

Linapuni Parents & Guardians,

Hello! Here at school, we have been learning about the Choose Love Movement – what it means, how it will help us and how we can do it! The formula is: Courage + Gratitude + Forgiveness + Compassion in Action = Choosing Love. The students have touched upon the first 3 ingredients and were in the process of learning the fourth, Compassion in Action, when we were faced with our extended Spring Break, and now school closure until at least April 30.

Learning happens best when it is done both at school and at home. Below are the 4 ingredients with their motions in sign language. In the back, are things you can do each day in little or big ways to help your child continue to learn about Choosing Love. We have really enjoyed exploring this topic at school, and I hope your family will

Courage

Courage is doing the right thing, even if it may be hard. When you have courage it doesn't mean you aren't afraid. Having courage means you push those fears aside to do what is right. You make choices that help you be your best self, making life better for yourself and others. Every day you can show courage in little and big ways.

Courage



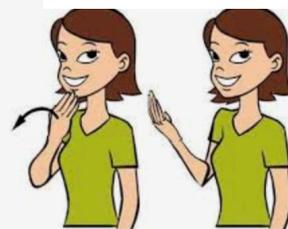
Fingers of both hands touch your chest and then push outward into fists

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Gratitude

Gratitude is mindful thankfulness. When you show gratitude, you take the time to be thankful for things and people in your life. There is always something to be grateful for and when you stop and find things to be thankful for, you develop an 'Attitude of Gratitude'. This positive attitude improves your life and the lives of others.

Gratitude



Forgiveness

Forgiveness means choosing to let go of anger and resentment toward yourself or someone else, to surrender thoughts of revenge, and to move forward with your personal power intact. When you practice forgiveness you work through and let go of powerful feelings like anger and hurt in a healthy, positive way.

Forgiveness



Compassion in Action

Compassion in action is the understanding of a problem or the suffering of another and acting to solve the problem or helping the person suffering. When you show compassion you step outside yourself to do something to connect with and help others.

Compassion

