

Celebrate and Share our Choose Love Awareness Month



Middle & High School Toolkit

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



CHOOSE LOVE AWARENESS MONTH

Be an Illuminator: Forgiveness Letting Go of Labels and Judgments

Summary

Forgiveness helps us Choose Love by seeing people for who they really are, not just by labels.

Sometimes we call people “mean,” “annoying,” or “a mess-up,” but labels stop us from noticing that everyone is still learning and growing.

Choose Love Through Forgiveness

Sometimes we put labels on people like “mean” or “annoying.” Those labels can stop us from seeing who they really are. Everyone is still learning, even us.

Forgiveness means Choosing Love. It doesn’t mean saying hurtful behavior is okay. It means letting go of anger so we can move forward and see people with fresh eyes.

Diminishers judge and stay stuck on labels.

Illuminators forgive, look deeper, and see potential.

Choosing forgiveness makes space for kindness, healing, and better choices for everyone

Choosing forgiveness helps everyone grow, including you



CHOOSE LOVE AWARENESS MONTH

Be an Illuminator: Forgiveness

Letting Go of Labels and Judgments

Lesson

Objective:

Students will understand forgiveness as a choice and learn how Illuminators look past labels to see potential.

Ask: Have you ever been labeled or labeled someone else? How did it feel? (Think, don't share yet.)

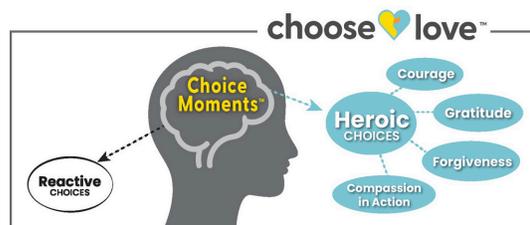
Explain:

Illuminators choose to see people clearly. Instead of sticking to labels like “mean” or “annoying,” they look deeper. Forgiveness is a Choice Moment, it means letting go of what keeps us stuck. It does not mean hurtful behavior is okay. It means Choosing Love and growth.

When we pause and use our Choice Moment, we can ask ourselves:

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

Share: When we choose forgiveness, we become Illuminators. We make room for kindness, healing, and better choices, for others and for ourselves





CHOOSE LOVE AWARENESS MONTH

Be an Illuminator: Forgiveness

Letting Go of Labels and Judgments

Lesson

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.

When we choose forgiveness, we make room for:

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



CHOOSE LOVE AWARENESS MONTH

Be an Illuminator

Letting Go of Labels and Judgments

Scenarios



Scenario 1: At Lunch

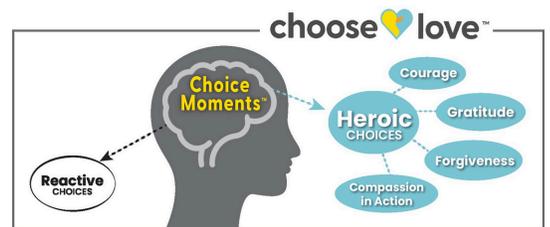
A student at your lunch table once said something rude about you. Today, they sit near you and try to join the conversation.

Choice Moment:

- Hold onto the label: “They’re mean.”
- Or choose forgiveness and respond kindly.

Illuminator Choice:

You let go of the label, include them, and give them a chance to do better.



Scenario 2: On Social Media / Group Chat

Someone posted an embarrassing comment about you last week. Now they send a message saying, “Sorry about that.”

Choice Moment:

- Ignore them and stay mad.
- Or accept the apology and move forward.

Illuminator Choice

You choose forgiveness and keep the conversation respectful.

Scenario 3: After School / Sports Practice

A teammate blamed you for losing a game before. Today, you’re on the same team again.

Choice Moment:

- Decide they’ll always blame you.
- Or see them with fresh eyes and work together.

Illuminator Choice:

You let go of the label and support your teammate.



CHOOSE LOVE AWARENESS MONTH

Be an Illuminator

Letting Go of Labels and Judgments

Journal Prompt

FORGIVENESS

Choose a journal prompt and write about your experience.

Think about a time you felt upset with someone and put a label on them.

What would it look like to let go of that label and see them with fresh eyes?

How could choosing forgiveness help you act like an Illuminator in that moment?

Describe a Choice Moment when you could choose forgiveness instead of staying mad.

What would an Illuminator do in that situation?

Forgiving yourself matters too.

Write about a mistake you've made. How can you see yourself with fresh eyes and choose kindness toward yourself?

Think about a time you felt upset with someone and put a label on them.

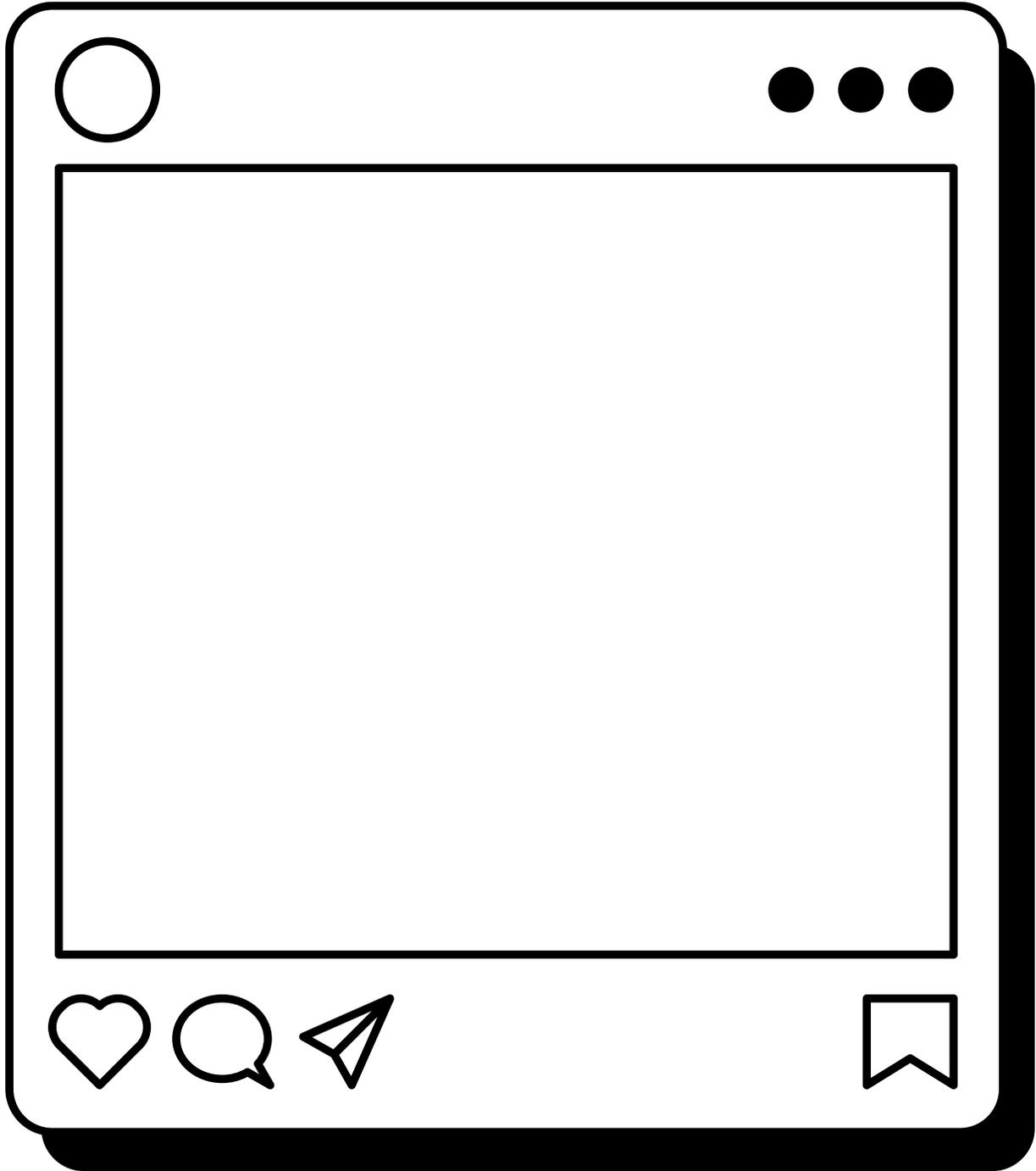
What would it look like to let go of that label and see them with fresh eyes?

How could choosing forgiveness help you act like an Illuminator in that moment?



Forgiveness Social Media Campaign

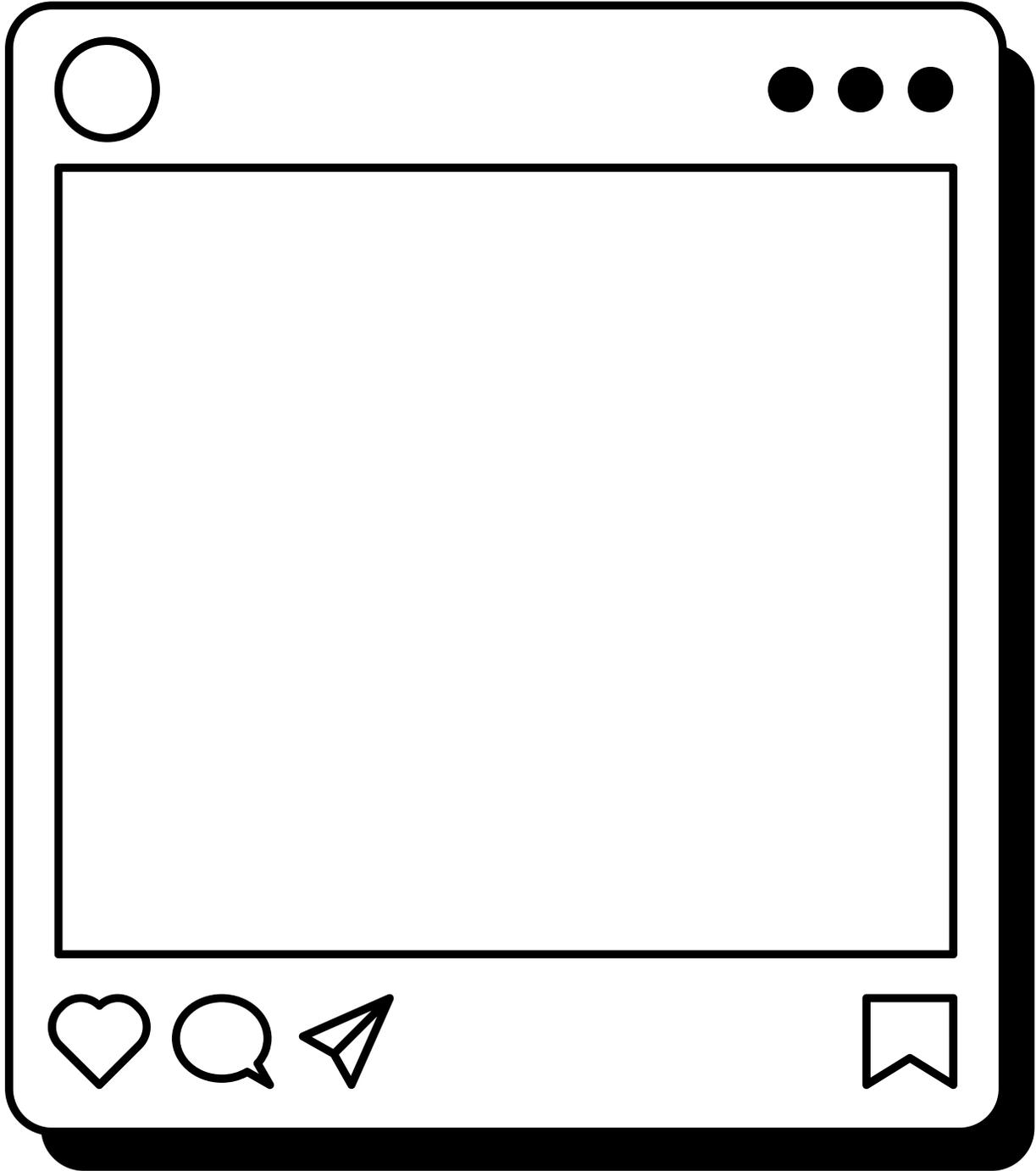
Make a social media post or meme that shows a Diminisher.
(use drawings, memes, and/or captions).





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



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



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