

**2024 Choose Love Awareness**   
**Starfish Moments Essay Contest**

*‘The Boy and the Starfish’ is a story about a boy on a beach, throwing starfish back into the water, and reminds us that everyone can make a positive impact on someone through a small act of kindness.*

*It’s about recognizing the value of each individual connection and understanding that, collectively, these moments contribute to a more compassionate and interconnected world. This story shows compassion for others, and courage to stand up for what you believe in.*

*How can you create a Starfish Moment?*

How can you use the Choose Love Formula to create a Starfish Moment? When you take a thoughtful moment, you can create a small act of kindness to positively affect someone else? Have you seen someone else create a Starfish Moment? pause, Thoughtfully pick your starfish moments each day and choose love for yourself or someone else and think of Jesse and dive deeper into our curriculum to enjoy your best life.

Write an essay or a story that shows how you or someone else has created a Starfish Moment. Essays should be up to 1,000 words.

**Submissions:** *Submissions become the property of the Choose Love Movement and may be used by the Movement for marketing purposes (online or in print), and may be published in a book, proceeds benefit the Choose Love Movement.*

**Who:** Elementary, Middle, and High School students.

**Deadline:** Submissions must be postmarked by February 29, 2024 and submitted online:  
  
**Prizes:**

Elementary Classroom submissions will be chosen by Choose Love Judges and/or random selection.

* One classroom will receive a *Classroom* prize kit. This kit contains: 25 wristbands, 25 pencils, 25 journals, 25 Starfish coins, 1 Starfish poster, 1 rubber duck.
* Two classes will receive 25 wristbands and 25 Starfish coins.

Middle/High School student selected by the Choose Love Judges and/or random selection.

* One Individual will receive a Choose Love prize kit to include 1 Choose Love t-shirt, 1 baseball cap, 1 journal, 1 pen, 1 bumper sticker, 1 plush duck, and 1 drawstring duck sack.
* Two winners will receive a t-shirt.

One high school student entry will be selected by the Choose Love Judges and/or random selection to receive a $500 college scholarship.