

10 Ways to Say I Love You

Love Affirmation Activity Book



About the "Love Affirmations"

First, let's start at the beginning. The Developmental Affirmations were created by Jean Illsley Clarke, a renowned author and parent educator to be life supporting messages that give people hope and direction for growth and health.

The affirmations are categorized by developmental stages of life, to offer affirmations best suited to the various stages and tasks associated with them throughout our lives.

Each of the eight stages includes one or more "Love Affirmations". While many of the affirmations imply love, the "love affirmations" specifically offer unconditional love for doing the developmental tasks at each stage.

All of the "love affirmations" are appropriate for all ages.

The Love Affirmations are:

- I love you and I care for you willingly.
- I love you when you are active and when you are quiet.
- You can become separate from me and I will continue to love you.
- I love who you are.
- I love who you even when we differ; I love growing with you.
- My love is always with you. I trust you to ask for my support.
- You are lovable at every age.
- Your love matures and expands.

Instructions:

Cut out the affirmation circles on the next page and use them for each of the activities that follow.

I love you and I
care for you
willingly.

(red)

I love you when
you are active
and when you
are quiet.

(orange)

You can
become
separate from
me and I will
continue to love
you.

(yellow)

I love who you
are.

(green)

I love you even
when we differ;
I love growing
with you.

(light blue)

My love is
always with
you. I trust you
to ask for my
support.

(dark blue)

You are lovable
at every age.

(purple)

Your love
matures and
expands.

(purple)

Activities

1

I Believe Love

Who: One or more people.

Steps:

1. Each person choose an affirmation that is easiest for them to believe and read it out loud to yourself.
- 2.If working in pairs or groups, take turns reading your chosen affirmations out loud to the group.

2

I Need Love

Who: One or more people.

Steps:

1. Each person rank the ovals according to the importance to them.
- 2.If working in pairs or groups, discuss with one other person why the top one is especially important to you right now. (If working alone, write out a journal or note entry)

3

Hearing Love Messages

Who: Two people.

Steps:

1. Each person choose two Love Affirmations.
- 2.Take turns having your partner read your chosen affirmations out loud to you.

4

Out Of Shame

Who: Two or more people.

Steps:

- 1.Choose the affirmation that will help you the next time you feel ashamed.
- 2.Tell your partner or group how you will use the message to help yourself.

5

Love For Child

Who: Two people.

Steps:

1. Each person choose an affirmation you think is important for your child to believe.
2. Take turns telling your partner three ways that you can encourage your children to believe that affirmation.

6

Take Time For Love

Who: One or more people.

Steps:

1. One person reads the affirmations out loud.
2. Each person commits to believing as much of each one as they are able to today.

7

You Are Lovable - Believe It

Who: One or more people.

Extra Materials: A sheet of paper and pen/pencil

Steps:

1. Lay the affirmations on your piece of paper.
2. Draw a face next to each affirmation to show how you feel about it.
3. If there are any affirmations you do NOT believe, draw a face of how you would feel if you did believe it.
4. Commit to saying the hard to believe affirmations to yourself for a month and visualize the way you want your face to look when you hear it.

8

Claiming Our Lovableness

Who: One or more people.

Steps:

1. Each person lay out the Love Affirmations in color order (red, orange, yellow, green, light blue, dark blue, purple)
2. Each person re-write the affirmations using all first-person pronouns.
3. Read them all out loud together:
 - I love myself and I care for myself willingly.
 - I love myself when I am active and when I am quiet.
 - I can become separate from others and I will continue to be lovable.
 - I love who I am.
 - I love myself even when I differ from others; I love growing.
 - My love is always with me. I ask for support when I need it.
 - My love matures and expands.
 - I am lovable at every age.

9

Affirming Our Lovableness

Who: Two or more people.

Steps:

1. Each person choose one Love Affirmation and hold it up.
2. Everyone reads that affirmation out loud.
3. The person receiving the message responds by saying "yes" and changing the message to first person.

Example:

Group: I love you and I care for you willingly.

Receiver: Yes, I am loved and I accept willing care. or I love myself and I care for myself willingly.

10

Affirmation Love Walks

Who: One or more people.

Slow Walk:

- Walk slowly among the ovals, feeling the energy of the affirmations.

Today Walk

- Walk slowly among the ovals until you find the one that is most helpful to you today and stand by it.
- If you're doing this activity with others, have someone read your affirmation to you, otherwise, say it out loud to yourself.
- Carry around your affirmation for a while and/or get a sticker with that message and wear it.

Future Walk

- Think of an activity that you will be doing soon or want to do well. (caring for a toddler, meeting a deadline, maintaining sobriety, taking one day at a time, celebrating life)
- Walk to the affirmation oval that you need to help you do your chosen activity well.
- Read the affirmation to yourself and ask someone else to read it to you.

Musical Walk

- Play some classical music or any music without lyrics softly.
- Place the affirmations in a large circle around the room.
- Move around the circle reading the affirmations until the music stops.
- Take turns reading the affirmations you landed on out loud.
- Repeat using a different way of moving such as skipping, hopping, etc.



Parent Coach
Connection

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For more information about Developmental Affirmations visit:

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