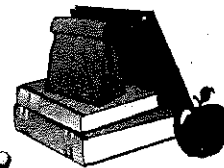


# Love



## What is Love?

Love is a special feeling that fills your heart. You show love in a smile, a pleasant way of speaking, a thoughtful act or a hug. Love is treating people and things with special care and kindness because they mean so much to you. Love is treating other people just as you would like them to treat you – with care and respect.

## Why Practice It?

Without love, people feel alone. When they don't feel they matter to anyone, they become unhappy. Sometimes they act angry and don't let others get close. Everyone wants to be liked. Everyone likes to be loved. When you are being loving, you help others to feel important. They become gentler and kinder. Love is contagious. It keeps spreading.



## How Do You Practice It?

Love is putting yourself in someone else's shoes and caring about what they feel. It is accepting them, loving them just as they are. You can even be loving to people you don't know, just by caring about what happens to them and sending loving thoughts. Sharing is a way to show love. Share your belongings, your time and yourself. Love is thinking about how you want to be treated and treating others the same way.

The Virtues Project



## What would Love look like if...

- You start to get upset with yourself about something you have done?
- You want to do something thoughtful when your father is sick?
- Another child is acting cranky?
- You notice a baby bird has fallen from its nest?
- You love your teacher and want to show it?
- You have a special object that you really care about?

## Signs of Success

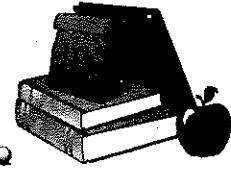
Congratulations! You are practicing Love when you...

- Treat others as you would want them to treat you
- Say kind and loving things
- Share your things and yourself
- Show affection
- Think loving thoughts
- Take good care of the things you love

## Affirmation

*I am a loving person. I show my love with thoughtful acts, kind words and affection. I treat others the way I want to be treated.*

# Activities with Love



## Show and Tell

Invite students to bring in something they love. Have a "Show and Tell". Have them explain how they treat this special object lovingly.



## Poster Points

- Love is all that matters.
- Love lasts.
- Love is kind.
- Love is gentle.
- Love is patient.
- Love is humble.



## Virtues Reflection Questions

- What are three ways you can show love for people?
- What are three ways you can show love for animals?
- Name some things you love other than people or animals?
- What do you love to do?
- What happens when you do a task with love?
- How do you wish people treated you?
- Name three ways you treat people lovingly?



## Quotable Quotes

*"Your task is not to seek for love, but merely to seek and find all the barriers within yourself that you have built against it."* Rumi

*"Love doesn't just sit there like a stone; it has to be made, like bread, remade all the time, made new."* Ursula K. Le Guin

*"Love cures people – both the ones who give it and the ones who receive it."* Karl Menninger

*"Spread love everywhere you go, first in your own house."* Mother Teresa

*"Only love enables humanity to grow, because love engenders life and it is the only form of energy that lasts forever."* Michel Quoist

*"Love is the only force capable of transforming an enemy into a friend."* Martin Luther King



## Drawing Love

Draw a house and put in it all the people you love. It could be anyone, even someone you don't know personally, someone famous or someone in history.