

# Love

## The Ways We Feel Love

Find out how each child likes to feel loved by asking “How do you know when someone loves you?” Think about how you like to be showed love also. Take turns sharing how each of you likes to be loved such as hugging, having someone’s help, or enjoying a game together. Talk about how family members and friends may like to feel loved.

## We Love Our Earth

When we care about the environment, we care for it as best we can. Collect trash on the street, gather up recyclable items in your home or classroom, or do some gardening outside. Explain how actions are more important than words in expressing love. By showing loving actions and not just saying the words “I love you,” we are truly practicing the virtue.

## Loving Qualities

Ask each child to remember a time when they met someone new and what they noticed about this person. Talk about if they felt comfortable and how they became friends. You may like to take turns pretending you are each a new person the other is meeting, and role play how you can show love. Talk about how someone may look different than us – such as having a different color of skin, being a different age, speaking a different language, or having a disability – but we love every person because each of us is special.

## People We Love, and People Who Love Us

Make a list or create a photo album of family members and friends. Use this list (or album) to remind the children that there are lots of people who care for him/her. Discuss the idea of love being limitless – no matter how many people we love, there is always more love in our hearts. Love is endless to receive and endless to give.

## Making a Card

Ask each child who they would like to make a card for and talk about why they chose that person. Is that person kind to them? Do they enjoy spending time with that person? Your child loves them! Make a card for the person and arrange to get it to them.

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## Love Dance

Love feels so good that we often smile, laugh, sing and dance when we are with those we love. Choose a song and make up actions or dance moves everyone can do together. Have a good time and savor the moments spending some time with someone you love. Being joyful helps us show and accept love.

## Loving Actions

Take turns coming up with creative ways to show love (such as greeting someone, opening the door for someone, or offering a drink). You may like to use photographs to inspire ideas for showing love to different people such as grandparents, friends, teachers, and strangers. Sometimes we show love to different people in different ways and it is important to know the appropriate way.

## Who Do You Love?

The parent or teacher invites the children to sit in a circle.

Gently toss an inflatable ball to one child and say, "Who do you love and why?"

Once the child has answered, they then toss the ball back to the teacher or parent who then tosses it to the next child. Continue this until all the children have had a turn to express who they love.