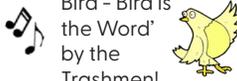


October is Choose Love Courage Month. Courage is making the choice to do something difficult even when there is risk of embarrassment, fear, or uncertainty. Courageous people tell the truth and stand up for what is right. By Choosing Love we can help each other through kindness and understanding.

OCTOBER 2022

COURAGE + GRATITUDE + FORGIVENESS + COMPASSION IN-ACTION = THE CHOOSE LOVE FORMULA

SUN	MON	TUES	WED	THURS	FRI	SAT
		<p>“Many of life’s failures are people who did not realize how close they were to success when they gave up,” THOMAS EDISON</p>				<p>1 How can you show courage? </p>
<p>2 Write in your journal a list of your strengths to boost your Courage & Confidence!</p>	<p>3 Be brave enough to do what you know is right. </p>	<p>4 If you don’t have something kind to say, don’t say anything at all.</p>	<p>5 How can you make everyone feel accepted? </p>	<p>6 National Stop Bullying Day. How can you prevent bullying?</p>	<p>7 If you hurt someone’s feelings, tell them you are sorry. </p>	<p>8 Choosing Love is kind and caring. </p>
<p>9 Fear is like fire – if we feed it, it quickly grows out of control. </p>	<p>10 Courage is respecting someone’s opinion even if it is different from yours.</p>	<p>11 Take a brave breath then practice your brave pose. </p>	<p>12 It takes a lot of courage to stand up to enemies, but even more to stand up to friends.</p>	<p>13 Unity Day! Wear orange and choose kindness, acceptance and inclusion. </p>	<p>14 When you believe in yourself, anything is possible. </p>	<p>15 It’s ok to fail. It is part of learning. </p>
<p>16 Practice self-control... Stop and think before you act!</p>	<p>17 Work out your courage muscles. </p>	<p>18 How are you REALLY feeling? Take time to identify your emotions.</p>	<p>19 Have a silly dance break with ‘Surfin Bird – Bird is the Word’ by the Trashmen! </p>	<p>20 Read a book about courage. Why do you think the characters are brave?</p>	<p>21 Courage is doing the right thing, even if it may be hard.</p>	<p>22 What is something you do well and something you’d like to do better?</p>
<p>23 Perseverance means to keep trying until you get it right.</p>	<p>24 What are some things that people are afraid of? What are you afraid of?</p>	<p>25 Create a coat of arms to show your bravery and what makes you strong.</p>	<p>26 It takes courage to ask for help. </p>	<p>27 Be kind & make someone happy.</p>	<p>28 Who is your hero? How do they show courage? </p>	<p>29 Speak up... let your voice and ideas be heard! </p>
<p>30 Be brave. Be bold. Be YOU! </p>	<p>31 BOO!!! Don’t be afraid. Happy Halloween. </p>		<p>Have a Lot of fun</p>			