

Celebrate and Share our Choose Love Awareness Month

GRATITUDE

Toolkit

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

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movement



Choose Love Awareness Month Be an Illuminator: Gratitude Summary

Choosing gratitude means Choosing Love.

An Illuminator looks for the good in others and helps people feel seen and valued. Everyone has something special to offer, and our differences help us learn. When we choose gratitude, friendships grow and our classrooms become kinder and safer.

What Does Being an Illuminator Mean?

Teacher Script (Say This):

“An illuminator is someone who brings light.”

“When we are illuminators, we help others feel happy, safe, and loved.”

“We shine our light with kind words, kind hands, and kind choices.”

How Do We Shine Our Light?

Ask children to repeat and act it out:

- Kind words – “Thank you!” (smile)
- Kind hands – Helping and sharing (pretend to help)
- Kind choices – Taking turns (hands on heart)

Say:

“When we are kind, our light shines bright!”

What Does an Illuminator Do?

Use call-and-response:

Teacher: “An illuminator...”

Children: “Helps others feel good!”

Teacher: “An illuminator...”

Children: “Is kind!”

Teacher: “An illuminator...”

Children: “Shines bright!”



Choose Love Awareness Month
Be an Illuminator: I Am an Illuminator!
Age Group: Pre-K & Kindergarten
Time: 20–30 minutes

Simple Examples Kids Understand

Explain with real-life moments:

- Saying thank you
- Helping a friend clean up
- Inviting someone to play
- Using gentle hands
- Smiling at someone who feels sad

When we do these things, we are being illuminators.

Say with motions and ask students to join:

- I use kind words (point to mouth)
- I use kind hands (hand heart)
- I make kind choices (hand on heart)
- I am an illuminator!" (open arms like a sun)

End with:

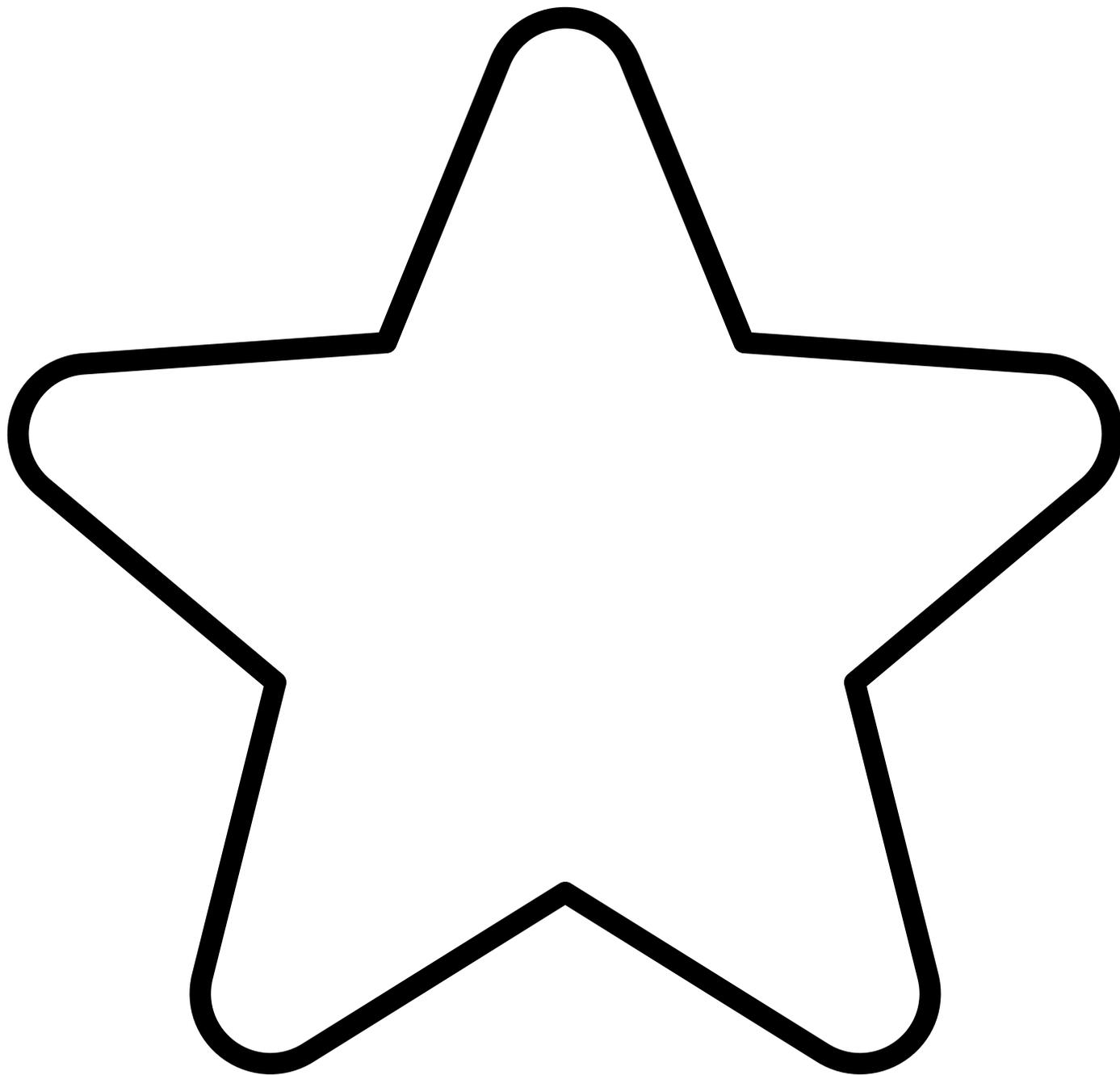
“Your kindness is your light, and the world needs your light.”

“I am an illuminator!”

My Light Shines Bright!

Name _____

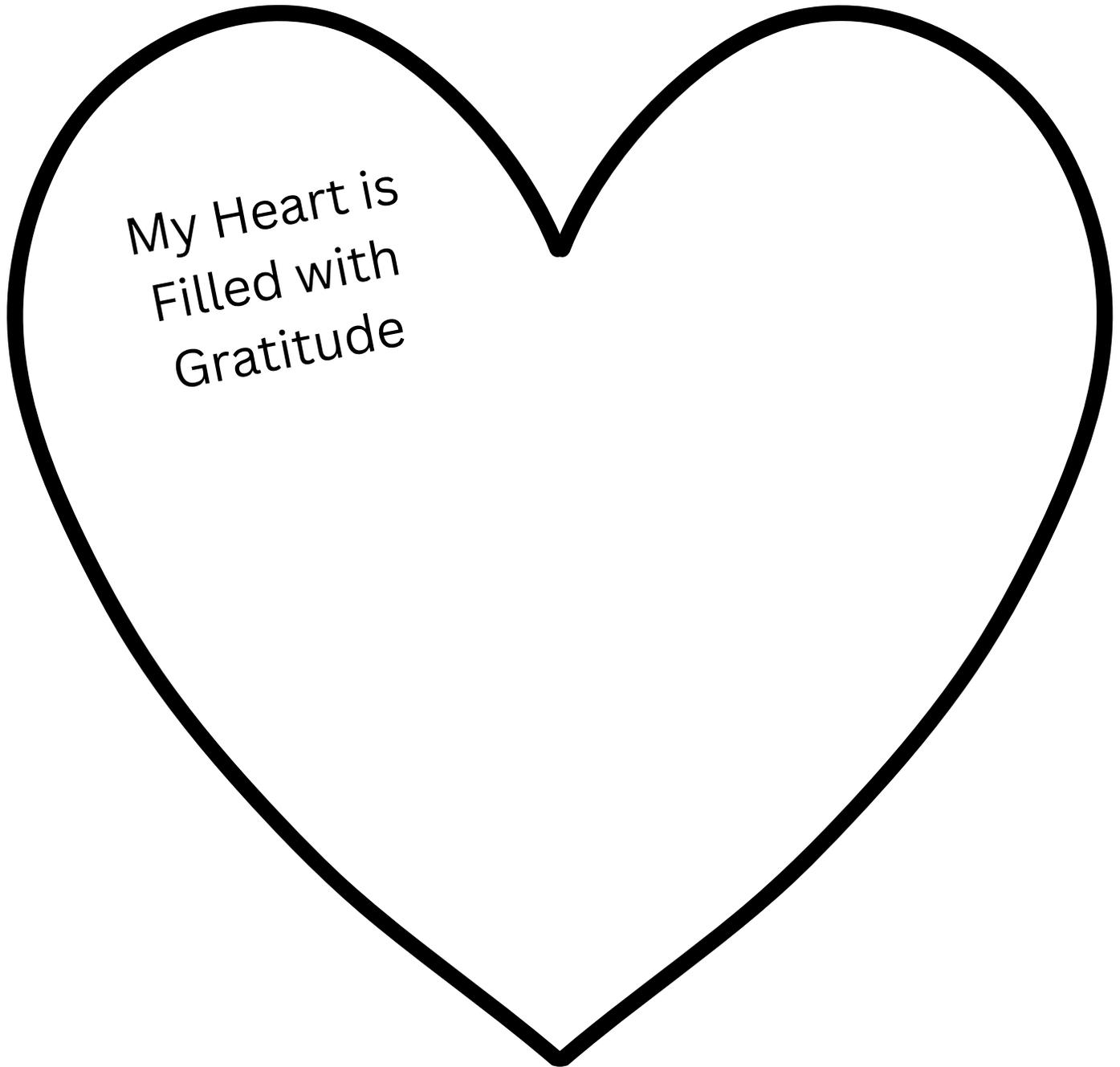
Class _____





Name _____

Class _____





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.

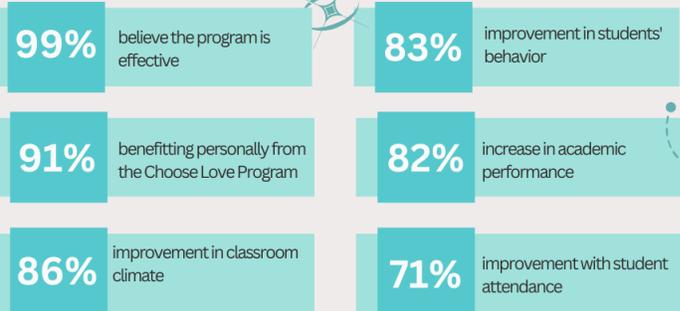


Mr. AJ
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Choose Love Educators Reported



Source: Educator Survey 2025

Choose Love Movement

PROFESSIONAL DEVELOPMENT



Choose Love workshops provide professional development and coaching that supports our Choose Love For Schools™ programming.

We'll show you how easy and rewarding it is to implement our programming and embrace the Choose Love lifestyle.

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More info:

www.ChooseLoveMovement.org/workshops