



## Action Languages

*Offering kindness and love shapes children's values and provides opportunities to develop kindness. Ultimately, this improves their lives, perspectives, and approach towards the world around them. Sometimes we show love to different people in different ways and it is important to know the appropriate way for each person.*

With your child, take turns coming up with creative ways to show love. Examples could be greeting someone, opening the door for someone, kissing boo boos, or showing appreciation. Create a game where you and your child act out your love without using words so that the other can guess what you are doing. Feel free to use photographs and gestures to show the love to different people such as family, friends and people you and your children are meeting for the first time.

### Learning on the Go!

- Running errands with your child? Great! Allow your child to open the door for the person behind them as they enter or leave a store
- Hanging with family and friends? Give the person you love a big hug and ask your child if he or she would like to do the same.
- Talk a walk in the park with your child? Awesome! Say "Hi! Have a great day!" to others passing by and encourage your child to do the same.



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Share with us! We would love to see how you did with this activity. Use the hashtag #grow2gether so we can find it!

