



Choose Love with Courage! 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. We can identify and manage our emotions. Choose Love instead of anger, hate or fear.

choose love™

movement

October 2021

SUN	MON	TUE	WED	THU	FRI	SAT
<p>HAPPY HALLOWEEN MONTH.</p>		<p>BOO!!! I AIN'T SCARED OF NO GHOST!</p>		<p>BREATHE IN COURAGE TO FACE ANY FEARS</p>	<p>1 TAKE A BRAVE BREATH & STAND IN A COURAGE POSE!</p>	<p>2 MAKE A COURAGE WALL. DRAW A PICTURE TO SHOW WHAT COURAGE MEANS TO YOU.</p>
<p>3 BE AN UPSTANDER INSTEAD OF A BYSTANDER. IF YOU SEE SOMETHING WRONG, MAKE IT RIGHT.</p>	<p>4 MAKE A COURAGE CHART AND USE STICKERS TO REWARD BRAVE ACTS.</p>	<p>5 TODAY IS NATIONAL DO SOMETHING NICE DAY! BE KIND & MAKE SOMEONE HAPPY.</p>	<p>6 SPEAK UP...LET YOUR VOICE AND IDEAS BE HEARD!</p>	<p>7 MAKE A LIST OF YOUR STRENGTHS TO BOOST YOUR COURAGE & CONFIDENCE!</p>	<p>8 IF YOU DON'T HAVE SOMETHING KIND TO SAY, DON'T SAY ANYTHING AT ALL.</p>	<p>9 BECOME MORE ACCEPTING BY LEARNING STORIES OF OTHERS.</p>
<p>10 HOW CAN YOU PRACTICE BEING BRAVE TODAY?</p>	<p>11 TAKE A MINDFUL MINUTE.</p>	<p>12 IF YOU HURT SOMEONE'S FEELINGS, TELL THEM YOU ARE SORRY.</p>	<p>13 NATIONAL STOP BULLYING DAY! STAND UP & SUPPORT OTHERS WHO HAVE BEEN BULLIED.</p>	<p>14 HAVE THE COURAGE TO RESPECT SOMEONE'S OPINION EVEN IF IT IS DIFFERENT FROM YOURS.</p>	<p>15 TRY TO WALK IN SOMEONE ELSE'S SHOES.</p>	<p>16 DRAW YOURSELF AS A SUPERHERO!</p> <p>BREATHE IN YOUR SUPER-POWERS</p>
<p>17 WRITE A POEM ABOUT COURAGE.</p>	<p>18 BE BRAVE ENOUGH TO TELL THE TRUTH AND TELL PEOPLE HOW YOU FEEL.</p>	<p>19 PRACTICE SELF-CONTROL... STOP AND THINK BEFORE YOU ACT!</p>	<p>20 UNITY DAY! CHOOSE KINDNESS, ACCEPTANCE AND INCLUSION. WEAR ORANGE</p>	<p>21 MAKE A PAPER "COURAGE" CHAIN FROM CONSTRUCTION PAPER.</p>	<p>22 WHO IS YOUR HERO? HOW DO THEY SHOW COURAGE?</p>	<p>23 TODAY IS MAKE A DIFFERENCE DAY! BE COURAGEOUS AND HELP OTHERS.</p>
<p>24 WORK ON BEING BRAVE TODAY AND EVERY DAY.</p> <p>I can do it.</p>	<p>25 ROAR LIKE KATY PERRY.</p>	<p>26 BE BRAVE ENOUGH TO DO WHAT YOU KNOW IS RIGHT.</p>	<p>27 PRACTICE YOUR BRAVE POSE.</p> <p>BREATHE IN BRAVERY TO DO WHAT'S RIGHT AND KIND.</p>	<p>28 WRITE DOWN 123 WAYS THAT YOU ARE BRAVE.</p>	<p>29 IT TAKES COURAGE TO ASK FOR HELP.</p>	<p>30 Have a Lot of fun</p>

31 NOTHING TO BE AFRAID OF! HAPPY HALLOWEEN.

