

## Fruits of a Loving Heart

Month: Feb.

Week #: 23

Day: e. Fri. Time: 30 - 45 min.

# Party Time!

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### Objectives/Aims

The students will: recognize the importance of joy in their lives.

### Materials

various silly games and activities that will make for a joyful party

### Illustration

What activities did you really en-JOY this past week? To celebrate, and bring a JOY-ful smile to your face, let's have en-JOY-able party! Say, does anybody know what the last attribute is?

### Background

According to some ancient Christian stories, Valentine used to secretly send little notes of love and encouragement to his Christian friends while he was in prison. Many people believe that this is why we send Valentines on his feast day. Other people think that the Valentine custom is celebrated on February 14 because that was the day of the year when Romans, whom the Christians regarded



as pagans, used to choose their boyfriends and girlfriends. When these Romans converted to Christianity, they kept up this custom but carried it out in honor of St. Valentine. (See References.)

Today, Valentine's Day is celebrated by the giving of flowers, candy and cards. Amongst adults, it is typically a day of romance, while for children and students, it is more of a day of fun and parties. To make this day, and week, more meaningful and relevant for you students, I've taken the idea from the Roman Catholics, for whom St. Valentine is the patron saint of love and friendship, and decided to focus on the attributes of friendship: Fruits of a Loving Heart. These fruits include: kindness, gentleness, patience, generosity and joy.

### Group Activity

1. Set the tone for the upcoming event by reviewing the past week's activities by asking: "What activities did you really en-JOY this last week? A: *Answers will vary.*
2. Say, "Today were going to celebrate the last attribute of friendship. I think it's something you're all going to really en-JOY! It might even bring a JOY-ful smile to your face. Can any of you guess what this en-JOY-able trait is? A: *Joy.* And I thought you'd never be able to guess it! Now, what do people have when they simply want to have a good time and enjoy each other's company? A: *Party!* So today we are going to celebrate being with our friends by having a joyful party!"

### **Group Activity (continued)**

3. Have a party filled with silly games and activities. The 'New Games Book' and the 'More New Games' (See 'References') have many silly games, like 'Ha, Ha' that are fun, cooperative and noncompetitive. (When games are competitive, and somebody loses, feelings often get hurt and then it's not so joyful anymore.)

### **Group Discussion Questions (After the party is over.)**

1. What did you like about this activity?

A: Answers will vary.

2. Why is it important to have joy in our lives?

A: Living life without joy would be, at the very least, boring, and at its worst, sad and depressing.

### **Variations/Extensions**

### **Conclusion**

Say, "This concludes our week of Valentine's Day activities. Aren't you glad we stretched it out over an entire week instead of just one day? Fruits of a loving heart: kindness, gentleness, patience, generosity and joy; these attributes of friendship really do make our lives richer and more meaningful. Maybe we should stretch them out over an entire life time instead of just one week. I think St. Valentine would like that. I know I would."



**What activities did you really en-JOY this past week?  
To celebrate, and bring a JOY-ful smile to your face, let's have an en-JOY-able party!  
Say, does anybody know what the last attribute is?**