

# SUNSHINE DAY CAMP

## February Character Trait Curriculum

**Love: Thinking of others before yourself.**

### Bruised and Beautiful Apples

Age Range: All Ages

Supplies: 2 Apples same size and color.

Set Up: Prior to the activity, repeatedly drop one of the apples on the floor to ensure it is bruised. You shouldn't be able to see this damage from the outside- both apples should look perfect.

Instructions: Begin by talking to your group about Love using the talking points below. After your discussion, introduce the two apples and talk about how they look the same, both are red (or green), they are similar size, look juicy enough to eat, etc. Pick up the apple you dropped on the floor and tell the students you do not love this apple, that you think it's disgusting, it's a horrible color, the stem is too short etc. Tell them, that, because you don't love that apple, you don't want them to love it either, so they should call it names too.

Pass the apple around the circle calling it names- for example, 'you're a smelly apple', 'I don't love you', 'you're gross', etc. Then pass the other apple around, but only say kind words to it- for example, 'you're a lovely apple', 'I love you', 'you're beautiful', etc.

Then cut the apples open. The apple the class has been kind to is loved, clear, fresh, and juicy inside. The apple the class said unkind words to and was not loved is bruised and mushy inside.

Further discuss what happened to the "unloved apple" vs the "loved apple." Could something like this happen to people as well? Should we try and spread more love instead of hate?

### Talking Points

1. What does love mean to you?
2. When was a time you felt very loved? What helps you feel loved?
3. What are some characteristics of a good friend?
4. How can you show specific members of your family that you love them? How can you show your friends that you love them?
5. Why is it sometimes difficult to love other people?
6. Who is someone that could be helped by your love?
7. What are different attributes of love?





## February Character Trait Curriculum

**Love: Thinking of others before yourself.**

### The Love Game

Age Range: All Ages

Supplies: Love game print out (attached), hearts (attached), string, black construction paper, glue, metal brad, popsicle stick.

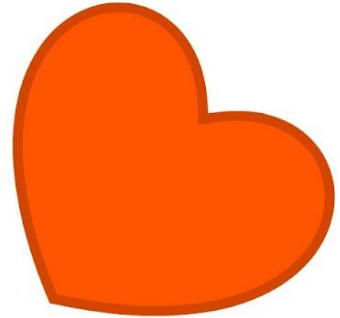
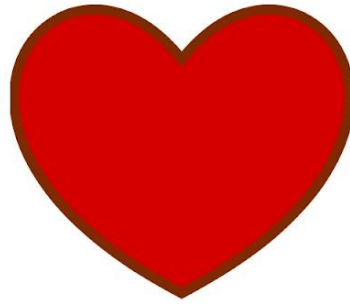
Set Up: Using the large hearts, create necklaces with the string, you will need one heart per child in your group. Multiple children can have the same color. Cut out the smaller hearts and glue onto a circle on the black construction paper, poke a hole through the middle of the paper and through the popsicle stick. Using the metal brad, attach the popsicle stick to make a spinner.

Instructions: Begin by talking to your group about love, using the talking points below. Next, begin The Love Game. Each child is given a colored heart necklace and puts it around their neck. Choose one person to go first, that player spins the spinner when it lands on a color, the person that spun will need to say one nice thing about the other person. For example, if the spinner lands on the blue heart, the player who spun must say one nice thing about someone wearing a blue heart. The person that just received the compliment then spins and the game continues until everyone has received a compliment.

You will have multiple children with the same color heart, have the child giving the compliments choose one child only.

Talking Points: These are real life examples to help your kids apply abstract concepts to their daily lives.

1. You are playing with a favorite toy when a sibling comes and grabs it from you. What would you do?
2. You have a friend over to play. The two of you want to do different things. What would you do?
3. A counselor asks you to help clean up a mess you didn't make. What would you do?
4. You get upset and say something unkind. What would you do?
5. A stranger is very kind to you. What would you do?



LOVE  
.  
GAME

