

**Theme: Love**

**Educational Resources: 7-12**

**Activity: Let's Talk About Love**

**Subject: Social Studies**

**Prep Time: N/A**

**Activity Time: 10-20 min**

**Activity Description:** Let's talk about Love! Create an atmosphere where kids feel comfortable expressing themselves. Start by giving a personal story about someone you love, like a parent or sibling. Include how you feel sharing love with that person and how you feel both when you give and receive love from them.

\*The 'secretary' of the group need not include the names of who said what, only the thoughts that are shared.

Direct Instruction –

Explain to students how important it is to be comfortable talking about love. Practice talking about love, in all its forms (friendships, family, romantic, etc.) helps you be able to express it to those people more often. It also helps you understand your own feelings of love. Help students identify terms associated with love. These could include: Trust, Self-Trust, Joy, Belonging, Fitting In, Connection, Calm, Contentment, Gratitude.

Group Discussion –

Teachers, have your students form groups. Encourage the groups to take ten minutes and discuss how LOVE has an important role in their lives and how they show others they love them. One student (secretary) per group should make a list of the thoughts from the group and be ready to turn them into their teacher to discuss as a class.

Partner Activity –

If the students are comfortable, they are encouraged to also tell a trusted partner one of the people whom they love most and explain why. What do they get from their relationship? What do they give to the relationship?

**Outcome Measurement:**

Ask students to write a reflective paragraph. They should include why love is important, how they give love to others and how they will be better at giving love to others in the future.

**Sources:** Brenebrown.com

**Aligns with Kansas State Standard:**

- Social, Emotional, Character Development Standards
  - Character Development – Core Principles
  - Personal Development – Self Awareness
  - Social Development – Interpersonal Skills

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**\*\*Disclaimer: The lesson plan above should be adapted to your class- grade level, knowledge base, time restrictions, class make up, etc. Only use what works for your situation.**