



choose love™
for schools

INTRODUCTION

Through an inclusive and diverse lens, the **Choose Love** curriculum serves as the foundation for our schools, homes and communities to open minds and hearts. The Choose Love Formula has proven to positively change school, family and community culture.

Choose Love teaches diversity, social justice and inclusion through multicultural literature, group activities videos, and contemplative questioning. Students learn how we are all the same and how to value and celebrate our differences.

A multicultural literature component gives students an understanding and perspective of their own cultural heritage as well as those of others; it helps students develop emotional intelligence and creativity; it nurtures growth and development of the students' personalities and social skills.

Skills are taught, practiced, and maintained throughout the curriculum. These skills transfer to home and community with lifelong benefits.

"Choosing Love in Our Brave New World" is a special unit designed to help students and teachers find their way into the new normal of education. Before any other learning can be effective, students and educators need to feel safe, welcome, accepted, seen, heard, cared for, and loved. As students and teachers transition back to school, whether in person or through distance-learning, **Choose Love** will help bring connectedness to a whole new level.

Based on the latest neuroscience and post-traumatic growth research, **Choose Love** incorporates trauma-sensitive, healing-centered language and practices. The lessons foster the development of a growth mindset and perseverance.

Some of the highlights in the special unit are:

- ❖ A personal video message for Educators from Scarlett Lewis
- ❖ A welcome letter for teachers to read to their students that research shows will improve their academic, and social-emotional skills
- ❖ Grounding and mindfulness practices for students presented in videos and lessons for EFT Tapping by Jessica Ortner and Healthy Compassionate Connection by Kate MacKinnon
- ❖ Strategies to help students identify and recognize somatic cues, feelings, and emotions
- ❖ Skills and tools to manage the underlying feelings of fear, uncertainty, and anxiety and practice responding in healthy ways
- ❖ Growth mindset as it relates to the COVID situation and how we can move forward

The new digital Platform has slides with embedded videos, lessons etc., making it accessible and user friendly for either teaching in person or through distance-learning.

The units are divided into lessons by themes, and are designed to be taught throughout the day and over several weeks. They are broken down into manageable parts.

Practicing *Focused Awareness* several times throughout the day, whether in the classroom or via the web, will help students center and regulate their bodies and minds.

The Journey section of each lesson is the main objective and can be taught at any time throughout the day.

The activities in the *Have a Lot of Fun* section are specifically designed to help students with self-awareness and self-regulation. They include movement, rhythm, music, and dance which help to settle dysregulated bodies.

A Daily Dose of Love for the teachers are inspirational quotes, related to each lesson, included at the end to give the teachers some nurturing healing love.

"Choosing Love in Our Brave New World" is the springboard for the new V2 **Choose Love for Schools** curriculum.



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Syllabus Grades K-5: Brave New World

Choosing Love in Our Brave New World

This unit is a precursor to the Choose Love Curriculum. It's designed to help transition students back to class, or to support them during distance learning.

The goal of “Choosing Love in Our Brave New World” is to help students and teachers find their way into the new normal of education. Before any other learning can be effective, students and educators need to feel safe, welcome, cared for, and loved.

The lessons are designed to be taught throughout the day and over several weeks. The unit can be “chunked” into manageable parts.

The lesson includes a *Focused Awareness* section, with calming exercises that can be practiced several times throughout the day, whether in the classroom or via the web, and will help students center and regulate their bodies and minds.

The Journey section of the lesson is the main objective for the lesson and can be taught at any time throughout the day.

There are also activities in the *Have a Lot of Fun* section of the lesson, specifically designed to help students with self-awareness and self-regulation. The movement, rhythm, music, and dance help settle dysregulated bodies.

Kindergarten

Lesson: We are all here and we are all okay
Theme: Right now, I am alright

Grade 1

Lesson 1: Feel the Tug of Love
Theme: We are all connected even when we are apart.

Lesson 2: All Feelings are Okay
Theme: Right now, I am alright.

Lesson 3: Growth Mindset
Theme: We can do this!

Grade 2

Lesson 1: Love
Theme: We all want and need to love and be loved.

Lesson 2: If Kids Ran the World
Theme: We can make the world a better place.

Lesson 3: All Feelings are Okay
Theme: Right now, I am alright.

Lesson 4: Growth Mindset
Theme: We can do this!

Grade 3

Lesson 1: Love
Theme: We all want and need to love and be loved.

Lesson 2: If Kids Ran the World
Theme: Theme: We can make the world a better place.

Lesson 3: All Feelings are Okay
Theme: Right now, I am alright.

Lesson 4: Growth Mindset
Theme: We can do this!

Grade 4

Lesson 1: Love
Theme: We all want and need to love and be loved.

Lesson 2: Hope
Theme: Hope is the promise that you can make better tomorrows.

Lesson 3: All Feelings are Okay
Theme: Right now, I am alright.

Lesson 4: Growth Mindset
Theme: We Can Do This!

Grade 5

Lesson 1: Love
Theme: We all want and need to love and be loved.

Lesson 2: Hope
Theme: Hope is the promise that you can make better tomorrows.

Lesson 3: All Feelings are Okay
Theme: Right now, I am alright.

Lesson 4: Growth Mindset
Theme: We Can Do This!



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Syllabus Grades 6-8: Brave New World

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Grade 6

Lesson 1: Choose Love: Jesse's Story and the Choose Love Formula

Lesson 2: Expanding our Emotion Vocabulary

Lesson 3: Is the Glass Half Full or Half Empty?

Lesson 4: Taking Risks

Grade 7

Lesson 1: Choose Love: Jesse's Story and the Choose Love Formula

Lesson 2: Naming Our Emotions

Lesson 3: Growth v. Fixed Mindset

Lesson 4: Getting Out of Your Comfort Zone & Personal Growth

Grade 8

Lesson 1: Choose Love: Jesse's Story and the Choose Love Formula

Lesson 2: Naming Our Emotions

Lesson 3: Growth v. Fixed Mindset

Lesson 4: Getting Out of Your Comfort Zone & Personal Growth



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Syllabus Grades 9-12: Brave New World

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Grade 9/10

Lesson 1: Choose Love: Jesse's Story and the Formula for Success

Lesson 2: Where Are You? Emotional Self Assessment

Lesson 3: Growth v. Fixed Mindset

Lesson 4: Stress has Benefits?

Grade 11/12

Lesson 1: Choose Love: Jesse's Story and the Formula for Success

Lesson 2: Where Are You? Emotional Self Assessment

Lesson 3: Growth v. Fixed Mindset

Lesson 4: Stress has Benefits?