

Love Languages



Lesson Objectives:

- Students will identify their Love Language.
- Students will examine how they can use their own personal Love Language effectively.
 - Students will communicate effectively using verbal communication techniques to express their primary Love Language to another person.
- Students will examine other's behaviors to identify love languages and use other's love languages to effectively show care and concern.

You are going to find out your 'Love Language'.

The logo for 'The 5 Love Languages' is centered on a light gray rectangular background. It features the number '5' in a large, purple, serif font. To the left of the '5' is the word 'The' in a smaller, purple, serif font. To the right of the '5' is the word 'Love' in a large, purple, serif font. Below 'The 5 Love' is the word 'Languages' in a large, purple, serif font. The entire logo is enclosed in a thin, light gray border.

The 5 Love Languages

A 'love language' is a way to express and experience love. This does not necessarily mean romantic love; it can be genuine care and concern.

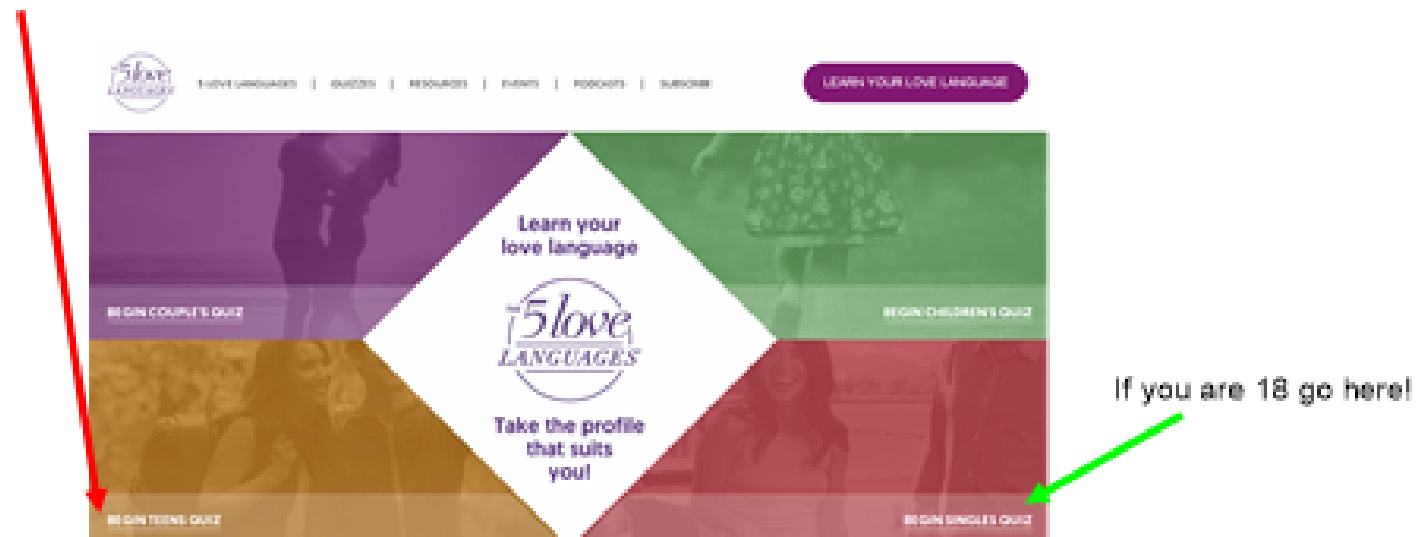
To find your love language:

1. Get a chromebook
2. Login
3. Go to my website (ofsimpsonclassroom.weebly.com)
4. Click on 'High School Health'
5. Click on 'Preventing Violence'
6. Click on today's Lesson 'What Would You Do and Health Love Languages'
7. Find Go to the Link in the Summary for the Love Languages Quiz - Wait for directions

Click on the 'learn your love languages' oval!!!



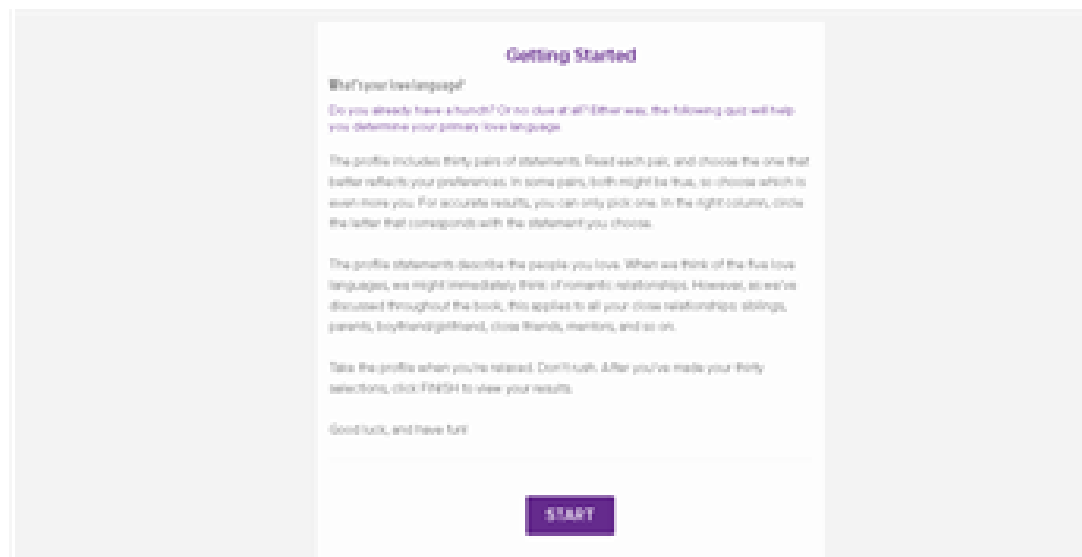
Click on 'begin teens quiz'



GO HERE (review the love languages profile for teens).



Lastly, read the description





Take the quiz. Take your time. Click 'finish' when you are done. Fill in #1 on the front page of your worksheet. If you finish before everyone else, read your summary in its entirety

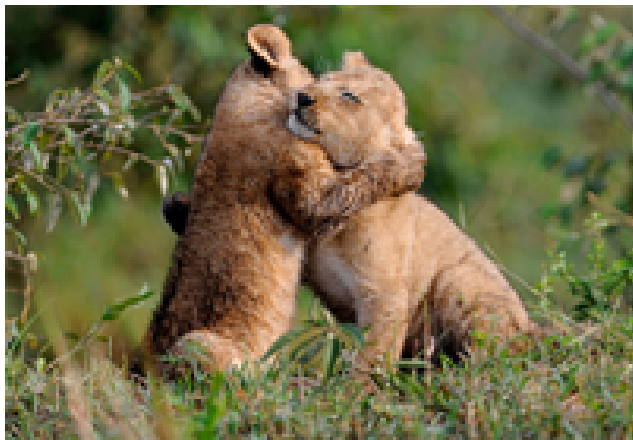


DO NOT 'X' OUT.



Physical Touch

A person whose primary language is Physical Touch is, not surprisingly, very touchy. Hugs, pats on the back, and thoughtful touches on the arm—they can all be ways to show excitement, concern, care, and love. Physical presence and accessibility are crucial, while neglect or abuse can be unforgivable and destructive. Appropriate and timely touches communicate warmth, safety, and love to you.





Words of Affirmation

Actions don't always speak louder than words. If this is your love language, unsolicited compliments mean the world to you. Hearing the words, "I love you," are important—hearing the reasons behind that love sends your spirits skyward. Insults can leave you shattered and are not easily forgotten. You thrive on hearing kind and encouraging words that build you up.

*You look marvelous,
darling!*

*You did such an
amazing job!*

*I love spending
time with you!*



Quality Time

In Quality Time, nothing says “I love you” like full, undivided attention. Being there for this type of person is critical, but really being there—with the TV off, fork and knife down, and all chores and tasks on standby—makes you feel truly special and loved. Distractions, postponed activities, or the failure to listen can be especially hurtful. Whether it’s spending uninterrupted time talking with someone else or doing activities together, you deepen your connection with others through sharing time.





Acts of Service

Can helping with homework really be an expression of love? Absolutely! Anything you do to ease the burden of responsibilities weighing on an “Acts of Service” person will speak volumes. The words he or she most wants to hear: “Let me do that for you.” Laziness, broken commitments, and making more work for them tell speakers of this language their feelings don’t matter. When others serve you out of love (and not obligation), you feel truly valued and loved.





Receiving Gifts

Don't mistake this love language for materialism; the receiver of gifts thrives on the love, thoughtfulness, and effort behind the gift. If you speak this language, the perfect gift or gesture shows that you are known, you are cared for, and you are prized above whatever was sacrificed to bring the gift to you. A missed birthday or a hasty, thoughtless gift would be disastrous—so would the absence of everyday gestures. Gifts are heartfelt symbols to you of someone else's love and affection for you.

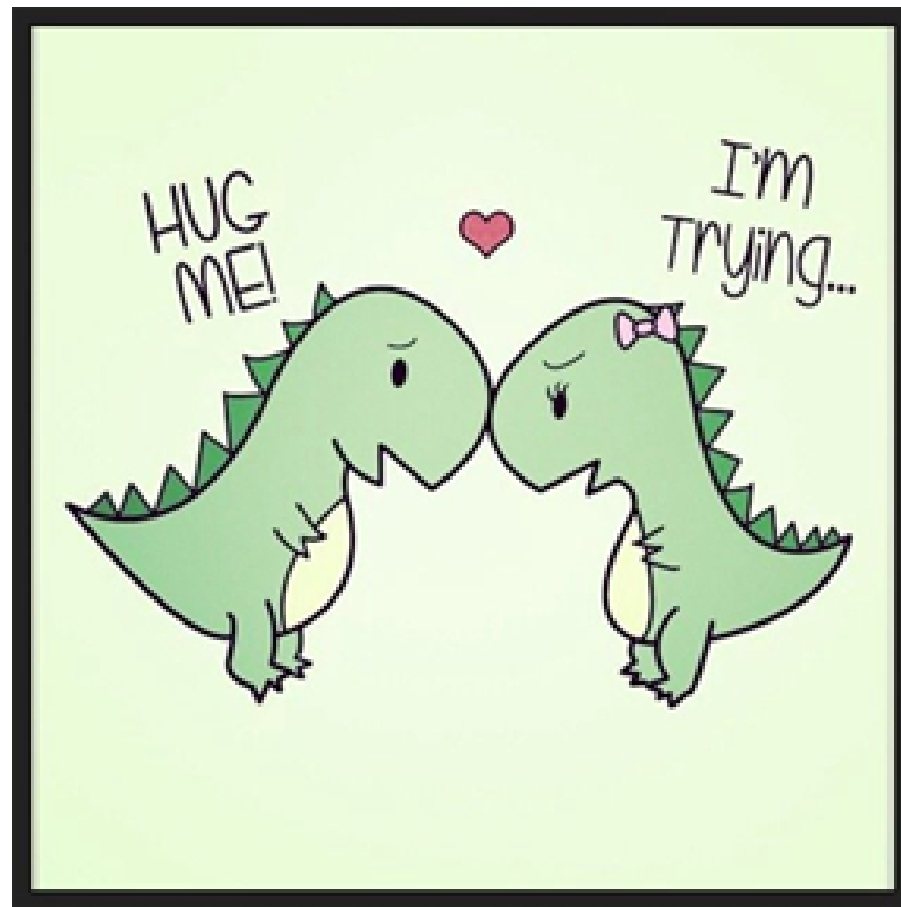


Complete the
question on the front
of your worksheet
asking if you agree
with your assigned
love language AND
WHY

Why is it important to understand other people' love languages?



Most people naturally give love in the way that they prefer to receive love.



How might this cause problems in a relationship?

Your mom has been really stressed about work lately. To cheer you up, she usually buys you a new outfit or a new video game. What can you do so that she knows you care?



Your best player is having a really rough time at home. You've really been giving her little awards to tape onto her locker and have really been upping the high fives but she really isn't responding to you showing that you care. You've recently learned from the health teacher that your player's love language is quality time. What can you do?



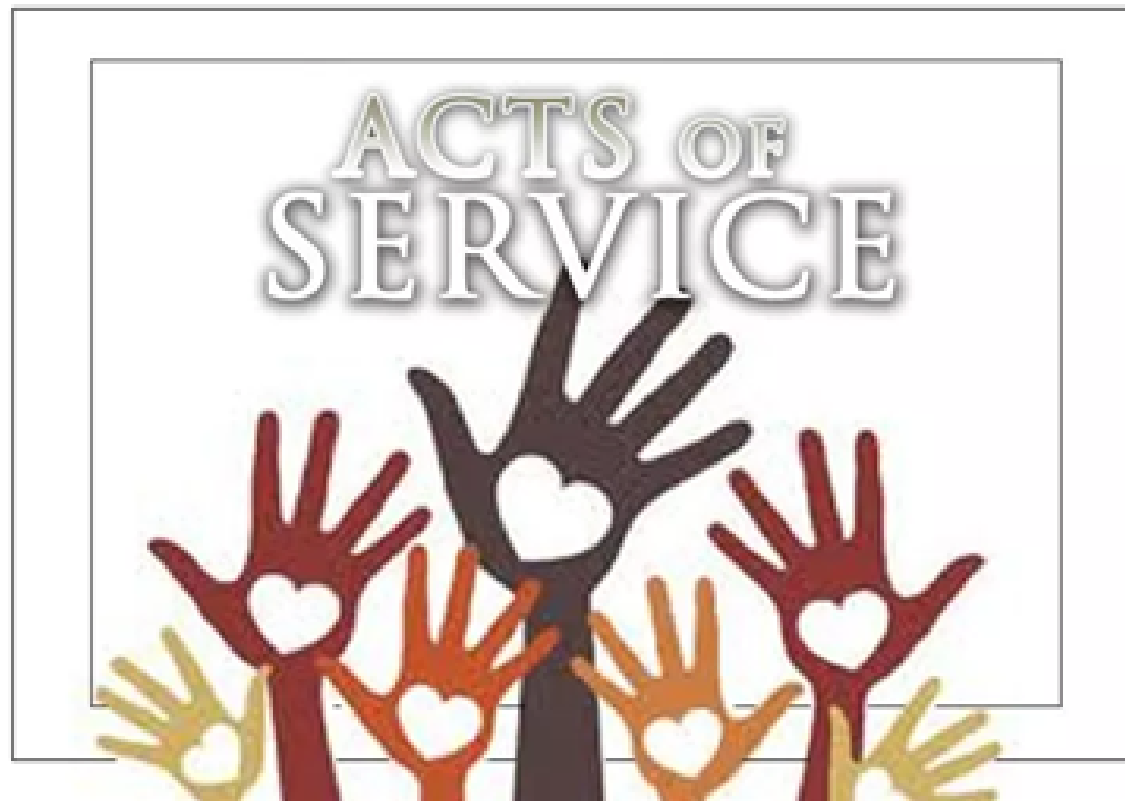
You are in a group that has a project due at the end of the week. One of your group members is a new student and not pulling their weight. You don't have time to do their portion yourself and you want to motivate them to do their part. You have a class with them and know that their love language is words of affirmation. What can you do?



Your best friend just went through a breakup. You know their love language is physical touch. What can you do next time you see them?



Your grandma just passed away and your dad is having a really hard time with it. He is really struggling with his normal day to day responsibilities. What can you do to show him you care if his love language is acts of service?



Now, show me that
you understand love
languages by
completing the back
of your worksheet.