



## Choose Love Awareness Month Be an Illuminator Early Childhood (Pre-K–Kindergarten)

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 = Trying, Naming Feelings, Asking for Help

Young children practice courage by showing up authentically and staying regulated.

### Practices

#### Try-It Torch Circle Time

A classroom “torch” (paper flashlight). Each student says something brave and then passes the ‘torch’ to the next student.

“I’m brave when I \_\_\_.”

#### Help Is Brave

Normalize asking for help as illumination. (Optional: give students a Caught Choosing Love ticket when they ask for help)

“When I ask for help, I turn on the light instead of hiding.”

#### Illuminator Language

“I was brave when I told the truth.”

“I tried even when it was hard.”

#### Quote:

"You're braver than you believe, stronger than you seem, and smarter than you think." Winnie the Pooh