



GCAPP PARENT TOOLKIT:

What is My Child's Love Language?

Materials Needed:

- A small pack of mini M&Ms, colored paper pieces, or any items in red, orange, yellow, green, and blue.
- The 3 Love Language Quiz Questions (below)
- Just you and your child or teen!

How To Play

- Read each quiz question out loud.
- For each question, choose one color that matches your answer.
- Use the colored items (M&Ms, paper, etc.) to represent your answer choice.
- After answering all 3 questions, compare your color choices with your child's.
- Use your results to start a conversation about how each of you feels most loved!

What Do The Colors Mean?

- Red – Acts of Service
- Orange – Gifts
- Yellow – Quality Time
- Green – Physical Touch
- Blue – Words of Affirmation



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Objective:

Discovering your child's Love Language is a fun and meaningful way to build a stronger connection. By taking the Love Language Quiz together, you'll both learn how each of you feels most loved and supported. Understanding each other's Love Language can deepen your relationship, improve communication, and help you better meet each other's emotional needs.

Plus, it's fun! You'll not only learn how your child receives love, but also reflect on your own Love Language and how you express care to others.

Love Language Quiz Questions

- 1.** It's your birthday. Which of the following is the best gift you could receive? (choose only one)
 - a. Red – Someone doing your chores around the house**
 - b. Orange – A gift that contains an item you mentioned a few weeks ago**
 - c. Yellow – Going out for a meal together or sharing a favorite meal together at home**
 - d. Green – Cuddling up and watching those movies you've been wanting to see**
 - e. Blue – Lots of big smiles and people wishing you a Happy Birthday**
- 2.** How do you want someone to show you kindness? (choose only one)
 - a. Red – They help you with an important project**
 - b. Orange – They surprise you with your favorite candy or ice cream**
 - c. Yellow – They spend the day with you going to that special event you've been excited about**
 - d. Green – They give you a giant hug**
 - e. Blue – They tell you what they love about you**
- 3.** You are fighting with one of your best friends. How do you want your family member to show they care? (choose only one)
 - a. Red – They bring over your favorite food**
 - b. Orange – They check out a book by one of their favorite authors and take it to you to help get your mind off things**
 - c. Yellow – You go for a walk together and they listen to you vent**
 - d. Green – They offer to rub your back**
 - e. Blue – They cheer you on and offer tips on how to let the person go**

Once you and your child have finished, talk about your answers. Which colors showed up the most? What surprised you? What made you feel seen? Learning about each other's Love Languages is a small activity that can make a big impact.

Quiz adapted from the LIFT (Linking Families & Teens) Workshop