

FEELINGS INSPECTORS RESOURCE

Love

Getting Started with Love

About this activity

This is an introduction to the theme. This is best done with children sitting together, in a circle where everyone can be seen and heard.

What do we need?

Card or sugar/art paper
Slides

Instructions

Explain to the children that as part of their Feelings Inspectors programme of work they will begin an exploration of something really important to our relationships with others. It is love.

Using a card or sugar/art paper to make a big heart and place in the middle. Either ask the children why the heart is often used as a symbol for love, or if necessary explain that it is perhaps because some people would say just like the heart supplies blood to the body, love supplies great energy and happiness to people.

“

Love affects your dignity. If no one loves you, then you won't love yourself as you will think you don't deserve love.

”

Getting Started

Have the children work with a partner with post-its to name/draw all the things they love to do or the people or things they love. As they work they can post on the heart, or you can have pairs come do that in turn and say a bit about what they have prepared.

Use what the children have done to think about the starter question again, and then the subsequent questions (on the slides) – shoulder-partners or large group chat as works best for the children.

So, what is love?
How does love make a person feel?
How does a parent/carer show they love their child?
How does a grown up show they love their partner/husband/wife

Now watch this short film – 100 kids describe Love (3 min 28 sec) Either click the button below or find it on the slides provided.



<https://youtu.be/T89DhrxzL6E>

During the conversation, you may want to introduce the importance of loving ourselves. Make any connections that are helpful to other times you have discussed and explored feelings, being positive and recognising strengths and attributes. The activities in theme can be used to follow on the discussion about Loving Ourselves.

Top tip