

Hand washing Assignment – This assignment is ongoing for every day that you are not in school!

Keep a log of how often you are washing your hands. Be sure to use soap and warm water, washing at least 20 seconds before rinsing. Sing the “Happy Birthday” song two times while washing to ensure you are washing the right amount of time.

[illegible]

# Food Log

## Instructions:

- Write down everything you eat or drink
- Include at least 1 weekday and 1 weekend day.
- Note what time, where, and the approximate amount of foods/beverages you eat/drink.
- *Optional:* take pictures!

	Time	Place	Food or Drink	Amount
Example	8 am	Home	Cheerios w/ 1% milk	1 cup each
	12 pm	Subway	Ham & cheese sub chips lemonade	6" sub grab bag chips 20 oz
	6 pm	Dining hall	Spaghetti Salad w/ Italian dressing brownie	2 cups 1 cup 1 medium
Day 1				
Day 2				



	Time	Place	Food or Drink	Amount
Day 3				

These sample days reflect typical eating for me: ☐ yes ☐ no

If no, please describe your typical eating, including time, place, and amount:

	Time	Place	Food or Drink	Amount
Typical Day				

For Office Use		Veg	Fruit	Grains	Meat & Beans	Dairy	Oils/Fats	Other
	Actual							
	Rec.							



# LOVE LANGUAGES PERSONAL PROFILE



FOR TEENS

## To Get Started:

You're going to see 30 pairs of things that your parent(s) might do or say to show love to you. All you have to do is pick one item in each pair that you like better. For some of them, you might like both options—but just pick one. Allow 10 to 15 minutes to complete the profile. Take it when you are relaxed, and try not to rush through it. When you finish marking your answers, count how many times you circled each letter and transfer to the appropriate blank at the end of the test.

The **5** Love Languages

1

A Asks me what I think

E Puts his/her arm around my shoulder

2

B Goes to my ball games, recitals, etc.

D Does my laundry

3

C Buys me clothes

B Watches TV or movies with me

4

D Helps me with school projects

E Hugs me

5

E Kisses me on the cheek

C Gives me money for things I need

6

B Takes time off of work to do stuff with me

E Rubs my shoulders or back

7

C Gives me cool things for my birthday

A Reassures me when I fail or mess up

8

E Gives me a high five

A Respects my opinions

9

B Goes out to eat or shops with me

C Lets me use his/her stuff

10

A Tells me I'm the best son/daughter in the world

D Drives me to places I need to go

11

B Eats at least one meal with me most every day

A Listens to me and helps me work through problems

12

D Doesn't invade my privacy

E Holds or shakes my hand

13

A Leaves me encouraging notes

C Knows what my favorite store is

14

B Hangs out with me sometimes

E Sits next to me on the couch

15

A Tells me how proud he/she is of me

D Cooks meals for me

16

E Straightens my collar, necklace, etc.

B Shows interest in stuff that I'm interested in





# LOVE LANGUAGES PERSONAL PROFILE



FOR TEENS

- |    |  |    |   |
|----|--|----|---|
| 17 | D Allows my friends to hang out at our house             | 24 | B Doesn't interrupt me when I'm talking               |
|    | C Pays for me to go on school or church trips            |    | C Likes the gifts I buy for him/her                   |
| 18 | A Tells me I look good                                   | 25 | D Lets me sleep in late sometimes                     |
|    | B Listens to me without judging me                       |    | B Seems to really enjoy spending time with me         |
| 19 | E Touches or rubs my head                                | 26 | E Pats me on the back                                 |
|    | D Sometimes lets me pick out where we go on family trips |    | C Buys me stuff and surprises me with it              |
| 20 | D Takes me to the doctor, dentist, etc.                  | 27 | A Tells me he/she believes in me                      |
|    | C Trusts me to be at home alone                          |    | B Can ride in the car with me without lecturing me    |
| 21 | B Takes me on trips with him/her                         | 28 | C Picks up stuff that I need from various stores      |
|    | D Takes me and my friends to movies, ball games, etc.    |    | E Sometimes holds or touches my face                  |
| 22 | C Gives me stuff that I really like                      | 29 | D Gives me some space when I'm feeling upset or angry |
|    | A Notices when I do something good                       |    | A Tells me that I'm talented or special               |
| 23 | C Gives me extra spending money                          | 30 | E Hugs or kisses me at least once every day           |
|    | D Asks me if I need help                                 |    | A Says he/she is thankful that I'm his/her child      |

## RESULTS

- A: \_\_\_\_\_ WORDS OF AFFIRMATION  
 B: \_\_\_\_\_ QUALITY TIME  
 C: \_\_\_\_\_ RECEIVING GIFTS  
 D: \_\_\_\_\_ ACTS OF SERVICE

The letter or love language that receives the most points is your primary love language. If you score the same score for two love languages, then you are bilingual. If you score high on one love language and have a close second, that second highest score is your secondary love language!

Would you like an email copy of your results?

### Want to learn more?

Visit [5lovelanguages.com](http://5lovelanguages.com) and sign up for Dr. Gary Chapman's FREE eNewsletter.



/DrGaryChapman



/5LoveLanguages



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## Homework: Healthy Relationships All Around Us!

Name: \_\_\_\_\_ Date: \_\_\_\_\_

**Instructions:** Think about relationships you've seen in your life. These could be characters from a tv show or movie, public figures or people you know personally. Please provide three examples of healthy relationships and explain why you think they're healthy, based on what we talked about in class. Be sure to explain your reasons with examples, too!

### EXAMPLE

Couple: Beyonce and Jay-Z

Know them from: Music videos and award shows

Why do you think this is a healthy relationship? Please give examples:

**They talk about each other a lot in the media, always in positive ways. They started a family together and both seem really into each other whenever you see them in pictures.**

Couple 1:

Know them from:

Why do you think this is a healthy relationship? Please give examples:

---

---

Couple 2:

Know them from:

Why do you think this is a healthy relationship? Please give examples:

---

---

Couple 3:

Know them from:

Why do you think this is a healthy relationship? Please give examples:

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# Dating Rights Word Search

Healthy relationships are built on a foundation of respect. This means that both people can talk openly, honestly and freely to each other - without feeling pressure to act or think a certain way. People in healthy relationships take turns making decisions, support each other and talk things through to make sure both people are heard. Healthy relationships are a choice. But to get respect you have to give respect. Identify the characteristics that will help you give and get respect in any relationship you have.

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F X N H D E T Y Q Y H Y Q Y S
E S G F W L T L O V E O N T A
E E S F U I O H Y Q V O G I P
U N D E R S T A N D I N G L P
E Y C U N S L S I T J Y Y I R
C H C O U R U T A A H C T B E
G E O R U P I C M A O A E I C
S N T N P R I A P L Z M F S I
R V I O E N A P F E S I A N A
E E R R U S I G T E T T S O T
S T K M A N T C E B Q N D P I
P B M F E C H Y C M M I E S O
E O T S V E C O N S E N T E N
C S S Y T I L A U Q E N R R Z
T Y H T A P M E N S A A T I R
  
```

## Word Bank

Appreciation  
Empathy  
Happiness  
Respect  
Support

Caring  
Encouragement  
Honesty  
Responsibility  
Trust

Communication  
Equality  
Intimacy  
Safety  
Understanding

Consent  
Fairness  
Love  
Security

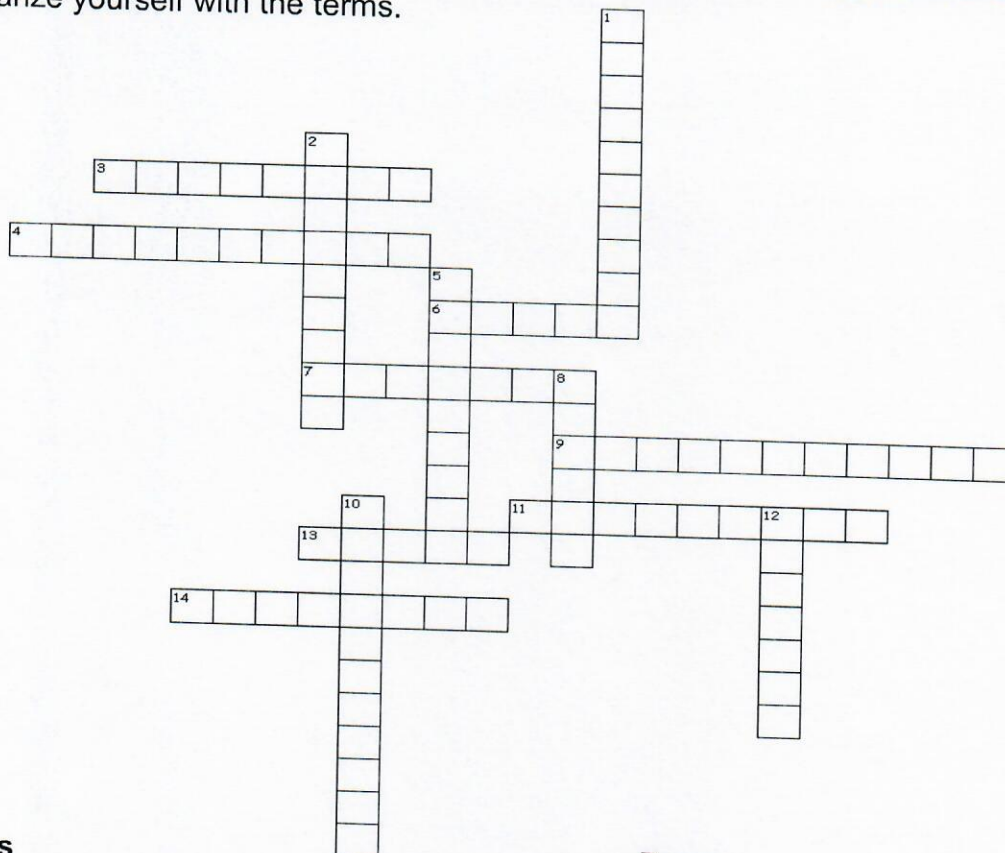


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# Warning Signs of an Unhealthy Relationship

Relationships are a part of many people's lives. It's important to know characteristics that could be warning signs of danger. Use the word bank to solve the puzzle and to familiarize yourself with the terms.



## Across

3. number one warning sign of an abuser
4. your partner acts like he/she owns you
6. he/she says the fight is your fault
7. these are made to you or your loved ones
9. claims that you cheated
11. calls you \_\_\_\_\_ names
13. wants to have \_\_\_\_\_ over you
14. \_\_\_\_\_ your actions

## Down

1. instills fear to control you
2. to embarrass you on purpose
5. attempts to make frequent contact
8. you may feel this if he/she get mad
10. acts in a \_\_\_\_\_ manner
12. keeps you away from friends / family

## Word Bank

humiliate	threats	accusations	controlling	power	jealousy
monitors	isolate	obsessive	demeaning	scared	blame
intimidate	possessive				

For more information about healthy relationships, refer to "Top 10 Ways to Maintain a Healthy Relationship" as well as your school counselor or the National Domestic Violence Hotline at 1-800-799-SAFE or [www.ncadv.org](http://www.ncadv.org).



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