

Meet Jesse



Jesse McCord Lewis is the courageous 6 year-old boy who saved the lives of nine of his classmates before losing his own in one of the worst mass shooting in history at Sandy Hook Elementary School.

His bravery, combined with 3 words he had written on the family's kitchen chalk board ("Nurturing, Healing Love") which his mother later discovered

are included in the definition of Compassion across all cultures, inspired the development of a no cost, Pre-K through 12th grade social emotional learning curriculum to help children learn to manage their emotions and cultivate school safety from the inside out. The program is currently being used by schools in all 50 United States (including LVJUSD) and more than 120 countries around the world.

One of Jesse's favorite toys was his rubber duck, which has become the unofficial mascot of the program in schools.




Scarlett Lewis

Mother of Jesse,
Founder: Jesse Lewis Choose Love Movement.
Advocate for Social and Emotional Learning.
Author: Nurturing Healing Love; Rose's Foal

Scarlett Lewis has dedicated her life to making sure all children have access to social and emotional learning and she, herself practices the lessons taught in the Choose Love For Schools™ program multiple times daily. She visits schools, first responders, government leaders and prisons around the world, inspiring them with her story of how courage, gratitude, forgiveness and compassion-in-action have helped her heal from the unthinkable tragedy of losing her son.

Scarlett has visited Livermore four times in the past few years, and each time has left those who met her feeling full of hope and possibility.

WHAT CAN YOU DO?

 **Proudly Display Your Yard Sign**
Show your neighbors and the community that you support our mission ~ signs can be purchased on our website.

 **Attend FREE Webinars & Events**

Livermore Learns, a parent education program designed to educate, inform and engage parents and guardians as they support their children throughout their education, will be featuring Choose Love lessons throughout the school year - a link to the calendar and registration can be found on our website.



 **Register for the Free Choose Love CONNECT Community**

It's our social media "hub" where we can exchange tips, information and inspiration about Choose Love in and around Livermore AND learn more about the Choose Love Movement™, access all of their free programs, webinars, podcasts and resources. You can register from our website.

 **Learn and Practice The Choose Love Formula™**

Learn (and remember to practice!) the 4 easy character values and help teach the community by hanging posters on your store, office, and family room walls. Ask your child to tell you more about how they practiced Choosing Love during their day. Replace one angry thought with a positive thought each day. For MORE tools and resources to help you learn and practice Choosing Love, visit our website.



choose love
chooselivelivermore.org



choose love
chooselivelivermore.org

COURAGE + GRATITUDE + FORGIVENESS + COMPASSION

A Formula For Moving Forward

What Is The Choose Love Formula™?

COURAGE +

The Jesse Lewis Choose Love Movement™ is a 501(c)(3) nonprofit organization with a mission to create safer and more loving communities through groundbreaking next generation social and emotional learning (SEL) programs that are free of cost and suited for all stages of life.

GRATITUDE +

FORGIVENESS +

COMPASSION =

The Livermore Valley Joint Unified School District has chosen Choose Love For Schools™ to be their social emotional learning curriculum.



At the core of the program is a simple formula (**COURAGE + GRATITUDE + FORGIVENESS + COMPASSION-IN-ACTION = Choosing Love**) that anyone can learn and practice to improve the world around them.

"As we educate and support our students to be successful, we focus first and foremost on academic instruction, yet also on behavioral and social emotional learning. Choose Love For Schools™ is our social emotional curriculum that teaches children that they can control their responses to emotions."



Dr. Kelly Bowers, Superintendent, LVJUSD

*"We focus on four important character values – **Courage, Gratitude, Forgiveness and Compassion in Action** – which cultivate optimism, resilience and personal responsibility -- these are lifelong traits that ensure our students will graduate with the myriad skills needed to contribute and thrive in a changing world."*

What Is Choose Love Livermore?

We are a volunteer group of educators and community members who partner with the Livermore Valley Joint Unified School District to share the social emotional learning skills and tools that are taught to students through the Choose Love For Schools™ program with the greater community, which we believe will help students incorporate these practices into their daily lives outside of school and help them achieve personal and academic success.

Specifically, we aim to raise awareness of the easy-to-learn, 4-step Choose Love Formula™ that is the foundation of the curriculum through a combination of campaigns, free programs (presented by Livermore Learns) and local events that reinforce the Formula and demonstrate ways that it can be applied in everyday situations.

We believe that by learning and modelling the Formula values of **COURAGE, GRATITUDE, FORGIVENESS** and **COMPASSION-IN-ACTION** in our homes, local businesses and organizations, we will not only help our children practice them in their daily lives outside of school but also experience their scientifically proven, exponential benefits in our own lives and throughout our community.



The Choose Love program inspired my third grade learners to sprinkle thankfulness, kindness, patience and grit throughout the classroom, school and community. It was contagious!"

Anne Anaya, 3rd grade teacher, Livermore, CA

"The Choose Love Formula has changed my year by giving me the courage of meeting a new teacher in piano, being thankful of what I get, forgiving somebody that hurt me and it was very hard, and showing compassion."

Student in Anne Anaya's class

How Does The Formula Help Our Children & Community?

Each of the character values in The Choose Love Formula™ embody a collection of the foundational skills and concepts taught in the Choose Love For Schools™ social emotional learning (SEL) program throughout the school year. They serve

Practicing these skills and concepts helps students develop attitudes and abilities that are critical to their personal and academic success, including:

- Understanding and managing emotions (self-awareness and self-management);
- Setting and achieving positive goals;
- Feeling and displaying empathy and compassion for others (social awareness);
- Establishing and maintaining positive relationships; and,
- Making responsible decisions.

Regular practice of these skills has been shown to increase test scores, attendance and graduation rates while decreasing depression, substance abuse, bullying, incarceration and even divorce rates.



Sharon Herman, Founder
Choose Love Livermore

Our late founder, Sharon Herman, recognized how powerful the mastery of these SEL skills and tools could be not only for our community's children, but also in unifying Livermore families, organizations and businesses in a daily practice of thoughtful kindness that would improve the quality of all of our lives.

We proudly carry forward her commitment to supporting our students by learning and practicing the Choose Love Formula™ throughout our community.