



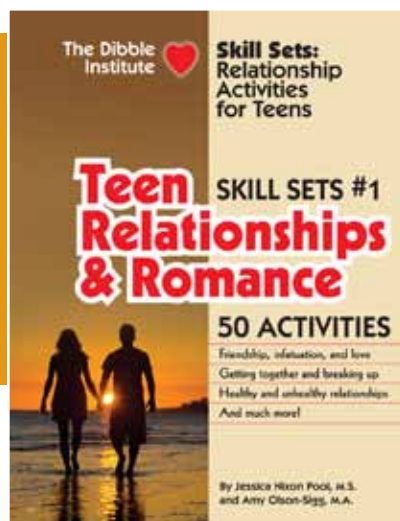
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**BY JESSICA NIXON POOL
AND AMY OLSON-SIGG**



This unique activity book makes it easy to teach relationship skills during “extra” minutes in the day. Fifty diverse choices focus on the most consuming of all youthful concerns: how to be more successful in their romantic lives. A variety of activity formats engage teens with different learning styles. The activities appeal to teens of all ages and backgrounds, and adapt easily to both school and community settings.

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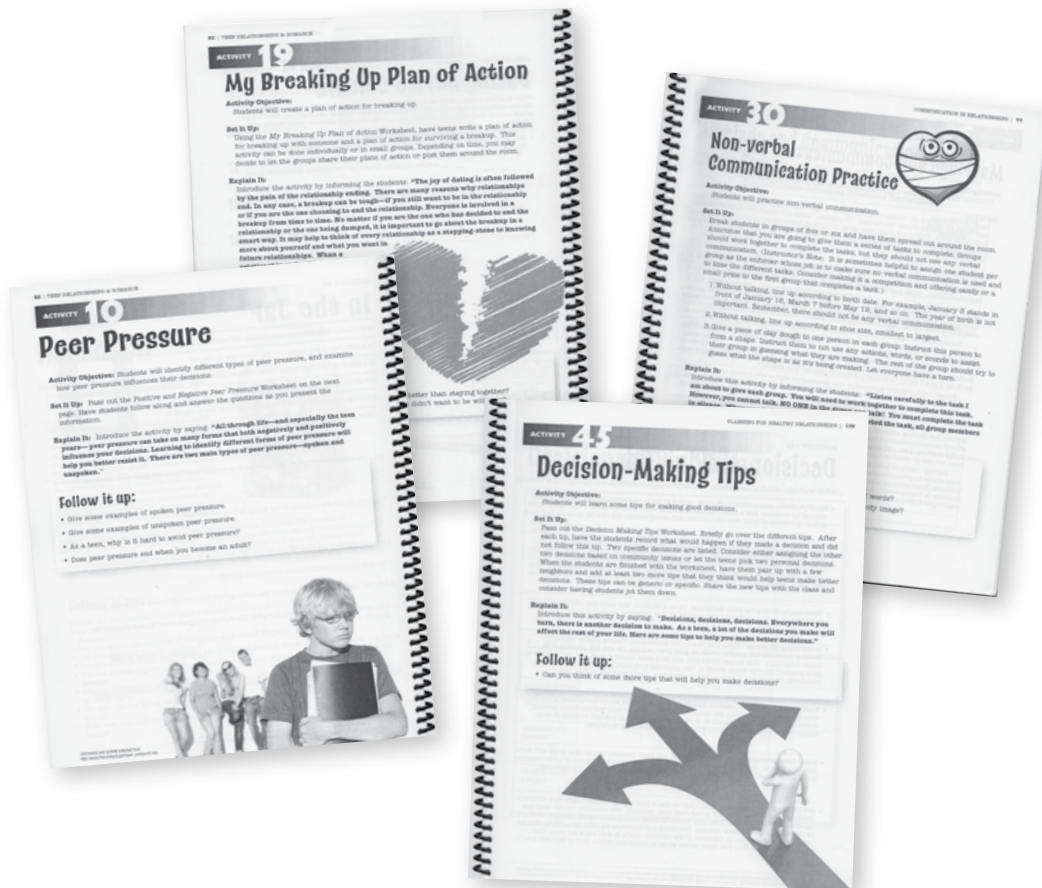
SKU	TITLE	RETAIL
DI-SS1	Activity Book	\$47

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Appendix: Activity Cards.



Love Madness

SAMPLE ACTIVITY

Activity Objective:

Students will be able to explain the term “limerance.”

Set It Up:

Before the lesson, offer students extra credit to find, print out, and bring into class lyrics of love songs or the actual music. Encourage them to find a song that exemplifies real love, and another that demonstrates “limerance” or “love madness.” (Remind them that the lyrics must be appropriate for use in your setting!) On the day of the activity, begin by having the class brainstorm a list of as many song titles as they can that include the word “love.” Then review with the class the meaning of “limerance.” Ask which songs on the list demonstrate limerance. Ask them **“What about the title or lyrics leads you to that conclusion?”**

Break the class into small groups and pass out the *Love Music Worksheet* on the facing page. Have each small group use the worksheet to analyze the lyrics classmates brought in. Or print out some love songs (current or classic). If time allows, consider playing some of the songs presented. Then decide as a group if the song is about “real love” or more about “limerance” or love madness. Ask the whole group, **“What lyrics lead to that conclusion?”** Have the small group that presents the song lead the discussion.

Explain It:

Introduce the activity by saying: **“So...what is the difference between being infatuated (or ‘in limerance’) and being truly in love? The answer: Nothing at the moment a person is feeling it. (Try to tell your best friend who is days into a new relationship that it is just ‘puppy love.’) What makes real (mature) love is characterized by a genuine concern for the welfare and feelings of your beloved, and such solid friendship elements as acceptance. You remain committed in mature love, even when the intense feelings ebb and flow, and even when the behavior of your beloved does not always please you. It takes real commitment and a lot of work, but the benefits make it worth the effort!”**



Follow it up:

As a result of all the love songs that have ever been written, is it possible that we may have a distorted view of what love actually is? If so, how does this affect us?

Love Music

SAMPLE ACTIVITY

Name of song that represents "real love."

Some lyrics that support "real love."

What feelings does this song evoke?

Name of song that represents "limerance."

Some lyrics that support "limerance."

What feelings does this song evoke?

Name of song that represents "real love."

Some lyrics that support "real love."

What feelings does this song evoke?

Name of song that represents "limerance."

Some lyrics that support "limerance."

What feelings does this song evoke?

Name of song that represents "real love."

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Some lyrics that support "limerance."

What feelings does this song evoke?

