

CELEBRATIONS

Imagine it's a special day. It could be your birthday, or a day that marks achieving something big. **What would help you to feel loved and celebrated?**

Recognize how you receive love

SUPPORT FOR SETBACKS

Imagine you have had a long week and have experienced some setbacks. You are feeling low. **What would make you feel supported and cared for?**

EVERYDAY APPRECIATIONS

Think about your everyday life and the people you are surrounded by on a day-to-day basis, at home, work, in your community and beyond. **What makes you smile? What makes you feel seen & heard?**



Recognize how you give love



RECEIVING GIFTS

Receiving gifts shows someone a tangible expression of your love. These gifts don't have to be expensive or big. Think of them as tokens that tell someone you were thinking about them.

What this can look like:

- + Leaving secret notes of appreciation for someone to discover
- + Making someone a playlist
- + Bringing someone baked goods/treats
- + Picking flowers for someone

QUALITY TIME

Quality time is all about spending quality time together! It's about receiving someone's undivided and focused attention.

What this can look like:

- + Sharing experiences together
- + Hanging out in small groups or 1:1
- + Having uninterrupted time together

PHYSICAL TOUCH

Physical touch refers to any physical way of showing affection. While this includes sexual intimacy, it also refers to any kind of touch that makes people feel cared for.

What this can look like:

- + Holding hands
- + Giving someone a handshake
- + A touch on the shoulder or hand
- + Cuddling or sitting close
- + Giving hugs

WORDS OF AFFIRMATION

Words of affirmation are written or verbal ways for people to express how much they care about someone.

What this can look like:

- + Words of appreciation (I am so grateful for you)
- + Words of support (I will always be there for you)
- + Words of encouragement (I am so proud of you, you're doing great)
- + Words of affection (I love you, I love (blank) about you!)
- + Compliments (You are so hardworking.)

ACTS OF SERVICE

Acts of services includes doing something for someone that will make them happy or help off-load a task from their to-do list.

What this can look like:

- + Cooking dinner
- + Proactively doing housework without being asked
- + Running an errand on your behalf
- + Helping you complete a project