

# choose love™

movement

## OCTOBER 2020

October is Choose Love Courage Month. It is also Anti-Bullying Month. By Choosing Love we can help each other through kindness and understanding. We can be brave to tell the truth and stand up for what is right. And we can identify and manage our emotions. Choose Love instead of Hate.

SUN	MON	TUE	WED	THU	FRI	SAT
				<b>1</b> TAKE A BRAVE BREATH!	<b>2</b> MAKE A COURAGE WALL. MAKE A PICTURE TO SHOW WHAT COURAGE MEANS TO YOU.	<b>3</b> BE AN UPSTANDER INSTEAD OF A BYSTANDER. IF YOU SEE SOMETHING WRONG, MAKE IT RIGHT
<b>4</b> MAKE A COURAGE CHART AND USE STICKERS TO REWARD BRAVE ACTS.	<b>5</b> COURAGE IS DOING THE RIGHT THING, EVEN IF IT MAY BE HARD.	<b>6</b> SPEAK UP...LET YOUR VOICE AND IDEAS BE HEARD!	<b>7</b> MAKE A LIST OF YOUR STRENGTHS TO BOOST YOUR COURAGE & CONFIDENCE!	<b>8</b> STOP A BULLY WITH KINDNESS.	<b>9</b> BECOME MORE ACCEPTING BY LEARNING STORIES OF OTHERS.	<b>10</b> HOW CAN YOU MAKE EVERYONE FEEL ACCEPTED?
<b>11</b> LISTEN AND LEARN.	<b>12</b> IF YOU HURT SOMEONE'S FEELING, TELL THEM YOU ARE SORRY.	<b>13</b> IF YOU DON'T HAVE SOMETHING KIND TO SAY, DON'T SAY ANYTHING AT ALL.	<b>14</b> HAVE THE COURAGE TO RESPECT SOMEONE'S OPINION EVEN IF IT IS DIFFERENT FROM YOURS.	<b>15</b> TRY TO WALK IN SOMEONE ELSE'S SHOES.	<b>16</b> GIVE SOMEONE A BOOST WHEN THEY NEED TO HAVE COURAGE.	<b>17</b> WRITE A POEM ABOUT KINDNESS, INCLUSION OR ACCEPTANCE.
<b>18</b> BE BRAVE ENOUGH TO TELL THE TRUTH AND TELL PEOPLE HOW YOU FEEL.	<b>19</b> PRACTICE SELF-CONTROL... STOP AND THINK BEFORE YOU ACT!	<b>20</b> MAKE A PAPER "COURAGE" CHAIN FROM CONSTRUCTION PAPER.	<b>21</b> UNITY DAY! CHOOSE KINDNESS, ACCEPTANCE AND INCLUSION. WEAR ORANGE.	<b>22</b> WHO IS YOUR HERO? HOW DO THEY SHOW COURAGE?	<b>23</b> WORK ON BEING BRAVE EVERY DAY.	<b>24</b> HOW ARE YOU REALLY FEELING? TAKE TIME TO IDENTIFY YOUR EMOTIONS.
<b>25</b> DRAW YOURSELF AS A SUPERHERO!	<b>26</b> WRITE A POEM ABOUT YOUR COURAGE.	<b>27</b> BE BRAVE ENOUGH TO DO WHAT YOU KNOW IS RIGHT.	<b>28</b> PRACTICE YOUR BRAVE POSE.	<b>29</b> WRITE DOWN 3 WAYS THAT YOU ARE BRAVE.	<b>30</b> IT TAKES COURAGE TO ASK FOR HELP.	<b>31</b> BOO!!! DON'T BE AFRAID. HAPPY HALLOWEEN.