



**Celebrate and Share
our Choose Love Awareness Month**



High School Toolkit

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to download Courage, Forgiveness, and
Compassion-in-Action Toolkits, and
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CHOOSE LOVE AWARENESS MONTH

Becoming Strong Illuminators

Summary

GRATITUDE

Gratitude: Becoming Strong Illuminators (Grades 9–12)

Gratitude helps us become strong Illuminators by shaping how we see others. When we practice gratitude, we intentionally look for strengths, effort, kindness, and creativity instead of fixating on what’s annoying, different, or missing.

Diminishers focus on flaws and problems.

Illuminators focus on what is meaningful, constructive, and right.

Gratitude reminds us that every person has value—even when it isn’t immediately obvious. Differences aren’t problems to be solved; they are opportunities to learn, expand perspective, and grow.

Choice Moment:

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

Choosing gratitude helps people feel seen and valued, strengthening relationships and creating safer, more supportive school environments. Gratitude doesn’t just affect others, it changes how we show up, how we respond, and who we choose to be.



CHOOSE LOVE AWARENESS MONTH

Becoming Strong Illuminators

Lesson

GRATITUDE

Gratitude shapes how we see others—and how we show up.

Opening Question

Ask students to think (no sharing required yet):

“Who is someone you interact with often that you mostly notice for what annoys you?”

Pause.

Share:

- Gratitude isn’t pretending everything is perfect.
- It’s intentionally noticing strengths, effort, and value in others.
- Diminishers focus on flaws and problems.
- Illuminators focus on what is meaningful and right.
- Everyone has something valuable to offer, even when it isn’t obvious.

Introduce the Choice Moment:

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

Quick Reflection

Have students write privately:

- One positive quality or strength of the person they thought about.
- How noticing this could change their behavior or tone toward them.

End with:

“Gratitude doesn’t just change how others feel—it changes how we show up.”

Invite students to notice one person today through a lens of gratitude.



Name: _____ Date: _____

CHOOSE LOVE AWARENESS MONTH

Gratitude: Becoming an Illuminator

Choice Moment Worksheet



Key Ideas

- Gratitude: Intentionally noticing strengths, effort, and value
- Illuminator: Focuses on what is meaningful and right
- Diminisher: Focuses on flaws and problems

Read each statement and circle the Choice Moment mindset.

Group Project Pressure

A group member misses a deadline and shows up unprepared.

Choice Moment:

You ask what happened and help the group move forward. Illuminator / Diminisher

You think they are lazy and complain. Illuminator / Diminisher

Lunchroom Social Lines

You notice a classmate sitting alone during lunch while others are on their phones.

Choice Moment:

You ignore it because it's awkward. Illuminator / Diminisher

You check in and invite them to join you. Illuminator / Diminisher

Different Opinions Online

Someone posts an opinion on social media that you strongly disagree with.

Choice Moment:

You choose respect or step away. Illuminator / Diminisher

Will you comment sarcastically. Illuminator / Diminisher

Teammate Struggling

A teammate keeps messing up during practice or a game.

You criticize or shut them out. Illuminator / Diminisher

You encourage effort and growth. Illuminator / Diminisher



Name: _____ Date: _____

CHOOSE LOVE AWARENESS MONTH

Gratitude: Becoming an Illuminator

Worksheet



Gratitude doesn't just change how others feel, it changes how we show up.

Key Ideas

- Gratitude: Intentionally noticing strengths, effort, and value
- Illuminator: Focuses on what is meaningful and right
- Diminisher: Focuses on flaws and problems

Choice Moment. Complete the reflection:

When I feel bothered or frustrated by someone, I usually focus on

- what's wrong
- what I can appreciate

One strength, effort, or positive quality I could notice instead:

Gratitude in Action

Think of someone you interact with often (peer, teacher, teammate, family member).

One thing they do well or bring to others:

How choosing gratitude could change how I respond or show up:

Personal Commitment

This week, I will practice gratitude by intentionally noticing:



Name: _____ Date: _____

CHOOSE LOVE AWARENESS MONTH

Gratitude: Becoming an Illuminator

Worksheet



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 _____ .



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Becoming Strong Illuminators

Journal Prompts

GRATITUDE

Write about one of the following:

Seeing Beyond Annoyance

Think of someone you often notice for what bothers you. What is one strength, effort, or positive quality they have that you may have overlooked?

Choice Moments

Describe a recent moment when you focused on what was wrong. How could choosing gratitude have changed your response?

Illuminator vs. Diminisher

What mindset separates an Illuminator from a Diminisher? When have you noticed yourself acting as one or the other?

Gratitude in Action

How does intentionally noticing good in others change your tone, body language, or choices?

Who You're Becoming

How can practicing gratitude shape the kind of person, friend, or leader you want to be?



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
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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