

Life Long Love Academy

Love & Caring Worksheet

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Affirming Words

- Ask me how I am feeling and listen to the answer
 - Compliment my appearance (with specific details)
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Quality Time

- Participate in a fun activity with family or friends
 - Create a meal together and share dinner
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Gifts

- Bring me a tasty treat or beverage
 - Buy me an inexpensive piece of jewelry or clothing
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Acts Of Service

- Clean and organize an area of the house
 - Research something I am interested in
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Physical Touch

- Massage my feet, head, neck or shoulders
- Give me a big bear hug when I get home
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