

Celebrate and Share our Choose Love Awareness Month



Middle and High School Toolkit

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



CHOOSE LOVE AWARENESS MONTH

Be an Illuminator

WEEK 1: The Courage to See and Be Seen

Lesson Plan

Watch Scarlett’s [Courage video](#) on the Choose Love Awareness Month website.

Being an Illuminator means helping others feel seen, heard, and valued.
That takes courage.

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.”

It also takes courage to be seen.

Sometimes we hide who we really are because we’re afraid of being laughed at, left out, or judged.

But being an Illuminator means being your true self—kind, curious, learning, and growing and letting your own light shine.

This Is a Choice Moment

There will be moments when you have a choice.

- When you feel like judging someone...
- When you feel like hiding or pretending...

Pause.

In that pause, you can choose courage.

- You can choose to see someone.
- You can choose to let yourself be seen.

When you make these choices, friendships grow, people feel safer, and school becomes a happier place to be.

One courageous thing I will do to help someone feel seen today is...

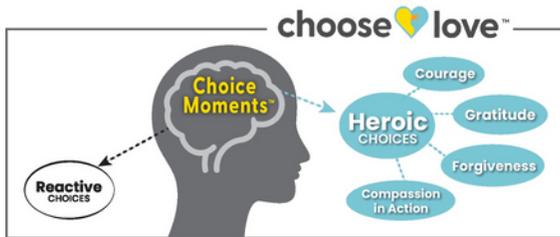




Name: _____ Date: _____

CHOOSE LOVE AWARENESS MONTH *Be an Illuminator*

WORKSHEET: The Courage to See and Be Seen



Scenario 1: Afraid to Speak Up

You know the answer in class, but you're worried someone might laugh if you're wrong.

Choice Moment:

- How would you feel if you didn't speak up, and you were right?

- What would choosing courage look like?

Be an Illuminator:

How could being yourself help others too?

Scenario 2: Judging Thoughts

A classmate dresses or acts differently than you. You catch yourself making a quick judgment in your head.

Choice Moment:

- What could you choose instead of judging?

- How could curiosity change the moment?

Be an Illuminator:

What is one kind or respectful action you could take?



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Scenario 3: Left Out

You're working in a group and notice one person isn't being included or listened to.

Choice Moment:

- Why might it feel uncomfortable to speak up?

- How could courage help here?

Be an Illuminator:

What could you say to help them feel seen?

Scenario 4: Being Your True Self

You like something that others think is "weird," so you pretend not to care about it.

Choice Moment:

- What are you afraid might happen?

- What could happen if you let yourself be seen?

Be an Illuminator:

How does being your true self help others feel brave too?

Create a Courage Board.

COURAGE

Have a Lot of fun



"Just" DO IT



hello



LIVE
LOVE
LAUGH





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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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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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