

Jesse Lewis  
**Choose Love**  
**Enrichment Program™**

Jesse Lewis Choose Love Movement's Signature Program



## At a Glance

- No Cost online PK-12th Grade Program that can be downloaded directly from our website at [www.jesselewischooselove.org](http://www.jesselewischooselove.org)
- Social and Emotional Learning (SEL) Curriculum which fuses SEL with Character Education, Positive Psychology, Mindfulness, Neuroscience, and Emotional Intelligence.
- Created by Educators for Educators. Counselors, Teachers, Psychologists, and Professors wrote and created this comprehensive program.
- Aligned with Common Core State Standards, American School Counselor Association (ASCA) Mindsets and Behaviors for Student Success, and CASEL's five Core SEL Competencies.
- In addition to the program, Educators have free access to a wealth of Supplementary Resources including an Educator Guide, Mindfulness Extension Lessons, Morning Meeting Infusion Activities, Worksheets, Bookmarks, Posters and other printables, and videos.
- Comprehensive Units including: Lesson Concepts, Standards, Objectives, Materials needed, and Teacher Scripts.
- Students learn the Choose Love Formula:  
*Courage + Gratitude + Forgiveness + Compassion in Action = Choosing Love Formula*
- The Choose Love Formula can be used in any situation to promote self-empowerment, resilience, connection, and optimism.
- Differentiated by Grade Level, Flexible/ Educator Friendly Lesson Plans with learned skills that can be applied across the Academic Curriculum.
- A major message in the Program is **'We can't always choose what happens to us, but we can always choose how we respond.'** Students learn the skills to make healthy, positive, loving choices.
- Students learn the Three Parts of the Brain: Lizard, Numbat, and Human. They also learn the Three Step Motto: Leave the Lizard, Nudge the Numbat to Hug the Human. They understand that they can choose their thoughts and their responses.
- Students gain awareness of the benefits related to each Core Value (Courage, Gratitude, Forgiveness, and Compassion in Action) which encourages them to be guided by and demonstrate these traits in their thoughts and actions.
- The Jesse Lewis Choose Love Enrichment Program™ is being taught in all 50 States and over 65 Countries!

