

SHOWING MY LOVE BY

# ACTS OF SERVICE

HAPPY VALENTINE'S DAY!



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## WORDS OF AFFIRMATION

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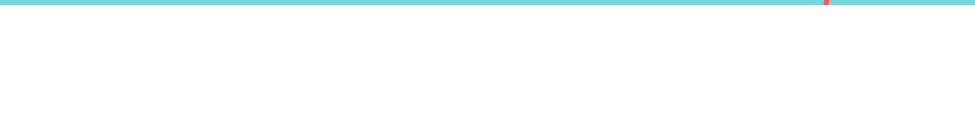
## QUALITY TIME

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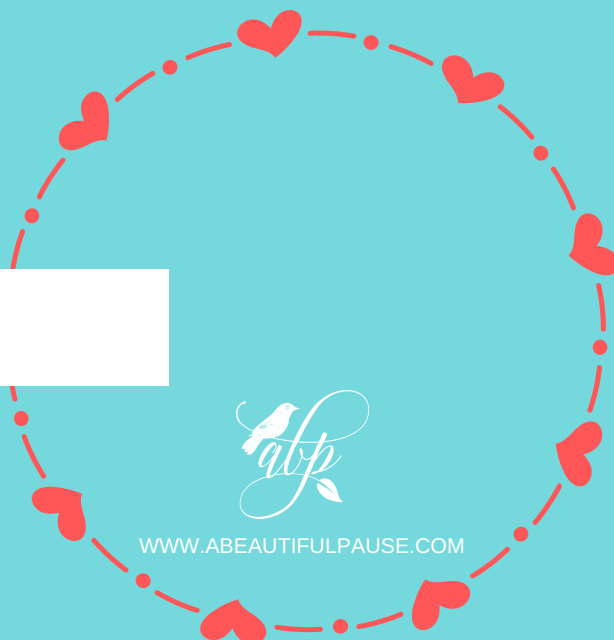
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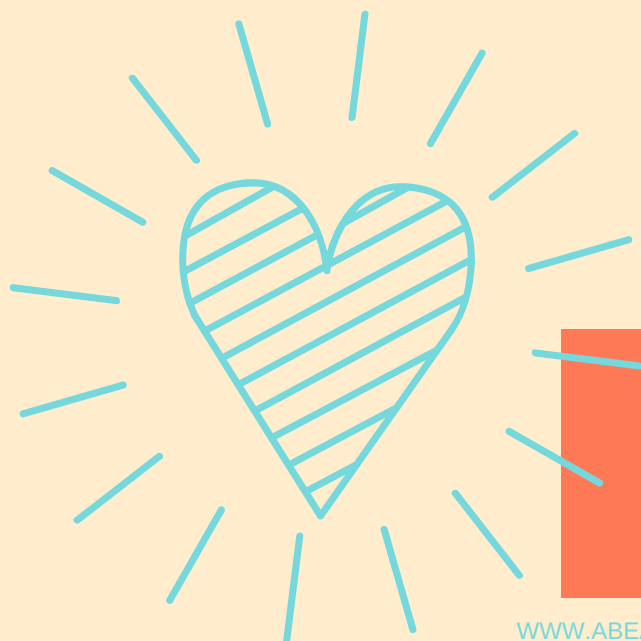
# A GIFT



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## SHOWING MY LOVE WITH A LOVING TOUCH



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### How to Fill Out the Coupons:

- Put thought into each coupon. Give things that are meaningful to the person you are gifting.
- Acts of Service - kitchen duty, baby duty, shovel, clean out the car, make a meal, walk the dog, clean bedroom, etc.
- Words of Affirmation - be specific - tell *what* the person means to you or *how* you see the person making a difference in the world, *what* you see as their strengths, etc.
- Quality Time - games, walk, talk, have coffee together, watch a movie, build a snowman....do something together that the other person likes for at least 30 minutes
- A Gift - to fill in the coupon without telling what the gift is, make it fun - give the first clue to a where the gift is hidden or make it a riddle to be solved - be creative
- Physical Touch - something appropriate for the person you are gifting - give a hug, give a back rub, rub feet with lotion, cuddle in blanket while watching a movie, etc.

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