

Celebrate and Share our Choose Love Awareness Month



Elementary Toolkit

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



Name: _____ Date: _____

CHOOSE LOVE AWARENESS MONTH

Be an Illuminator: Forgiveness

Letting Go of Labels and Judgments



Being an Illuminator means seeing people for who they really are, not just one moment or one mistake.

Sometimes we label people:

- “Mean”
- “Annoying”
- “Always messes up”
- “Weird”

When we use labels, we stop seeing the whole person.

We forget that everyone is still learning, growing, and trying.

- Diminishers stick to labels.
- Illuminators look deeper and see potential.

Forgiveness does not mean saying hurtful behavior is okay.

Forgiveness means letting go of what keeps us stuck so we can move forward and connect again.

It also means forgiving ourselves when we make mistakes.

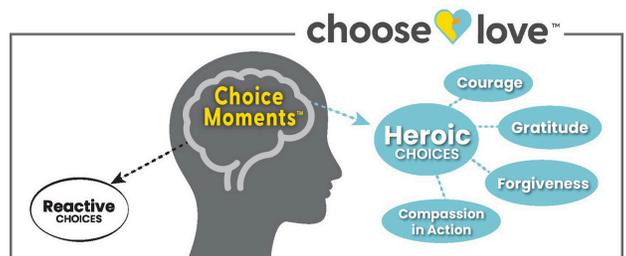
Choice Moment

When something hurtful happens, pause and ask yourself:

- Can I let go of this label?
- Can I give this person another chance?
- Can I see them with fresh eyes?

When we choose forgiveness, we make room for:

- Kindness
- Healing
- Better choices
- —for everyone.





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Letting Go of Labels and Judgements

FORGIVENESS

Objective

Students will learn that forgiveness means letting go of hurt feelings, using kind eyes, and trying again.

Materials

Chart paper or whiteboard

Two simple face drawings:

“Label Eyes” (frowning, pointing)

“Kind Eyes” (smiling, open hands)

Teacher Script:

“Friends, have you ever made a mistake? (Pause)

Have you ever felt sad when someone made a mistake?

Today we’re going to learn about something called forgiveness. Forgiveness helps us feel better and helps our classroom stay kind.”

Explain:

“Forgiveness means we don’t stay mad. We use kind eyes and try again.”

Teach the Concept

Show the two face drawings. Say:

“Sometimes people use label eyes and think things like, ‘They’re bad’ or ‘They always do that.’

But Illuminators use kind eyes. Kind eyes say, ‘They’re still learning.’”

Repeat together:

“We are all still learning.”

“Forgiveness does NOT mean saying hurtful behavior is okay. It means we help, we teach, and we try again.”



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Be an Illuminator: Forgiveness

Letting Go of Labels and Judgements

FORGIVENESS

How do we let go of labels and judgement?

Sometimes we label or judge others because of one mistake:

- Will I keep thinking, “They’re mean” or “They’re bad”?
- Or will I let go of the label and notice the good in them too?

Being an Illuminator means:

- Seeing people for who they really are
- Letting go of labels and judgments
- Choosing courage, kindness, and forgiveness

When someone makes a mistake, I can choose forgiveness by:

- Giving them another chance
- Letting go of the label
- Taking a breath
- Remembering I make mistakes too

Giving them another chance

- Letting go of the label
- Taking a breath before reacting
- Remembering I make mistakes too
- Listening before judging
- Using kind words instead of mean ones
- Not bringing up the mistake again
- Assuming they didn’t mean to hurt me
- Focusing on who they are, not just what they did
- Choosing to move forward instead of staying mad
- Talking it out calmly
- Including them again
- Forgiving myself when I mess up
- Asking for help if I’m still upset



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Be an Illuminator

What Would Your Do?

FORGIVENESS

I Can Be an Illuminator Today!

One way I can forgive or give someone a fresh start is:

What would you do?

How would an illuminator respond to each example scenario:

A classmate bumps into you and spills your supplies.

Someone says something unkind during group work.

A friend forgets to save you a seat.

A teammate makes a mistake that costs your group points.

Someone laughs when you give a wrong answer.

Journal entry: How choosing forgiveness helps our classroom feel safer and kinder.



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CHOOSE LOVE AWARENESS MONTH

Be an Illuminator

Seeing the Good in Plankton

FORGIVENESS



Plankton is known as a bad guy in Spongebob. He is always trying to steal the secret formula from the Crusty Crab.

Labels

What are some common labels people might give Plankton?

- Bad guy
- Mean
- Troublemaker
- Can you think of any other labels?

Seeing the Good

Even though Plankton does tricky things, everyone has good qualities.

Good Qualities

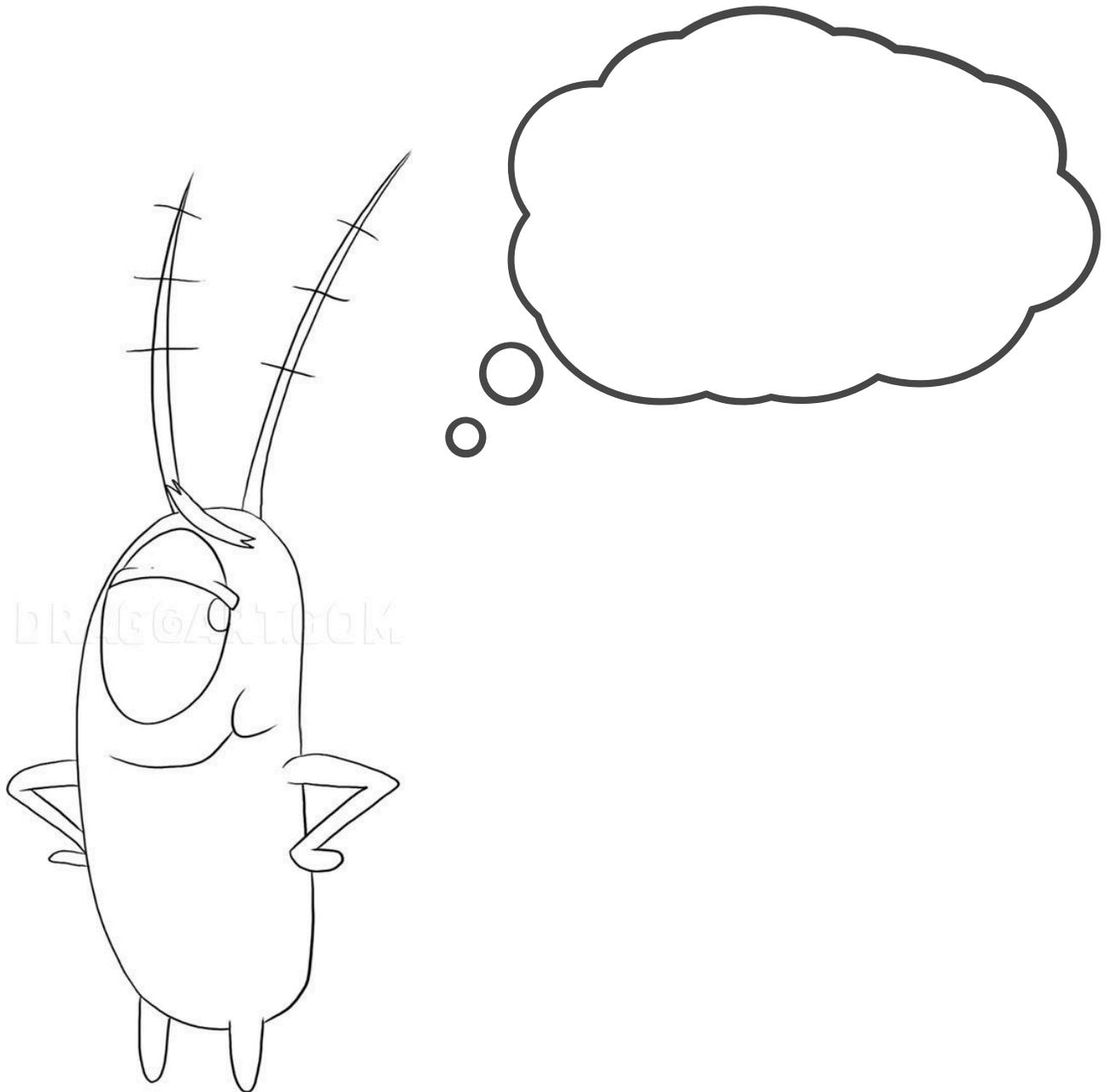
- Smart
- Determined
- Inventive
- Can you think of more good qualities?





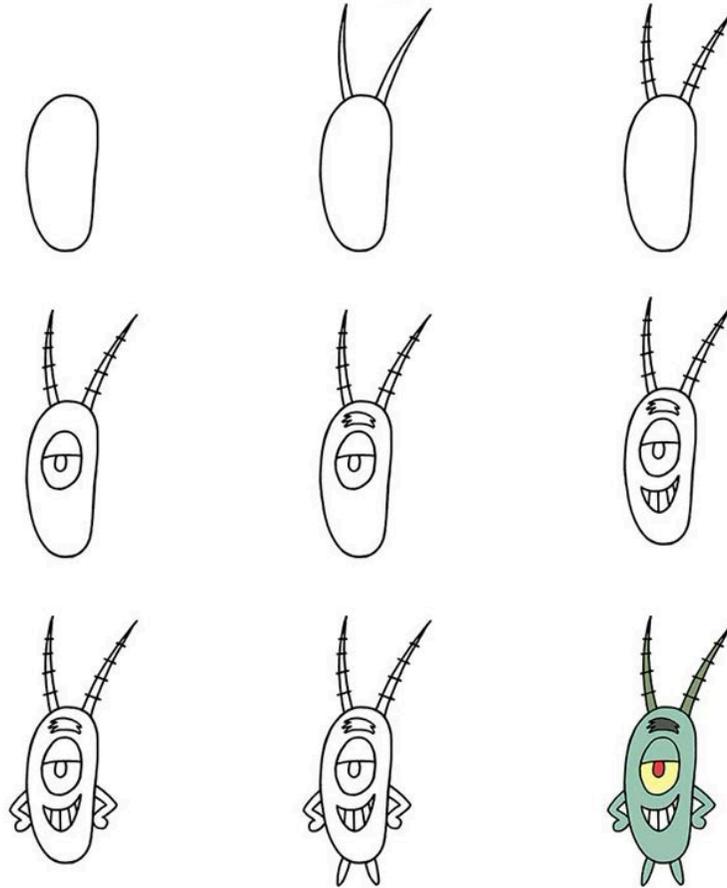
Draw an Illuminator Plankton.

Nice things he's thinking about Spongebob.
Nice things he's thinking about Mr. Crabs.
Think of your own ideas.





How to Draw Plankton for Kids



How to Draw Plankton for Kids



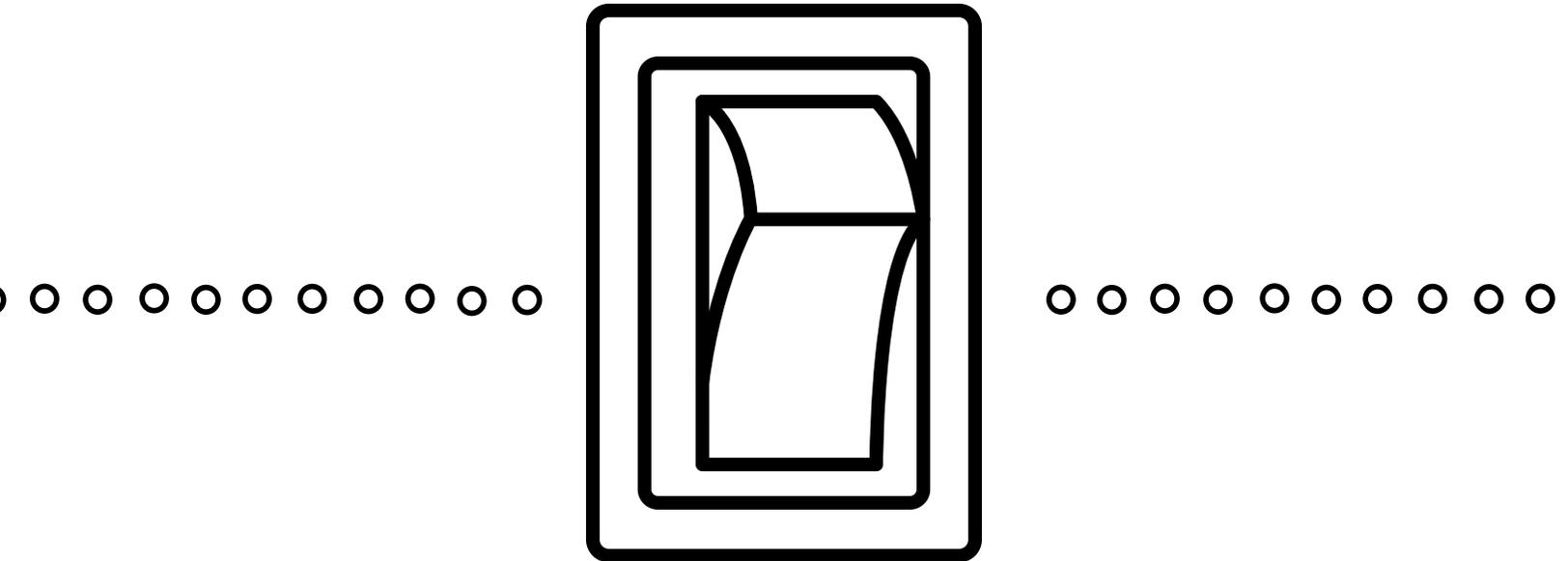
How to Draw Plankton for Kids

In this easy drawing lesson, you will learn how to draw Plankton for kids and everyone who is starting to dive into the world of drawing.

 How to Draw Easy / May 3, 2023



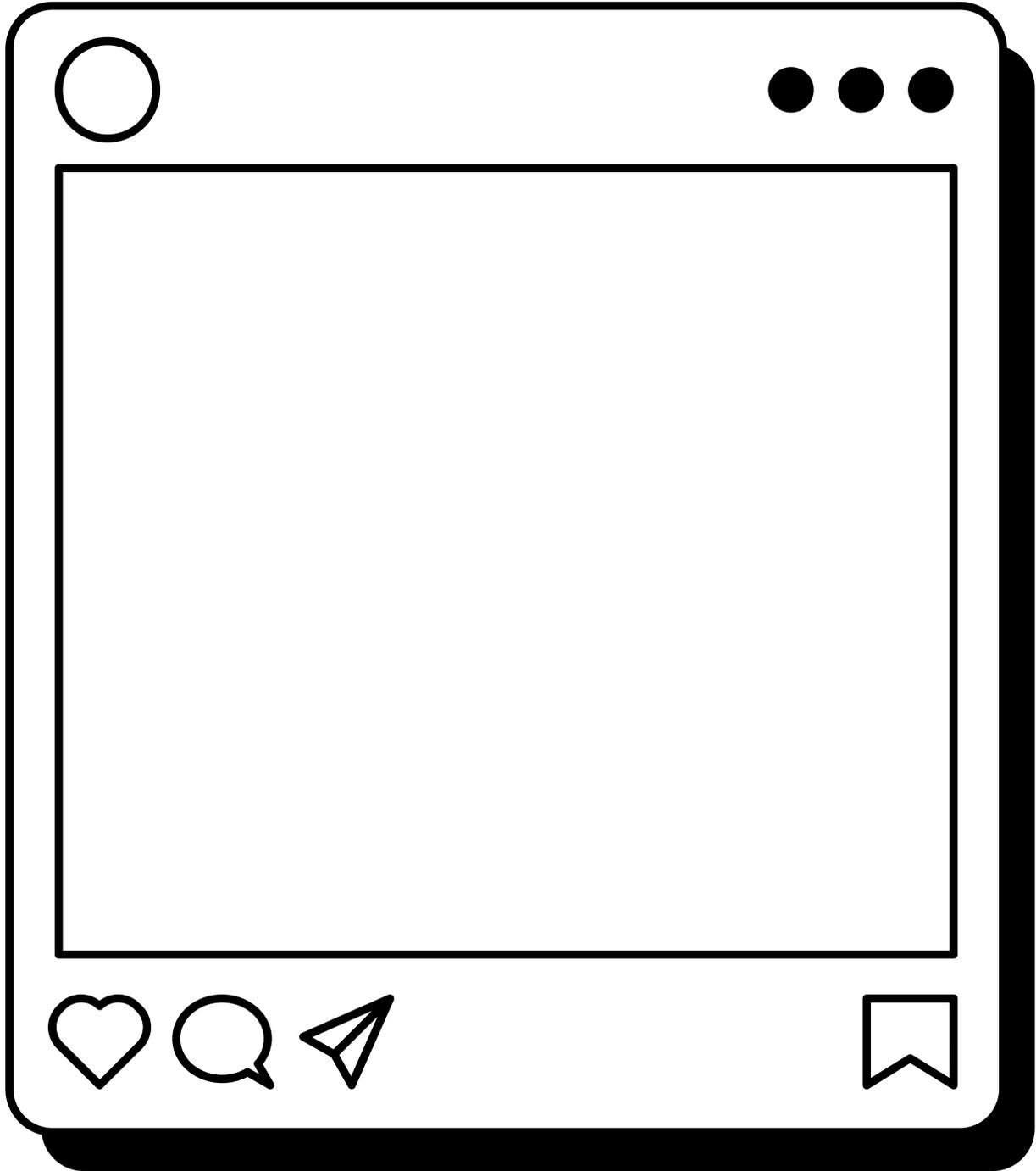
Forgiveness flips the switch. Illuminators Choose Love.
Show how forgiveness can flip a moment from negative to positive
Use words, drawings, emojis, etc.





Forgiveness Social Media Campaign

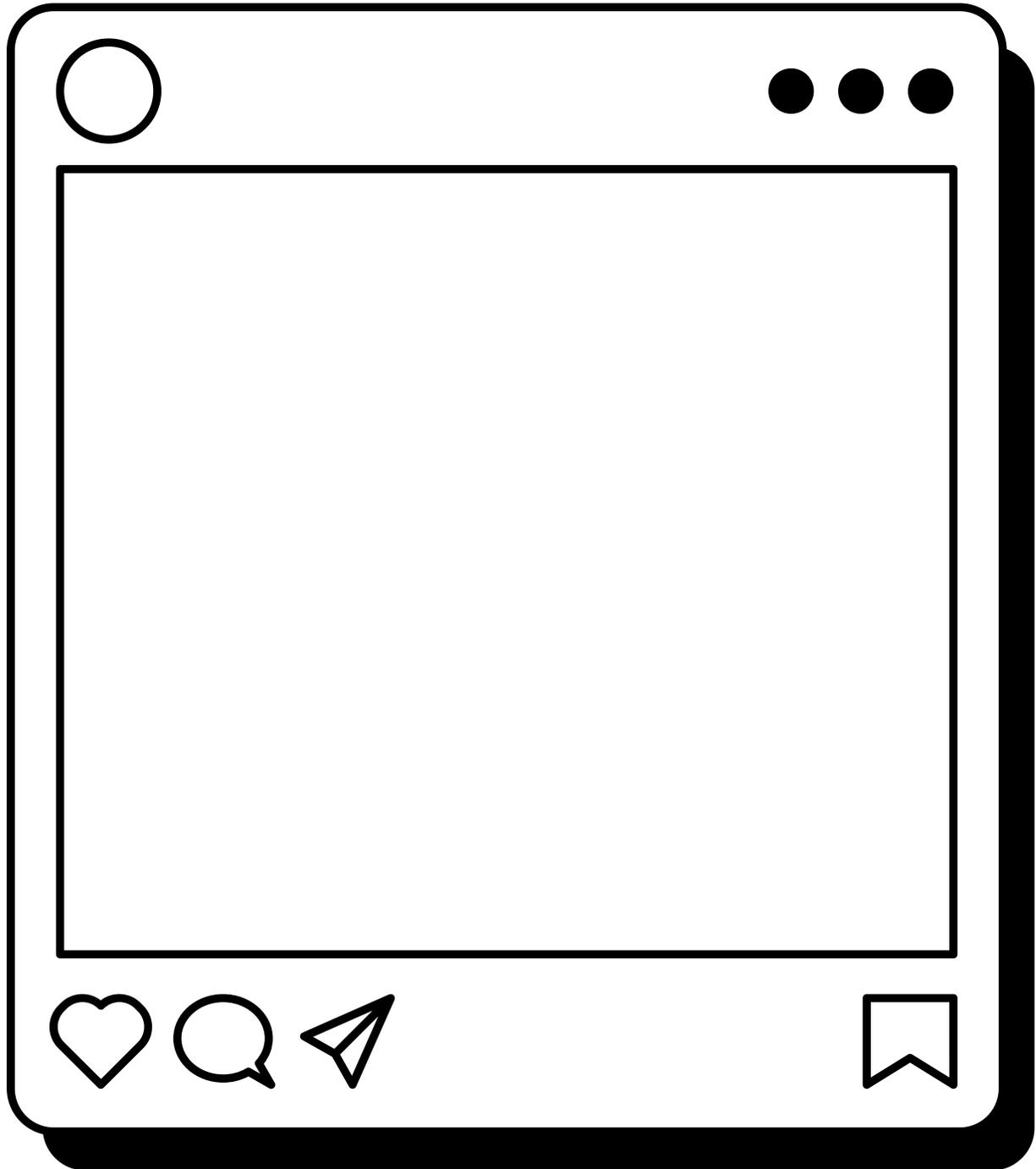
Make a social media post or meme that shows a Diminisher.
(use drawings, memes, and/or captions).





Forgiveness Social Media Campaign

Now create a social media post or meme showing the same scenario as an Illuminator.
(use drawings, memes, and/or captions).





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



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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



choose love™
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