



# Celebrate and Share our Choose Love Awareness Month

GRATITUDE

## Toolkit

Visit [www.ChooseLoveMovement.org](http://www.ChooseLoveMovement.org)  
to download Courage, Forgiveness, and  
Compassion-in-Action Toolkits, and  
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movement



Name: \_\_\_\_\_ Date: \_\_\_\_\_

## CHOOSE LOVE AWARENESS MONTH

### Be an Illuminator - Seeing the Good in Others

### Summary

GRATITUDE

Gratitude helps us become strong Illuminators. When we practice gratitude, we intentionally look for what's good in others—their strengths, effort, kindness, and creativity—instead of focusing on what's annoying, different, or missing.

Diminishers focus on flaws and problems.  
Illuminators focus on what is meaningful and right.

Gratitude reminds us that everyone has something valuable to offer, even when it isn't obvious at first. Differences aren't problems—they are opportunities to learn and grow.

Choice Moment:

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

When we choose gratitude, people feel seen and valued. Friendships grow stronger, classrooms become kinder, and schools feel safer. Gratitude doesn't just change how others feel—it changes how we show up, too.



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## CHOOSE LOVE AWARENESS MONTH

### Be an Illuminator - Gratitude

### Lesson: Seeing the Good in Others

GRATITUDE

Gratitude helps us become Illuminators by focusing on what's good and meaningful in others.

Ask students:

“Have you ever focused so much on something annoying that it was all you could see?”

Briefly acknowledge responses.

Share:

- Gratitude is choosing to notice strengths, effort, and kindness.
- Diminishers focus on what's wrong or missing.
- Illuminators look for what's right and meaningful.
- Everyone has something valuable to offer, even if it's not obvious.

Introduce the Choice Moment:

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

Activity

Have students think of someone they interact with often.

Prompt:

- Write down one strength or positive quality about that person.
- Optional share with a partner.

Explain:

“Gratitude helps people feel seen—and that changes how we treat each other.”

Close

End with:

“Gratitude doesn't just change others. It changes you.”

Invite students to try one gratitude choice today.



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# CHOOSE LOVE AWARENESS MONTH

## Be an Illuminator - Seeing the Good in Others

### Worksheet

GRATITUDE

#### Key Ideas

- Gratitude: Noticing and appreciating what's good
- Illuminator: Focuses on strengths and meaning
- Diminisher: Focuses on what's wrong or missing

#### Notice the Difference

Read each statement and circle the choice it shows.

“They always mess things up.” Illuminator / Diminisher

“They tried really hard, even if it didn't work out.” Illuminator / Diminisher

“That's annoying and pointless.” Illuminator / Diminisher

“That's different than how I'd do it, but I can learn from it.” Illuminator / Diminisher

#### Choice Moment

Complete the sentence:

When I feel bothered or annoyed by someone, I can choose to focus on

- what's wrong
- what I can appreciate

One thing I could appreciate instead is:

#### Part 3: Gratitude in Action

Think of someone you see often (classmate, teacher, friend).

One strength, effort, or positive quality they have:

How noticing this could change how I treat them:

Closing Thought

Gratitude helps people feel seen and valued.

It doesn't just change others—it changes you.



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# CHOOSE LOVE AWARENESS MONTH

## 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: \_\_\_\_\_

## CHOOSE LOVE AWARENESS MONTH

### Be an Illuminator - Gratitude Journal Prompts

GRATITUDE

Write a journal entry about one of the following prompts.

Think of someone you sometimes find annoying or difficult. What is one strength or positive quality they have?

**Choice Moment**

Describe a time you focused on what bothered you about someone. How could choosing gratitude have changed that moment?

**Illuminator vs. Diminisher**

What does an Illuminator notice that a Diminisher often misses? Give an example from your own life.

**Gratitude in Action**

How does noticing effort, kindness, or creativity in others change the way you treat them?

**Looking Forward**

This week, I will help someone feel seen and valued by..



**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  
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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