



What does
love mean
to you?

TAKE IT FURTHER:

THINK

What curiosity questions can you ask?

e.g. What does love mean to you and where is love in your life? What are some of the different types of love? What does it mean to fall in love? Why do you think some people struggle to talk easily about love? Is love a human need?

FEEL

How might different people feel about this?

e.g. What sorts of feelings do you have when you think of love or think of different people that you love? Where in your body do you experience these feelings? What are some of the feelings that you experience when you are loving someone and are being loved? What are some of the different types of love?

CONNECT

What links can you start to make?

e.g. What is the role of love in our lives? Why is love important from the moment we are born? What are the different types of love that we can see, feel and experience around us? How are these connected? Is love the same for everyone? Is love something we can understand?

EXPLORING SOCIETY | Love & Relationships



Activity ideas:

1. When you hear the word love, what do you think of and how do you feel? Take a moment of quiet to reflect on the many different thoughts and feelings that you have when thinking about love. Who do you think of? What does love mean to you and where is love in your life? What sorts of feelings do you have? Where in your body do you experience these feelings?

When you've spent time reflecting, take a piece of paper and, using old newspapers and magazines, make a LOVE collage by cutting out words, images and ideas that you reflect on when you think about the many different meanings and feelings of love.

2. In English we have one word for love, but we all know that there is not one feeling or emotion or meaning for love, and that the feelings we have for different people is different. In Ancient Greek there were many different words for love, to help differentiate the different feelings. Take a look at the 8 different types of love and talk about or think about why and how each one is different. Maybe think about which of these types of love you have experienced in your own life:

[7 different types of love](#)

3. When you think of love, what or whom do you think about? Do you think about more than just people? Take a look at this short (6 minute video) from the School of Life which explores some big questions about love and talk about them or reflect on them afterwards:

[What true love really is](#)

USE THE **EXPLORER'S GUIDE TO HELP YOU*

What other activities could you do?



RESOURCES:



[What is love?](#)

(Article | *The School of Life*)

[8 different types of love](#)

(Article | *LonerWolf*)



[What true love really is](#)

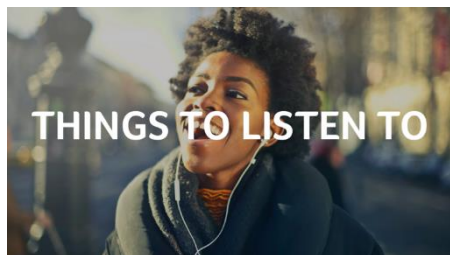
(6 minute video | *The School of Life*)

[Love and healthy relationships](#)

(2 minute video | *Myhealth teens and adults*)

[The difference between healthy and unhealthy love](#)

(12 minute video | Kate Hood – Ted Talk)



[A neuroscientist on love and learning](#)

(50 minute podcast | *Richard Davidson – On Being*)

[Modern Love](#)

(Podcast Series | *NPR Radio*)



[36 questions that lead to love](#)

(Reflective article and questions | *New York Times*)

[Meet our relationships changemakers](#)

([Bibi Gratzler](#) | [Adele Bates](#) | [Dinah Gibbons](#))



[Explore our Love & Relationships topic](#)

(A home-learning topic for 5-18 year olds | ThoughtBox)