

Celebrate and Share our Choose Love Awareness Month



Elementary Toolkit

Visit www.ChooseLoveMovement.org
to download Courage, Gratitude and
Forgiveness Toolkits, and
[register](#) for no cost programs.



CHOOSE LOVE AWARENESS MONTH

Be an Illuminator

Compassion-in-Action



Illuminators are people who lift others up, help them grow, and make them feel valued. One of the most powerful skills they have is the “gift of attention,” truly seeing and listening to others, which answers the silent question: “Do I matter to you?”

Diminishers, on the other hand, often unintentionally stifle the potential of those around them. Their actions can lead to disengagement, reduced creativity, and missed opportunities for growth.

Why it matters:

Being an Illuminator strengthens relationships, builds trust, and empowers others. People are more motivated, engaged, and ready to contribute when they feel valued.

Being an Illuminator is about consciously choosing to empower others and create positive ripples in every interaction.

Every day we face Choice Moments: Will we ignore or include? Laugh or help? Turn away or step toward love? Choosing kindness and noticing when others need help creates a ripple effect, helping classmates feel safe, communities become stronger, and the world a little more peaceful.

Being an illuminator starts with you. Greet every student with a Hello and their name.

These lessons help students:

- Build empathy and self-awareness
- Learn that kindness is shown through actions
- Practice noticing when others need help
- Identify ways to be an illuminator at school and at home



CHOOSE LOVE AWARENESS MONTH

Be an Illuminator: Compassion-in-Action Lesson



Illuminators lift others up, help them grow, and make people feel valued by giving the gift of attention, really seeing and listening so others know they matter.

Diminishers often don't mean to, but their actions can hold others back, leading to less confidence, creativity, and connection.

Illuminators

- Use kind words
- Listen and pay attention
- Help others
- Cheer people on
- Make everyone feel included

Diminishers

- Put others down
- Ignore people
- Laugh at mistakes
- Say unkind words
- Make others feel left out

Why it matters

- Diminishers make people feel small
- Illuminators help people shine

Before you act, ask:

“Am I helping someone feel bad or feel better?”



CHOOSE LOVE AWARENESS MONTH

Be an Illuminator: Compassion-in-Action Lesson



Being an Illuminator isn't just about what you think, it's about what you do. Compassion-in-Action means noticing when someone needs help and choosing to do something kind.

Being an Illuminator means noticing the people around us and helping them shine their light. It's not just about what we think, it's about what we do.

Class activity

Close your eyes for a moment. Imagine you are holding a tiny flashlight. Now imagine shining it on someone who feels sad, left out, or invisible.

When you open your eyes, that flashlight is your smile, your kind words, and your actions.

Today, we are going to learn how to shine our light for others and help everyone feel seen, safe, and included.

Ask students: "Can you remember a time someone did something kind for you? How did it make you feel?"

Discuss briefly: "Even small actions, like a smile or saying someone's name, can make someone feel seen and safe."

Reflection

One compassionate action I will take today is:

How this action can help someone feel seen is:

When you shine your light, you help others shine theirs.

And that's how love grows, one choice at a time.



CHOOSE LOVE AWARENESS MONTH

Be an Illuminator: Compassion-in-Action Brainstorm



On a white board or poster board, make two columns labeled Illuminator on one side and Diminisher on the other. Ask students to brainstorm ways to be an Illuminator or Diminisher.

Here's some ideas:

Illuminator

- Makes others feel seen, safe, and valued
- Uses kind, respectful words
- Includes others and invites them in
- Listens actively and shows understanding
- Helps without being asked
- Stands up for friends or peers
- Offers encouragement and support
- Acts with compassion and empathy

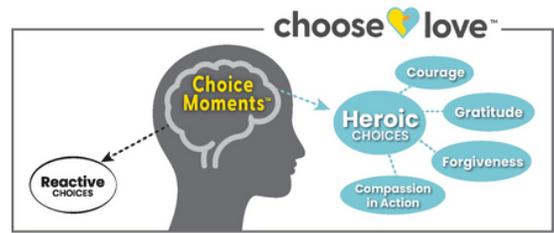
Diminisher

- Makes others feel ignored, small, or left out
- Uses hurtful, sarcastic, or unkind words
- Leaves people out or excludes them
- Ignores or talks over others
- Refuses to help or walks away
- Laughs at or teases others
- Criticizes or discourages others
- Acts with selfishness or indifference

See and be Seen!



COMPASSION IS
LOVE IN ACTION.



Every day, we face Choice Moments, times when we can choose to be kind.
Even small actions say, 'I see you' and will illuminate others.

ILLUMINATORS

Sometimes compassion looks big, but most of the time, it's small:

- Smiling
- Making eye contact
- Listening
- Inviting someone to play
- Standing up for someone
- Saying, "I see you," or "I hear you"

DIMINISHERS

When we're not thinking, feeling, or acting well, it can look like:

- Ignoring others
- Not making eye contact
- Not listening or interrupting
- Not including others
- Using unkind words
- Laughing at mistakes

CHOICE MOMENT

Choice Moments

Every day, you face Choice Moments:

- Will I ignore or include?
- Will I laugh or help?
- Will I turn away or step toward love?

ILLUMINATING

When people feel safe and seen, they make better choices.

That's how classrooms change.

That's how communities heal.

That's how the world becomes more peaceful.



Name: _____ Date: _____

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Be an Illuminator

Choice Moment



A classmate drops their pencils and papers.
Choice Moment: What could you do to be an illuminator?

A student is standing alone while others play.
Choice Moment: How can you show compassion in action?

A new student joins your class.
Choice Moment: What kind action could help them feel seen?

You notice a friend is quiet and looks sad.
Choice Moment: What could you do to show you care?



Name: _____ Date: _____

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Be an Illuminator: Compassion-in-Action Journal Prompts



Being an illuminator means we don't just think kind thoughts, we act on them.

Journal Prompt 1: Noticing Needs

Draw or write about a time you noticed someone needed help.
What did you see?

What could you do to help?

Journal Prompt 2: Compassion in Action

Draw or write about one kind action you did (or can do) today.

How did your action help someone feel better?

Journal Prompt 3: Being an Illuminator

How can you be an illuminator at school or at home?

Draw or write one way you can help others shine.



Name: _____ Date: _____

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Be an Illuminator

Illuminator or Diminisher Worksheet

Draw or write things that make you an Illuminator or a Diminisher in each box.

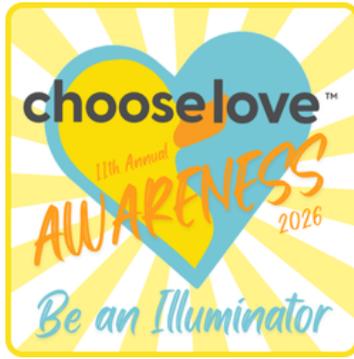
Illuminator

Diminisher

Add these to the right box and add your own ideas.

Smiling.
Saying sorry.
Sharing.

Laughing at someone.
Blaming.
Not helping.



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Be an Illuminator: CIA

Illuminator or Diminisher Actions

Class Activity



Shine Your Light or Dim Your Light

- Use activity below and ask students to hold up the SHINE side, or yellow cards, or have students pretend to turn on their “light” by putting their hands up.
- Have students pretend to dim their “light” by using activity below to hold up their DIM side, or use a brown card, or students can put their hands down.
- Call out actions and have them act them out:

Illuminator Actions

(An Illuminator uses kind words, helps others feel good)

- Smiles
- Says “You look nice today”
- Helps others
- Includes everyone
- Listens
- Shares and takes turns
- Says “please” and “thank you”
- Invites others to play
- Helps clean up
- Waits patiently
- Tries their best
- Uses gentle hands
- Says “Are you okay?”
- Encourages friends
- Follows classroom rules
- Shows respect
- Says names kindly
- Helps without being asked

Diminisher Actions

(A Diminisher makes others feel small or sad)

- Does not include others
- Uses unkind words
- Ignores friends
- Laughs when someone is hurt
- Takes toys without asking
- Does not listen
- Pushes or grabs
- Yells instead of using words
- Leaves someone out
- Teases
- Refuses to help
- Walks away when someone needs help
- Breaks rules on purpose



CHOOSE LOVE AWARENESS MONTH
Be an Illuminator: CIA
Illuminator or Diminisher Wand



Print on construction paper.
Students can cut out the circles.
Glue SHINE on one side of a craft stick and
DIM on the other side.

Use yellow paper to SHINE.





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Be an Illuminator: CIA
Diminisher Wand



Use brown paper to DIM.



Name: _____ Date: _____

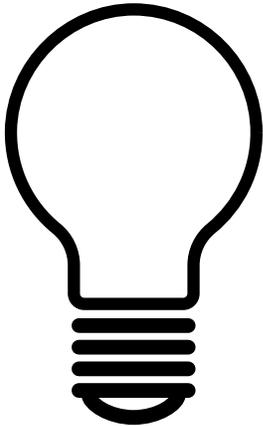


CHOOSE LOVE AWARENESS MONTH

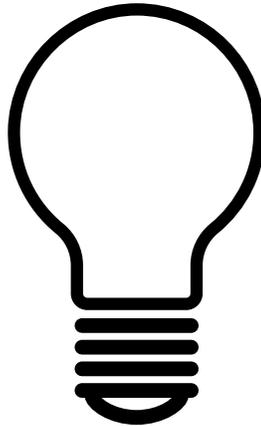
Be an Illuminator
Light Bulb Moment



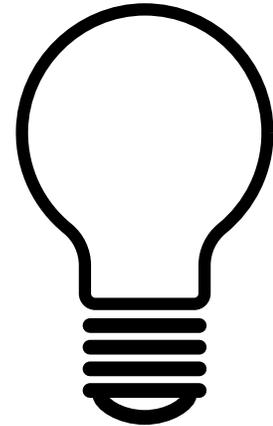
Color the light bulb yellow if it has a Illuminator message. Color the light bulb brown, if it has a Diminisher message.



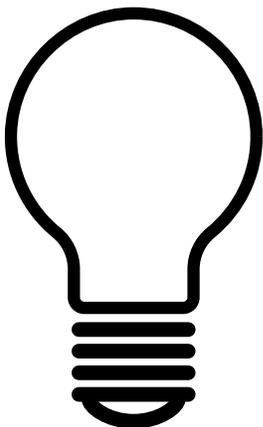
Your friend is sharing a story and you immediately change the topic to yourself.



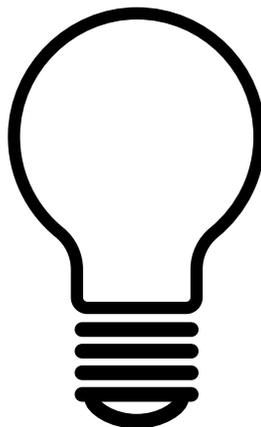
You notice when someone does something well and say something kind.



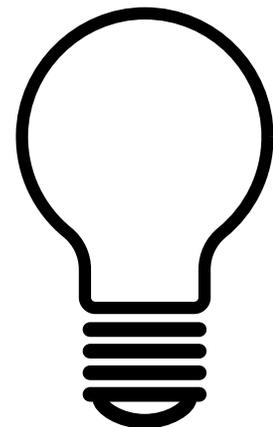
A classmate is being mean to someone else and you ignore them and walk away.



Your friend is sharing a story and you ask, 'How did that make you feel?'



You take something without asking first.



Instead of saying, 'You're doing that wrong,' you say 'Could we try this instead?'

Name: _____ Date: _____



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Be an Illuminator

Snapshot

Draw a picture of an Illuminator, and write a caption.

A large, empty rectangular box with a thick black border, intended for drawing a picture of an Illuminator and writing a caption.



CHOOSE LOVE FOR SCHOOLS IS THE ONLY PREK THROUGH GRADE 12 ESSENTIAL LIFE SKILLS PROGRAM BASED ON LOVE, NOT FEAR.

EACH GRADE HAS APPROXIMATELY 30 LESSONS FULLY SCAFFOLDED YEAR-TO-YEAR.

NO COST FOR EDUCATORS

WRITTEN BY AND FOR EDUCATORS

EASY TO TEACH AND EASY TO LEARN

INCREASES TEST SCORES

REDUCES BEHAVIOR ISSUES AND REFERRALS

IMPROVED ATTENDANCE & STUDENT ENGAGEMENT

UPLIFTS CLASSROOM AND SCHOOL CULTURE

DECREASES BULLYING BEHAVIOR

LESSONS ARE FLEXIBLE TO BE TAUGHT ALL AT ONCE OR THROUGHOUT THE WEEK.

SCAN TO REGISTER



choose love™
for schools

CHOOSE LOVE IMPACT STORY



One of my most meaningful examples is Sebastian who often struggled to regulate his emotions, especially when he felt someone was speaking negatively about him. But through our Choose Love lessons, I've seen a remarkable shift. Sebastian now pauses, practices his breathing, and responds with much more control and maturity. Seeing him take ownership of his emotions has been incredibly inspiring.



Mr. AJ
Educator
MAS Charter School
Albuquerque, NM



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for schools

Choose Love Educators Reported



99% believe the program is effective

83% improvement in students' behavior

91% benefitting personally from the Choose Love Program

82% increase in academic performance

86% improvement in classroom climate

71% improvement with student attendance

Source: Educator Survey 2025