

Celebrate and Share our Choose Love Awareness Month



PK-Kindergarten 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

WEEK 3: Letting Go of Labels and Judgments

FORGIVENESS

An Illuminator is someone who shines kindness and forgiveness. They use kind eyes to see people clearly and forgive mistakes.

Forgiveness means letting go and trying again.

Sometimes we think:

“She’s not nice.”

“He’s annoying.”

“They always get in trouble.”

But everyone is still learning.

Everyone makes mistakes.

Illuminators use kind eyes.

They look past mistakes and see the good inside.

Forgiveness does not mean saying hurtful behavior is okay.

It means we help, we teach, and we try again.

We also forgive ourselves when we make a mistake.

In a Choice Moment, we can ask:

Can I use kind eyes?

Can I try again?

Can I help instead of hurt?

When we choose forgiveness, our classroom feels safer, kinder, and happier for everyone



CHOOSE LOVE AWARENESS MONTH

Be an Illuminator

Letting Go of Labels and Judgments

Lesson

FORGIVENESS

Objective

Students will learn that forgiveness means letting go of hurt feelings, using kind eyes, and trying again.

Materials

Chart paper or whiteboard

Two simple face drawings:

“Label Eyes” (frowning, pointing)

“Kind Eyes” (smiling, open hands)

Teacher Script:

“Friends, have you ever made a mistake? (Pause)

Have you ever felt sad when someone made a mistake?

Today we’re going to learn about something called forgiveness. Forgiveness helps us feel better and helps our classroom stay kind.”

Explain:

“Forgiveness means we don’t stay mad. We use kind eyes and try again.”

Teach the Concept

Show the two face drawings. Say:

“Sometimes people use label eyes and think things like, ‘They’re bad’ or ‘They always do that.’

But Illuminators use kind eyes. Kind eyes say, ‘They’re still learning.’”

Repeat together:

“We are all still learning.”

“Forgiveness does NOT mean saying hurtful behavior is okay. It means we help, we teach, and we try again.”



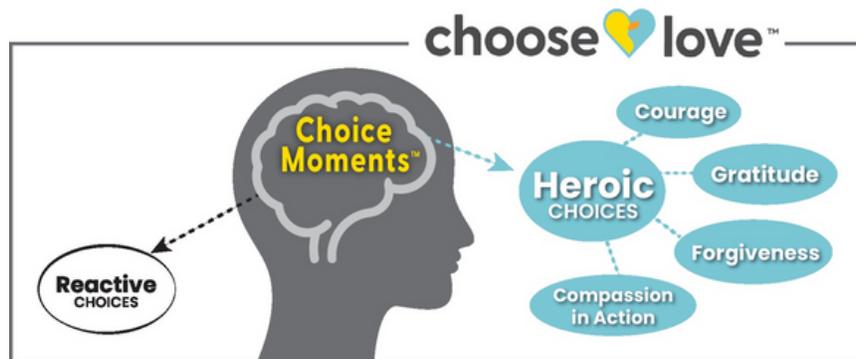
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Choice Moment Practice

Teach the Choice Moment questions. Ask together:

“Can I use kind eyes?”

“Can I try again?”

“Can I help?”

Have students practice saying:

“I forgive you.”

“Let’s try again.”

Closing Circle

Teacher Script:

“When we forgive, our hearts feel lighter and our classroom feels happier.”

End with a chant:

“Mistakes help us learn.

Kind eyes help us grow.”



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Letting Go of Labels and Judgments

Choice Moment Scenarios

FORGIVENESS

Scenario 1:

Sam knocks over a block tower by accident. Alex feels mad.

Choice Moment Practice: Pause and ask:

“Was it an accident or on purpose?”

“What could Alex do with kind eyes?”

Model language:

“It’s okay. Let’s build again.”

“I feel mad, but I can forgive.”

Scenario 2:

Maya is coloring. Jordan grabs the crayon Maya was using. Maya feels upset.

Choice Moment Practice: Pause and ask:

- “Was it an accident or on purpose?”
- “What can Maya do with kind eyes?”
- “What could Jordan say or do to help?”

Model language:

- “I’m still using that.”
- “I’m sorry.”
- “You can have it when I’m done.”

Scenario 3:

Leo is walking to the carpet and bumps into Ava. Ava falls and feels sad.

Choice Moment Practice: Pause and ask:

- “Did Leo mean to hurt Ava?”
- “What do kind eyes look like here?”
- “How can we try again?”

Model language:

- “Are you okay?”
- “I didn’t mean to.”
- “I forgive you.”

FORGIVENESS

Forgiveness

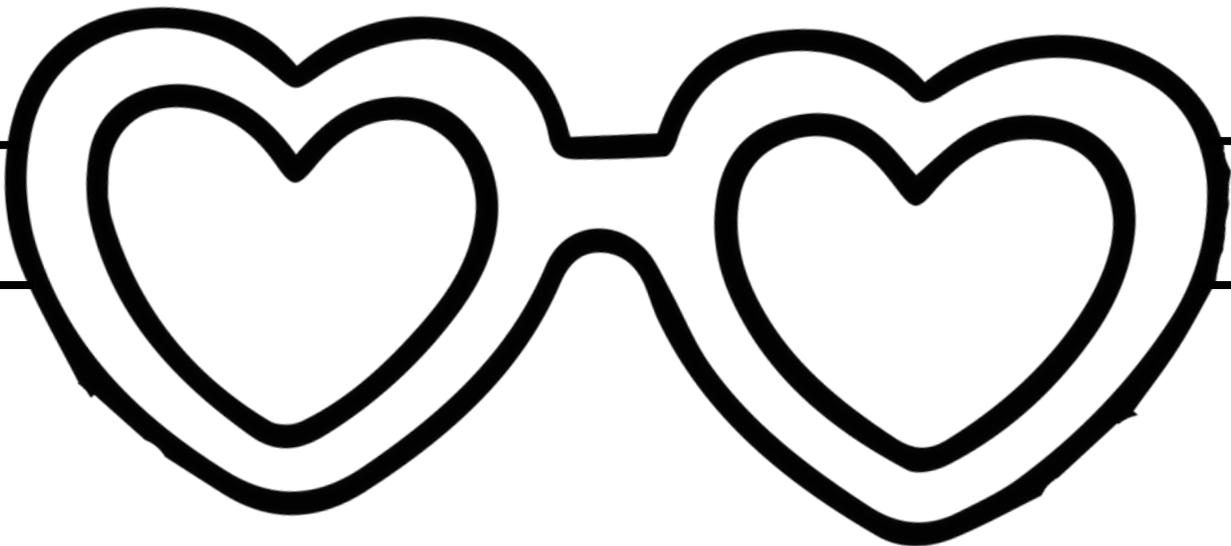
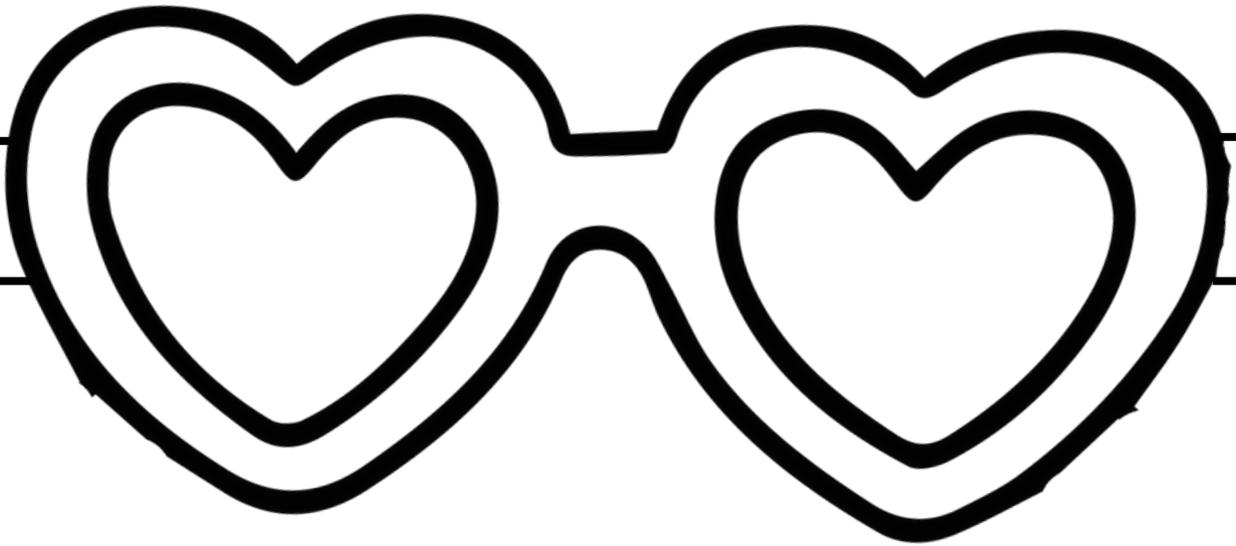
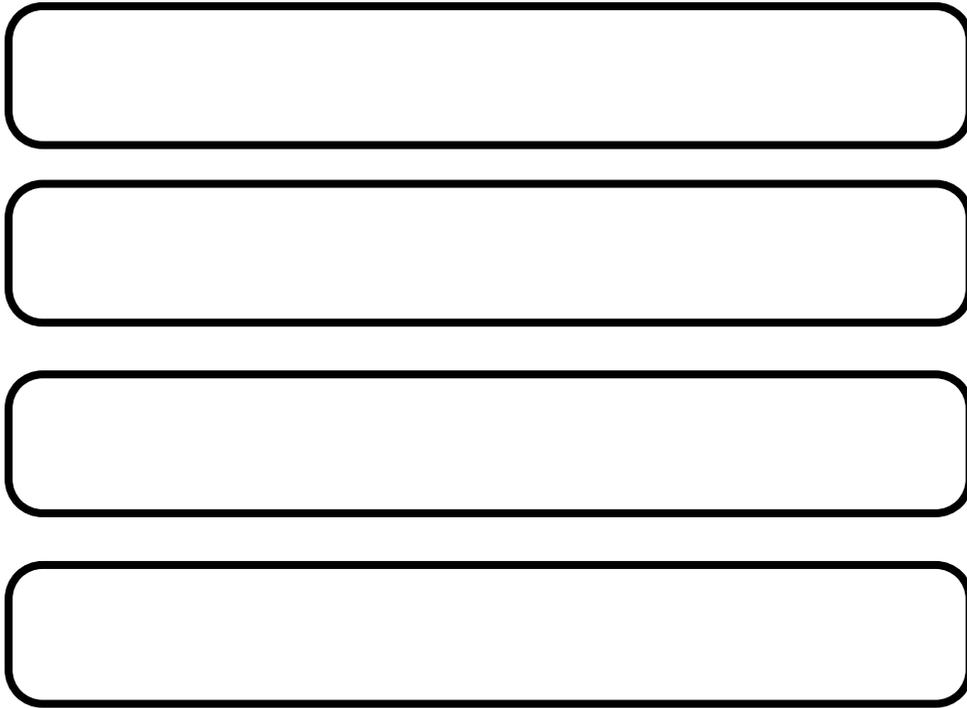
Kind Eyes

Glasses.

Cut or precut
pieces.

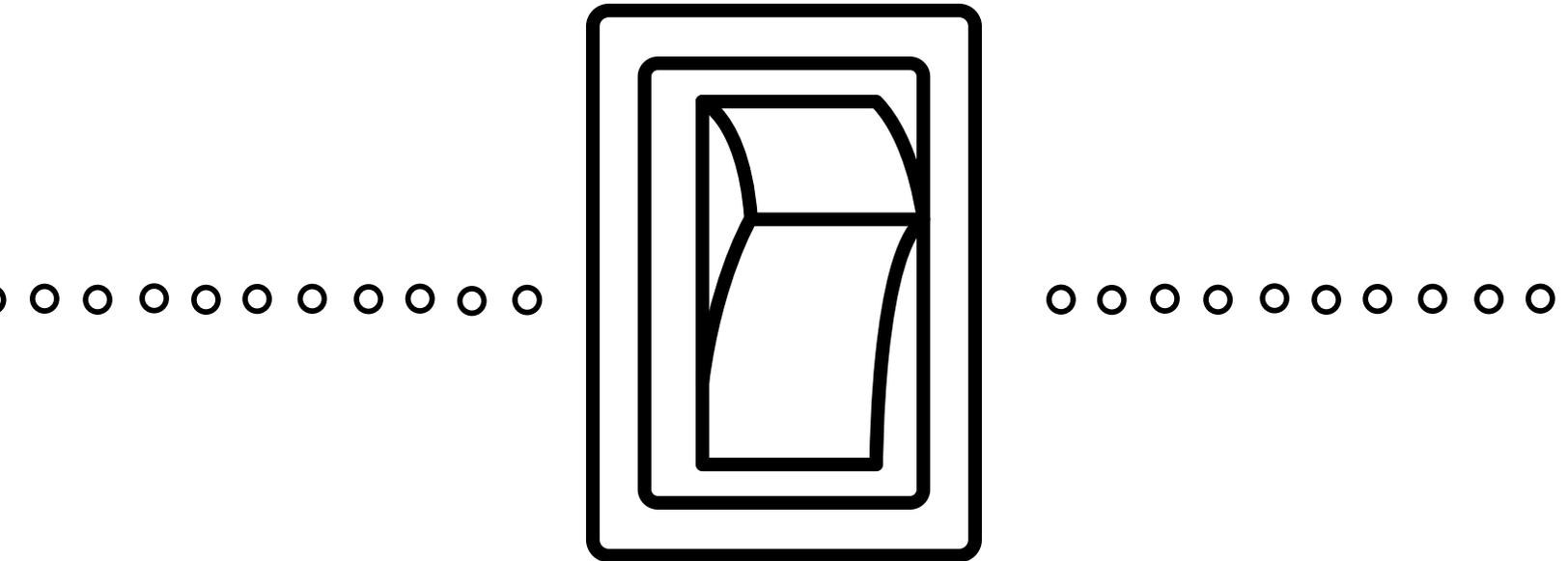
Decorate.

Glue or tape
together.





Forgiveness flips the switch. Illuminators Choose Love.
Show how forgiveness can flip a moment from negative to positive
Use words, drawings, emojis, etc.





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
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