



# Love Notes



Dear: \_\_\_\_\_

I love it when you \_\_\_\_\_

because I feel \_\_\_\_\_

and \_\_\_\_\_

Love: \_\_\_\_\_

.....

.....

Dear: \_\_\_\_\_

I love it when you \_\_\_\_\_

because I feel \_\_\_\_\_

and \_\_\_\_\_

Love: \_\_\_\_\_

.....

.....

# Love Notes Instructions

1. Cut out the two rectangular notes.
2. Fill in the blanks for your recipients. Use the words below to help!
3. Fold along the dotted lines and secure with a sticker or tape. Decorate the outside if you like.
4. Give your love note to your friend or loved one!

## Feelings Words

Calm  
Content  
Nurtured Comforted Energized  
Playful Peaceful Relaxed  
Excited Creative Adventurous  
Proud Happy Inspired  
Encouraged Free Amazed  
Confident Delighted  
Hopeful  
Relieved



## Needs Words

Fun Rest  
Caring Ease  
Growth Independence Play  
Freedom Creativity Peace  
Learning Support Respect  
Stimulation Relaxation  
Humour Acceptance  
Understanding  
Belonging  
Comfort

### Example:

*I love when you hang with me at recess because I feel excited that we can talk and tell jokes and relax.*