

LOVE I

Expressing Love



Think of an ongoing conflict you are having with someone close and whom you have hurt in the conflict. Apologise and express your reason for closeness to the person via text/letter. Read it out to the group.



Stand up and look into each others' eyes. Give a big heartfelt hug to everyone in the group saying why you love them and end with a group hug.



Together make a card with the material available around you, expressing your combined love for a person. Show it to others and read the card out loud.

Living our constitutional values