



## How to...

# Celebrate Valentine's Day!

Get ready to make the people you care about feel special on February 14.

Valentine's Day is a holiday that traditionally celebrates love and may date back more than 1,000 years. Today, it honors many kinds of relationships that bring people happiness. Here are a few ways to spread joy to the important people in your life.

### Plan a small surprise

February 14 is on a Saturday this year. With the day off from school, you may have plenty of time to offer a sweet surprise or two. For example, you can bring a parent their morning juice and a pastry in bed or make them a photo slideshow of some of your favorite memories together. You could also create a homemade card (see the craft instructions for papercut valentines on the opposite page).

### Add festive touches to your home

Cut paper hearts out of construction paper, punch holes in them, and use string to hang the hearts across a mantel or a bookcase. If you have streamers left over from a previous party, hang

them around your living room. Another idea is to cut out paper hearts and add uplifting messages to them, such as "Looking good!" or "You make my heart happy." Then leave them in fun places, like inside a closet door, on a bathroom mirror, or taped to the refrigerator.



### Spend time together

One of the most thoughtful ways to show someone you care is to set aside special time for the two of you. That could be taking a hike with a parent, enjoying a movie night with a sibling or friend, or sharing a sweet treat or video call with a grandparent.

### Make homemade treats

Valentine's Day is closely associated with chocolate and candy. Consider making some for the special people in your life. Check out the recipes for strawberry fudge and jam thumbprint cookies on these pages. When you share your homemade goods, consider including a brief note to the recipient about why you appreciate them!

**OH,  
FUDGE!**

The largest slab of fudge ever made was in Ontario, Canada, in 2010 and weighed 5,760 pounds.

## Strawberry fudge

### Ingredients

- 16 ounces white chocolate chips or chopped white chocolate
- 1 (14-ounce) can sweetened condensed milk
- 3 tablespoons butter
- ½ teaspoon vanilla
- 2 teaspoons strawberry Jell-O powder
- Kosher salt
- 1 (1-ounce) package freeze-dried strawberries

### Instructions

1. Line an 8-inch square baking pan with parchment paper.
2. With an adult's help, combine the chocolate, condensed milk, butter, vanilla, Jell-O powder, and a few pinches of salt in a medium saucepan over low heat. Melt, stirring frequently, until the mixture is smooth.
3. Set aside ¼ cup of the strawberries and crush the remaining. Immediately fold in the crushed strawberries, then pour the mixture into the prepared pan. Smooth the top, then press on the remaining strawberries, breaking them into bits.
4. Transfer the fudge to the refrigerator and chill until set, about 1 hour. To serve, remove the candy from the parchment and cut into 1- to 2-inch pieces. Makes about 3 dozen pieces.

**WARNING!**

Ask an adult's permission before using a mixer, stove, or oven.



## Jam thumbprint cookies

### Ingredients

- 1¾ cups all-purpose flour
- ¼ teaspoon baking powder
- ½ teaspoon kosher salt
- ¾ (1½ sticks) cup unsalted butter, softened to room temperature
- ¾ cup sugar
- 1 egg, at room temperature
- 1 teaspoon vanilla extract
- ½ cup raspberry or strawberry jam

### Instructions

1. Heat oven to 350° F and line two baking sheets with parchment paper.
2. In a small bowl, whisk together the flour, baking powder, and salt.
3. In a stand mixer fitted with a paddle attachment and set at medium speed, beat the butter and sugar until light and fluffy, about 3 minutes. Add the egg and vanilla and beat to incorporate. Reduce the mixer's speed to low and blend in the flour mixture ⅓ at a time.
4. Scoop a level tablespoon of the dough and roll it into a ball. Repeat with the remaining dough, spacing the balls 2 inches apart on the prepared sheets.
5. Make two indentations with your thumb, pinky, or the back of a small oval measuring

**SHARE THE LOVE**

If you make anything on these pages, ask an adult to email a photo and a quote to [hello@theweekjunior.com](mailto:hello@theweekjunior.com).

spoon in each ball of dough to form a V, pressing deep enough to create a heart-shaped well. Take care to leave a little extra space around the edges.

6. Once the cookies are pressed, drop and spread ½ teaspoon of jam into the heart-shaped divot you made.
7. Bake the cookies until light golden around the edges, about 6 minutes. Transfer the cookies to a rack to cool completely. Makes about 2 dozen cookies.



## Papercut valentines

### What you'll need

- Thin colored papers such as origami paper, wrapping paper scraps, or recycled papers such as newspapers, magazines, or sheet music
- Pencil
- Scissors
- Edging scissors such as pinking shears or scalloped scissors (optional)
- Hole punch (optional)
- Glue stick

### Instructions

1. Make a basic heart: Fold a piece of paper in half. Draw half a heart with its center along the folded edge, then cut it out.
2. Next, add cut decorations. Before opening the heart, cut small half-shapes along the folded edge to create symmetrical images (such as half a mouth and nose or half a butterfly). You

can use a hole punch to add eyes if you like, also before opening the heart.

3. Try more elaborate designs. Experiment with additional folds to create more places to cut. You can accordion-fold the heart, add a fold perpendicular to the center fold, or add diagonal folds. Cut half-shapes along any folded edges.

4. Open your heart to see your design. If you'd like to add more details, refold the heart and make additional cuts.

5. For each valentine, apply glue to the back of the heart and attach it to a piece of paper in another color. Cut around the heart, leaving a border of contrasting color. Write a message on the back!

