

Five Love Languages:

Age: Any

Setting: Any

Purpose: To strengthen the bond with your child(ren) by knowing how they best receive love and the yes's and no's of communication with regard to their individual love language.

Instructions:

<i>Language</i>	<i>Actions to Do</i>	<i>Best Ways to Communicate</i>	<i>Things to Avoid</i>
<p>Words of Affirmation</p> <ul style="list-style-type: none"> ▪ Spoken or written words that confirm, empathize, support, and uplift another person 	<ul style="list-style-type: none"> ▪ Spoken words ▪ Writing cards and letters 	<ul style="list-style-type: none"> ▪ Encouraging words ▪ Compliments ▪ Affirmations 	<ul style="list-style-type: none"> ▪ Emotionally harsh words ▪ Undue criticism
<p>Quality Time</p> <ul style="list-style-type: none"> ▪ Undivided attention, intentionally setting aside time for another person, togetherness 	<ul style="list-style-type: none"> ▪ Running errands ▪ Taking trips ▪ Doing things together ▪ Going on walks ▪ Sitting/talking at home 	<ul style="list-style-type: none"> ▪ Quiet places (no interruptions) ▪ Undivided attention ▪ 1-on-1 conversations 	<ul style="list-style-type: none"> ▪ Too much time with friends or groups ▪ Isolation ▪ Gaps of time between meetings
<p>Receiving Gifts</p> <ul style="list-style-type: none"> ▪ Being given thoughtful gifts, being shown another person has been thinking of you and listening to you 	<ul style="list-style-type: none"> ▪ Giving gifts ▪ Giving time ▪ Remembering special occasions ▪ Giving small tokens 	<ul style="list-style-type: none"> ▪ Private giving of gifts ▪ Pleasant facial expressions 	<ul style="list-style-type: none"> ▪ Materialism ▪ Forgetting special events
<p>Acts of Service</p> <ul style="list-style-type: none"> ▪ Doing something for another person you know they would like, can be everyday acts or ones that go beyond expectations 	<ul style="list-style-type: none"> ▪ Assisting with house chores ▪ Ongoing acts of helpfulness ▪ Exchanging of chores 	<ul style="list-style-type: none"> ▪ Say: "What can I do for you" ▪ "I will stop and get..." ▪ "Today, I did...for you." ▪ Making a checklist 	<ul style="list-style-type: none"> ▪ Forgetting promises ▪ Over commitment of tasks ▪ Ignoring
<p>Physical Touch</p> <ul style="list-style-type: none"> ▪ Physical affection, physical closeness 	<ul style="list-style-type: none"> ▪ Hugs ▪ Pats ▪ Touches ▪ Sitting close 	<ul style="list-style-type: none"> ▪ Pleasant facial expressions ▪ Mostly non-verbal 	<ul style="list-style-type: none"> ▪ Physical harshness ▪ Corporal punishment ▪ Threats