



Learn More About Our Programs

Established in the aftermath of the Sandy Hook school shooting, the Choose Love Movement promotes hope, healing, and connection through next generation social and emotional and character development programming. Before any other learning can be effective, students and educators need to feel safe, cared for, and loved. Through our powerful Choose Love Formula -- Courage + Gratitude + Forgiveness + Compassion-in-Action -- we are creating safer and more loving schools, homes and communities.

We have thoughtfully designed a series of turn-key, SEL supports that combine professional onboarding facilitation with our globally-renowned, trauma-sensitive, healing-centered language and practices to encourage post-traumatic growth and support the social, emotional and mental well-being of students and staff. [Visit our website for more information!](#)

[Choose Love For Schools](#)

A next-generation character social and emotional program (Infant-Grade 12) is now offered on a new and improved digital platform with a flexible, ready-to-teach format including slides, literature, and embedded videos all designed to be even easier to implement (virtual or in-person). Proactively transforms school culture by teaching students essential skills and tools built around the pillars of Courage, Gratitude, Forgiveness, and Compassion through an easy-to-use curriculum made for educators by educators.

[Choosing Love in our Brave New World](#)

This back-to-school social-emotional wellness unit was designed to meet kids and their educators where they are as a direct response to where we are now in our world. The new digital platform remains available at no-cost, is adaptable for in-class or distance learning, and includes integration with Google Classroom.

[Educator Training Course](#)

Choose Love offers a no-cost online training course conducive for anyone looking to teach the program. This professional development course is designed to give a better understanding of the materials and curriculum.

[Choose Love For Home 2.0](#)

Newly translated into Spanish, Choose Love for Home provides families with healthy ways to grow together. Through a series of videos, activities, and "dinner table discussion topics," Choose Love for Home teaches families how to manage their emotions, communicate in healthier ways and create a nurturing environment focused on things that matter most.

[Choose Love For Communities](#)

The Choose Love for Communities program was created for local organizations and businesses who want to model the principles of Choosing Love in their shops and offices. It offers ideas, training, and team exercises to help organizations play a leadership role in creating a more loving and peaceful community, and helping community leaders, politicians, and law enforcement officers learn to better understand themselves and serve others.

[Choose Love For Athletic Leadership](#)

Designed to be incorporated into an athletics program, this course focuses on Social Emotional Learning skills an athlete can utilize to develop self-awareness, self-management, strengthen relationships with coaches, teammates, and competitors, and develop responsible decision-making skills.

[Choose Love on the Move](#)

We're hitting the road to bring COURAGE, GRATITUDE, FORGIVENESS, COMPASSION In ACTION and A LOT OF FUN to a community near you — maybe even YOURS!

[Educator Facebook Page](#)

A great resource to meet and engage with fellow educators who are using our Choose Love programs from all over the world!

[Daily Dose of Love Newsletter](#)

A daily morning email created to inspire and uplift us through examples of Choosing Love.

[Experiential Educator Wellness Workshops](#)

Certified Choose Love SEL coaches offer interactive professional development for school leaders and educators. Learn mindfulness, SEL skills, and strategies to build positive, healthy mindsets; explore self-care practices; reduce stress; and embrace Choose Love programming.

[How to SEL Series](#)

This innovative series empowers parents and educators with knowledge and easy-to-integrate practices to help children and families flourish.

[Choose Love Extension Programs](#)

These programs have been crafted by our professional partners designed to combine the Choose Love Formula along with strategies such as mindfulness, yoga, tapping, and more

[Scarlett's Books](#)

- **New!** [From Sandy Hook to the World: How the Choose Love Movement Transforms Lives](#)

This all-encompassing book details how Scarlett's journey as one voice asking people to replace an angry thought with a loving one and to thoughtfully respond with love in any situation became a global movement that continues to expand every year.

- [Nurturing Healing Love](#)

Scarlett's emotional and inspiring memoir takes you through her journey of losing her son at Sandy Hook and how she found the courage through her son's three words (nurturing healing love) to live a life of love, positivity, and fearlessness.

[ChooSELove Podcast](#)

Scarlett Lewis talks about how to live a Choose Love lifestyle and interviews interesting guests on a wide range of subjects that have inspired her in her own life and at the Movement.

Here's how the Choose Love program is being received:

Scarlett and her organization were included in the release of the [Federal Commission on School Safety Report](#). Its number one recommendation is teaching character values and social-emotional learning as part of proactive prevention.

Scarlett was also part of the Aspen Institute's National Commission on Social, Emotional, and Academic Development which released a major national report - [From a Nation at Risk to a Nation at Hope](#). It calls out to all areas of society to accelerate efforts to ensure that all students have access to quality social and emotional learning (SEL) which has been Scarlett's lifelong goal since losing her son at Sandy Hook.

The first statewide adoption of CHOOSE LOVE! New Hampshire School Safety Plan: Governor Sununu of New Hampshire was the first to release his statewide [school safety plan](#). His plan focuses on social and emotional learning as an essential part of school safety and is using the Choose Love Enrichment Program as the backbone of the state's recommendation. They also hired a Choose Love Ambassador to help integrate the curriculum into the school systems across all of the state.

- [Choose Love PSA](#) with Governor Sununu and Scarlett Lewis.
- [Testimony](#) from Governor Sununu's Security Advisor on school safety and the Choose Love Enrichment Program.

Heard around the world:

Scarlett has led workshops at multiple conferences including Bett in London, SXSW EDU, and ASCD Empower18. She has been the keynote speaker at the National Forum on Character presented by [Character.org](#) and the Music City SEL Conference in Nashville. Additionally, Scarlett was interviewed by BBC, Fox News, and many regional papers and podcasts about the Choose Love Enrichment Program and the benefits of SEL. See Scarlett's [media kit](#) to learn more.

Choose Love is the Solution

To date, Choose Love Programs have been accessed in all 50 states, Washington DC, and in 120 countries! There are over 50,000 downloads by more than 20,000 educators.

Choose Love Results: Read evaluations of our program as well as insight from educators.

- [University of Arkansas Evaluation Summary](#)
- [SEL Outcomes at Ka'elepulu Elementary School](#)
- [Summary: Enrichment Program Survey 2021 Results](#)

"I can't say enough how amazing you are and how much the staff loved the training. They actually said the two days we had last week were the best trainings they ever had." - [Early Learning Programs in CT](#)

"I found out that it was 100% effective, not only did it help with my at-risk students, it helped with my students that were doing well. It teaches social-emotional learning, it teaches self-improvement, and also compassion in action. It is one of the best programs I have ever found. It is innovative, it can be used across your district. If you want to make a difference not only in your students, but in your overall faculty, you need to take advantage of this program." - [High School Counselor, Booneville, AR](#)

"Choosing Love has given me the opportunity to create an environment where my students feel safe to be themselves, to make mistakes and to grow. I have never seen a community of children come together in such a supportive, meaningful way in my ten years of teaching. The program has not only changed my classroom climate, but me as an individual as well. I know that Choosing Love is having an impact when I see my students standing up for one another and helping each other during a difficult time, even without anyone knowing or watching." - [Elementary School Teacher, Darien, CT](#)

"It has been exciting to see the changes in students after just one year of teaching Choose Love curriculum to our students. I can't wait to see the difference it will make after students and staff across the school district have been involved with Choose Love over the next few years. I know that we will see more compassionate and thoughtful students growing into more compassionate, courageous and thoughtful adults. This is exactly what the world needs!" - [Superintendent, Hillsboro, TX](#)

"Your statement, "While we can't choose what happens to us, we can choose how to respond. When you choose courage, when you experience gratitude, forgiveness and compassion, you are choosing love" resonated with us and we thought our students and staff could benefit from the lessons and adopting this mindset. We are beginning to hear students using the language taught in your lessons. I was really gratified when I asked a student, "What could you do differently next time?" and she replied, "I could choose love!" - [Middle School Assistant Principal, Coventry, RI](#)

"Thank you so much, Scarlett!! You continue to make a meaningful impact on us and our growing program at St. Andrew's." - [Administrator, Austin, TX](#)