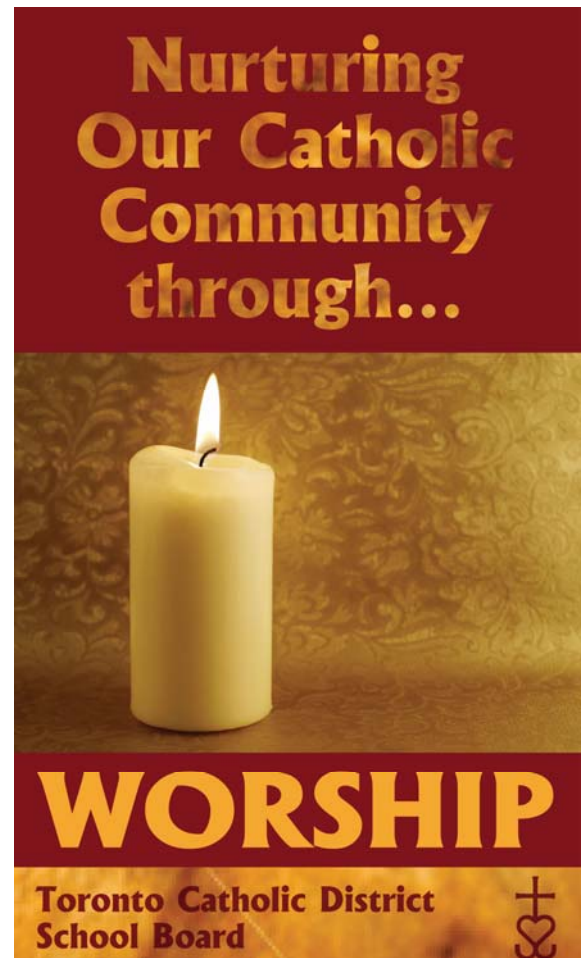


Discussion Starters/ Reflection Ideas/ Activities

- Write or draw a tribute to someone or something that you love in your life. What do you love about this presence in your life? Why do you love this person?
- Write about what completes you. It does not have to be a person; it could be your work, an experience in nature, a hobby, etc.
- If you have a “special someone” in your life, share the story of how you met and/or how your love for each other has grown over time.
- What book or movie contains your favourite depiction of the power of love?
- Have members of your family or group make a list of ten things they love most and then talk about why these “things” bring happiness to your life.
- As a class create an art collage, school wide announcement or project which enables you to be signs of love in the world.
- The next time you hear a love song on the radio, be reminded of the importance of vocalizing to the ones you love the reasons why you love them. Tell those you love that you do--often!
- Try any one of these once each day in a simple way: Demonstrate your love for specific people in some concrete way. Find a community program that helps you feed the hungry, shelter the homeless, care for



those in physical need. Offer a feeling response to the emotional needs of people in your life: compassion for the afflicted, comfort for the grieving, forgiveness of injury.