

Saint Valentine

Love shown in kind actions

Ages about 7-11 | Video 4:57 | Group lesson about 25-35 minutes

Central truth Christian love is shown through faithful, caring actions, not only cards or celebrations.

Learning goals Recall Valentine's faith and kindness in the retelling; name a caring action; recognize that many details come from later traditions.

Gather Video access, one handout per child, pencils or crayons, and a Bible.

Watch online [Open this video on Servus Dei](#)

Before watching | 2 minutes

Ask: What can a loving action look like besides giving a gift? Explain that this video uses traditions and imagined scenes about an early Christian martyr.

Watch and notice

Notice prayer for people in need, words of hope in prison, and Valentine's refusal to deny Jesus. The named visitors belong to the retelling.

Talk together | 6-8 minutes

1. How does Valentine show kindness in this story?

He prays for people in need and offers hope. Accept a caring action children recall without treating every scene as documented history.

2. What does he refuse to give up?

His faith in Jesus. The Church remembers Valentine as a martyr, though many details of his life are uncertain.

3. Is love only for Valentine's Day?

No. Patient listening, including someone, and helping family are everyday ways to love.

4. What kind message could you share?

Offer thanks, encouragement, or an invitation to join a game. Write respectfully and let an adult help deliver it.

Then respond and pray Allow 6-8 minutes for a handout or the activity on page 2; finish with the closing prayer.

Lead the response

Saint Valentine

Short family lesson Watch the video, choose one recall question and one application question, then pray. About 12-18 minutes; the handout is optional.

Choose a handout

Draw & Tell Draw a caring action in the retelling and a kind action you could choose. Writing is optional.

Read & Write Recall Valentine's example, explain everyday love, and plan a helpful message paired with an action.

Adapt by readiness

Ages 7-8: choose from listening, helping, or including a friend; an adult can record a spoken message.

Ages 9-11: explain why a good wish becomes stronger when joined to a helpful action.

A message and a deed | Optional 4 minutes

Make a small encouragement card for someone you know. Add one caring action you will do, such as helping with a chore or sharing a game. Ask an adult before delivering the card.

Look for understanding Look for care aimed at another person's good. Do not require children to give personal romantic examples or promise unsafe acts of bravery.

Closing prayer Jesus, teach us to love with our words and actions. Help us be faithful, gentle, and generous. Saint Valentine, pray for us. Amen.

At home Choose a loving action for someone at home. Share your encouragement card with an adult.

Handout answer notes Recall: prayer, help, or words of hope. Everyday love: care for another's good. Accept different messages and safe, practical actions.

Teach with care

Preview the prison and death references. Explain calmly that hurting people because of their faith is wrong. Avoid reenacting persecution. Valentine's martyrdom is remembered by the Church; the marriage ban, farewell note, and named visitors are later traditions or dramatization. The bee miracle is not established by the cited source. Do not teach these details as certain history or imply prayer always brings physical healing.

Words to explain Martyr: someone killed because of faith in Christ. Tradition: a story handed down over time. Christian love: seeking another person's good.

Sources for the leader

Story source: [Servus Dei video and English transcript](#)

Church tradition: [Vatican News: Saint Valentine](#)