

New! Note to say....I Love You

We know how difficult a time this is, to not be close to some of our friends and family.

It's hard to stay positive all the time and important to let ourselves feel whatever feelings are coming up for us. Writing can be a really helpful way of expressing how we are feeling.

If everyone is feeling up to it, encourage your children to write a note or a poem to someone they really care about and decorate it onto a handmade Valentine's Day card.

Bring a smile to someone's face come February 14th and until we can all meet up again.

Recommended for: all ages

Read the guide below, or [download and print the PDF](https://www.barnardos.ie/media/10740/mind-a-note-to-say.pdf) <https://www.barnardos.ie/media/10740/mind-a-note-to-say.pdf> (Tip: print in black and white to save on your ink).

A Note To Say...I Love You Activity

Materials needed:

- Coloured paper
- Pen, coloured pencils/ markers
- Glitter
- Any other materials you want to use to decorate your Valentine's Day card

Instructions:

1. Allow your child the choice to write their own note or poem to a loved one, or use this sample poem and template here.
2. Cut out the template and stick it on the front or inside of your handmade Valentines card.

Sample poem:

It's hard right now we can't be near
We want to hug and dance and cheer
I want to say I'm thinking of you
And know how much you are too
We'll keep the calls and chats alive
It's not much longer, we will survive
For now, keep safe, keep well, I know you can
I know for sure that is my plan
I look forward to the day we can hug once more
For now please know, you are adored!