

Love

Time to listen

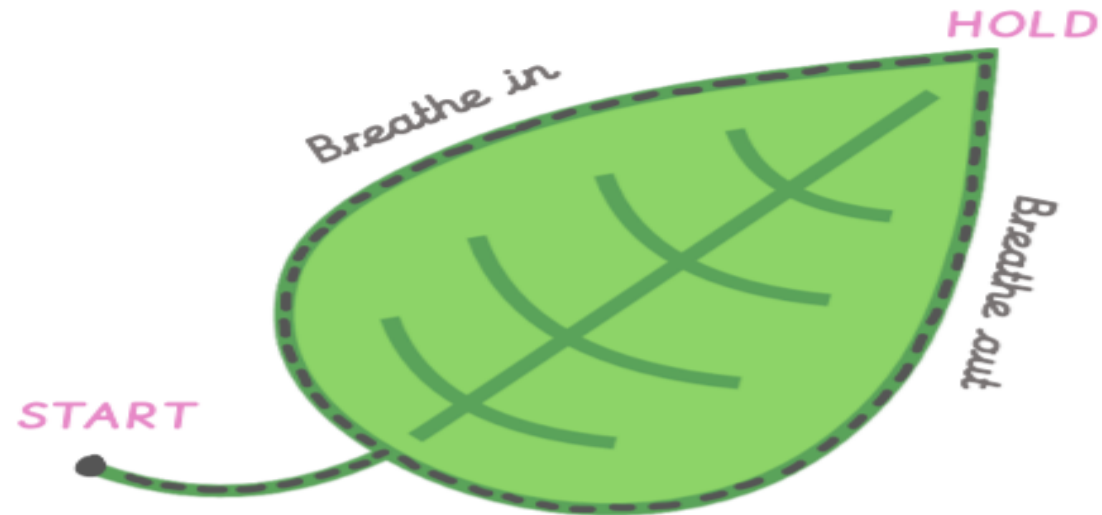
[Baby I Love You - The Ramones](#)



Just breathe

Leaf Breathing

Imagine all the leaves on a big, tall tree.



*Use your pointy finger to slowly trace around the leaf.
Breathe in through your nose and out through your mouth.*



 GUESS 
HOW MUCH



I LOVE YOU

Sam McBratney

— Illustrated by —
Anita Jeram



Who has been told 'I
love you to the moon
and back'?

It comes from this
book.

What does it mean?

- The moon is 238,900 miles away from Earth, so the claim is that 'I love you 477,800 miles'!
- The average distance travelled by four-wheeled vehicles per year is about 8,000 miles.
- The distance to the moon and back is the equivalent of 60 years in car miles!

Love is not about how often we say the words 'I love you' or how we describe the vastness of our love.

Instead, it is about how our actions show that we love someone.



Reflection

There is no doubt that we were made to love and be loved, but the kind of love that we are all seeking is an **unconditional** love. However, the kind of love that we often find is **conditional**.

Conditional love says:

- I will love you as long as you remain beautiful
- I will love you as long as you look after me
- I will love you as long as you agree with me
- I will love you as long as you want to be only with me
- I will love you as long as you do well at school, go to university and get a good career

Unconditional love says:

- I will always love you and accept you, just as you are.
- I will love you when you are good and when you are bad
- I will love you when you are faithful and when you are unfaithful
- I will love you when you are young and beautiful and when you are old and wrinkled
- I will always love you, no matter what

Thank you for love.

Thank you for how good it is to have people who love us,
and people whom we can love.

Thank you that my heart is full of love.

