

# SHARING LOVE & KINDNESS

## A VALENTINE ACTIVITY

This Valentine's Day, embrace the spirit of love and kindness with a meaningful activity inspired by the Moose Hide Campaign. Designed to nurture relationships with yourself and loved ones, this activity fosters reflection, communication, and mutual understanding.

This activity is a simple yet profound way to honor the values of care and understanding this Valentine's Day. Whether practiced alone or with loved ones, it provides a meaningful opportunity to reflect and strengthen your connections. Share the love with some Moose Hide medicine!

### **DIRECTIONS:**

1. Print and cut out the Moose Hide squares on the next page
2. Place the squares into a container and mix them up
3. Take turns drawing a square and answering the question aloud.  
For solo reflection, draw one square at a time and write down your responses
4. Make a heart from the squares, and take a picture to remember your day!  
Feel free to share it on socials to encourage others to try the activity!

### **WISE PRACTICES FOR MEANINGFUL CONNECTION:**

#### **Listen Actively**

Create a safe space for honest expression by giving your full attention and avoiding interruptions.

#### **Allow Silence**

Give space for thoughtful pauses. Silence can encourage deeper reflection and authenticity.

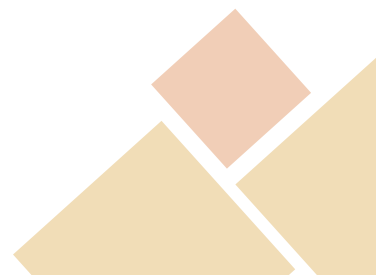
#### **Offer Gratitude**

Acknowledge the courage it takes to share. Thank yourself or others for their openness and honesty.



LEARN MORE AT:

**MOOSEHIDECAMPAIGN.CA**



**PRINT THE PAGE AND CUT EACH SQUARE OUT ON ITS OWN**



**WHAT'S ONE MEMORY WE'VE SHARED THAT HAS MEANT THE MOST TO YOU, AND WHY?**

Strengthens connection through shared gratitude.

**WHAT'S A GOAL OR DREAM YOU HAVE, AND HOW CAN I HELP YOU WITH IT?**

Show interest in their aspirations.

**WHAT ARE THREE THINGS I LIKE ABOUT MYSELF, AND WHY?**

Think about your strengths and what makes you unique.

**HOW CAN I BE EXTRA KIND TO MYSELF TODAY?**

Talk about ways to take care of YOU

**WHAT MAKES ME FEEL HAPPY?**

Share what makes you smile.

**WHAT'S SOMETHING YOU'VE ALWAYS WANTED ME TO UNDERSTAND ABOUT YOU?**

Share what makes you smile.

**HOW CAN I SHOW YOU THAT I CARE ABOUT YOU?**

Discuss ways to support each other.

**WHAT IS SOMETHING I'M REALLY GOOD AT?**

Show off your talents and skills!

**FOR DEEPENING CONNECTION WITH SELF**

**FOR DEEPENING CONNECTIONS WITH LOVED ONES**



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