



In this whole class activity, every student will anonymously write one character trait they love about every other student in the class.



One envelope and pencil per student; scraps of paper, index cards or post-it notes for every student (every student needs enough pieces of paper to write one note to every other student in class)

Total Prep Time: 5 mins.



As this is the fourth Monday of the month, please consider sharing or re-sharing the Monthly Kick Off activity. Additionally, a three-minute recap of the previous weeks may add extra context to this week and help connect the dots around the monthly theme.

Special Note: Consider starting class with the “Picture Book Discussion” activity from the “Extension” section of this lesson.

| 4 C's | SOCIAL & EMOTIONAL LEARNING | SERVICE LEARNING |
|---------------------|-------------------------------|------------------------|
| • Critical thinking | • Self-awareness | • Integrated learning |
| • Communication | • Self-management | • High quality service |
| • Collaboration | • Social-awareness | • Collaboration |
| • Creativity | • Relationship skills | • Student voice |
| | • Responsible decision-making | • Civic responsibility |
| | | • Reflection |
| | | • Evaluation |

GOALS FOR THE WEEK

- **DISCOVER** how your ideas and expectations about LOVE are shaped by the media and how you can create healthier definitions of LOVE.
- **ENGAGE** with peers to perform songs that celebrate and foster LOVE.
- **UNDERSTAND** that telling someone what makes them unique is an invaluable way to make them feel valued and loved.



STUDENT ACTIVITY: LOVE NOTES

1) SHARE THE NAME OF THIS ACTIVITY WITH STUDENTS: **LOVE NOTES**

2) CONSIDER ASKING 1-3 QUESTIONS FROM THE LIST BELOW TO WARM STUDENTS UP ON THE ACTIVITY'S FOCUS:

***NOTE:** *Choose questions appropriate to your students' ages, grades, ability levels, and classroom goals. Students may share their answers in pairs, small groups, or as a large group.*

- What are some compliments you have given to other people?
- What are the best compliments you have ever received?
- Do you ever tell people when you notice they have a unique or valuable character trait, such as being honest, helpful, funny, optimistic, considerate, observant, brave, etc.? Why or why not?
- Do you ever see someone doing something you admire or respect but do not compliment them for it, like when you see someone practicing hard for a test, helping an elderly woman onto the bus, sticking up to a bully, etc.?
- Do you ever want to compliment or praise someone, but don't speak up? Why?
- Do you ever appreciate something someone has done for you but don't tell them? Why?

3) SET UP THE "LOVE NOTES" ACTIVITY:

- **Explain:**
 - Sometimes, when someone gives a genuinely compliment or someone expresses appreciation for what we do, it lifts us up – especially when we are feeling low.
 - We don't always notice the cool things we do.
 - Sometimes, it helps to be reminded.
 - However, do we tell others how much we appreciate them or compliment them.
 - Telling someone what you LOVE, admire or appreciate about them may be the best way there is to spread LOVE and help others connect to YOU MATTER.
- **Ask:**
 - How does giving someone a genuinely compliment help them connect to YOU MATTER?

4) START THE "LOVE NOTES" ACTIVITY:

- **Explain:**
 - Today, you will make time to spread LOVE and appreciation by anonymously writing just one character trait you LOVE about every other student in the class
 - You will write just one character trait (descriptive word) to describe your classmate - to show your classmate what you LOVE, appreciate or admire about them.
 - Examples: authentic, leader, creative, unique, helpful, kind, brave, etc.
 - When you are done writing one note for every classmate, you will put your cards in each student's envelope so they can read them later and feel the LOVE and appreciation.
- **Distribute one envelope and pencil per student, and scraps of paper, index cards or post-it notes (every student needs enough pieces of paper to write one note to every other student in class).**
- **Allow time for students to write one note for every other student.**
 - Remind students to write the student recipient's name on each note
 - Remind students to write just one character trait (descriptive word) to describe each classmate and put their notes in each classmate's envelope.
- **Get ready for reflection.**

5) AFTER THE ACTIVITY, CONSIDER ASKING 1-3 OF THE FOLLOWING QUESTIONS TO HELP STUDENTS REFLECT ON WHAT THEY'VE ACCOMPLISHED AND HOW THEY CAN TAKE THIS FORWARD:

***NOTE:** *Choose questions appropriate to your students' ages, grades, ability levels, and classroom goals. Students may share their answers in pairs, small groups, or as a large group.*

- How do you think you and your classmates will feel when you read your notes?
- Why is it important to tell people what you appreciate, respect and LOVE about them?
- Why is it important to tell people what you simply notice about them in terms of who they are as a person and what character traits they embody?
- Is there anyone else in your life you want to write a NOTE to in order to CELEBRATE LOVE? How can you do this?
- How does writing these kinds of LOVE NOTES help you and others GET LOVING?
- How does writing LOVE NOTES help connect you and others to how much YOU MATTER?

6) THANK STUDENTS FOR SHARING THEIR "LOVE NOTE" IDEAS AND REFLECTIONS WITH THE CLASS. REMIND STUDENTS THAT love brings so much joy and light to our lives and to the world. Celebrating love matters.

7) CHECK IN WITH STUDENTS ON ANY PLANS THEY HAVE TO SHARE MORE "LOVE NOTES" WITH FRIENDS, FAMILY AND/OR COMMUNITY MEMBERS IN THE FUTURE. Challenge students to write love notes that create more love in the lives of friends, family and community members who may be experiencing the best and worst times of their lives.

8) CONSIDER CONTINUING TO EXPLORE "CELEBRATE LOVE" BY LEADING ONE OR MORE OF THE EXTENSION ACTIVITIES.



EXTENSION IDEAS:

DO ONE OR MORE OF THESE EXTENSION IDEAS TO BRING THE LESSON FROM 15 MINUTES TO 30 MINUTES OR MORE.

- 1) **Picture Book Discussion:** Students watch the read along video of the book, *I Am Love* by Susan Verde <https://bit.ly/2ZzCXQS> and discuss what they can learn from the book to foster love and compassion in themselves and others.
- 2) **Teacher Notes:** Write and deliver letters of thanks and appreciation to former teachers and other staff members.
- 3) **Inner Voice:** Students write a letter of love, appreciation and encouragement to their future self to open in one or more years.
- 4) **ELA Connection:** Students write a literary analysis essay to define what love means to them and cite two examples of healthy love from film or literature.
- 5) **Social Studies Connection:** Students research and write about a famous love letter from history, including details about the historical figures involved and the specific historical context of the love letter (Ernest Hemingway, Beethoven, Georgia O'Keefe, Oscar Wilde, Beethoven, Ronald Reagan, George H. Bush, Napoleon, Frida Kahlo, Henry VIII, etc.)

“ LOVE ALWAYS CURES PEOPLE - BOTH THE ONES WHO GIVE IT AND THE ONES WHO RECEIVE IT. ”

- KARL MENNINGER, AMERICAN PSYCHOLOGIST, WHO PIONEERED MANY MODERN METHODS OF PSYCHIATRIC TREATMENT WITH HIS FAMILY (1893 - 1990)