

# Happiness, Love and Understanding



## Activity: Love Manifesto

In the preamble to the United Nations Convention on the Rights of the Child, it states children should grow up “in an atmosphere of happiness, love and understanding”. This is why at Children’s Parliament we talk about love. Children know when they are loved – it is the bond they have, the protection they need and the basis for their confidence, relationships, agency and resilience. Children need love to grow, flourish and manage adverse experiences. This activity is designed to open up a conversation about love between you and the children you work with.

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### Links to Curriculum for Excellence Experiences and Outcomes

- I know that friendship, caring, sharing, fairness, equality and love are important in building positive relationships. As I develop and value relationships, I care and show respect for myself and others. *HWB 2-05a / HWB 3-05a*
- Through contributing my views, time and talents, I play a part in bringing about positive change in my school and wider community. *HWB 2-13a / HWB 3-13a*

### Learning Intentions

- Learners understand the importance of love for a child’s development.
- Learners identify and discuss barriers to children being and feeling loved.

### Duration

1 hour

### What You Need

- Colouring pens
- Coloured card cut into heart shapes (approximately A5 size, one per child)
- Sticky tape
- Twine, yarn, ribbon or string for display

## Activity

Bringing the children into a circle, pose the following statement to the group:

*"All children need to be loved. If we don't feel loved, we can feel lonely. Love is what children need the most."*

Invite the children to share if and why they agree or disagree with the statement.

Next, introduce the concept of a school **Love Manifesto**. Explain that a manifesto is a public announcement stating someone or a group's aims or goals.

Explain that our goal is that all children need to feel loved at school. Handing out a love heart to each child, ask the children to write their ideas to the following question on one side: *What one thing can adults do to help a child feel loved at school?*

Once completed, ask the children to turn their heart over and answer: *What one thing can children do to help a child feel loved at school?*

Encourage the children to illustrate their messages on both sides. Finish the activity in the circle, asking the children to share one key message from their ideas for the Love Manifesto.

Once completed, use sticky tape and twine to hang the hearts in a prominent place in the school. Alternatively, you can laminate the hearts and peg them around the school and playground for children and adults to read and discover.

