

# HOW TO GIFT IN THE TIME OF COVID

## Based on Love Languages

Even though we have to get more creative during these times of social distance and quarantining, it doesn't mean that we can't show love and appreciation to our friends! Use this chart to help you figure out the perfect gift to give somebody this year.

Not sure what your love language is? Take the quiz online!  
[www.5lovelanguages.com/quizzes/teen-quiz](http://www.5lovelanguages.com/quizzes/teen-quiz)

### THE LOVE LANGUAGE YOU LIKE TO SHOW TO OTHERS

THE LOVE LANGUAGE YOUR FRIEND LIKES TO RECEIVE

	QUALITY TIME	PHYSICAL TOUCH	WORDS OF AFFIRMATION	GIVING GIFTS	ACTS OF SERVICE
QUALITY TIME	Set time aside for a virtual meeting doing an activity of your choice	Have a virtual friend coffee date (or another warm beverage)	Set up a regular time each week to check in with one another and show support	Watch a Bob Ross video together and paint canvases to give to each other	Write letters to homebound patrons together over zoom.
PHYSICAL TOUCH	Watch a show together using Netflix Party with warm blankets & soft pajamas	Outside while distanced, play with a pet together	Design a t-shirt or pillowcase with thoughtful words for your friend	Send a care package of textured items and have your friend close their eyes to open each one	Create a piece of jewelry that your friend can wear and touch when they are stressed
WORDS OF AFFIRMATION	Spend time together answering questions about what you appreciate most about the other person	Compose an original song for a friend with an instrument of your choice	Exchange letters with a friend letting them know why you appreciate them	Write a poem or short story about why you think your friend is awesome	Send your friend a surprise delivery of flowers or cookies with a personalized message
RECEIVING GIFTS	Buy the supplies and learn how to make a new recipe together virtually	Sew, crochet, assemble, or craft a gift for a friend	Send a note of appreciation and photos of you using something your friend gave you	Coordinate a secret gift exchange with your friends	Buy your friend a takeout meal from your favorite local restaurant
ACTS OF SERVICE	Spend time making toys for animal shelters together virtually	Give your friend a thoughtful stone and spend time sitting and meditating together	Show support and help your friend complete a task that's been difficult	Attend Kids Knitting it Forward together (see library website for details)	Find an organization you and a friend can volunteer at together virtually