



Pre-K | COURAGE | Lesson 1

## LESSON 1:

# The Four Ingredients of Choose Love

Courage + Gratitude + Forgiveness + Compassion in Action  
Help us live happier lives.

Student Outcomes	CSED Model Standards
<p>Students will be able to:</p> <ul style="list-style-type: none"><li>➤ Repeat/recite/recognize the four core ingredients of the Choose Love Formula.</li><li>➤ Label (name) several emotions by facial expressions and body language</li><li>➤ Identify how they and others feel and label the feeling.</li><li>➤ Recognize facial expressions and body language of characters and determine how they may be feeling.</li></ul>	<ul style="list-style-type: none"><li>➤ Moral Character</li><li>➤ Civic Character</li><li>➤ Self Awareness</li><li>➤ Self Management</li><li>➤ Social Awareness</li><li>➤ Interpersonal/Relationship Skills</li><li>➤ Responsible and Ethical Decision Making</li></ul>

## Daily Dose of Love

***"It takes courage to grow up and become who you really are." —E.E. Cummings***

## Educator Prep

The lessons are scripted and are indicated in bold with quotation marks. You may choose to read them as they are written or review them and use your own language.

**Note to teacher:** The lessons can be taught with or without the slides.

*\* It is extremely important to impress upon the children that they are NOT their feelings. We often say, "I'm angry/happy/sad..." In Choose Love we teach children that feelings and sensations come and go and that we can choose our thoughts. Distancing the feelings from the individual is paramount. Teach children to say, "I feel angry/sad/worried..." This is one reason we refer to our buckets being full or empty, and if we are filling or dipping.*

When discussing, in a circle, or on the carpet, kids are often eager to let you know they agree with what another student has said or that they have had the same experience. Introducing "Me, too," can ease that anxiety and desire to participate and keep the discussion moving. Teach the children that when they agree with, or have had a similar experience, about what another is saying, they fold their hand in a fist with the thumb pointing out and toward their heart - a gesture of "me, too!"

***\*Choose Love uses mindful breathing techniques throughout the curriculum. These include a special breath for each unit: The Brave Breath, The Gratitude Breath, The Forgiveness Breath and the Compassion in Action Breath. Prior to teaching these breathing techniques, here is some information for you to consider regarding deep breathing for students with high chronic stress:***

*It's important to be aware that while belly breathing is soothing and comforting for most students, it's not always the case for students living in chronic stress or who have experienced a lot of trauma.*

*Often, students have developed coping mechanisms that help them NOT to feel because feeling is too painful. It can be overwhelming to "go inside" and feel the breath because their bodies hold too much hurt and anxiety. Sometimes these feelings can be triggered when asked to do the breathing exercises - the opposite of what we're trying to achieve.*

*Be sure to observe closely and be sensitive to students who don't participate. It's okay. Let them know it's okay to just observe and sit quietly.*

*It helps to provide them something to focus on, such as a picture or "external anchor" where they don't feel the hurt that's inside of them. Providing a physical prompt such as a print out of the visuals provided may help as well. Ask your students what they prefer. Several of the breathing exercises in these lessons provide for external focus and physical touch.*

*Go slow and don't push students to participate in the breathing activities if you notice discomfort. Let them know that this could make you feel better if you're feeling anxious. It's a superpower skill that you can use for the rest of your life. We're going to do this a*

*lot, so when you want to try it, you're safe to try it here. Always use invitational language and provide options.*

*For example, "You are in charge of your body and your breathing practice. If at any time you feel uncomfortable, you can just look down at a spot on the rug and breathe normally." Students need to know that they have control over how they participate in the breathing exercises.*

**For Educators:** [The Formula for Choosing Love](http://safesha.re/hpc) by Scarlett Lewis

(<http://safesha.re/hpc>)

\*Scarlett explains the formula which is the foundation of Choose Love.

### **Videos and Read Alouds on slides:**

**Preview and cue the following resources in advance of the lesson to avoid unexpected ads/other online distractions:**

[Let's Choose Love](https://safesha.re/inv) video for students

(<https://safesha.re/inv>)

[Will You Fill My Bucket? Daily Acts of Love Around the World](https://safesha.re/inx)

(<https://safesha.re/inx>)

[Fill a Bucket Song](https://safesha.re/io3)

(<https://safesha.re/io3>)

### **Additional Supporting Literature**

[Fill a Bucket: A Guide to Daily Happiness for Young Children](https://safesha.re/ins)

(<https://safesha.re/ins>)

### **Prepare**

- Write the Choose Love Formula on the board or hang the Choose Love Formula poster on the wall, also included in slides.
- **See RESOURCES Tab:** Print the Choose Love Formula, Choose Love Caregiver Letter and Choose Love Monthly Calendar to send home with students.
- Find an item to use as a bucket (an empty licorice container works well because it has a lid). Anything works - a clear plastic container is the best so students can see how many pom-poms are in the container. You can draw a face on the container and decorate it with stickers to make it really "happy." This will be something you may choose to use all year to encourage students to demonstrate acts of choosing love. It's a great classroom management tool.

- Gather pom-poms, cotton balls, anything that can be used to fill the bucket.

Some educators like to have students act out scenarios. It is VERY important not to allow students to model dipping behavior with another student. The teacher should ALWAYS be the “dipper” and say the words, “tease, dip” rather than using an actual situation that could inadvertently hurt a child’s feelings. Teachers can say, “I will never say anything to dip in your buckets on purpose and I won’t allow you to do that either. So, when we act out the dipping and filling, I will only say to you, “tease, dip.”

#### **Excellent Resource:**

**[National Center for Pyramid Model Innovations NCPMI](http://challengingbehavior.org/)**

*(<http://challengingbehavior.org/>)*

#### ***Lesson begins here:***

### ***Focused Awareness***

Prepare the students for learning by getting their attention and settling their bodies. This is a wonderful way to get students’ focused attention before any lesson.

**Slide:** Focused Awareness Visual

**“Before we begin let’s get ready to learn. Let’s bring our hearts, minds, and bodies into the same room. Sit up nice and straight but not stiff. Put one hand on your heart and one on your belly. Let’s take a nice deep breath in together, and let it out slowly (breathe).**

**Let’s do another breath in and out (breathe). And, one more (breathe).”**

**“And, one more (breathe).”**

**“Everyone focus your attention on me.”**

**“Repeat after me, Eyes watching.”** (Pointing to your eyes)

**“Ears listening.”** (Cupping hands around your ears)

**“Voices quiet.”** (Finger in front of lips)

**“Bodies still.”** (Fold hands in your lap)

**“Hearts and minds open.”** (Make your hands in the shape of a heart in front of your chest then point to your head and open your arms.)

### ***The Journey***

**Slide:** **[Choose Love Formula video](#)**

**“Everyone in the whole world needs to love and be loved. There’s a magic formula for that. It’s called the Choose Love Formula. We’re going to use that formula to learn to live happier and healthier lives. It will help us learn and play together. We can use this magic formula for the rest of our lives.”**

**Slide:** [Let’s Choose Love video](#)

Set the expectation that students should be detectives during this video to remember all four parts of the “magic formula.”

Encourage students to notice the faces and body language of the characters in the story.

After the video: **“Can anyone remember one of the parts of the magic formula?”**

**Slide:** (Choose Love Formula) or post the Formula in your classroom

Have students repeat with you.

**“Courage + Gratitude + Forgiveness + Compassion in Action = Choosing Love”**

**Slide:** [Will You Fill My Bucket? Daily Acts of Love Around the World](#)

Relate facial expressions and body language to how the characters are feeling.

Discuss how the characters feel when they are choosing love and their buckets are being filled or when their buckets are being dipped.

Give students a pom pom to be placed into the bucket. Start with the empty bucket and talk about how choosing love can fill the bucket. Ask what the students can do to choose love and fill someone else’s bucket. As they share, give them a pom pom to put into the empty bucket. They can watch as the bucket fills up with their kind words and deeds.

Use language such as **“what if”, “I wonder”** and **“what would change if”** which will elicit more thoughtful responses as well as implying that there are no right or wrong answers.

Use the classroom bucket to demonstrate each of the discussion questions.

**“Suppose that everyone was choosing love and filling each other’s buckets. How would that feel?”**

**“How would it be different if you chose love and filled the buckets of students you didn’t play with often?”**

**“What would change on the playground if we chose love and filled buckets instead of dipping in them?”**

**“How can we choose love when one of our friends is sad or hurt to help fill their bucket?”**

## ***Have a Lot of Fun!***

**Slide:** [Fill a Bucket Song](#)

Rhythm, movement, and song help students internalize concepts as well as settling dysregulated bodies. Encourage students to dance and learn the words.

## ***Transfer of Learning***

Refer to the Choose Love Formula as you notice the traits in your students.

The Choose Love Formula is demonstrated in the book and provides students with a concrete way to understand the ingredients of the Formula. Use the language as you notice interactions between your students and in literature.

Acknowledge when students demonstrate the character traits of sharing, taking turns, and following the rules.

Acknowledge when students demonstrate examples of choosing love in the form of respect, courtesy, and being polite.

Notice acts of choosing love and give students pom poms to put into the bucket when you see it. Or, you can acknowledge it and put the pom pom into the bucket.

## ***Home Connection***

**Send home the Choose Love Caregiver Letter and Choose Love Monthly Calendar.**

Our class is learning about choosing love. At the dinner table, have your student give examples of choosing love and bucket filling and dipping. Others can share their experiences as well. Making this a routine will help everyone learn the foundations of the Choose Love formula. Invite parents and caregivers to participate in the Choose Love at Home Program. There are many resources available and it supports what students learn in the classroom.