



## HOW TO CREATE A CHOOSE LOVE CULTURE

- Set the intention that not only your students, but you as well, will learn and become empowered through this program. When you set this intention and show that you are invested, learning and having fun with your students, the program is that much more impactful.
- Download, review and utilize all of the resources we have provided you with. There is a wealth of resources available to you from our website, [www.jesselewischooselove.org](http://www.jesselewischooselove.org). There is an Educator Guide, videos for you and your students, as well as many reproducible materials and supplementary resources.
- Have students sign a Choose Love Pledge, showing their commitment to Choosing Love and practicing the Choose Love Formula and the skills learned through the program.
- Model Choose Love attitudes, behaviors, and skills to reinforce what the students are learning.
- Display the formula, brain model, the traits, and other Choose Love messaging throughout the school....in classrooms, on bulletin boards....make the messaging clearly and highly visible school wide.
- Use the Choose Love vernacular readily and often....not just during lesson time....make that your go to vocabulary so students and staff really take it in.
- Take the opportunity to send positive Choose Love Messages during morning announcements. You can read quotes about Courage, Gratitude, Forgiveness, Compassion and Choosing Love. Or ask thought provoking questions to keep their attention on these key concepts and ideas and to get them thinking in this way. We have included Quote Lists for each of the traits in the Educator Guide that is a good starting point. But one click on the computer and you'll find hundreds more quotes and inspiring messages to impart to the school community.



- Include Choose Love messaging and practices in specialty area classes. Art, Music, PE and other teachers can speak the Choose Love Language and integrate the content into their classes. Students can draw what courage looks like. Music teachers can share songs that reference these traits and discuss the lyrics and message...or sing songs related to these concepts. PE/Health teachers can practice breathing, power posing and other mindfulness activities. Educators can introduce, highlight, and study individuals in the subject area that exemplified the Choose Love Formula traits.
- Specific skills taught can be used school wide. For instance, have the school collectively take a Brave Breath before an assembly. Start the day with an announcement for students to take a Brave Breath to start the day. Before tests or exams, allow students to take a Brave Breath or go into a Courage Pose. Pepper these into various situations or times during the day. The more these are used and practiced the more students will be comfortable with these skills and be apt to use them regularly without prompting.
- Incorporate Choose Love into any rewards or recognition programs. Have a 'Catching Courage' award given to students showing courage. Or start a 'Choose Love' award for students who choose love in their actions and choices. These can be recognized daily, weekly, monthly, quarterly.....in classrooms or school wide.
- Make interactive bulletin boards that engage students and promote the program traits and concepts. For example, a Gratitude board where students and staff can write down what they are grateful for. Or a Wall of Courage where students and staff can highlight and celebrate big and little acts of courage.
- Set aside a few minutes every morning at the start of a class to have a morning meeting. Take this time to take a breath, do a mindfulness practice/activity, or have a discussion/reflection related to Courage, Gratitude, Forgiveness, Compassion and Choosing Love. We have included Mindfulness Activities and Morning Meeting Infusion Activities as supplementary resources to be used to reinforce and support the learning beyond the program lessons.
- Make sure your school and classroom library have a variety of selections related to the Choose Love traits, concepts, and content. Make a designated Choose Love Library section in the class or library so students can readily access these books. We have included book lists for each trait in the Educator Guide that will get you started. But there are lots of amazing books on these topics, so see what else you can find. Read these books to students and have them readily available for students.

