



Life Skills

The 5 Love Languages

Class Structure

Week #1: Intro & Words of Affirmation

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Week #2: Acts of Service

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Week #3: Receiving Gifts

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Week #4: Quality Time

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Week #5: Physical Touch

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Week #6: Review



— The Five Love Languages —

What are love languages?

Week 1: What are Love Languages?

- *People feel loved in different ways. Some people like...*
 - to be told they're loved
 - others to do good deeds for them
 - to receive little gifts
 - to spend time together
 - to be hugged
- Let's talk about all of these!

Week 1: Words of Affirmation

Compliments

Encouragement

Thanks

Text

Note

Verbally

Publically

- “I really appreciate when...”
- “You are such a great...”

DON'T CRITIQUE





Words of Affirmation Video Debrief

- What languages did you see the violin player receive?
- How do you know which language the violin player loves?
- How can you show this love language to your...
 - Parent(s)?
 - Friend(s)?
 - Brother(s) and/or Sister(s)?
 - Teacher(s)?

Week 2: Acts of Service

Clean their room

Wash their car

Shovel the snow

Cook for them

Help with homework

Give them a ride

- Actions speak louder than words

DON'T GIVE OTHERS PRIORITY





Acts of Service Video Debrief

- What languages did you see the mom receive?
- How do you know which language the mom loves?
- How can you show this love language to your...
 - Parent(s)?
 - Friend(s)?
 - Brother(s) and/or Sister(s)?
 - Teacher(s)?

Week 3: Receiving Gifts

Flowers, chocolates, concert tickets, video game, shoes, coffee, soda, pringles, pizza, paper crane, tacos

- Doesn't have to cost anything

DON'T FORGET MAJOR EVENTS

(birthday, anniversary, new job, etc.)

BE VERY GRATEFUL FOR GIFTS THEY GIVE YOU



<https://vimeo.com/125468851>

Receiving Gifts Video Debrief

- What languages did you see the girlfriend receive?
- How do you know which language the girlfriend loves?
- How can you show this love language to your...
 - Parent(s)?
 - Friend(s)?
 - Brother(s) and/or Sister(s)?
 - Teacher(s)?

Week 4: Quality Time

Sit, listen and talk

Take a walk together without phones

Listen to music together

Talk about your greatest memories and your dreams for the future

- “Full, undivided attention”

DON'T NETFLIX, CHECK YOUR PHONE,
ETC.





Quality Time Video Debrief

- What languages did you see the friend receive?
- How do you know which language the friend loves?
- How can you show this love language to your...
 - Parent(s)?
 - Friend(s)?
 - Brother(s) and/or Sister(s)?
 - Teacher(s)?

Week 5: Physical Touch

APPROPRIATE

Hold hands

hug, caress,

walk arm-in-arm,

cuddle,

arm around their shoulders

DONT' WAIT TOO LONG TO TOUCH





Physical Touch Video Debrief

- What languages did you see the boyfriend receive?
- How do you know which language the boyfriend loves?
- How can you show this love language to your...
 - Parent(s)?
 - Friend(s)?
 - Brother(s) and/or Sister(s)?
 - Teacher(s)?

Week 6: Review



— *The Five Love Languages* —

What are love languages?

Week 6: Review

Which love language is yours?

Which love language is your Parent(s)?

Which love language is your sibling(s)?

Which love language is your best friend(s)?

What are some specific examples?

What will you do differently now that you know the 5 love languages?

