

# INCLUSIVE VALENTINE'S DAY



It's easy to dismiss Valentine's Day as just a "Hallmark holiday," but for many individuals, February 14th is a special date with great significance.

For individuals on the autism spectrum and those with intellectual and/or developmental disabilities, symptoms can vary widely. Sometimes holidays like Valentine's Day can be a struggle for these individuals as there is more commotion, increased sensory input, heightened emotions, and more.

Below are some tips and craft ideas - along with FREE printable inspirational valentines - to make sure all individuals feel that warm and fuzzy feeling this Valentine's Day!

## Tips for an Inclusive Valentines Day

- Practice exchanging valentines and celebrate the holiday at home.
- Have your loved one create a list of special people in their life and ask what they like about each individual.
  - Ask them what it means to be a friend and how they can show appreciation for others.
- Ask your loved one's teacher (if they are in the school) how they have handled Valentine's Day in the past and ask if any individuals have special food diets and/or allergies to be made aware of when exchanging goodies.
  - Instead of candy, we recommend tokens like pencils, crafts, etc.
- Talk to your loved one about Valentine's Day - it's not a popularity contest but a time to spread positivity, celebrating and discussing love, friendship, and kindness.
- Tips about love, dating, relationships and disability - click [HERE](#).
- Looking for inclusive date ideas? Click [HERE](#).

## Craft Ideas and FREE printable valentines

- [Valentine's Button Art](#) - Using a canvas, paint, some felt, and any buttons you'd like, you can make hearts that are sure to be beautiful and create a fun experience for all!
- [Hand Heart Trees](#) - A project perfect for all ages and abilities, hand heart trees use construction paper, scissors, and glue to make the perfect holiday decorations!
- [Valentine's Owls](#) - Who knew that empty paper towel rolls could make a Valentine's Day friend? Grab scissors, glue, and googly eyes to make your own!
- [Love Monsters](#) - With yarn, cardboard, pipe cleaners, googly eyes, and glue, this craft is fun for the whole family!
- [Grow Your Own Crystal Hearts](#) - A festive and fun way to learn science! This project is perfect for all ages and abilities to share in the excitement of watching the crystals grow.
- [Heart in a Jar](#) - Find a mason jar and cut a heart out of construction paper, then fill with water, glitter, beads, or anything else you'd like.
- Download FREE printable Easterseals MORC Inspirational Valentines [HERE](#).