

Celebrate and Share our Choose Love Awareness Month



PK-Kindergarten 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

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...





CHOOSE LOVE AWARENESS MONTH
Be an Illuminator
WEEK 1: The Courage to See and Be Seen

Being an Illuminator means being kind and helping others feel important.

It takes courage to:

- Look at someone
- Listen to them
- Be kind

When we do that, we are saying: “You matter.”

It also takes courage to be yourself.

You don’t have to hide.

You can be kind, curious, and brave.

Sometimes you have a choice.

You can stop, take a breath, and choose kindness.

When we choose courage:

- Friends feel happy
- People feel safe
- School feels good

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



Name: _____ Date: _____

CHOOSE LOVE AWARENESS MONTH
Be an Illuminator
WORKSHEET: The Courage to Smile



Smiling is powerful!

- When you smile at someone, it shows them you see them and that they matter.
- Smiles can make people feel happy, safe, and included.
- Smiling can even make you feel happy too!
- It's an easy way to be kind and Be an Illuminator every day.

Remember: Your smile is like a little light you can share, sometimes all someone needs is a smile to feel better!

When to Smile

You can smile to make someone feel happy and seen. Here are some great times to smile:

1. When someone is alone – a smile can say, “You matter!”
2. When someone looks sad – it shows you care.
3. When someone helps you – a smile says thank you.
4. When a new student joins – it helps them feel welcome.
5. When someone shares with you – it shows you are happy and kind.
6. When you meet someone for the first time – it makes them feel safe.
7. When someone tries something new – it encourages them to keep going.

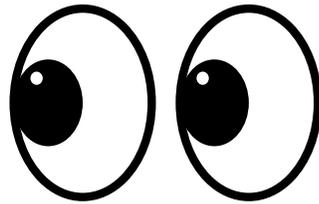
Tip: Smiling doesn't cost anything, but it can make you and everyone around you feel better!



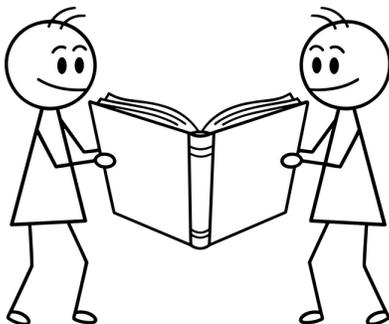
ILLUMINATE

COURAGE

See and Be Seen

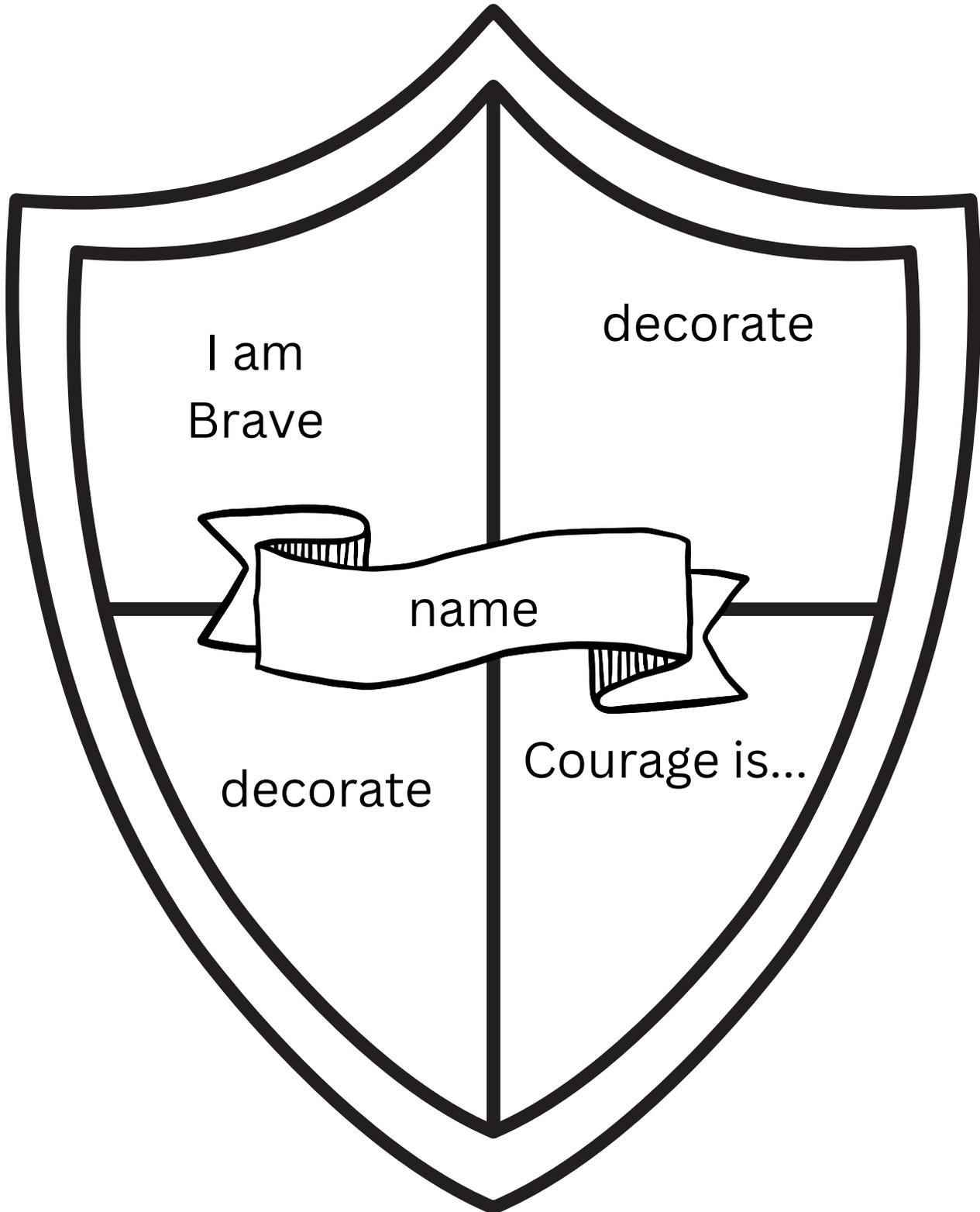


SHARE



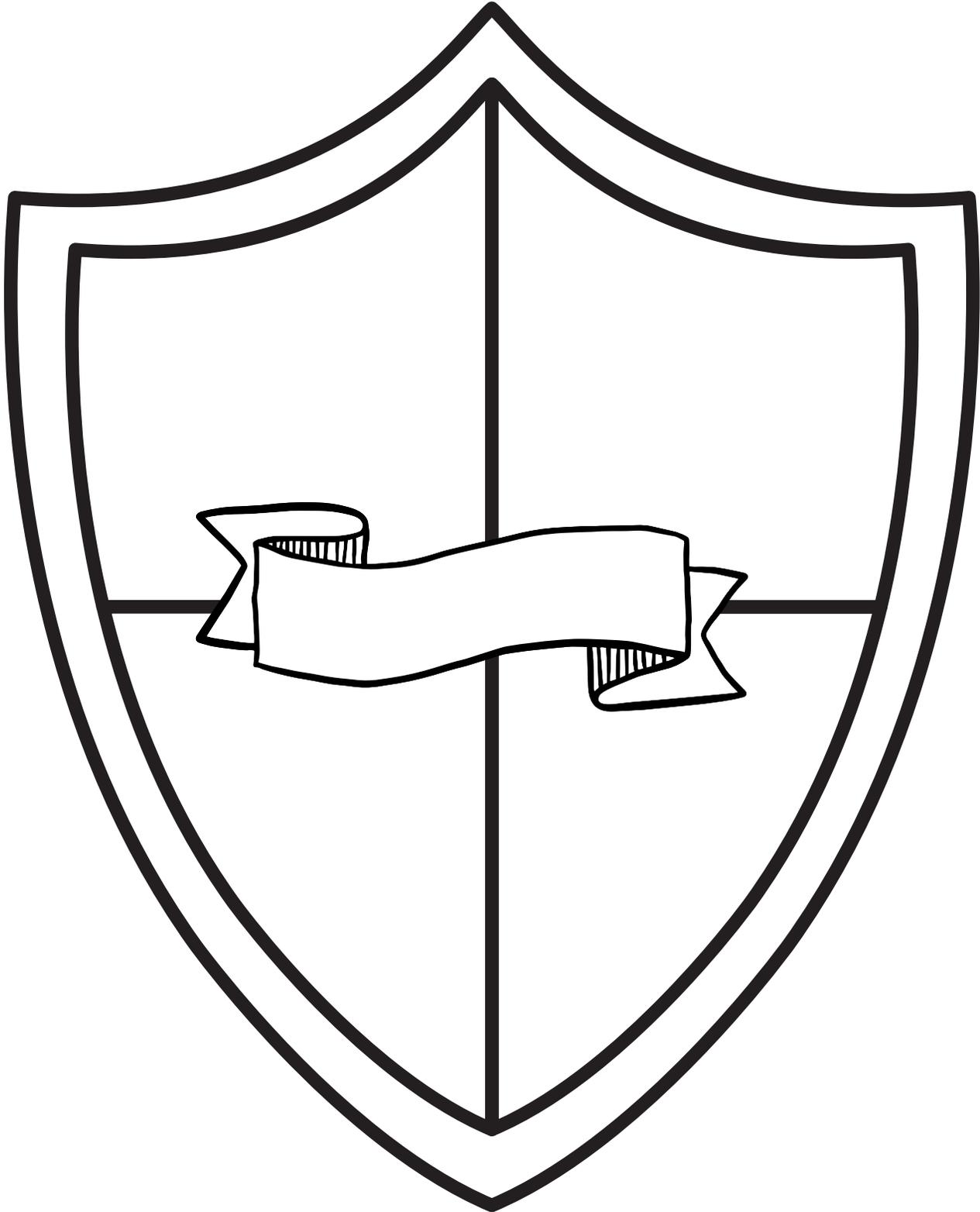


Shield of Courage sample





Shield of Courage





Cup of Courage





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