



WOW!
More than 8 billion candy hearts—also known as conversation hearts—are sold around Valentine's Day each year.

How to...



Help others feel special

This Valentine's Day, show family and friends what they mean to you.

Valentine's Day, which is celebrated on February 14, has origins that date back more than 1,000 years. While traditionally it is a holiday most commonly associated with love and affection, nowadays it can honor all types of relationships that bring people joy. In addition, Random Acts of Kindness Day is on February 17, which is another reason to spread a little happiness! Here are some ideas for sharing love and kindness now or anytime.

Get in the spirit

You can help family get in a festive mood with some decorations. Cut paper hearts from construction paper, punch holes in them, and then use string to hang them across a shelf, mantel, or bookcase. Another fun way to decorate is to write messages on paper hearts and stick them in unexpected places to surprise your family. You could put an "I love you" heart on the bathroom mirror or leave a note that says "You brighten my day" on a desk or in a backpack.

Spread positivity

You can make an extra effort to spread positive vibes on and around Valentine's Day. Offer a friend a genuine compliment, for example, such as praising their amazing

art project or their dedication to their sport, or thank a family member for being a good listener. You can also make others feel included. For example, you could invite someone new to sit with you at lunch or ask a family member to do a puzzle with you.

Go homemade

It's a longtime tradition to make valentines for the special people in your life. On your card, write a short sentence telling the person how much you appreciate them. You could mention a special quality they have or a fun memory from the past year. Homemade treats are another way to show you care. (Check out our cherry blossom card and strawberry shortbread cookie hearts recipe on the next page!)

Plan a surprise

One of the best ways to show a friend or family member you care about them is to plan a special outing just for the two of you. For example, you could invite your mom or dad on a hike or suggest a movie night with your best friend. You can also perform a random act of kindness, like cleaning the clutter out of the family car, surprising a grandparent with a phone call, or placing a surprise treat in a sibling's lunch box.



Share a sweet treat.

Fun holiday facts



Valentine's Day has been celebrated on February 14 since the 1400s, starting in Rome. The oldest known valentine was written in 1415 in France by Charles, the Duke of Orleans, in the form of a poem to his wife.

As early as the 1700s, Americans are believed to have started making and giving homemade valentine cards. The first store-bought cards were likely produced in the 1840s.

Around this same time, a British chocolate company, Cadbury, started selling sweets in special boxes for Valentine's Day. Cadbury encouraged customers to keep the boxes after Valentine's Day to store mementos, like love notes.