



Teaching Truth - Empowering Kids to Shine

When I'm shining with

**LOVE**

# Teaching Tips and Activities





## Hello and welcome to the Kids Light Up 'Teaching Tips and Activities' on LOVE.

The friendship and social skills in this story centre on developing a deep sense of identity in who you are. Knowing you are loved and accepted for being yourself promotes self-worth, self-acceptance and sky-rockets self-confidence.

### Teaching Tips:

- Be genuine. If you don't know the answer to children's questions say so. Then search out the answer together.
- Be present in your child's here and now i.e., Does your behaviour communicate to your child right now that they are loved for who they are? Kids are always watching to see if words and actions of adults match up. So PLAY together! Go outside!
- Practice the art of **active** listening. This means listening to reflect back what you have heard, not listening to formulate your reply! As adults, we often we want to solve kid's problems. It is more empowering for children to be offered the opportunity to think and speak, and by doing so, come up out with their own solutions. This process is fantastic at building resilience!
- Look for opportunities to **affirm** your child. Catch them in moments throughout the day and acknowledge their effort! This builds self-confidence as children realise they are awesome at being themselves! There is a difference between praising a child and encouraging them. Focus on encouragement as it promotes gratefulness.
- Build a sense of belonging and community. Start family traditions such as sharing your highlights from the day around the meal table. Or go for a walk together and show love to your community by placing a note of care in an elderly person's letterbox, smiling and saying 'hi' to 3 people you don't know yet or drawing a rainbow on the footpath to brighten people's day!
- Teach children that LOVE is for everyone and LOVE is a gift. When you give LOVE to others most times it comes back to you, a bit like a boomerang. Showing LOVE means putting others feelings or needs before your own. When we teach children to put others first, it builds within them a sense of trust and quiet confidence. They learn that they



will get what they need and they will not miss out when we give what others need first.

**The activities** focus on discovering your own LOVE language, realising your gifts and talents and noticing that we are all unique and different. We show respect for diversity in others when we learn to accept differences in others and show inclusiveness. These activities aim to help children recognise when we can show LOVE to others. When children think and act for the benefit of others, trust and friendship skills develop.

These resources can be used with one child, your family members, a small group or a whole class.

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**What makes you feel LOVED?  
1.1 Poster**

When I'm shining with LOVE  
You are free to just be  
A reader of books  
A climber of trees



## What makes you feel LOVED?

### 1.2 Activity

Read the words on the poster (1.1) together. Discuss 'what you like to do' and 'what you are good at'. Have everyone share their ideas, including adults! Everybody listen to each other.

We are all different and like to do different things. We can use our different gifts and talents for the benefit of others. This is how we operate best together.

Play a game: 'You are good at...' and 'I am good at...'

Take turns stating what you are good at (or likes to do) then what the person on your left is good at (or likes to do). Then the person on the left states the same. Keep going until everyone has had a turn.

Ask children to draw/paint/create/make something about what they like to do/are good at. Display their work to remind everyone that we are all different.

Complete Activity 1.3 together – you can do this lots of times and make into a book!



**What makes you feel LOVED?**  
1.3 Activity

Draw and write.

I am good at



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## What makes you feel LOVED?

### 1.4 Discover your favourite way to feel LOVED

Look at the chart below. Talk together about the ways that especially make you feel LOVED. Add in your ideas!

#### Words

- Compliments
- Saying 'I love you'
- Great Job!

#### Affection

- Hugs
- High fives
- Fist bumps
- Thumbs up

What is your favourite way to feel LOVED?



#### Actions

- Helping
- Listening
- Fixing something

#### Quality Time

- Playing together
- Reading
- Walking

#### Gifts

- Make a card
- Art
- Cook

**Showing LOVE to others**

2.1 What does LOVE look like? Poster

Being generous.



Ask a question.



Being helpful.



Care for someone.



Ask someone to play.



Share a toy.





## Showing LOVE to others

### 2.2 Activity

Begin by reading 'When I'm Shining with LOVE'. Talk about what is happening in the illustrations. Ask some questions like:

What does LOVE look like?

When do you feel LOVE?

How can you show LOVE to others?

What does 'LOVE your neighbour' mean? Who is your neighbour?

Look at the Poster (2.1) together. You may like to print it out on A3 sized paper. Discuss opportunities for when children can show LOVE to others. Children may add their own suggestions. Write them on the poster.

Introduce the 'Shine your light' tickets (2.3). Print and cut out. The idea is for children to notice themselves or others 'Shining with LOVE' during the day.

Children may come to you during the day with things they have noticed, or you may set up a discussion at the end of the day for the children to talk about who they noticed shining with LOVE. Write the child's name at the top of the note, then include what they did to 'Shine with LOVE'.

You can keep adding in subsequent days to the poster. Alternatively, you could put them in a giant LOVE jar, or place them on a tree or a vine display on the wall.



## Showing LOVE to others

### 2.3 'Shine your light' tickets



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Was shining with LOVE  
Because  
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Was shining with LOVE  
Because  
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Was shining with LOVE  
Because  
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Was shining with LOVE  
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