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!

- **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.

- **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!

- **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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