

Thank you for
Choosing Love



Jesse Lewis

Choose  Love

Movement™

we can ALL Choose Love



NORTH AND
HOLK
LAD

COURAGE
+ GRATITUDE
+ FORGIVENESS
+ COMPASSION
in Action

= CHOOSING LOVE

Benefits of Courage

- Courage = Confidence
- Creates a sense of leadership
- Enables students to be 'upstanders'
- Makes us feel good
- Assists in mastering emotions
- Empowers us to accomplish things and make good choices
- Helps us overcome fear (and overconfidence-taking unnecessary risks)
- Supports us in finding balance (with thoughtful responses)
- Helps to counter bullying (10 seconds)







forgiveness
=resilience

Benefits of Forgiveness

- Healthier relationships.
- Less Anger
- Greater physical and psychological well-being.
- Less anxiety, stress and hostility.
- Lower blood pressure.
- Fewer symptoms of depression.
- Stronger immune system.
- Improved heart health.
- Lowers both physical and emotional pain.
- Higher self-esteem.
- Extends your life span!!



THE TRUE MEANING OF
compassion
= Identifying + Action






Because I'm happy....

Newtown Helps Rwanda

www.newtownhelpsrwanda.org

Newtown Helps Rwanda


LET'S GIVE



In 1994 over 1,000,000 Rwandan Tutsi's were killed by their neighboring Hutus within 100 days. Over 1,000,000 children were orphaned in one of the world's worst tragedies in history.

In December of 2012 JT Lewis lost his little brother, Jesse Lewis in the Sandy Hook Elementary massacre. Reeling from this personal tragedy he had the opportunity to Skype with orphan genocide survivors who had heard about the shooting and wanted to reach out to JT. During the Skype call they told him that they were so sorry about what had happened to his brother and they shared their personal experiences of heartbreak where they watched many of their family members die. They told JT that through gratitude, forgiveness and compassion they have healed and are now leading lives filled with hope and joy. This started JT on his own healing journey and inspired him to give back to the people from around the globe that had reached out to him in love.

Knowing that these now young adults had no hope of going to college, JT set out to raise money to make their dreams come true. Several months after he began fundraising he was able to Skype back to the same group and announce that he had raised enough money to send one of them to college for a year. He has made the personal commitment to send this person to college for the remaining 3 years and hopes to do more.



newtownhelpsrwanda.org

Benefits of Compassion in Action

- Giving makes us feel happy, releases oxytocin and other feel good neurochemicals.
- Giving is good for our general health and well-being.
- Promotes cooperation, social and relationship skills.
- Cultivates social connection, is fulfilling-what you give, you get back...
- Evokes Gratitude.
- Giving is contagious, creates a ripple effect
- Counteracts depression, anger and anxiety
- Reduces and relieves stress and mentally stimulates
- Increases self-confidence
- Give us a sense of purpose
- Better pain management and blood pressure
- Adds years to your life (studies show 22% reduction in mortality?!)

Does the Choose Love Formula
work for everyone,
in every circumstance?









But it is science.

choice

We can't always choose what
happens to us,
but we can always
choose how we respond...

We can always choose love...

we always
can choose
how we react

choose

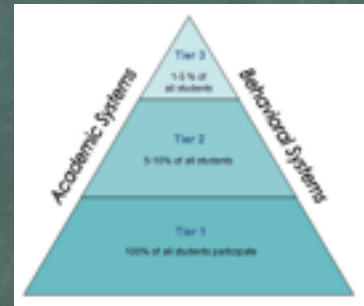
TO FORGIVE

and choose

LOVE 

Choose Love

Enrichment Program



- Written by Educators, for Educators
- Designed for minimal loss of instruction time
- Minimal prep time
- Easy to teach, easy to learn
- Focused on physical, mental and emotional benefits
- Aligned with Common Core, ASCA Mindsets and Behaviors Standards for school counselors and CASEL's core Social and Emotional components
- Designed to be integrated into your instruction
- Addresses the SEL side of the SRBI Triangle



By piloting, YOU join the Movement to Choose Love!



<https://vimeo.com/179509368/868abab5a6>

Lesson 1:

COURAGE'S ROLE IN THE FORMULA FOR CHOOSING LOVE



Preparation: Write “courage + gratitude + forgiveness + compassion in action = choosing love” on the board.



Discussion: Talk about the definition of courage and its role in the “choosing love” formula.

Courage is defined as the mental and moral strength to venture and persevere, and to withstand danger, fear, or difficulty. It is also described as intrepidity, pluck, bravery and spirit. We practice courage every day, in many different situations and circumstances. Every time we try something new; make a decision that is difficult (but right for ourselves and others); or face, accept, and overcome negative emotions, we are using the courage we all have within us. Courage is much more prevalent in your life than you know. How does it feel to think that you are courageous on a daily basis?

This year we are going to learn a formula for choosing love. Courage is an underlying attribute. Maya Angelou said, “Courage is the most important of all the virtues because without courage, you can’t practice any other virtue consistently.”

With an umbrella of courage, we will learn about the physical, mental, and emotional benefits of practicing gratitude. Then we will learn about forgiveness. We will learn that forgiveness is a gift you give to yourself; it doesn’t mean you have to forget, or even condone; but having the courage to forgive will help you retain your personal power instead of giving it away to someone who has hurt you.

We will learn about compassion, which is made of two components: empathy (or identifying with someone’s pain) and action, where you actively do something to help ease that pain. It is the second component of compassion that is where all the love and effort you give out comes back to you.

Courage weaves all the elements together, because it takes courage to practice each of these character values: gratitude, forgiveness, and compassion in action. Thus the formula is: **courage + gratitude + forgiveness + compassion in action = choosing love.**

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#chooselovemovement

The Neuroscience of Choosing Love

Leave the Lizard



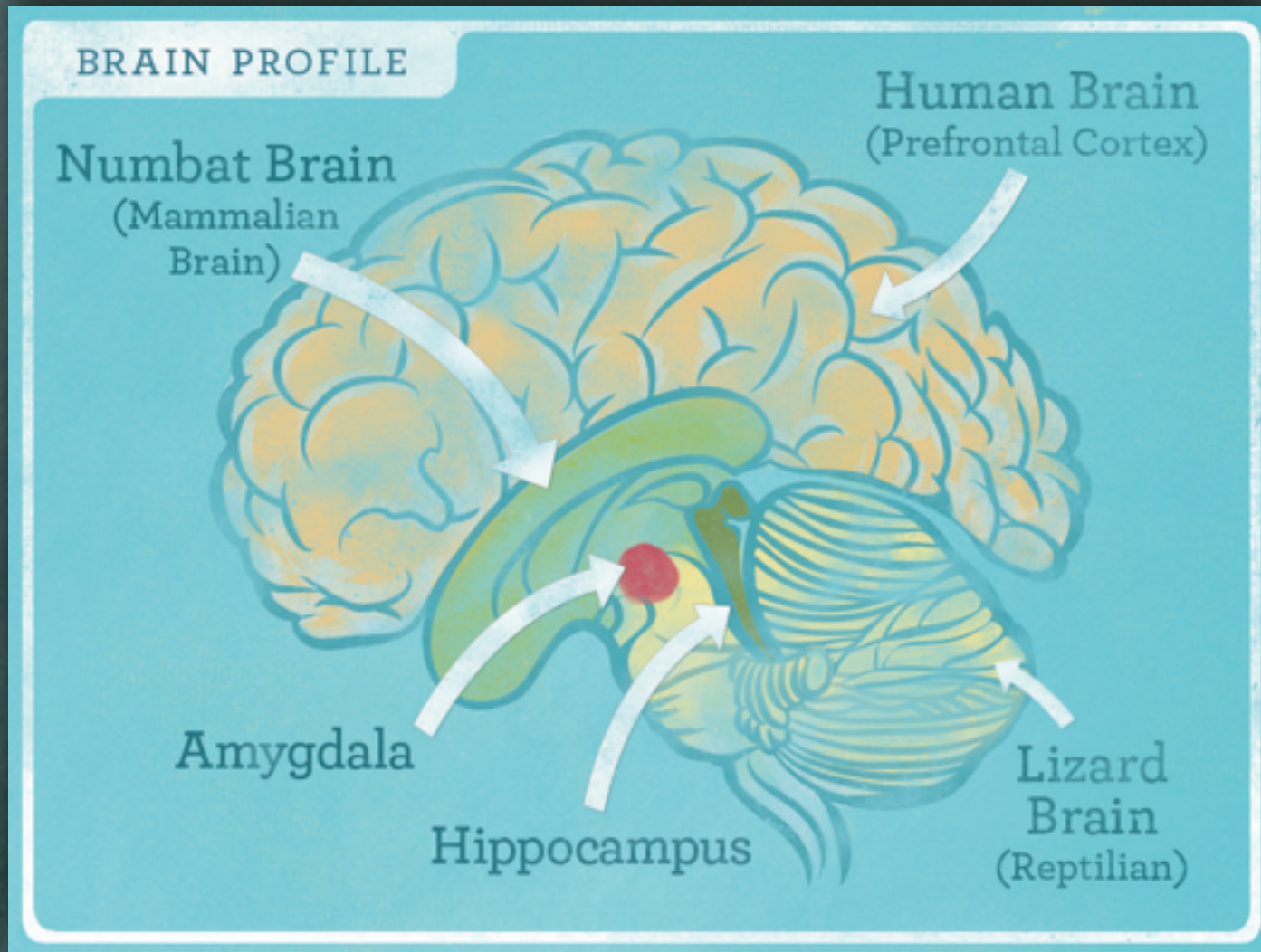
Nudge the Numbat



Hug the Human



Neuroscience Introduction Video







Social and Emotional Learning Awareness Week
February 7th through Valentine's Day





2nd Annual
SEL Awareness Week



Hanging in our nation's Capitol!!



- Choosing Love becomes the vernacular of the classroom.
- Students are able to incorporate the lessons into their own lives and decision making process.
- Students retain these lessons and continue to 'choose Love' even a year later!
- "Ah ha" Life-lessons utilizing your whole brain.



@jesselewischooselove



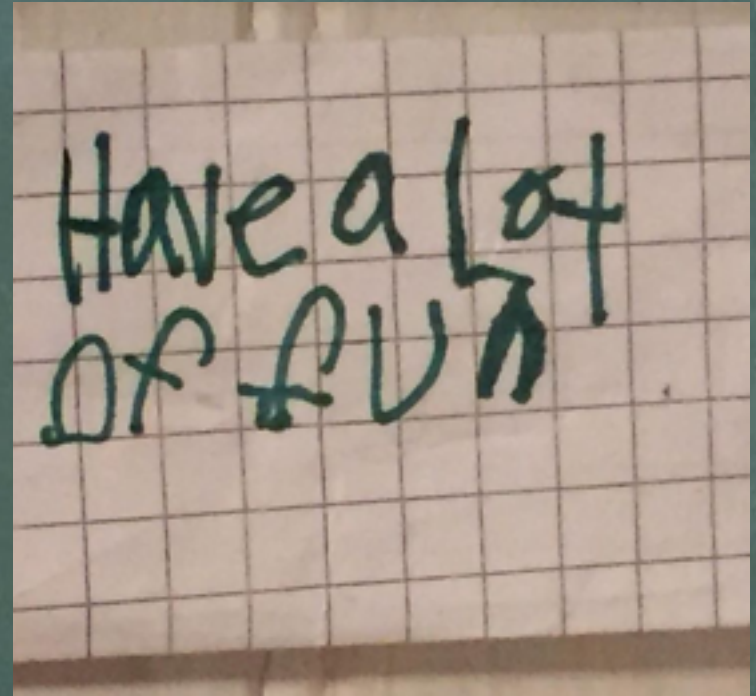
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<http://jesselewischooselove.org>



YouTube

Jesse Lewis Choose Love Movement