



Activity #1 – Five Love Languages

What You'll Need: Paper, markers, Index cards, list of love language actions (See bingo cards for suggestions.)

Prepare

Be familiar with the *Five Love Languages* series written by Dr. Gary Chapman. Write one love language on the top of each piece of paper.

1. Words of Affirmation (words of affection)
2. Acts of Service
3. Receiving Gifts (meaningful gifts)
4. Quality Time
5. Physical Touch (physical affection)

Parents, please take the Five Love Languages Quiz at <https://www.5lovelanguages.com/quizzes>.

Learn

Explain that showing love to others will vary. Some people prefer to show love with kind words, actions, gifts, one-on-one activities, and some prefer just being close. No one ever chooses just one way to show love to others, but by understanding our own preferences and the preferences of others, we can learn more ways to love.

As you read an action, discuss as a family what love language it would be. Write that action under the love language. Discuss how the action will vary depending on who you interact with. For example, a non-verbal smile is appropriate physical action whereas a hug may not be.

Once you have many examples for each of the five languages, give each family member five index cards and ask everyone to write each love language on an index card. Now, individually, put them in order from most important to least. Everyone in your family may have different preferences.

Discuss everyone's results and how it relates to others. Save everyone's cards and repeat this activity later in the year. Be ready to see how the order may or may not change.

Follow-up

Consider reading *The Love Languages of God* and *the Five Love Languages of Children* by Dr. Gary Chapman.

Activity #2 – Bingo

What You'll Need: Bingo cards (attached), Bingo markers such as coins, beans, stickers, etc.

Prepare

Make copies of the cards for future games.

Learn

Give everyone their own card and something to mark bingo cards.

Determine rules of play

- How long will the game last? (a week, the weekend, etc.)
- What action needs to be completed in order to mark off a bingo spot?
- How is a winner determined?

Activity #3 – Charades

What You'll Need: Index cards with loving actions written (ex. Greeting someone, cheering up someone, offering a food/drink), photos of people you know as well as strangers (illustrations or stock images)

Learn

Each person draws a card and a photo to act out the loving action without saying it out loud. The rest will guess the action.

5 LOVE LANGUAGES WITH KIDS



Squeeze each other's face for some silly time	Storytelling - both contribute to the story	Make a craft from unused item around the house	Do an outdoor chore together	Make a get well soon card
Encourage someone by saying "Don't give up!"	Teach your child a new chore	Come up with and perform a play	Share dessert together	Be each other's dance partner
Vacuum or mop the house together	Link arms and skip in circles	You ❤️ Pick!	Tell someone "I can't wait to see you in the morning!"	Go on a scavenger hunt
Do a three-legged race down the hallway	Give your kid stickers	Write a love poem to your parent/kid	Head to the zoo	Clean up toys together after playtime
Teach your child something new	Create a secret love signal	Clean out the garage together	Kiss the left cheek, then right cheek, then forehead	Enjoy a special drink together

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5 LOVE LANGUAGES WITH KIDS



Sing to your baby	Take a stroll with your baby	Buy a book and read to your baby	Have baby "help" during changing by holding diaper	Plant kisses all over your baby's body
Have baby "help" deliver a baked good to a loved one	Hug the heck out of your baby	Write 3 ways your baby made you happy today	Pick a flower and give it to your baby	Teach your baby body parts or sing the ABCs
Give your baby a massage	Find an item around the house as a "new" toy	You ❤️ Pick!	Make playful faces to get baby to laugh	Bring baby over to visit a lonely family member
Make your baby's favorite food	Have a 1-on-1 playdate with your baby	Swing your baby in your arms back and forth	Devote your full attention during a feeding (no distractions)	Let baby know your hopes/dreams for him/her
Donate used items that baby no longer uses	Tell your baby 5 reasons why you love him/her	Tickle your baby silly	Carry baby close to you in a carrier	Have your baby practice sharing a toy with you

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5 LOVE LANGUAGES WITH KIDS



Make your child's favorite meal	Have a campout	Write a secret note on the bathroom mirror	Make the beds together in the morning	Plant a kiss of each other's cheek
Draw a happy picture and share it	Snuggle under the covers	Do laundry together	Do a puzzle together	Donate gently used toys/clothes
Make and fly a kite/paper airplanes	Give a pre-special event gift	You ❤️ Pick!	Tell someone "You're doing a great job!"	Rearrange a messy area of the house
Surprise a family member with a treat	Come up with a love song together	Have your child sit on your lap for storytime	Buy a book for your child	Have a conversation, giving your full attention
Pick flowers and exchange with one another	Help a grandparent with a chore	Head to the park for playtime	Bear hug	Say "I like it when you ____"

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5 LOVE LANGUAGES WITH KIDS



Play a board game	Give each other a high give	Write a note before bed & exchange the next morning	Bring a drink to refresh someone	Pick up a treat from the store while on errands
Hum your favorite happy song to someone	Give your child a piggy back ride	Prepare your child's bath together	Head to the library to pick out books	Give each other a cool hairdo
Pass out candies for a job well done	You and child make breakfast for your partner	You ❤️ Pick!	Someone did something wrong? Say "That's okay"	Head to the museum
Find a new event to attend	Smile and laugh together	Accept a gift with a big smile	Touch foreheads during a hug	Switch a usual chore with one another
Ask someone "How can I help you?"	Rub noses	Window shop at the mall	Hide 3 items and have the other person find them	Draw a family portrait and hang it on the fridge

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5 LOVE LANGUAGES

WITH KIDS



Say "I love you"	Pick your kid up and swing him/her around	Go out for ice cream	Prepare lunch together	Go on a picnic
Give each other a massage	Leave a surprise gift on their bed	Go on a walk together	Make a thank you card	Wash the cars together
Go grocery shopping together	Volunteer in the community	You ❤️ Pick!	Come up with a gift for your partner	Cuddle on the sofa during a movie
Find a gift around the house and wrap it up	Tackle a room to clean and organize	Have a tickle session	Watch a movie together	Write 3 ways your kid/parent is awesome
One-on-one breakfast together	Speak in a kind tone	Help each other with the dishes	Hold hands while out and about	Create a scrapbook of favorite photos

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LIVING OUT THE FIVE LOVE LANGUAGES AT HOME

Love Language	Actions	Communication	Avoid
Words of Affirmation	Spoken words Written cards and letters	Encouraging words Compliments Affirming spirit	Emotionally harsh words Undue criticism
Quality Time	Running errands Taking trips Doing things together Going on walks Sitting/talking at home	Quiet places with no interruptions Undivided attention One-to-one conversations	Too much time with friends or groups Isolation Gaps of time between meetings
Receiving Gifts	Giving gifts Giving time Remembering special occasions Giving small tokens	Private giving of gifts Pleasant facial expressions	Materialism Forgetting special events
Acts of Service	Assisting with house chores Ongoing acts of helpfulness Exchanging of chores	Say: "What can I do for you?" "I will stop and get..." "Today, I did... for you." Making a checklist	Forgetting promises Over-commitment of tasks Ignoring
Physical Touch	Hugs Pats Touches Sitting close	Pleasant facial expressions Mostly non-verbal	Physical abuse Corporal punishment Threats Neglect

*Taken from Gary Chapman's *The Five Love Languages of Teenagers*

FOCUS ON THE FAMILY
Father & Mother's Love Outlet