

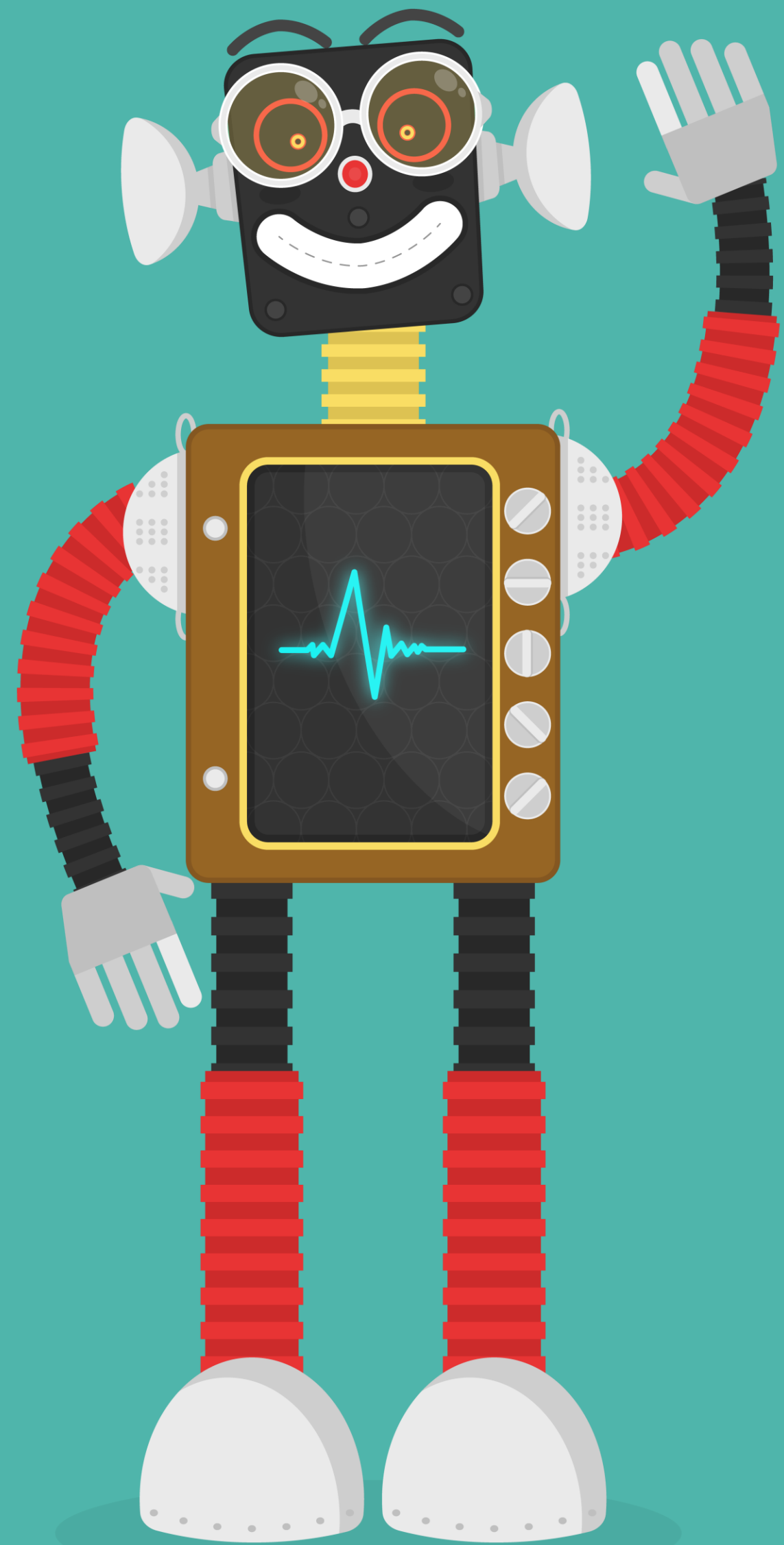
Please find a seat and
leave a space for your
child.

Remember to sign in
and collect a pack
ready for today.

Help yourself to tea or
coffee and a biscuit or
two!

HeartSmart@Home – What is the plan?

Timings		Session overviews:
1.45pm	A hot drink and an informal chat	<ol style="list-style-type: none"> 1. Get HeartSmart (10th January) 2. Don't forget to let love in (24th January) 3. Too much selfie isn't healthy (7th February) 4. Don't hold onto what's wrong (21st February) 5. Fake is a mistake (7th March) 6. No way through, isn't true (21st March)
2pm	Introduce the principle for the session. Mrs Poole & Mrs Spiers lead this presentation.	
2.15pm	Your child/ren join the session and complete some activities with you in relation to that day's focus.	
2.45pm	Your children go back to class and we have a discussion about the session. We set homework to be completed before the next session.	
3pm	Finish	

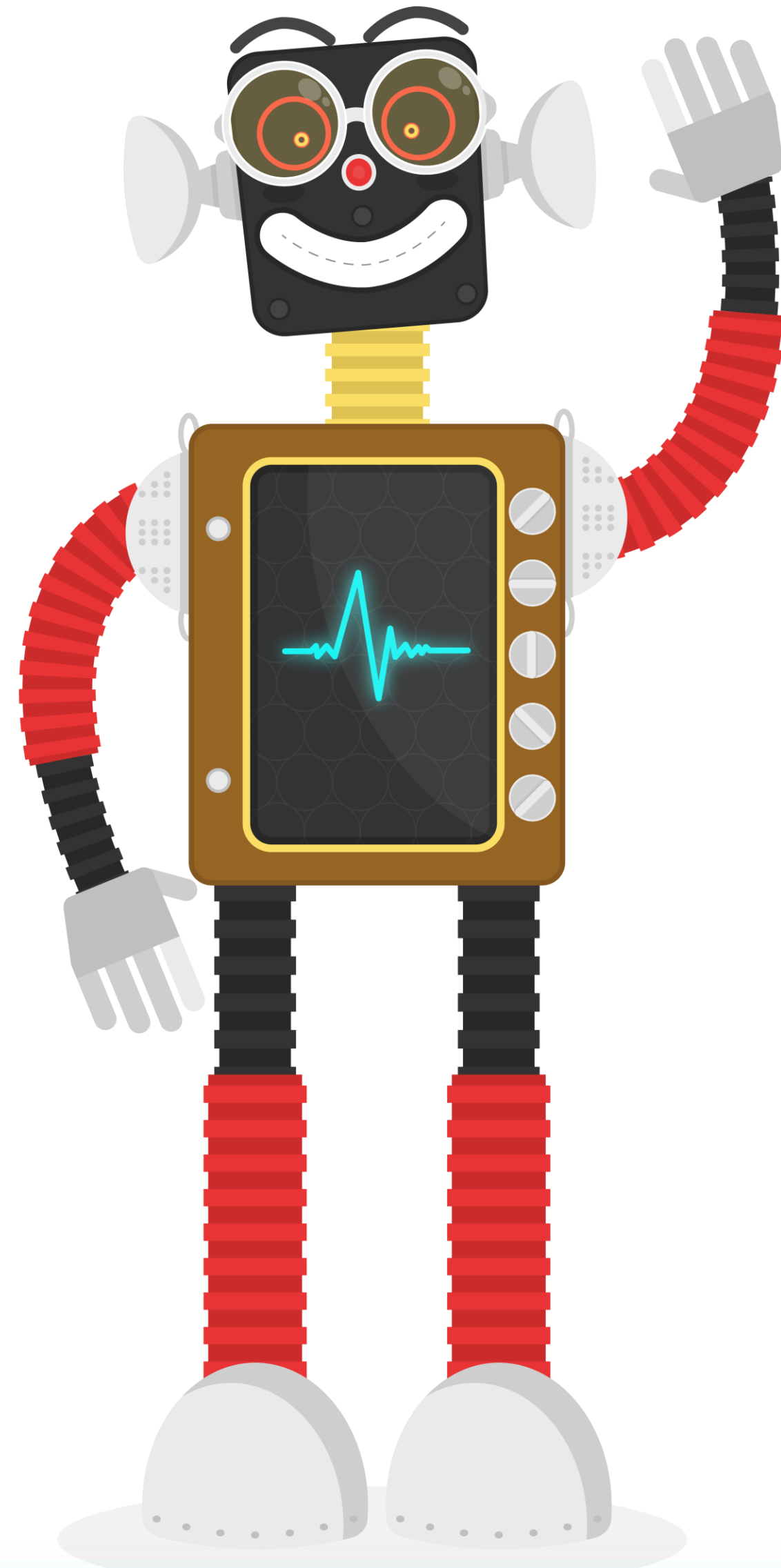


Don't
forget to let
love in!



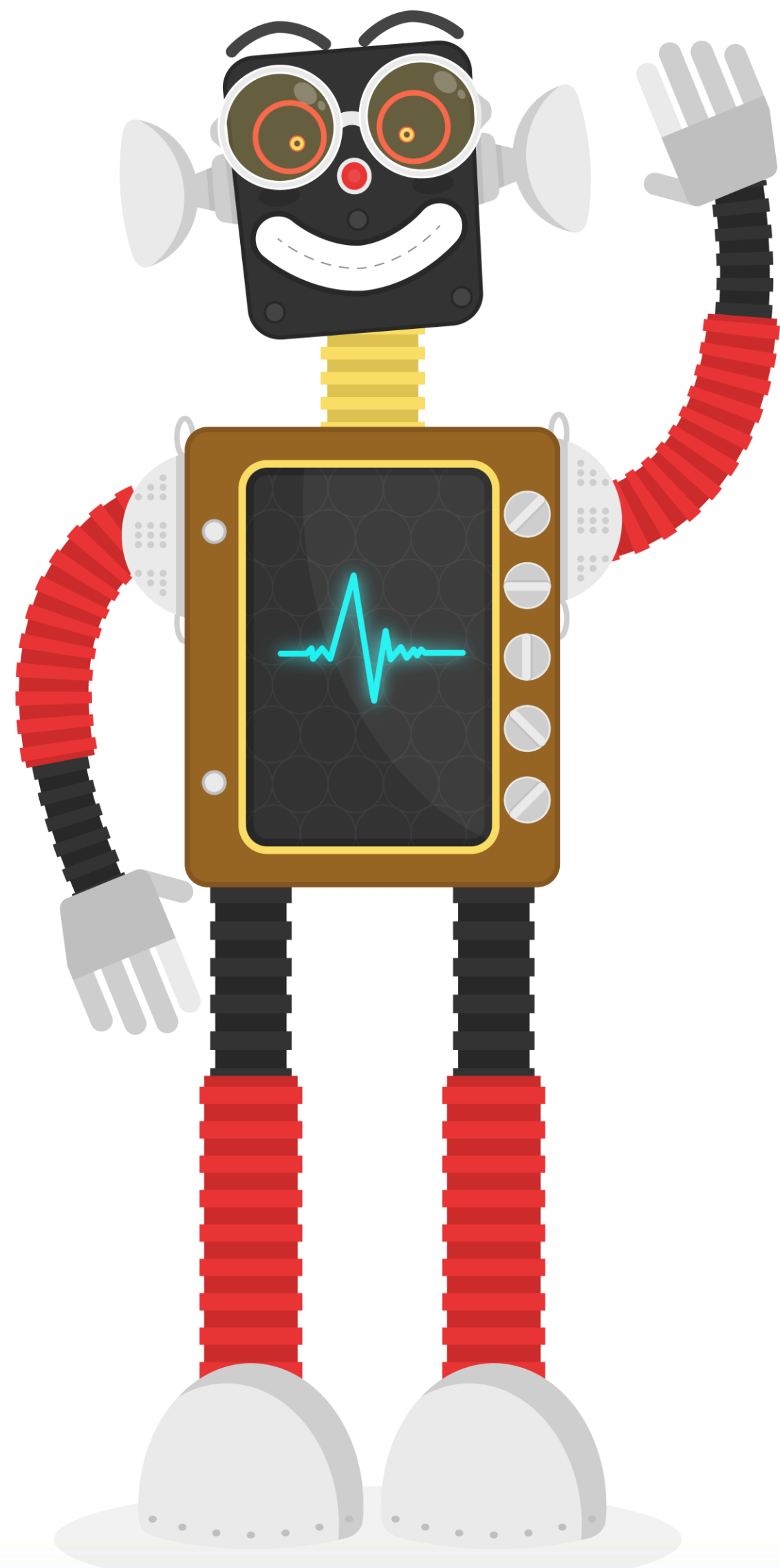
Get HEARTSMART





Get HEARTSMART





Welcome children!

Don't forget to let love in!

Let's hear all about this principle, straight from the creator himself...

<https://www.heartsmartv.com/carousel/videos/heartsmart-high-five>

Task One – Discover your Love Language

The Five Love Languages

1. Words of Affirmation

2. Gifts

3. Acts of Service

4. Quality Time

5. Physical Touch

Don't Forget to Let Love in!

5 LOVE LANGUAGES TEST FOR ADULTS

Getting started: Each box has two statements. Read each pair and choose the one that better reflects your preference. In some pairs, both might be true, choose which is most like you and circle that letter. When you have finished count how many A,B,C, D and E's you have circled. Write your scores at the end of the sheet to find out your love language.

B. I like to receive notes of affirmation.
A. I like to receive hugs.

E. I like to spend time with family and friends.
C. I like to receive words of affirmation.

E. I like to spend time with people one to one.
D. I like it when people help me.

D. I know some people who love me.
B. Words of affirmation are important to me.

Don't Forget to Let Love in!

5 LOVE LANGUAGES TEST FOR CHILDREN

Getting started: Each box has two comments that parents/carers may say to their children. Read the two comments, choose which **one** comment you would prefer to hear and circle that letter. When you have finished count how many A,B,C, D and E's you have circled. Write your scores at the end of the sheet to find out your love language.

A Give me a hug!
B You are terrific!

B You did a great job!
C You've earned a special surprise!

C I've got a special birthday present for you.

D You can invite your friends.

The Five Love Languages

1. Words of Affirmation

2. Gifts

3. Acts of Service

4. Quality Time

5. Physical Touch

Mostly..	Your Love Language
As	Physical Touch
Bs	Words of Affirmation
Cs	Gifts
Ds	Acts of Service
Es	Quality Time

How many A's did you circle? _____

A's stand for physical touch. People whose love language is physical touch like to receive hugs, kisses, and high-fives.

How many B's did you circle? _____

B's stand for words of affirmation. People whose love language is words of affirmation like for others to use words to tell them that they are special and that they do a good job.

How many C's did you circle? _____

C's stand for gifts. People with the love language of gifts feel good when someone gives them a special present or surprise to show they are thinking of them.

How many D's did you circle? _____

D's stand for acts of service. A person whose love language is acts of service likes it when others do nice things for them such as helping with chores, helping with school projects, or driving them places.

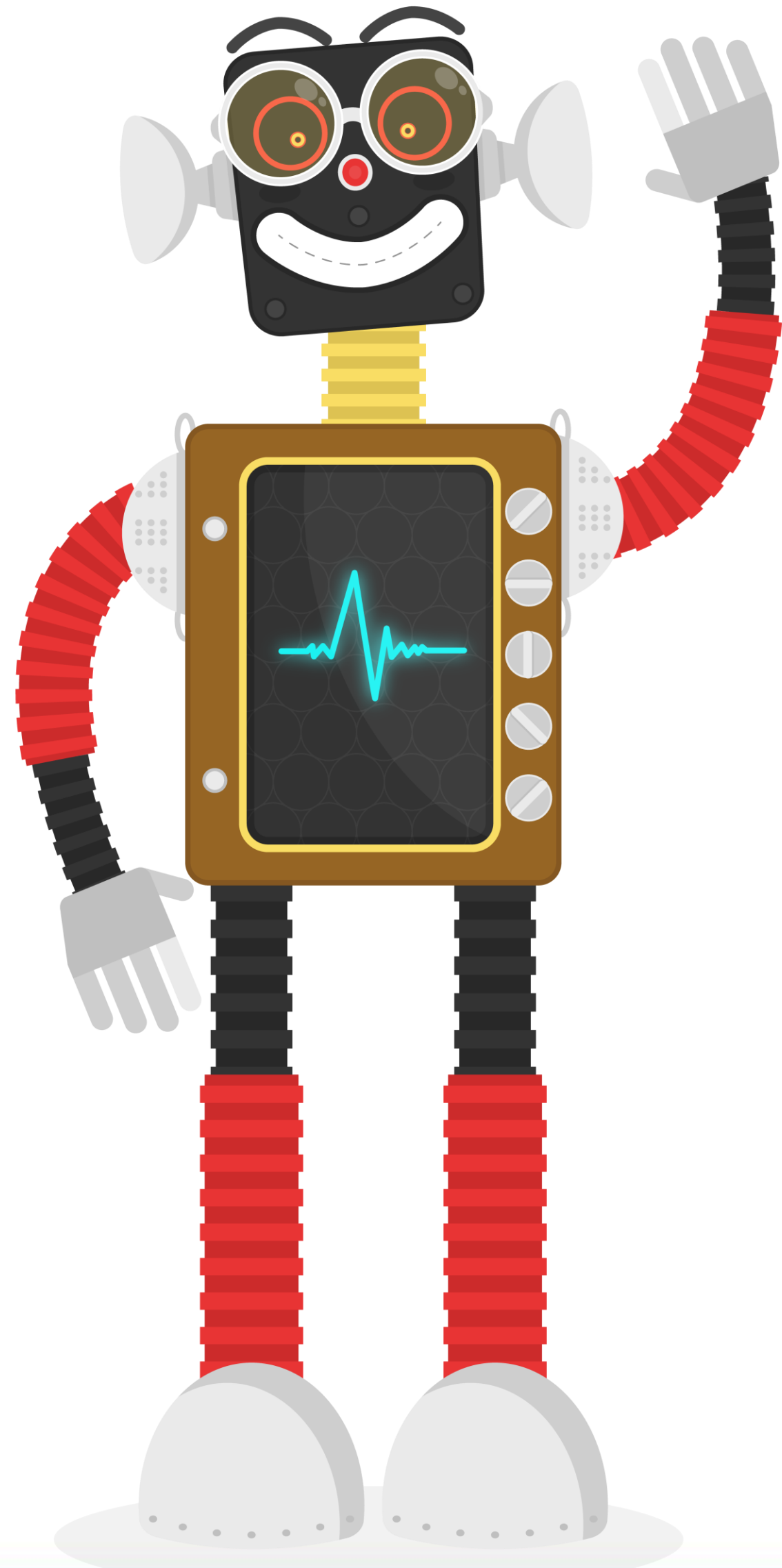
How many E's did you circle? _____

E's stand for quality time. People with the love language of quality time like it when others do things with them like play a game, watch television, or go on an outing.

Task Two – Create a Positivity Jar (for those times when we need to let a bit of love in)



You are kind.
What a super friend you
are!
I'm really proud of
you.
I really like your smile.



Thank you so much for
joining us children –
you may go back to
class

Things to consider...

What was your child's love language? Was it what you expected?

How could this reflect a change in the way you manage their emotions at home?

What was your love language? How could this impact at home?

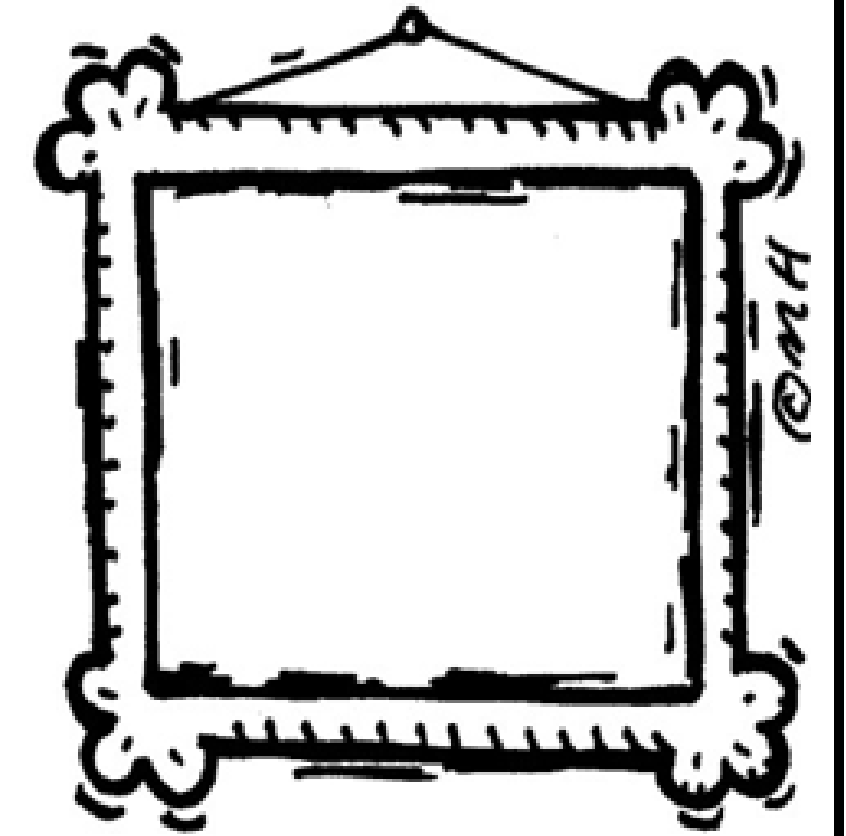
Are there particular situations when your child might need topping up with love?

Homework Task

Together, create a fact file for each member of your family



Fact



- Name :
- Age :
- Favourite food :
- Favourite colour :
- Love Language :

