



Choose Love Awareness Month Be an Illuminator Middle School (Grades 6–8)

Illuminator definition:

Someone who brings light, connection and belonging—through kindness, honesty, compassion, and brave choices—especially when it would be easier not to. Here are some more things for classrooms for different age groups?

Courage = Integrity, Empathy, Emotional Regulation

Middle school courage is about identity, belonging, and peer pressure.

Practices + Courage ≠ Reaction

Teach that courage lives in the space between stimulus and response

Practice naming reactions vs. illuminated responses
(Heroic Choices in the Choice Moment Model)

Brave Conversations: Structured prompts:

“Something I wish people understood about me...”

“A time I chose kindness instead of what I thought other people would consider cool...”

Illuminator Ally Challenge

Students choose one courageous ally action per week:

Defending someone

Interrupting gossip

Including someone excluded

Illuminator Language

“I can be courageous to be my true self.”

Quote by A.A. Milne, author:
“You're braver than you believe, stronger
than you seem, and smarter than you
think.” Winnie the Pooh

“Being calm is a form of strength.”