



Jesse Lewis

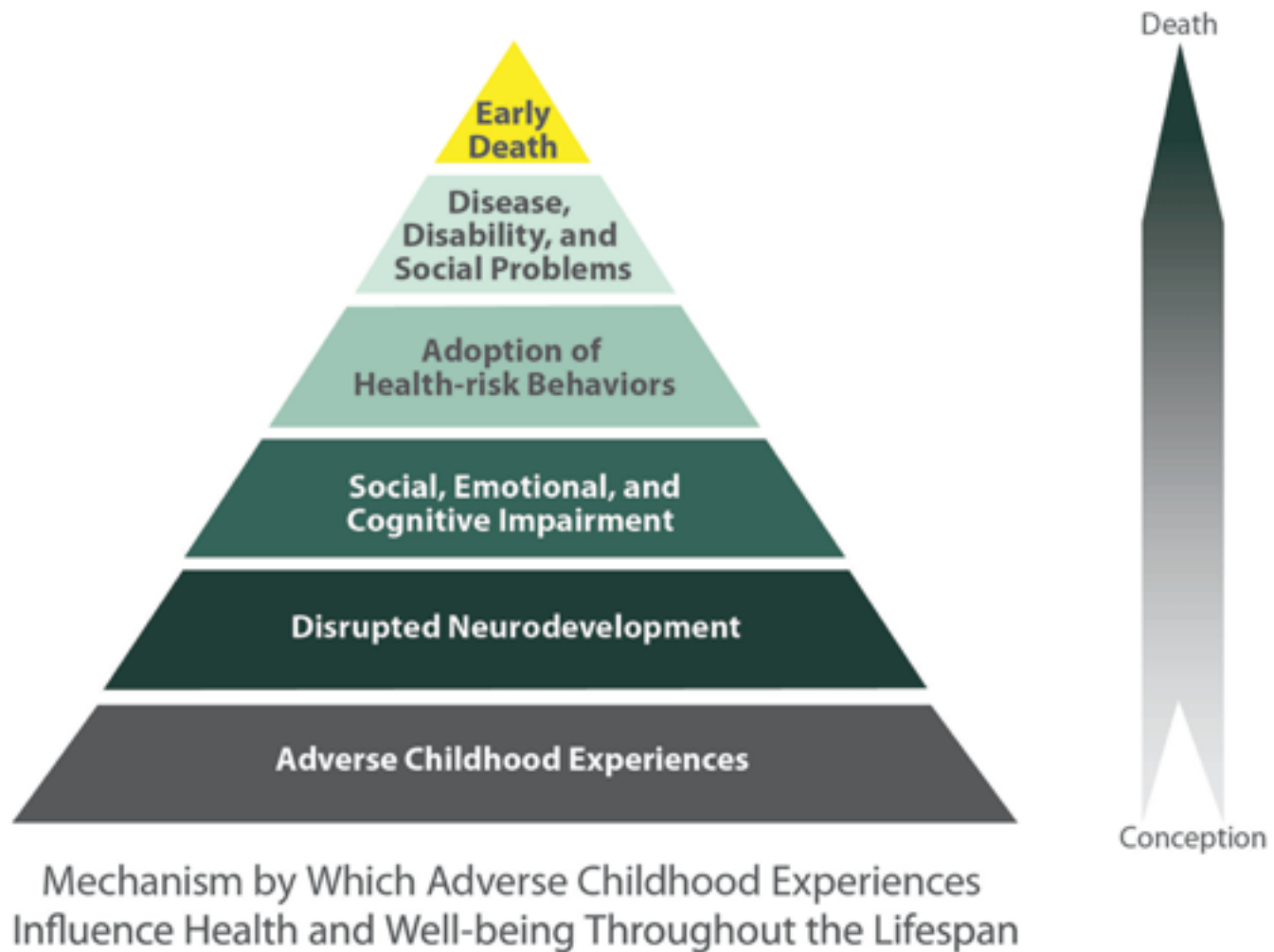
Choose  Love  
Movement™



we can ALL Choose Love







Anxiety, Adversity, "ACE'S"

"If you knew everyone's story, you would love them. You can't really hate anyone if you know everything that happened to them between their birth and now; why they became the way they became; why they have walls up or down. If you truly know someone, you'd get it."

Emma Stone (actress)



PTG Versus PTSD

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Post Traumatic Growth



## Trauma's potential to transform us in positive ways

1. New opportunities emerge and possibilities that weren't present before.
2. Relationships are enhanced with compassion and intimacy. A connection is formed with others who suffer.
3. People experience increased sense of one's own strength, "If I can live through that, I can face anything". Personal strength, gratitude, w/a greater acceptance of their vulnerabilities and limitations.
4. People describe changes in their life philosophy - finding a fresh appreciation for each new day and finding new perspective in what is important-become less materialistic and more able to live in the present.
5. Finding meaning in adversity and purpose.

"Character cannot be developed in ease and quiet.

Only through experiences of trial and suffering

can the soul be strengthened,

vision cleared,

ambition inspired and

success achieved."

Helen Keller





The most beautiful people we have known are those who have known defeat. Known suffering, known struggle, known loss and have found their way out of the depths. These persons have an appreciation, a sensitivity, and an understanding of life that fills them with compassion, gentleness, and a deep loving concern.



Beautiful people do not just happen."

-Elisabeth Kugler-Ross





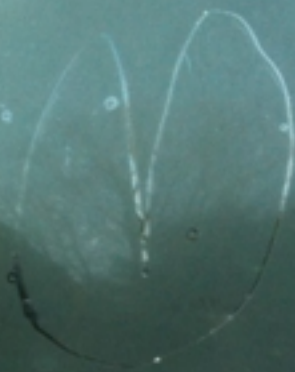
Fear or Love







I LOVE YOU



I LOVE YOU











Jesse  
McCord  
Lewis





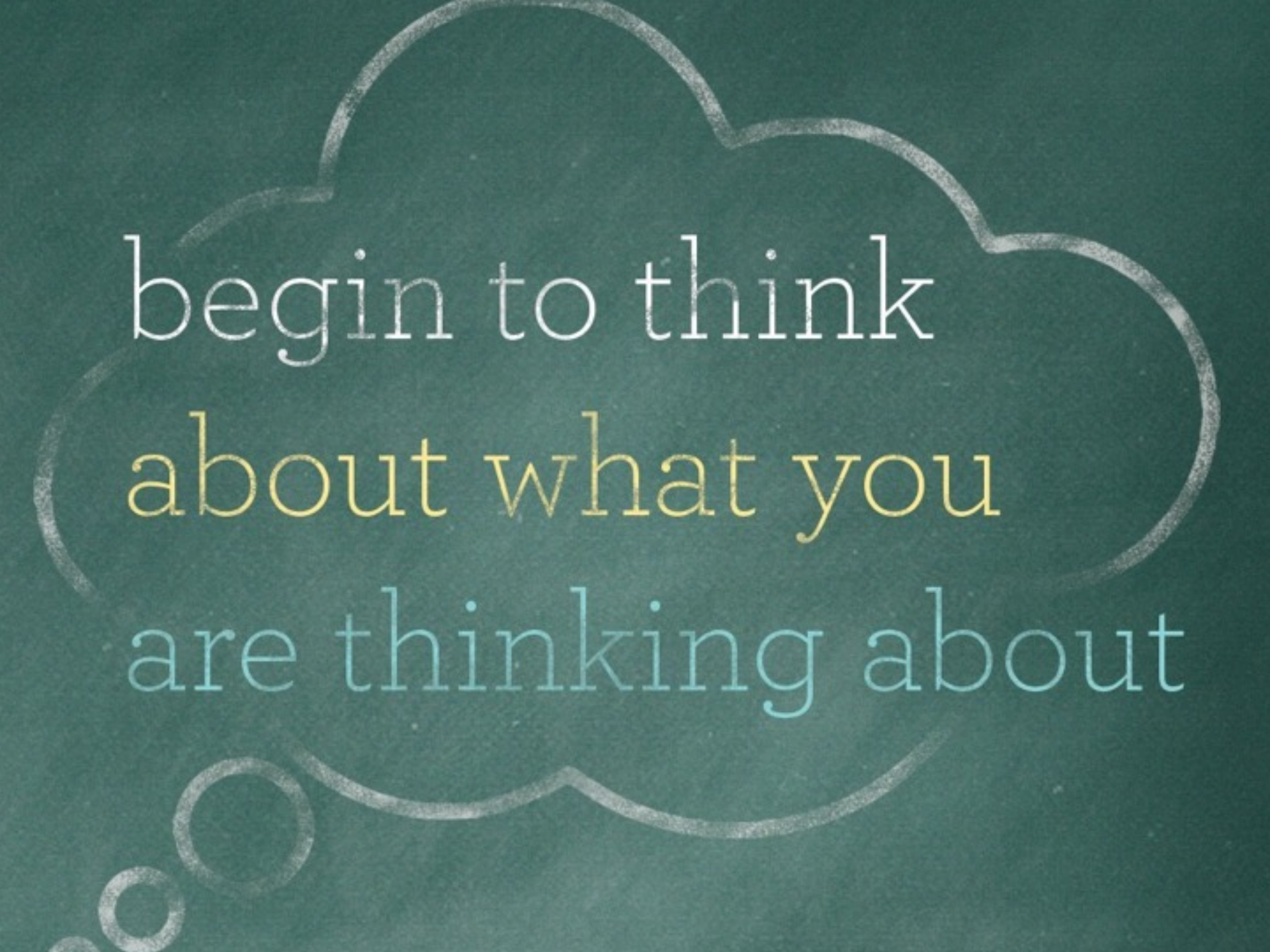





It was **an**  
**angry thought**  
that caused  
the tragedy.

A thought  
CAN BE  
CHANGED.





begin to think  
about what you  
are thinking about

choose a  
 loving thought  
over an  
angry thought



loving  
thought

peace

compassion



NORTH AND  
HOLK  
LAD



SPORTS EXTRA  
Daily News  
Daily News 10/26 Sunday, October 26, 2014

**In the fleeting instant  
that Adam Lanza's gun  
jammed, brave Jesse  
Lewis yelled 'run!'  
to his classmates.  
Six did, and lived.  
Jesse didn't.**



ON PAGE 7  
Jesse Lewis, 6, was  
killed in the  
shooting. He  
was the only  
child of the  
Lanza family  
to survive the  
shooting. He  
was found  
alive at the  
scene of the  
shooting.

PAGE 7

**LI'L HERO**







COURAGE  
+ GRATITUDE  
+ FORGIVENESS  
+ COMPASSION  
*in Action*

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= CHOOSING LOVE



- Social and Emotional Learning
  - Character Education Based
  - Positive Psychology
  - Emotional Intelligence
  - Post Traumatic Growth Research
  - Mindfulness
  - Neuroscience & FUN!
- \*backed by scientific research and evidence-based, proven practices



# Social and Emotional Learning ("SEL")



[casel.org](http://casel.org)

# Benefits of Social and Emotional Learning

Children that have access to SEL experience:

11% improvement in academic performance  
(higher grades/test scores)

22% improvement in SEL skills

10% increase in Higher graduation rates

10% decrease in emotional distress

Better classroom and school climate

Increased positive relationships and connection

Less stress and anxiety

Less behavioral issues

Less bullying



# Benefits of SEL Continued...

## Long-term studies show:

Increased health and well being—physically,  
mentally and emotionally

Reduced substance abuse

Reduced mental illness

Less incarceration

Less violence and anger

Lower divorce rates, etc.

Economic and public health implications (\$11  
return for every \$1 invested to the community/  
reduce tax dollar expenditure for mental health  
issues, incarceration, substance abuse, etc.)

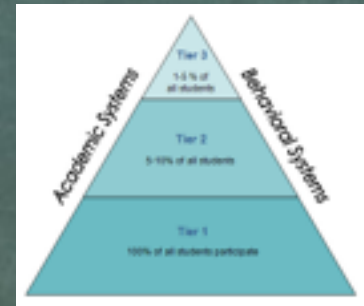
# How SEL Can Help Alliance Schools

- Increase graduation rates
- # of in and out of school suspensions could be reduced when students have better relationships with adults
- Teachers would have more skills to help parents deal with their own engagement with schools
- Alliance schools need ways to reinforce positive behaviors rather than focus on punishment
- SEL helps build trust in schools



# 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!

# IN THE SENATE OF THE UNITED STATES

Mr. BLUMENTHAL introduced the following bill; which was read twice and referred to the Committee on \_\_\_\_\_



## A BILL

To support evidence-based social and emotional learning programming.

1 *Be it enacted by the Senate and House of Representa-*  
2 *tives of the United States of America in Congress assembled,*

### 3 **SECTION 1. SHORT TITLE.**

4 This Act may be cited as the “Jesse Lewis Empow-  
5 ering Educators Act”.

### 6 **SEC. 2. FINDINGS.**

7 Congress makes the following findings:

8 (1) To succeed in school, students need to be  
9 engaged. They need to know how to maintain focus  
10 and effort in the face of setbacks, work effectively



"Jesse had emotional intelligence way beyond his years - gifts of empathy, resilience, self-awareness, confidence and compassion, love and hope - which we can instill in students nationwide if teachers are given the right tools and training."

U.S. Senator Richard Blumenthal (D-Conn.)



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 

What do we traditionally focus on in schools? What not to do to feel good. We need to give a positive option.

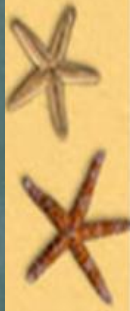


What does choosing love feel like?

Connection, happiness, 'feels good', friends...







## *The Starfish Story*

*A young man is walking along the ocean and sees a beach on which thousands and thousands of starfish have washed ashore. Further along he sees an old man, walking slowly and stooping often, picking up one starfish after another and tossing each one gently into the ocean.*

*"Why are you throwing starfish into the ocean?," he asks.*

*"Because the sun is up and the tide is going out and if I don't throw them further in they will die."*

*"But, old man, don't you realize there are miles and miles of beach and starfish all along it! You can't possibly save them all, you can't even save one-tenth of them. In fact, even if you work all day, your efforts won't make any difference at all."*

*The old man listened calmly and then bent down to pick up another starfish and threw it into the sea. "It made a difference to that one."*

Have a lot  
of fun!



Love Never  
Ends.





@jesselewischooselove



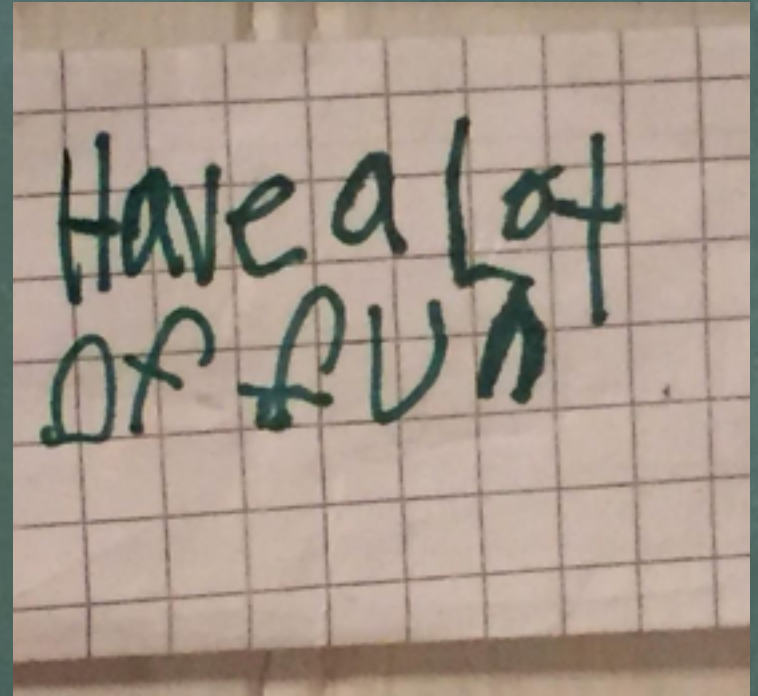
@jesselewislove  
Scarlett Lewis



@jlchooselove



<http://jesselewischooselove.org>



YouTube

Jesse Lewis Choose Love Movement