

Jar-O-Love

Print slips, cut out and put in a jar, to choose acts of love based on the “Five Love Languages” by Gary Chapman.

Time Together	Acts of Love	Gifts	Words of Affirmation
Go for a moonlight walk	Do a household task for them	Place a single rose on their pillow	Write a note on their mirror
Get ice cream	Make breakfast in bed	Leave a cartoon for them	Make a toast w/OJ
Have a game or puzzle night	Make heart shaped pancakes	Get their favorite candy	Write a love letter, cut it into pieces & mail it.
Have dinner by candlelight	Fill their gas tank	Tie a balloon on their car	Whisper sweet nothings in their ear
Have a pillow fight	Let them pick the tv show	A cd of music they love	Write them a poem
Watch a movie together	Give them a playful wink	Lingerie	Write a thank you note for all they do
Go to the library	Make their favorite dinner	Nuts: “I’m nuts about you!”	Bananas with a note, “I’m bananas over you!”
Go bowling	Refill their drink	Their favorite scent	Make a top 10 list of things you love about them
Go on a picnic	Warm the car for them when it’s cold	Tickets to an event	Sticky note on clock- “Time with you is always great!”
Watch the sunset together	Scratch their back	Chocolate kisses- “I’m sweet on you”	Give them a compliment
Look at photos	Bring them a blanket	Leave clues for a treasure hunt	Call just to say “I love you”
Put music on and dance	Run the bathtub for them	A book they’ve been wanting	Send an e-card
Attend a play or concert	Wash their car	A movie they’ve been wanting	Dedicate a song on the radio for them
Hang out at a bookstore	Bring home their favorite snack	A game they’ve been wanting	Tell them what makes you proud to know them

Lots of ideas from: <http://www.homemaking-cottage.com/Valentine-s-Day/111-ways-to-say-i-love-you-jar.htm> and <http://www.squidoo.com/lovelanguage#module2347467>

Design based on: http://healthvermont.gov/adap/documents/UA_conversation_jar.pdf

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Some of the physical touch actions are only appropriate with your very closest relationships!

Physical Touch
Hugs
Kisses
Hold hands
Cuddle
Dance
Neck rub
Foot rub
Apply scented lotion or oil
Bubble bath or shower together
Shampoo
Satin sheets
Play footsie under a table
Light touch with a feather
Ice cubes