Objective

By the end of this lesson, you will have a better understanding of the origin of Valentine's Day and its historical significance.

Materials and Prep

- Pen and paper
- Access to a computer or library for research
- Optional: Art supplies for a creative activity

Activities

- **Researching the Origins:** Use the provided materials to research the history and origin of Valentine's Day. Take notes on important dates, events, and traditions associated with the holiday.
- **Creating a Timeline:** Based on your research, create a timeline of the key events and developments that led to the establishment of Valentine's Day as we know it today. Use your creativity to make it visually appealing.
- **Interviewing Family Members:** Talk to your family members, especially older relatives, about their memories and experiences of Valentine's Day when they were young. Ask them how they celebrated and if they know any interesting stories related to the holiday.
- **Designing a Valentine's Day Card:** Get creative and design your own Valentine's Day card. Incorporate symbols and elements that represent the history and origin of the holiday. You can use the art supplies if you have them.

Talking Points

- **The Ancient Roman Festival:** Valentine's Day has its roots in an ancient Roman festival called Lupercalia. During this festival, young men would draw names of young women from a jar, and they would be paired together for the duration of the festival.
- **Christian Influence:** The Christian church later adapted Lupercalia into a Christian holiday and named it after Saint Valentine. There were several saints named Valentine, but the most popular one associated with Valentine's Day is Saint Valentine of Rome.
- **Valentine's Day as a Romantic Holiday:** Over time, Valentine's Day became more associated with romantic love, and people started exchanging love notes and tokens of affection on this day.
- **Chaucer's Influence:** In the 14th century, the English poet Geoffrey Chaucer wrote a poem called "Parliament of Fowls," which linked Valentine's Day with romantic love. This helped popularize the idea of Valentine's Day as a day for expressing love and affection.
- **Valentine's Day Traditions:** Today, Valentine's Day is celebrated with various traditions, including giving flowers, chocolates, and cards to loved ones. It has become a day to express love and appreciation for friends, family, and romantic partners.