

FEELINGS INSPECTORS RESOURCE  
Love

## Love Manifesto

### About this activity

This activity helps children to explore what a loving relationship looks like and what love feels like to them.

### What do we need?

A selection of drawing and painting materials  
Different sizes of wooden and paper heart shapes,  
Patterned paper and card.  
A heart shaped paper cutters adds interest  
Old ceramic tiles, if available, make good  
“canvases”.

### Check-in

At Children's Parliament, we start every session with a check-in. Children love these short activities, and they are a vital piece of our rights-based practice. Choose a check-in using our [Feelings Inspectors Check-in Kit](#).

“

**You can  
change  
someone's  
story and  
life by  
showing  
them  
some love**

”

## Love Collages

### Instructions

Invite the children to make their own creative collages to think about all the things that make us feel loved. Encourage the children to write down their ideas about love before they begin and to write words that convey love (family, friendship, strength, etc) on the various hearts to make their own unique love art. Once completed, invite the children to share their art and their thoughts about love with the rest of the group.

Mirrors can be decorated to encourage thinking about self-love.

**Useful  
tip**

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



### A mindful moment

At Children's Parliament, we end every session with a mindful moment to reflect on the session and wind-down. Choose a mindful moment using our [Feelings Inspectors Mindful Moment Kit](#).