

What Is

L **♥** **V** **E** **?**

Love is an action verb, it is something that you **DO** when you are thankful for another person, place, or animal. Usually, the positive and happy emotions you feel for someone or something (such as your friend, the Earth, your parents or your pets) will help you to express your love for them through your caring and kind words and actions.

What are some of the kind things that you say and do for the people, places, or animals you love?



To love other people, you must love yourself.

What are some of the ways in which you express love to yourself?



How do you know if you love someone? Love is measured by how completely you forgive their mistakes. Forgiveness may not always happen quickly.

Is it easy for you to forgive the people you love if they say or do something that hurts you? After you forgive them, do you remind them of their mistake?

