

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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