



Dear Families:

Throughout the year, I will introduce students to the Choose Love Enrichment Program™. This program teaches Social and Emotional Learning, Character Education, Emotional Intelligence, Neuroscience and Mindfulness. This program will play an important role in promoting students' social and emotional wellbeing and academic and personal success. The Choose Love Enrichment Program™ will also enhance our classroom and school climate, making it a place where students are safe, compassionate, connected and able to thrive.

There are over 30 years of research showing the benefits of teaching Social and Emotional Learning. Students who actively participate, practice, and apply skills and concepts learned in Social and Emotional Learning programs have higher self-esteem, stronger communication and relationship skills, greater pro-social behavior, better class participation and attitude, and an increase in academic performance and test scores. All of the evidence points to Social and Emotional Learning as being very beneficial for our children and essential in creating safer, more positive schools and learning environments. For further information on Social and Emotional Learning please visit the Collaborative for Academic, Social and Emotional Learning (CASEL) website- <http://www.casel.org>.

The Choose Love Enrichment Program™ teaches 4 character values and Social and Emotional Learning skills that help to cultivate compassion, connection, optimism, personal responsibility and resiliency. Students learn the Choose Love Formula which is ***Courage + Gratitude + Forgiveness + Compassion in Action = Choosing Love***. The lessons teach students essential concepts and skills related to this formula. They have a lot of fun as they put learning into action through activities, discussions, collaboration, and written reflection.



The 4 Character Values include:

Courage: Students will learn what it means to have courage in any situation. They will develop a great confidence in themselves to help them strongly face adversity and do the right thing even when it is hard.

Gratitude: Students will learn what it means to be grateful for all of the good in their lives. They will discover the many people and things they are grateful for and better understand how to express gratitude. This will nurture a positive attitude and inspire them to be kind and giving to others.

Forgiveness: Students will understand what it means to forgive someone who has hurt you. They will learn that forgiving does not mean you forget or accept the hurtful actions as OK. But instead, students learn why forgiving is important as it will free them from bad feelings and helps them to have a positive mindset that will help them in school and life.

Compassion: Students will understand that compassion is LOVE in action. They will understand what it means to have empathy and be sensitive to the feelings of others. Then they move beyond that to realize the importance of being in service to those who need help or support as well as showing self-compassion.