

Show Some Love

FAMILY NIGHT



"Dear children, let's not merely say that we love each other; let us show the truth by our actions." -1 John 3:18

The Show Some Love Family Night is an interactive night as a family build stronger the concept of expressing through words and, more importantly, show in actions our love for one another. Just as God put His love into action for us, we should demonstrate our love for others in word and deed. This family night is perfect for celebrating Valentine's Day as a family or at any time of the year to strengthen the bonds in your family.

gym setup

decor

 \$0-10

 5-10 minutes

Decorating is very flexible for Show Some Love Family Night. Be creative! Have everyone wear red. Make a centerpiece with red candles and candleholders [be sure to light at dinner]. Table decorations can also include red placemats; red, white or pink plates; cups or bowls. Also, have your children cut out paper hearts from construction paper and have several sitting at each place and throughout the table. Be sure to check your local Dollar Stores for easy decor items. There are also all kinds of free Valentine's Day Printables, which can easily add to your decor or craft. Visit this Web page for additional ideas:

<http://www.livinglocurto.com/downloads/valentines-day-free-downloads/>

Make sure to set the atmosphere of love...have music playing, dim the lights, make it a special night! If you are preparing a nice dinner, make sure to use your fine dishes and have everyone dress up.

diet

food

 \$10-20

 20-30 minutes

You have so many options for this family night, make selections that works well for your family.

MAIN COURSE

Have fun with all of the options: a fancy meal that includes an appetizer, main course and dessert [go ahead and use the fine china]. A lighter route is making a heart shaped pizza! Check-out a local pizza shop like Papa Murphy's, they often have heart shaped pizza for Valentine's Day. Make your own and cut pepperonis into heart shapes.

DESSERT

Chocolate dipped strawberries, heart shaped cookies, or anything chocolate! Below are Web sites with great recipes for Show Some Love Family Night:

<http://www.pillsbury.com/Recipes/Holiday-Occasion/Valentines-Day/All-Valentines-Day>

<http://familyfun.go.com/valentines-day/valentines-day-recipes/>

<http://www.bedifferentactnormal.com/2011/02/valentines-day-treats-from-show-and.html>

DRINKS

Ideas include: a pink or cherry colored drink—pink lemonade, cherry 7-Up or cherry Kool-aid.



building muscle

craft

🏷️\$0-5

🕒15 minutes

NOTES FROM THE HEART

Have each child cut out paper hearts, at least one for each family member. Instruct each family member to write out what they love about each person in your family. Be sure to help the younger ones and have a few suggestions. During dinner, take turns with each family member sharing the messages to their family members on each heart. You can also use your craft time to have your children fill out their Valentine's Day cards for school.

MORE BUILDING MUSCLE IDEAS

Gumball Necklace: <http://onecharmingparty.com/2011/01/19/valentine-gumball-necklaces>

Crayon Hearts: <http://familyfun.go.com/crafts/crayon-hearts-671639/>



cardio

games

🏷️\$2-5

🕒5-10 minutes

PICK UP HEARTS

You will need the large conversation hearts and chopsticks to complete this activity. Instructions:

1. To set up, place a bowl of candy hearts on a flat surface within easy reach of the players and hand each person a pair of chopsticks.
2. Set a timer for about 2 to 4 minutes, depending on the ages of your players.
3. At "Go," contestants start removing hearts from the bowl using only their chopsticks, placing the candies in front of them. When time is up, the player with the most hearts wins. This is a lot harder than you would think!

Tower of Love: Afterwards, have a contest to see who can stack the hearts the highest.



strength training

devotion

🏷️\$0

🕒15 minutes

SHOW LOVE

"We know what real love is because Jesus gave up his life for us. So we also ought to give up our lives for our brothers and sisters. Dear children, let's not merely say that we love each other; let us show the truth by our actions." -1 John 3:16, 18

Have a child or parent read the passage above to begin your devotional time. Discuss with your children that it is important to share our love for others, especially our family, through our words. Our words are powerful and build strength into one another. Yet, stronger than our words are our actions of love for parents, brothers, sisters and others. Just as God demonstrated His love and put it into action (Romans 5:8), we should do as God does by using our words and actions to show love.

Add onto the "Building Muscle" time of your Family Night with this "Strength Training" by again using the cut-out hearts. Have each family member spend a few moments writing one way they can show love in action to each family member on the backside of the heart where they wrote "what they love" about that family member. Again, help the younger ones with ideas and writing on the notes. Possibly play some music (maybe your favorite "love" songs) while the family writes their "show love" plans on the hearts. After giving time for everyone to complete the cards, again allow time for each person to share. As an added bonus: hang the hearts in a prominent place in the home as an encouragement and reminder to "Show Love" and put it into action.