**Love language (not an exhaustive list)**

* Experience something together
* Quantity time
* Teach/learn
* Learn together
* Making something for the person
* Make something together
* Evidence of thinking about the person in their day
	+ Text message
	+ Note in the lunch-box
	+ Note on the table
	+ Brought something small from where was
* Words of affirmation
	+ Good job, I love you, I care about you, I’m proud of you
* Gifts
* Helping the person with something they are doing
* Something that makes the person’s day a little easier
* Chit-chatting
* Taking an interesting in their day (e.g., asking about it)
* Availability (even if not used)
* Given direct attention
* Physical play/sports together
* Pretend play
* Information-sharing
* Joking (but avoid sarcasm with foster-children and children on the spectrum)
* Physical touch
	+ Hugs
	+ Pats on shoulder
	+ Small punch on shoulder
	+ Hair-braiding
* Spontaneous activity
* Planned activity
* Empathy
* Inclusion
* Secure base of operation
* Spontaneous seeking out to share a positive experience

What love languages we naturally receive and that we naturally send can be different

Signs that a love expression is hitting the mark: Increase in same or different love language back. Increased signs of joy. Decreased signs of stress.