

## CHOOSING LOVE IN THE TIME OF COVID-19

ALL FREE RESOURCES ON [CHOOSELOVEMOVEMENT.ORG](http://CHOOSELOVEMOVEMENT.ORG)

### SELF-CARE TIPS & TOOLS



Text **SEL** to 484848

[www.ChooseLoveToThrive.org](http://www.ChooseLoveToThrive.org)



Daily Dose of Love  
Newsletter



Loving Thoughts Vlog  
&  
Power Hour Insta Live



ChooseLove Movement  
Podcast



Take the Pledge to  
Choose Love

### ONLINE LESSONS

#### CHOOSE LOVE LIVE LESSONS

Watch 2 weeks of online Choose Love lessons that include:

- How to use the Choose Love formula
- Short videos
- Downloadable activities
- Interactive discussions
- Suggested projects

#### STUDENT LED LESSONS

- Scott Zimmerman is the Director of Social and Emotional Learning at St. Andrew's Episcopal School in Austin, Texas.
- He has been recording Choose Love lessons led by students. Please use these videos at home to ensure your kids are keeping up with their Social and Emotional Learning needs and keep practicing the Choose Love Formula!



Families can learn how to Choose Love and help create a safer, more connected world. This video series introduces the Choose Love Formula, offers ways to build important character values, and explains the neuroscience behind it all. Families who learn these essential life skills will thrive and be more resilient, engaged, connected, and compassionate.



Tap your way to stress and anxiety relief. You can find 11 tapping meditations plus four more for the kids at no cost from our partner, The Tapping Solution.



Get Mindful support on Zensational Kids YouTube channel for your social, emotional, physical and mental well-being.