

YOU ARE LOVED

LESSON PLAN: Using the Emotes book “You Are Loved” to help children understand the concept of love, and to encourage the expression of kindness and care towards others.

SYNOPSIS: This is a picture book that uses simple and straight forward sentences to explore various ways that love can be expressed. Using lush and colorful illustrations, along with short stories and examples, this book encourages dialogue on what love means, and how to show love and care for others.

GRADE LEVELS: Preschool and up.

OBJECTIVES:

1. To reinforce the message that everyone deserves love.
2. To increase self-esteem by encouraging messages of self-love.
3. To foster discussion on different ways to express love.
4. To emphasize the importance of accepting and respecting others.
5. To encourage kindness and empathy towards others.
6. To positively reinforce the concepts of love and kindness.

DIRECT TEACHING:

1. Ask the group for ideas on what love means. Does the class know what the word love means? Emphasize that love can mean many different things to many different people.

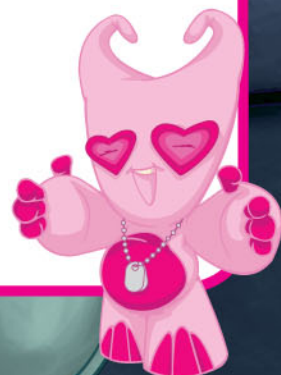
“Love is a very important feeling. It makes us feel good, and helps us to have friends and families to take care of us.”

2. Prepare to read the book, “You Are Loved” out loud to the class:

“Let’s read a story together, and go on a journey to find out all about love and what love might mean....”

3. Read aloud, pausing to highlight illustrations. You might have children take turns revealing the answers to the “What Is Love?” section on page 41.

4. Read the section “Some Things To Remember About Love...” and use this as an introduction to a discussion using reflection questions. Refer to the specifically cited pages of the book to enhance discussion.





YOU ARE LOVED



REFLECTION QUESTIONS:

1. Who are some people that you love?
2. Who are some people that love you?
3. What is something that you could do to show someone that you love them? How would you like someone to show you that they love you? (Pages 13-15)
4. Have you ever become angry at someone that you love? If you hurt the feelings of someone that you love, what are some things you could say to remind them that you love them? (Page 22)
5. To love yourself means to be proud of who you are and how you feel. What are some things that you love about you? (Page 23)
6. It's also important to accept and love others, even if they might be different than you. (Pages 23-24) What are some things that you love about someone else?
EX: "Tom's shoes. Ann's laugh. When Carlos draws cool pictures, etc."
7. Everyone deserves love! Can you name some examples of people that you know that deserve love? (Pages 30-31)
8. Is it important to show people that you love them? Why or why not? Ask for other examples of how love could be shown to someone else.
"The Language of Love" (Page 35)
9. When an adult that loves you says that you've done something wrong, does it mean that they have stopped loving you? How about if they become angry? How could you remember that their love has not gone away?
10. What are some things that you could do everyday to remind you about the importance of love and caring for others?

ACTIVITIES:

"Love Letters"

Encourage and reinforce the expression of love, by having children design and create letters or cards for someone that they love. Assist children in coming up with positive messages, including at least one reason why the child loves the other.

EX: I love my dad because...

Provide various art materials to help children express their love creatively and artistically.

Materials: Blank and colored paper, pencils, crayons, markers, glitter, stickers, etc.

"Love Is Like..."

Refer back to pages 9-12. Discuss how different experiences, memories or things can feel like love. Help children to brainstorm things that remind them of love, or that make them feel loved.

EX: "My mom's chocolate chip cookies" "When I come home from school and my brother is waiting for me" "My favorite teddy bear"

Have group members draw and color these examples. Encourage the importance of remembering that: "YOU ARE LOVED"

Materials: Blank and colored paper, pencils, crayons, markers etc.

