

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
				1 TAKE A BRAVE BREATH!	2 MAKE A DIGITAL COURAGE BOARD. USE IMAGES AND WORDS TO SHOW WHAT COURAGE MEANS TO YOU.	3 BE AN UPSTANDER INSTEAD OF A BYSTANDER. IF YOU SEE SOMETHING WRONG, MAKE IT RIGHT
4 MAKE A LIST OF KIND ACTS THAT YOU'VE DONE RECENTLY OR WILL DO.	5 COURAGE IS DOING THE RIGHT THING, EVEN IF IT MAY BE HARD.	6 SPEAK UP...LET YOUR VOICE AND IDEAS BE HEARD!	7 IF YOU ARE BEING CYBER-BULLIED, BLOCK THEM AND TELL SOMEONE.	8 BE KIND TO SOMEONE OUTSIDE YOUR CIRCLE OF FRIENDS. KINDNESS MAKES EVERYONE A LITTLE HAPPIER	9 BECOME MORE ACCEPTING BY LEARNING STORIES OF OTHERS.	10 HOW CAN YOU MAKE EVERYONE FEEL ACCEPTED?
11 "I WAS BULLIED WHEN I WAS IN JUNIOR HIGH SCHOOL, AND THE KEY ABOUT BULLYING IS TO COMMUNICATE," - DUANE JOHNSON	12 IF YOU HURT SOMEONE'S FEELING, TELL THEM YOU ARE SORRY.	13 IF YOU DON'T HAVE SOMETHING KIND TO SAY, DON'T SAY ANYTHING AT ALL.	14 HAVE THE COURAGE TO RESPECT SOMEONE'S OPINION EVEN IF IT IS DIFFERENT FROM YOURS.	15 BULLYING IS THE USE OF FORCE, COERCION OR THREAT TO ABUSE OR INTIMIDATE.	16 GIVE SOMEONE A BOOST WHEN THEY NEED TO HAVE COURAGE.	17 WRITE A POEM ABOUT KINDNESS, INCLUSION OR ACCEPTANCE.
18 HOW YOU MAKE OTHERS FEEL ABOUT THEMSELVES SAYS A LOT ABOUT YOU.	19 PRACTICE SELF-CONTROL... STOP AND THINK BEFORE YOU ACT!	20 "LIKE ALL BULLIES, THEY GAIN THEIR POWER BY TAKING POWER AWAY FROM OTHERS," - MILLIE BOBBY BROWN	21 UNITY DAY! CHOOSE KINDNESS, ACCEPTANCE AND INCLUSION. WEAR ORANGE.	22 YOU DON'T HAVE TO BE PERFECT. THE ACT OF ATTEMPTING A DIFFICULT TASK WHILE BELIEVING IN YOURSELF IS THE IMPORTANT PART.	23 WORK ON BEING BRAVE EVERY DAY.	24 HOW ARE YOU REALLY FEELING? TAKE TIME TO IDENTIFY YOUR EMOTIONS.
25 "MANY OF LIFE'S FAILURES ARE PEOPLE WHO DID NOT REALIZE HOW CLOSE THEY WERE TO SUCCESS WHEN THEY GAVE UP," - THOMAS EDISON	26 WRITE A POEM ABOUT YOUR COURAGE.	27 BE BRAVE ENOUGH TO DO WHAT YOU KNOW IS RIGHT.	28 YOU'RE NEVER TOO OLD TO PRACTICE YOUR BRAVE POSE.	29 WRITE DOWN 3 WAYS THAT YOU ARE BRAVE.	30 IT TAKES COURAGE TO ASK FOR HELP. ASK.	31 BOO!!! DON'T BE AFRAID. HAPPY HALLOWEEN.

HIGH SCHOOL