

Learning Guide



Love

We hope you enjoyed learning all about how love helps us feel connected and kind. Extend your learning with this print-ready Learning Guide!



What's in this Learning Guide?

Get Set to Listen

Check your knowledge before and after listening to the episode by determining if statements are TRUE or FALSE.

Vocabulary

Discussion Questions

CCSS.ELA-Literacy.SL.3-8.1; CCSS.ELA-Literacy.SL.3-8.3

Writing Prompts and Extension Projects

CCSS.ELA-Literacy.W.3-8.1; CCSS.ELA-Literacy.W.3-8.2; CCSS.ELA-Literacy.W.3-8.3; CCSS.ELA-Literacy.W.3-8.4; CCSS.ELA-Literacy.W.3-8.7; CCSS.ELA-Literacy.W.3-8.8

Write a Non-Romantic Love Letter: Activity Guide & Template

CCSS.ELA-LITERACY.W.5.4 & W.5.5; CASEL: Relationship Skills

Physiology of Love Diagram

NGSS: Systems and System Models; CCSS.ELA-LITERACY.W.5.2; NHSS Standards 1 & 4

Kindness Challenge

CASEL: Self-Awareness, Social Awareness, Relationship Skills, Responsible Decision-Making; CCSS.ELA-LITERACY.SL.3-5.1; CCSS.MATH.CONTENT.3.MD.B.3; CCSS.MATH.CONTENT.4.MD.B.4; C3 Social Studies: D2.Civ.6.3-5;

Affirmations

CASEL: Self-Awareness, Self-Management, Social Awareness, Relationship Skills, Responsible Decision-Making; VA:Cr1.1.3-5

Ways to Love Yourself & Others

Additional Resources and Book List



The Children's Hour
kids public radio

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<https://www.childrenshour.org/love/>



Get Set to Listen

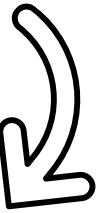
1. Before listening!

Read each statement and write TRUE or FALSE based on what you already know.



2. After listening!

Based on what the experts said in the episode, write TRUE or FALSE.



Before Listening	TRUE or FALSE?	After Listening
	1. The celebration of love in February goes back to the ancient Roman holiday of Lupercalia, which was celebrated to promote health and fertility.	
	2. There are three different recognized St. Valentines.	
	3. Marriage was banned in ancient Rome for two years because the emperor thought that unmarried men made better soldiers.	
	4. People didn't start exchanging Valentine cards until the 1950s.	
	5. We only feel "love hormones" when we're around people we love.	
	6. It takes at least 5 minutes to decide if we like someone.	
	7. Valentine's Day is just for couples.	

What did you learn?



Get Set to Listen

Answer key

1. TRUE
2. TRUE. Most people think that the holiday is named after the Valentine who lived around 1,700 years ago in Rome because he was known for marrying people in secret.
3. TRUE
4. FALSE. Rumor has it that St. Valentine actually wrote the very first Valentine card to the daughter of the jailer while he was in prison. That tradition caught on, and that's why today we still exchange Valentine cards.
5. FALSE. We can feel them with pets, too!
6. FALSE. It only takes between 90 seconds and 4 minutes to decide if we like someone we've just met!
7. FALSE! Valentine's Day is a great opportunity to let ALL the important people in your life know how much you care about them!



Vocabulary

Listening for Words

1. Make a four-column chart and label the columns “I don’t know,” “I’ve seen or heard, but don’t know the meaning,” “I think I know the meaning,” and “I know the meaning.”
2. Write the vocabulary word in the column that describes how well you know the meaning of the word.
3. Listen to [the episode](#). Note how the speaker uses the words.

Matching Words with Definitions

1. Print and cut apart the word and definition cards.
2. Spread out the word cards so you can see them all. One by one, attach a definition card to each word card.

Writing with New Words

After working with the words and definitions, write a one-page essay or story that uses at least three of the words.

hormone

A chemical messenger in the body that sends signals to help control how we grow, feel, and act.

oxytocin

A hormone in the brain that helps us feel close, calm, and connected to others. It is released when we hug, help, or spend time with people we care about.



Vocabulary

dopamine

A hormone and brain chemical that helps you feel happy, motivated, and rewarded when you do something you enjoy or succeed at something.

norepinephrine

A hormone and brain chemical that helps your body stay alert, focused, and ready to act, especially in exciting or stressful situations.

serotonin

A chemical in your brain that helps control your mood, sleep, and feelings of happiness and calm.

vasopressin

A hormone that helps your body control water balance by keeping you from losing too much water in urine. It also plays a role in social bonding, trust, and caring behaviors.



Discussion Questions

1. What does the word “love” mean to you?
2. What are different kinds of love people can feel (family, friends, pets, community, self)?
3. How can you show love without using words?
4. Why do people celebrate Valentine’s Day? Do you think love should only be celebrated one day a year? Why or why not?
5. How is love connected to kindness and respect?
6. Can you show love to someone even if you don’t know them well? How?
7. Why is it important to include everyone when celebrating Valentine’s Day?
8. Have you ever noticed your heart beating faster or your face feeling warm when you’re excited or happy? Why do you think that happens?
9. Scientists say our brains release chemicals like oxytocin, dopamine, and serotonin when we feel love or closeness. Why do you think our bodies do that?
10. What is one loving or kind action you can do today?

Group Discussion Strategies

Think Pair Share:

1. Individually, student writes down their answer to a question.
2. Students pair up and tell each other their answers.
3. Teacher calls for volunteers to share with the whole class their answer (and/or their partner’s answer). Teacher notes key words/phrases on board.

Round Robin:

1. Teacher poses one question (written on top of a large page) to students, who are assembled into small groups of 3 or 4.
2. Students take turns brainstorming the answers. The recorder of the group writes down all answers.
3. The leader reads the group’s ideas to the entire class. Teacher moderates.



Writing Prompts

Narrative Prompts

1. For one week, record daily acts of kindness you gave, received, or witnessed. How did kindness affect your mood and relationships?
2. Write a story about a day when one small act of kindness made a big difference.

Extensions:

- Rewrite the story from another character's point of view.
- Turn the story into a comic strip.

Informative/Explanatory Prompts

1. Explain what happens inside your body when you feel love, happiness, or connection.

Extensions:

- Include labeled diagrams.
- Use key vocabulary (brain, hormones, heart, oxytocin).
- Create a mini "science article" with headings.

2. Explain the history of Valentine's Day and how people celebrate love differently.

Extensions:

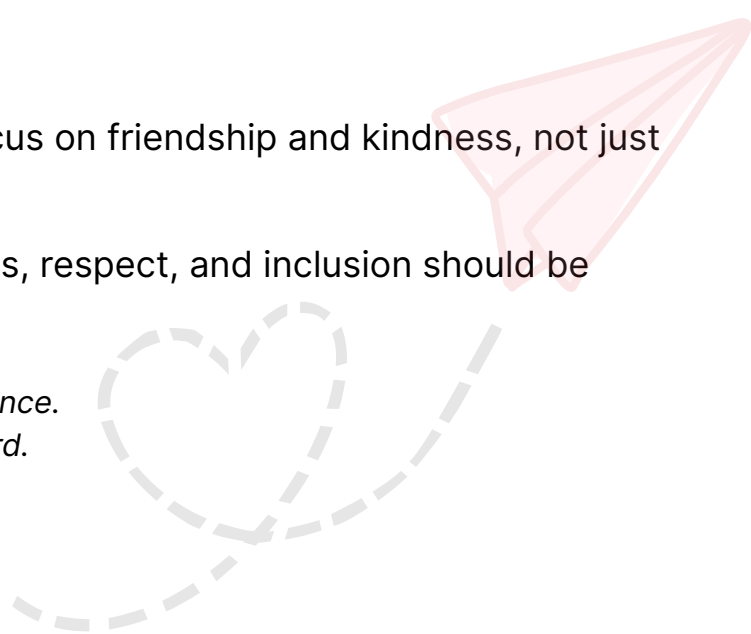
- Compare two countries' traditions.
- Include a timeline.

Opinion/Persuasive Prompts

1. Do you think Valentine's Day should focus on friendship and kindness, not just couples? Explain your opinion.
2. Write an essay explaining why kindness, respect, and inclusion should be taught in school.

Extensions:

- Use examples from history or personal experience.
- Turn it into a letter to a principal or school board.





Write a Non-Romantic Love Letter

Love isn't just romantic—it's also shown through kindness, gratitude, respect, and care. Writing thoughtful words can make someone's day and strengthen relationships. Practice kindness, gratitude, and clear communication by writing a heartfelt letter to someone important in your life—without romance.

Listen

to Ladysmith Black Mambazo's song "Love Your Neighbor." What do you think it means to love your neighbor? How can we do this?

Read

The Love Letter by Anika Aldamuy Denise, illustrated by Lucy Ruth Cummins.

Discuss

What Is a Non-Romantic Love Letter?

- Shows care, respect, and appreciation
- Says "thank you" or shares positive feelings
- Celebrates what someone does or who they are
- Does not use romantic language

Plan Your Letter

Use the **template on the next page** to help.

Sentence Starters (Use if Helpful)

- I appreciate you because...
- One thing I will always remember is...
- You make my life better by...
- Thank you for helping me when...
- I feel lucky to know you because...

Make it Extra Special

- Decorate your letter with drawings or borders.
- Write it as a card or on special paper.
- Read your letter aloud.
- Deliver it in person or by mail.

Reflect

- *How did it feel to write something kind?*
- *How can words affect other people?*
- *Why is it important to tell people they matter?*



Non-Romantic Love Letter Template

Who You Will Write To?

- A family member (parent, grandparent, sibling, aunt/uncle)
- A friend
- A teacher, coach, or mentor
- A neighbor or community helper
- Someone who has helped or inspired me

Plan Your Letter

Include a greeting, why you're writing, specific examples, what you appreciate about the person, a closing, and your signature.

Dear _____,

I'm writing this letter because _____

One thing you have done to help me is _____

You make me feel _____

I appreciate your _____

(kindness, patience, humor, support, listening, etc.)

Love,

Other Sentence Starters (Use if Helpful)

- I appreciate you because...
- One thing I will always remember is...
- You make my life better by...
- Thank you for helping me when...
- I feel lucky to know you because...

Make it Extra Special

- Decorate your letter with drawings or borders.
- Write it as a card or on special paper.
- Read your letter aloud.
- Deliver it in person or by mail.



Physiology of Love Diagram

Listen

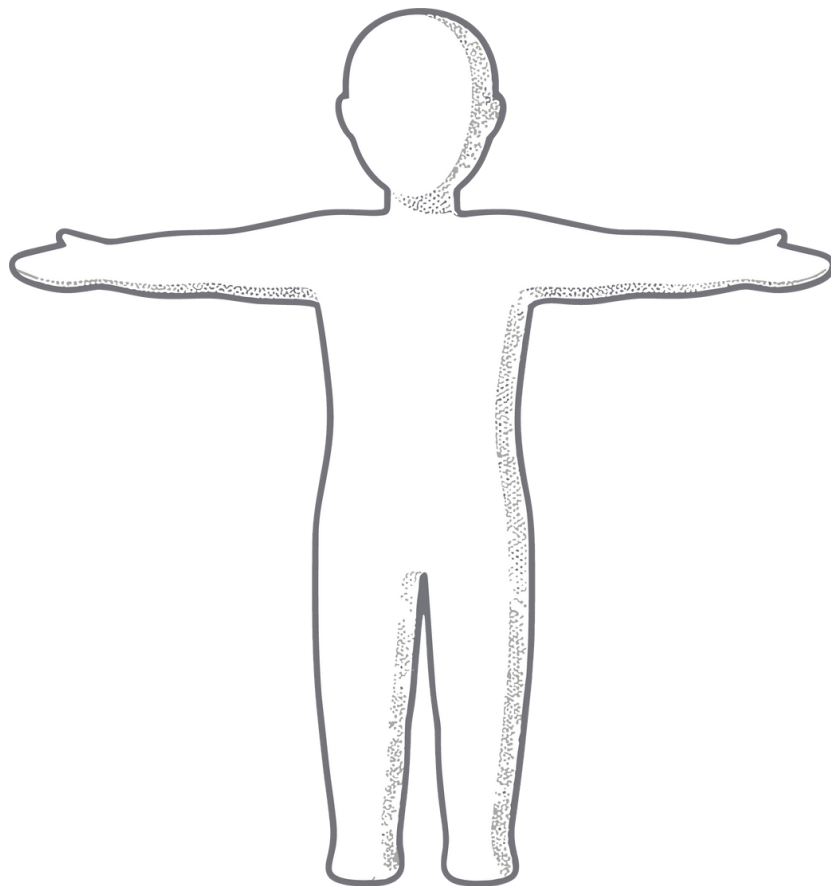
to [The Children's Hour, episode "Love"](#) (segment 25:35-28:27).

Word Bank

heart	brain
sweat glands	blood vessels
breathing	

Make Your Body Diagram

Below is a simple diagram of a person. Use the word bank and vocabulary cards to label what happens in your body when you feel love, friendship, or connection.



Write

- What happens in your body when you feel love or connection?
- How do hormones like dopamine and oxytocin affect your feelings?

Start like this: When I feel love or connection, my brain and body respond by..."

Extension

Draw a small comic strip showing a moment of friendship or caring and label the brain, heart, and hormones in the scene.



Kindness Challenge

Discuss

What does kindness mean?

- Brainstorm examples (helping, listening, including others, standing up for someone).
 - *Why does kindness matter in a community, such as a classroom?*
 - *How does kindness make people feel?*
- Emphasize that kindness includes everyone, not just friends.

Introduce the Challenge

- We will work together to complete as many acts of kindness as possible in one week.
- Acts can be big or small and should be genuine.

Activity: Setting the Class Goal

Decide on a Goal

- As a group, choose a realistic goal (e.g., 50, 75, or 100 acts of kindness).
- Discuss what makes a goal achievable.

Define Kindness

- Create a shared list of examples:
 - Inviting someone to join a game
 - Helping with schoolwork
 - Saying something encouraging
 - Respecting differences

Activity: Tracking Kindness

Kindness Chart

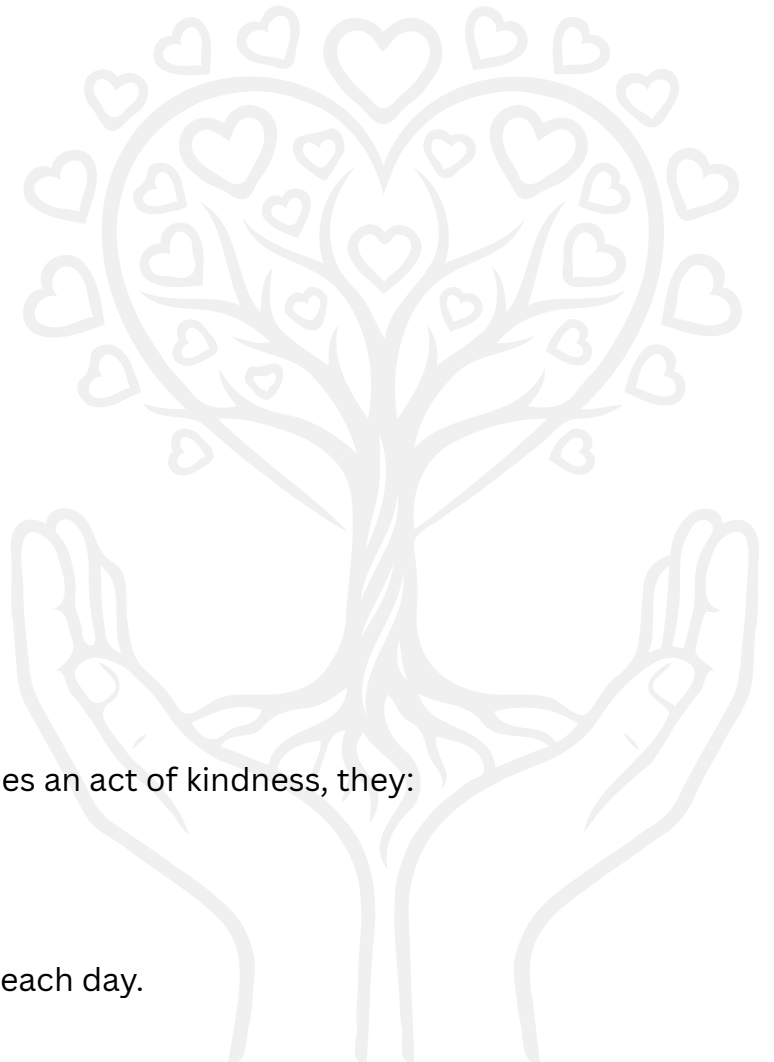
- Create a chart with categories such as:
 - Helping
 - Including others
 - Speaking up
 - Caring actions

Daily Tracking

- When someone completes or witnesses an act of kindness, they:
 - Write it on a sticky note, or
 - Add a tally mark

Daily Check-In

- Review progress briefly at the end of each day.





Kindness Challenge

Extensions

Math Extension

- Create bar graphs or pictographs showing:
 - Types of kindness
 - Number of acts per day
- Compare data across the week.

Writing Extension

- Write short reflections:
 - *What act of kindness are you proud of?*
 - *How did kindness change our classroom?*

SEL Extension

- Role-play kindness scenarios.
- Discuss how to respond when someone is left out.

Celebrate & Reflect

Group Discussion

- *Did we reach our goal? Why or why not?*
- *How did kindness affect our classroom?*
- *How can we keep this going?*

Celebrate

- Applause circle, compliment chain, or kindness certificates.
- Emphasize effort over numbers.

Personal Reflection

- Complete this sentence: *One way I will continue to show kindness is...*



Affirmations

Listen

to [Alphabet Rockers, The Love \(Outro\)](#). Which affirmation statement resonated most with you?

Write/Draw

Make/color an affirmation statement card. Or [color one of these](#).

Extension

Print out or write your affirmation statement and hide it somewhere for a stranger to find.



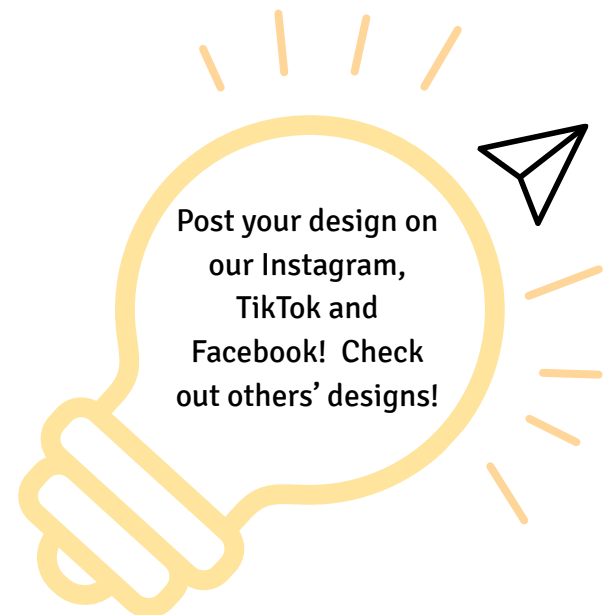
Upload your design to our Instagram [@tchradio](#), TikTok [@thechildrenshourradio](#), and [Facebook page](#), and check out others' designs!



Mail your design to:
The Children's Hour
PO Box 70236
Albuquerque, NM 87197



Record a Voice Message
This might be used on The Children's Hour!



Post your design on our Instagram, TikTok and Facebook! Check out others' designs!



Ways to Love Yourself & Others

Love isn't just something we feel on special days—it's something we practice every day through how we treat ourselves and others. Showing love to ourselves helps us feel confident, safe, and proud of who we are, while showing love to others builds kindness, trust, and strong friendships. When we choose caring words and actions, we help create a community where everyone feels included and valued. Help make the world a better place for all of us by trying some of the ideas for showing love to ourselves and others below.

Ways to love yourself



Do things that you like to do
Get plenty of sleep
Eat healthy foods and drink water
Move and stretch your body
Talk and think about yourself in kind ways
Connect to people around you
Enjoy learning about yourself
Let your ideas change and grow



Ways to love others

Do something kind or helpful for them
Listen to them when they speak
Share kind words with them
Ask them about their likes and stories
Show them gratitude
Make them feel included and welcome
Treat people with respect
Consider their feelings





Additional Resources

[Moments a Day: Personal Growth for Families](#)

10 Hands-On Activities to Teach Children About Love

[PBS Kids: 4 Easy Ways Children Can Show Their Love](#)

[Love Lesson Plan from One Community](#)

Lesson plans from this community archive are designed to be adapted and used in a variety of educational environments.

[Positive Affirmations Coloring Pages](#)

These free printable PDFs from Creative Color Lab include beautiful illustrations and meaningful messages, such as powerful affirmations, kindness quotes, and positive self-talk.

Videos

[*A Little Spot of Love* by Dianne Alber, read aloud](#)

Part of the *Little Spot* SEL series, this book for younger students teaches kids how to express and receive love through actions.

[PBS Kids Talk About: Love](#)

In this collection of videos, real families share their perspectives on what love means.

[100 Kids Describe Love](#)

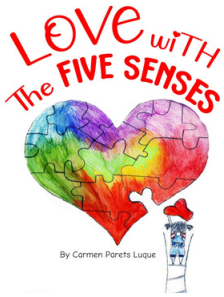
In this hilarious short video, kids take a crack at defining this complicated emotion.

[Cute Kids Answer--What Is Love?](#)

Kids give examples of what it means to love one another in this video from Samaritan's Purse.



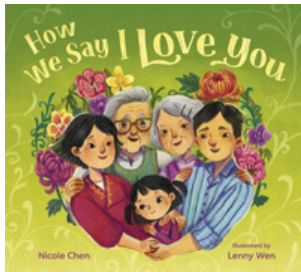
Book List



Love with the Five Senses

by Carmen Parets Luque

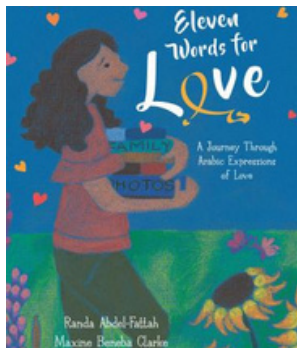
A children's book about the meaning of Love, Self-Love and Five Senses
book for kids
ages 3-5



How We Say I Love You

by Nicole Chen, illustrated by Lenny Wen

Families express love in many different ways—through words, actions, traditions, and cultures—reminding children that love doesn't look or sound the same for everyone, but it is always meaningful.
ages 3-8



Eleven Words for Love: A Journey Through Arabic Expressions of Love

by Randa Abdel-Fattah, illustrated by Maxine Beneba Clarke

A family fleeing their homeland carries one suitcase filled with memories, as a child reflects on the many Arabic words for love that have shaped their journey.
ages 4-8



The Love Letter

by Anika Aldamuy Denise, illustrated by Lucy Ruth Cummins

This book follows a child who writes a thoughtful, non-romantic love letter, showing that love can be shared through kindness, gratitude, and appreciation for the people who matter most.
ages 4-8



The Love Report

by BeKa, illustrated by Maya

In this light-hearted graphic novel, two best friends try to unravel the mystery of middle school crushes by observing, studying, and analyzing their classmates' relationships.
ages 10+