middle layer insulates for added warmth, and the outer layer shields you from wind;  
 2) Stop crucial heat loss by protecting your head, face and neck with hats and scarves, wearing waterproof, insulated

gloves and boots  
 3) Use sunscreen, lip protection and skin moisturizer—a sunny day at cool temperatures still involves ultraviolet light exposure. Protect your eyes by wearing sunglasses.



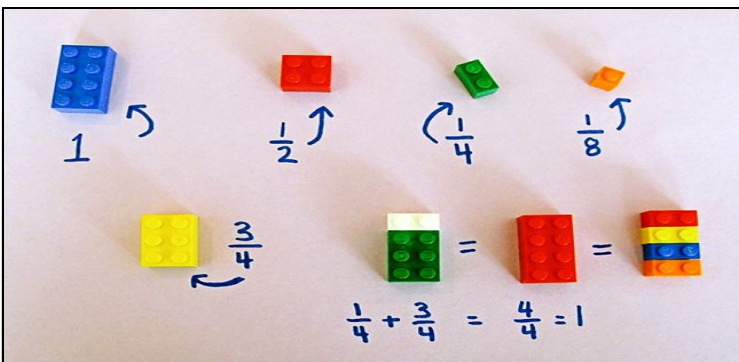
## An Effective Way To Help Your Child Master Math Skills With LEGO Blocks

Lego is a phenomenal super-toy, which helps stimulate kids' creativity, imagination, as well as logical thinking.

School teacher Alycia Zimmerman does not only use it as a toy, but also as a great aid to develop basic math skills among her young minds. Lego blocks, she finds, are good tool to explain fractions, squares and other mathematical concepts.

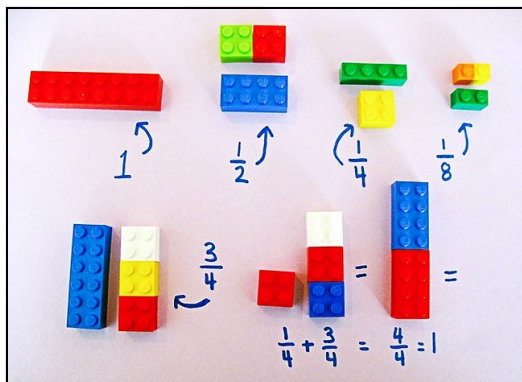
"In the classroom, the tiny bricks are now my favorite possibility-packed math manipulative," she writes in an article for Scholastic that goes more into depth about these bricks' potential uses. <http://www.lifehack.org/345555/an-amazingly-effective-way-to-help-your-child-master-math-skills-with-lego-blocks>

### Fractions

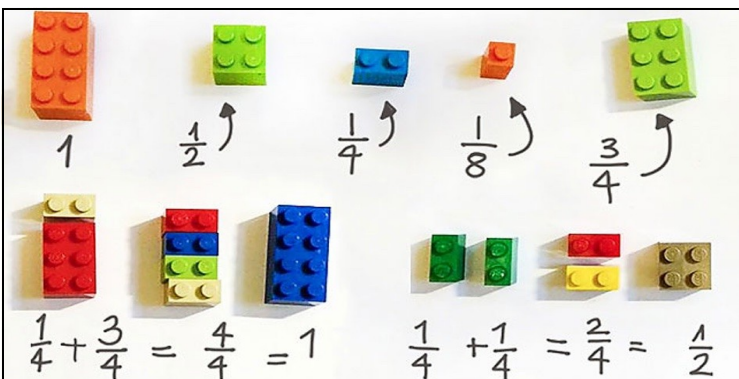
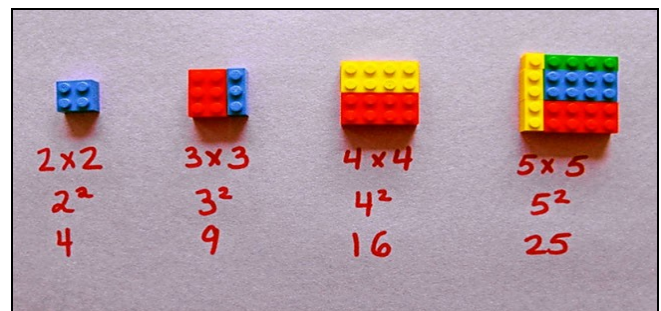


### Part VS Whole

PART	PART
TOTAL	



### Square Numbers



### Mean, Median, Mode and Range

