

Celebrate and Share our Choose Love Awareness Month



Elementary Toolkit

Visit www.ChooseLoveMovement.org
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Compassion-in-Action Toolkits, and
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CHOOSE LOVE AWARENESS MONTH

Be an Illuminator

WEEK 2: Seeing the Good in Others

GRATITUDE

Being an Illuminator means helping others feel valued and respected. One powerful way to do this is by practicing gratitude.

When we are illuminators, we look for the good in others. When we help others feel seen, we feel more seen too.

We notice people's strengths, kindness, creativity, and effort.

- Diminishers focus on what's wrong or missing.
- Illuminators look for what's right and meaningful.

Gratitude helps us remember that everyone has something special to offer, even if it's not obvious at first. When we practice gratitude, we look for what's good in others—not just what's different or annoying.

Differences aren't problems, they are chances to learn.

When you choose gratitude:

- People feel seen and valued
- Friendships grow stronger
- Classrooms become kinder
- Schools feel safer

Choice Moment

Sometimes we have a choice.

Will I focus on what bothers me, or will I focus on what I can appreciate?

When something about someone bothers me, I can choose gratitude by thinking:

- "What's something good about them?"
- "What can I learn from them?"
- "How can I appreciate them?"



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Be an Illuminator

WEEK 2: Seeing the Good in Others

Journal Prompts

GRATITUDE

An illuminator is someone who shines kindness and love.”

- Using kind words
- Helping others
- Including people
- Saying thank you

Journal Prompt 1: Seeing Others

Draw or write about a time you noticed something good about someone else.
What did you see?

Journal Prompt 2: Being Seen

Draw or write about a time someone noticed you or was kind to you.
What did they do?

How did it make you feel?

Journal Prompt 3: Being an Illuminator

I can be an illuminator today when I...

Draw or write one kind thing you can do to help someone feel seen.

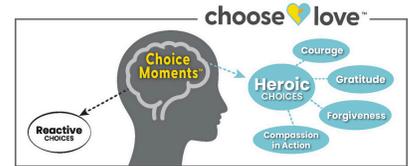


Name: _____ Date: _____

CHOOSE LOVE AWARENESS MONTH

Be an Illuminator

Choice Moment Scenarios



1. The Messy Desk

Scenario: Your classmate's desk is messy and papers are everywhere.

Choice Moment:

- Will you focus on what bothers you about the mess, or look for something good about your classmate?
- Kind Action: Notice something positive: "I like how you are working hard on your project!"

2. Slow Worker

Scenario: A friend is taking a long time to finish their drawing.

Choice Moment:

- Will you get frustrated, or notice their effort?
- Kind Action: Say, "I can see you're trying really hard!"

3. Someone Makes a Mistake

Scenario: A classmate spills paint on the table by accident.

Choice Moment:

- Will you focus on the mistake, or the fact they are learning and trying?
- Kind Action: Say, "It's okay, everyone makes mistakes. I like how you are trying!"

4. Different Ideas

Scenario: During a game, a friend suggests a way to play that is different from yours.

Choice Moment:

- Will you argue, or notice the good in their idea?
- Kind Action: Say, "That's a fun idea! Let's try it!"

5. Quiet Friend

Scenario: A classmate is usually quiet and doesn't talk much.

Choice Moment:

- Will you ignore them, or look for something good about them?
- Kind Action: Say, "I like how you always listen carefully!"



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Be an Illuminator

Worksheet: Illuminators



Who's An Illuminator in my Life?

- I appreciate _____ because they are _____ .
- _____ is kind when they _____ .
- I feel thankful for _____ .
- _____ helps others by _____ .
- I help others by _____ .
- _____ makes our class better by _____ .
- I am grateful when _____ .
- _____ makes me smile because _____ .
- Our class is brighter because of _____ .
- _____ is an illuminator because _____ .



Name: _____ Date: _____

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WEEK 2: GRATITUDE

Illuminators vs. Diminishers



Illuminators vs. Diminishers

Illuminator → notices strengths

Diminisher → focuses on what's wrong

Illuminator → says "thank you"

Diminisher → complains

Circle Illuminator phrases.

Mark an X on Diminisher phrases.

"You worked really hard on that."

"That's not how you do it."

"You always mess up."

"Thanks for helping me."

"I appreciate you."

"I like your idea."

"You're good at explaining things."

"Why do I have to do this?"

"This is boring."

"That's not fair."

"Why are you so slow?"

"Thanks for including me."

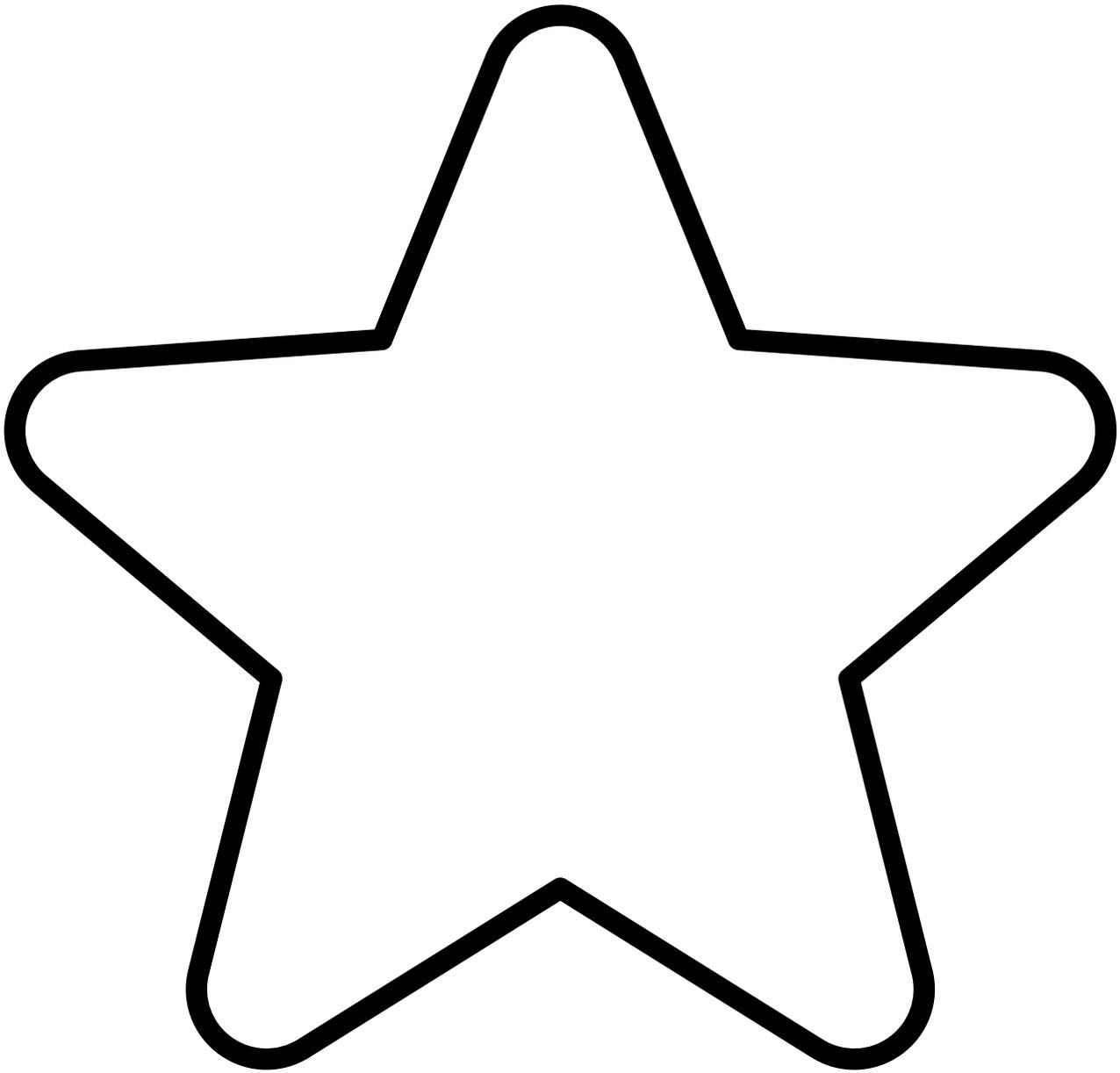


Name: _____ Date: _____

I am an Illuminator
I can shine my light when I



Two sets of handwriting lines, each consisting of a solid top line, a dashed middle line, and a solid bottom line.



Name: _____ Date: _____



Gratitude Glasses

Put on Your Gratitude Glasses

When I look at others with gratitude, I notice...

(Draw or use words to describe your gratitude in others.)

