



Parent Connection: “Be An Illuminator” Challenge



Dear Family,

This month, your child celebrating Choose Love Awareness Month. This year’s theme, Be an Illuminator, encourages you to truly see others, and help them feel seen.

By practicing Courage, Gratitude, Forgiveness, and Compassion-in-Action, individuals of all ages can reduce conflict, build resilience, and create environments where everyone feels they belong.

Being the light means choosing kindness, courage, gratitude, forgiveness, and compassion, even when it’s not easy. Small, loving actions can make a big difference at home, at school, and in our community.

Here are some ways to practice *Being an Illuminator* this week:

- Smile!
- It takes courage to slow down and really notice someone, to listen, to look them in the eyes, and to see them without judging. When you do that, you are sending a powerful message: “You matter.”
- When we practice gratitude, we look for what’s good in others, not just what’s different or annoying.
- When someone makes a mistake, I can choose forgiveness by: Giving them another chance;.Letting go of the label; Taking a breath, and/or Remembering I make mistakes too
- Compassion is love in action. Every day, we face little Choice Moments, moments when we can choose to be kind, include someone, help a friend, or say something encouraging.

Family Reflection (Optional)

At the end of the day, ask:

- How did *Being an Illuminator* today?
- How did *Being an Illuminator* make us feel?
- Did *Being an Illuminator* help someone else?

Thank you for partnering with us to nurture kindness, connection, and courage. Together, we can help our children learn that even in darkness, love always shines.

With gratitude,

Scarlett Lewis

Choose Love Movement

www.ChooseLoveMovement.org