Sending you a latte love this Valentine's Day, SuperSib!
Happy Valentine's Day, SuperSib!
Here are some ways to celebrate with a friend or on your own!

Take a walk.
Get some fresh air at a nearby trail or park, visit your favorite outdoor spot or try somewhere new!

Laughter has some real health benefits - no joke!
Release endorphins, reduce stress, and feel good by looking up a new joke each day. Make a friend's day by sending one their way!

Learn something new.
Check out cooking lessons on YouTube, learn to play piano with a piano tutorial app, or expand your vocab with a text from Word of the Day.

Tidy up!
Keep things that bring you joy, de-clutter or donate the rest.

Reach out to a friend.
Send a text or call a friend you haven't talked to in a while. Remind them that they are important to you!

Have other ideas? With your parent's permission, share them with us!

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