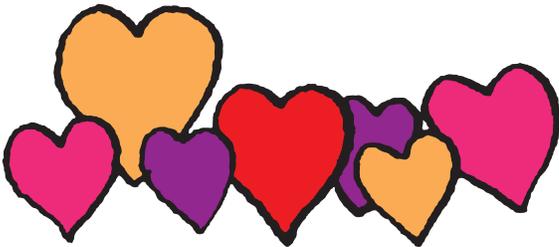


SPEAK FROM THE HEART



Get together with a group of friends or gather with your family for the Speak from the Heart activity! What better way to show someone how great of a person they are and how much they mean to you this Valentine's Day than showering them with compliments and thoughtful messages.

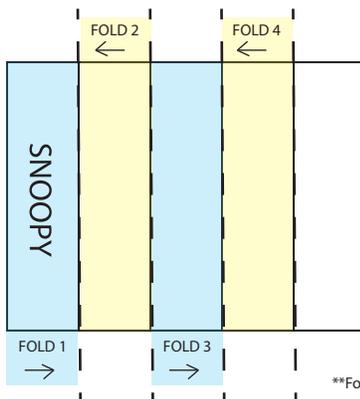
GET STARTED!

Supplies

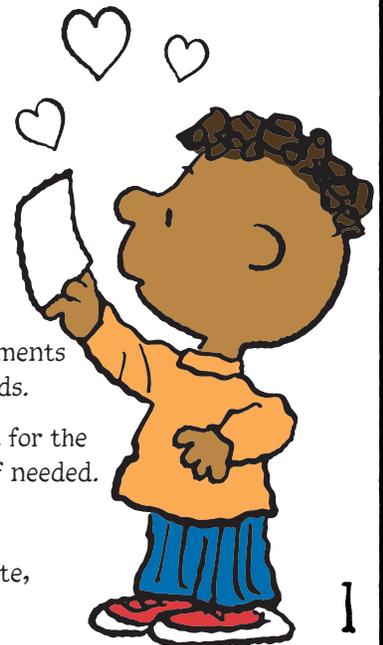
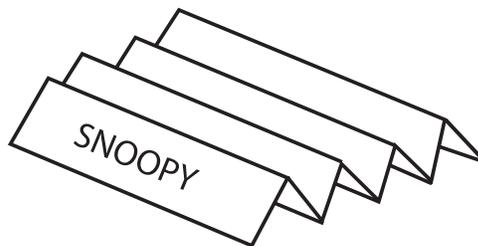
- Piece of 8.5"x11" paper or the template on the next page, scissors, colored pencils, markers, or any of your favorite writing utensils!

Instructions

1. Take your piece of paper or cut-out the template on page 2.
2. Fold the paper over and under itself in about 2" sections for a total of 4 times. This makes 4 creases in the paper and a zig zag shape, when the paper is standing (visual diagrams below), or fold along the dotted lines on the template.
3. 5 empty spaces are free to write the recipient's name and your messages.



**Fold the blue over and the yellow under



4. Write one person's name in the top spot, that's the person everyone will be writing compliments and messages for! In the next spot, one group member writes a message in between the folds.
5. Repeat these steps until everyone has written a thoughtful message or compliment, except for the person you are writing about, of course! Feel free to use the front and back of the paper, if needed.
6. Repeat the activity with the other people in your group to spread the love around.
7. Give your piece of paper to the person you made it for. Have them frame or hang up the note, as a daily reminder of love and appreciation!

PEANUTS[®]

TAKE CARE
OF
**EACH
OTHER**

SPEAK FROM THE HEART

A large rectangular box with a solid border, containing four horizontal dashed lines for writing.