

Love EQ Guide

Grade: 7

Understand one idea, put it into practice, and carry one useful takeaway forward.

Notice How Love Shows Up

Love is not only one huge feeling.

It can be quiet.

A friend saving you a seat.

Someone listening without rushing you.

A family member checking in.

A teammate helping you stay in the game.

A pet meeting you at the door.

Love often becomes easier to recognize through small moments of care.

It can look like helping, including, remembering, repairing, or simply staying present.

Use in Everyday Moments

Notice what matters, choose the care action, and check that the action respects both people.

Worth Holding Onto

Care lands better when it is clear.