Read the text and then answer the questions.

There are many legends associated with Valentine’s Day and its origins, although it is widely thought to have begun in the Middle Ages. Young men and women were said to have put their names in a jar and whichever name they picked out, they would have to wear the name on their sleeve for a week. This is thought to be where the saying ‘wear your heart on your sleeve’ first came from. The saying suggests that we should show our true feelings.

History notes that there may have been three or more St Valentines. A popular tale is that St Valentine was a priest in Rome who died on the 14th February. He was said to have been imprisoned because he refused to give up being a Christian. Whilst he was in prison, legend says that he befriended the blind daughter of his jailer and penned a note to her saying ‘Be my Valentine’.

Hence the very first Valentine’s greeting!

Whoever he was, St Valentine is known as the patron saint of lovers. The date of 14th February is celebrated as Valentine’s Day and is recognised as a time for celebrating love and fertility.

Many customs have sprung up around Valentine’s Day. Lovers and would be lovers may send cards anonymously as part of the courting process. They may offer tokens of love and affection such as chocolates, flowers, heart shaped gifts, letters and poems.

Red roses are traditionally sent on Valentine’s Day to symbolise passion and many couples celebrate with a romantic dinner for two or a night out at the Valentine’s ball.
Answer the following questions using sentences.

1. Where is the saying ‘Wear your heart on your sleeve’ thought to have come from?

2. How many St Valentines have been recorded in history?

3. What is traditionally sent on Valentine’s Day to symbolise passion?

4. Name some tokens of love and affection associated with Valentine’s Day.

5. According to legend, why was St Valentine imprisoned in Rome?

6. What did the first Valentine greeting supposedly say?

7. Valentine’s Day is a celebration of... what?

8. What was special about the jailer’s daughter?

9. How do many couples celebrate Valentine’s Day?

10. When was the first Valentine’s Day thought to have been?
Design a Valentine’s card using the boxes below.

Write your greeting or message here.
Answer sheet

1. Where is the saying ‘Wear your heart on your sleeve’ thought to have come from?

The saying ‘wear your heart of your sleeve’ comes from the Middle Ages when young men and women put their names in a jar. The name drawn out would be worn on the sleeve for a week.

2. How many St Valentines have been recorded in history?

Three or more St Valentines have been recorded in history.

3. What is traditionally sent on Valentine’s Day to symbolise passion?

Red roses are traditionally sent on Valentine’s Day.

4. Name some tokens of love and affection associated with Valentine’s Day.

Tokens of love and affection for Valentine’s Day include chocolates, flowers, heart shaped gifts, letters and poems.

5. According to legend, why was St Valentine imprisoned in Rome?

St Valentine was imprisoned in Rome because he refused to give up Christianity.

6. What did the first Valentine greeting supposedly say?

The first Valentine greeting said ‘Be my Valentine’.

7. Valentine’s Day is a celebration of… what?

Valentine’s Day is a celebration of love and fertility.

8. What was special about the jailer’s daughter?

The jailer’s daughter was blind and she befriended the prisoner St Valentine.

9. How do many couples celebrate Valentine’s Day?

Many couples celebrate with a romantic dinner for two or a night out at the Valentine’s ball.

10. When was the first Valentine’s Day thought to have been?

The first Valentine’s Day was thought to have been in the Middle Ages.