



Understanding Classmates at a Valentine's Day Party

Valentine's Day is coming. My class is planning a party. On Valentine's Day, classmates, friends, and other kids may do things that they don't usually do. Or, they may say things that they don't usually say. Understanding why this happens can sometimes make a party more comfortable and fun.



Excitement is one of the biggest reasons why kids at a party may do or say things that they don't often do or say. Many teachers ask parents to help with a class party because they know that the students will be very excited.

Teachers and parents may bring games to a party. Usually, these are not electronic games. With party games, kids may have to try to do something that they have never done before. They may feel uncomfortable or nervous.



Excited and nervous kids may say something before thinking about whether it is a good thing to say. Or, they may do something and then decide it was a bad idea. Their classmates may feel uneasy around them.

Adults are there to help all kids. They can help kids who are too excited to stay in good control, and their classmates who feel uncomfortable around them.



A Valentine's Day party is exciting for many kids because of the games and treats. When kids are excited and a little nervous, they may laugh, wiggle, giggle and move faster than usual. That's why parties can make kids tired, too.



Tired kids may also feel irritable or silly. When someone feels irritable, things that are not usually a problem may seem like a problem. And, things that are not that funny often seem very funny to tired kids who are feeling goofy and silly.

Adults are always there to help. They can calm kids who are too excited or tired, or help kids find a quiet place to rest.

Understanding what makes kids excited, and who is there to help, can help to make a party more comfortable and fun.

