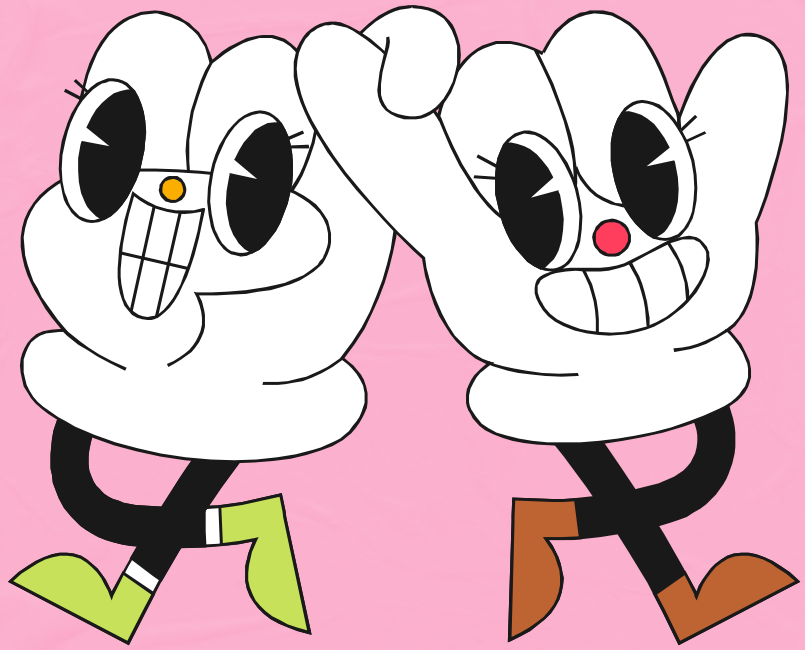
Relationship & Love

Day 4



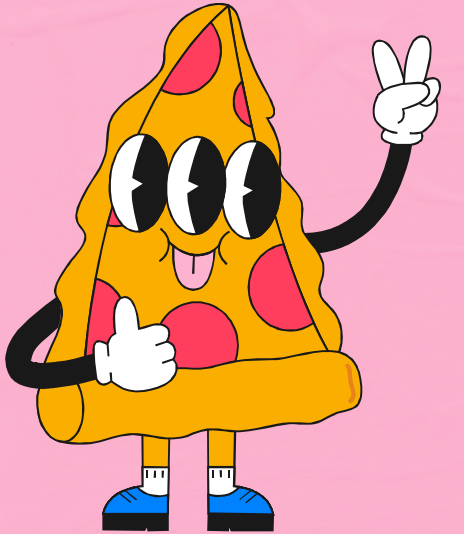
Agenda

01 Warm up

02 Attachment Theory & Love languages

03 Games & Dance!!

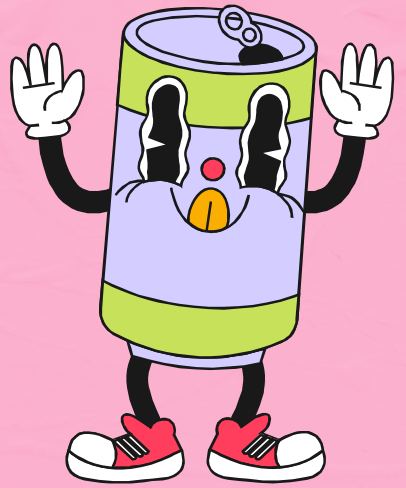
04 Closing



01

Warm Up

“Find Your People”

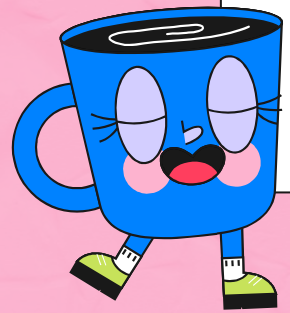


Silent Line-Up Challenge

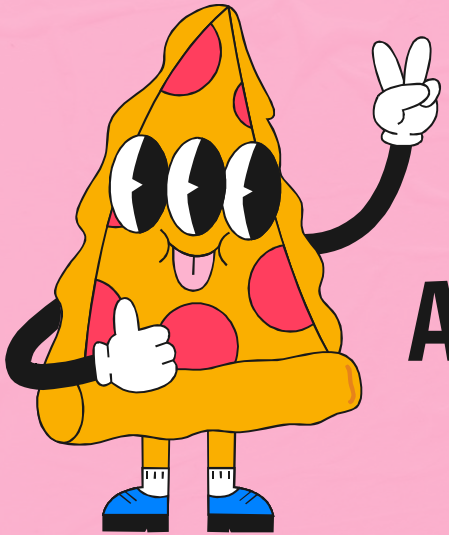
<u>Without talking</u>, let's see if we can line up in order based on...
Birthday (month/day)

Brief Reflection

How did we work together even without words?

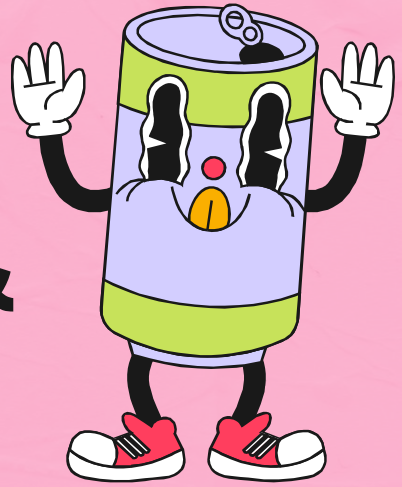






02

Attachment Theory & Love languages



Part 1: Attachment Theory

Attachment theory is a psychological and evolutionary framework, concerning the relationships between humans, particularly the importance of early bonds between infants and their primary caregivers.

4 Types of Attachment Theory

Secure: Comfortable being close and trusting others

Anxious: Worries about being left out or not cared for

Avoidant: Prefers space, finds closeness uncomfortable

Disorganized: Wants closeness but also fears it; sends mixed signals

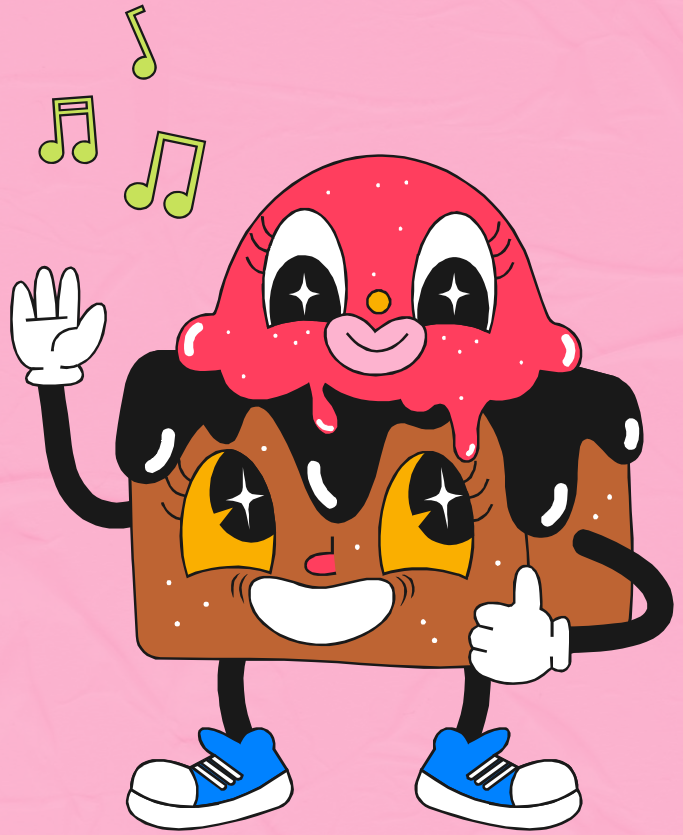
5 Minute Timer Bomb

Role-Play Activity - Attachment Scenarios

In table groups, act out how different attachment styles respond to real-life situations.

Ex. Your friend hasn't replied to your message all day. How do you feel and respond?

- (Secure: "They're probably busy. I'll wait.")
- (Anxious: "Did I do something wrong?")
- (Avoidant: "Whatever. I don't care.")
- (Disorganized: "I want to text, but I also feel like pushing them away.")

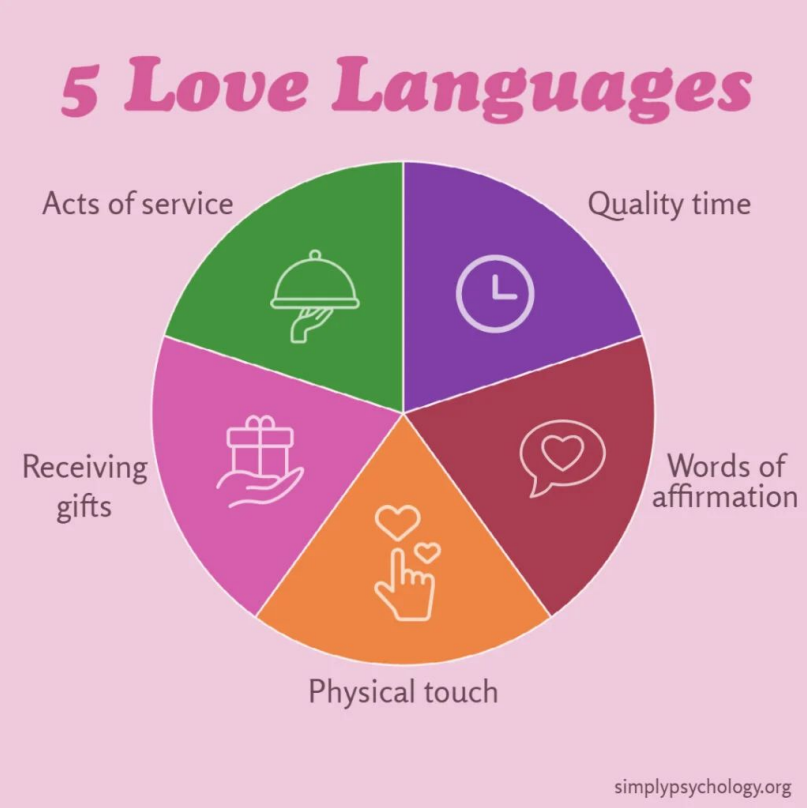


The Five Love Languages

5 Love Languages

1. **Words of Affirmation** — Compliments, kind notes, encouragement.
2. **Quality Time** — Spending focused, undistracted time together.
3. **Acts of Service** — Helping with tasks or doing something thoughtful.
4. **Gifts** — Thoughtful presents or meaningful tokens.
5. **Physical Touch** — Hugs, high-fives, friendly pats on the back.

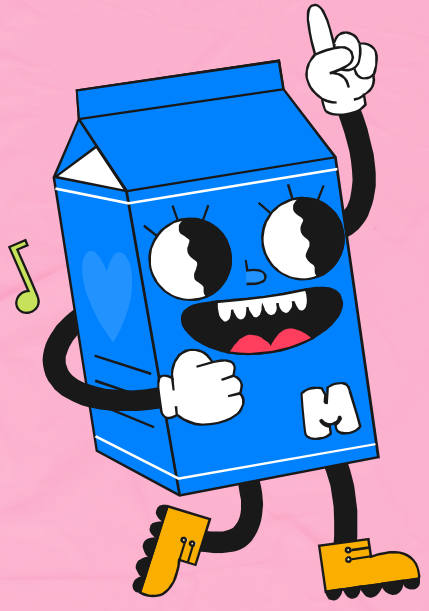
Love Language Reflection

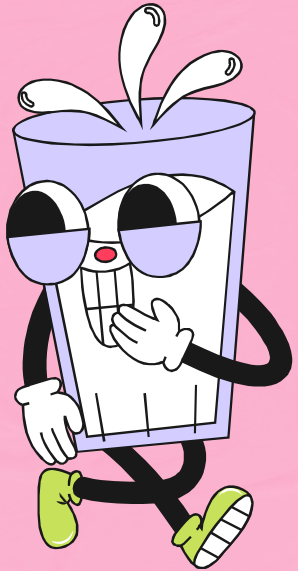


What was your results?
Did your result surprise you?

5 Min Break

Time For a Dance!!





Reflection & Closing

What’s one thing you learned about yourself this week during the workshop?

What did you find fun the most this week?

My Connection Intention

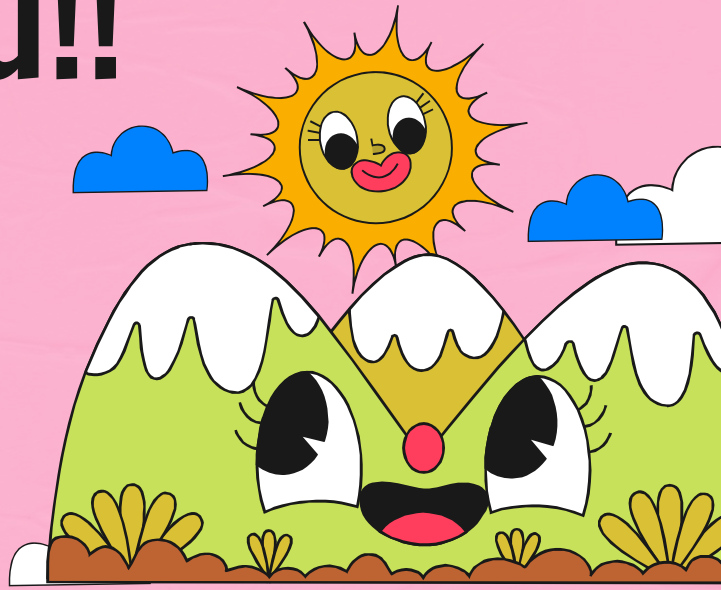
Please complete this in your workbook:

“This week, I want to show care by…”
(e.g., helping a friend, giving a compliment, spending time with someone)

“When I feel unsure in a relationship, I will try…”
(e.g., take a breath, ask for help, remember I’m enough)



Thank You!!



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