

**Objective:**

To create a heartwarming and personalized Valentine's Day program for residents, fostering reminiscence, emotional connection, and creative expression through writing love notes or poems.

**Time:**

Duration: Approximately 1 hour

**Staffing:**

Activity professional to coordinate the program  
Additional staff or volunteers to assist as needed

**Materials:**

Wedding or family photos provided by residents or family members that can be photocopied  
Picture Frames  
Blank cards or stationery  
Markers, pens, and writing materials  
Decorations (optional)  
Refreshments (optional)

**Program Outline:****1. Preparation (Before the Program):**

Activity professional collects photos from residents' rooms or contacts family members to send wedding or family photos.

Photos are photocopied, framed, and arranged in a designated area for display in the Activity Room.

**2. Introduction and Photo Reveal:**

- Welcome residents warmly to the Valentine's Letters To My Loved Ones program.
- Begin by unveiling the framed photos, allowing residents to see their wedding or family pictures.
- Share a brief explanation of the activity and encourage residents to take a moment to reminisce.
- Ask residents to share who is in the photo with them and a bit about what was taking place at the time.

**3. Writing Love Notes or Poems:**

Distribute blank cards or stationery and writing materials.

Invite residents to write love notes or poems to the person or people in the framed photo.

Provide prompts or suggestions to help spark creativity, such as recalling a special memory or expressing gratitude (see next page for prompts).

**4. Creative Expression Time:**

- Play soft and romantic background music to enhance the atmosphere.
- Encourage residents to take their time expressing their feelings through writing.
- Offer assistance to those who may need support writing or encouragement.

**5. Sharing and Reflection:**

- Invite residents who are comfortable to share their love notes or poems with the group.
- Foster a supportive and positive environment for sharing.
- Reflect on the experience, asking residents how it felt to write and share their sentiments.

**6. Closing and Refreshments (optional):**

- Express gratitude to participants for their heartfelt contributions.
- If refreshments are provided, enjoy a casual social time to continue the Valentine's Day celebration.
- Encourage residents to take their framed photos back to their rooms as a keepsake.



## Program Notes:

- Ensure that the framing of photos is done discreetly to maintain an element of surprise for residents.
- Be mindful of residents' emotional well-being and comfort during the activity, offering support as needed.
- Adapt the writing activity based on individual preferences, allowing residents to express themselves in their own unique way.
- This Valentine's Day Love Photo Program aims to create a personalized and emotionally meaningful experience for residents, promoting connection and celebration of love and cherished memories.

## Writing Prompts:

### 1. Recall a Special Memory:

- Prompt: "Think back to a cherished moment or special memory captured in the photo. What details stand out? How did that moment make you feel?"
- Suggestion: Describe the setting, emotions, and any specific details that make that memory special.

### 2. Express Gratitude:

- Prompt: "Consider the person or people in the photo. What are you grateful for? How have they enriched your life?"
- Suggestion: Write a gratitude-filled note expressing appreciation for specific qualities or actions that mean a lot.

### 3. Highlight Shared Experiences:

- Prompt: "Reflect on shared experiences with the person(s) in the photo. Are there specific moments or activities you both enjoyed together?"
- Suggestion: Write about a shared hobby, tradition, or favorite pastime that brought joy and connection.

### 4. Capture Personality Traits:

- Prompt: "Think about the unique qualities and characteristics of the person(s) in the photo. What makes them special to you?"
- Suggestion: Highlight personality traits, quirks, or talents that you admire and cherish.

### 5. Use Metaphors or Similes:

- Prompt: "Explore metaphors or similes to describe your feelings. How would you symbolize the love and connection you share?"
- Suggestion: Compare your feelings to elements in nature, objects, or experiences that convey depth and meaning.

### 6. Invoke Senses:

- Prompt: "Engage the senses to evoke memories. What smells, tastes, sounds, or textures remind you of the person(s) in the photo?"
- Suggestion: Include sensory details to bring the writing to life, creating a vivid and nostalgic experience.