

# "I LOVE LIFE! I LOVE ME!"

## How to Love Yourself and Others

### An Innovative SEL Curriculum for Teens and Young Adults

Self-Identity

Peer Relations

School

Home (and Community)



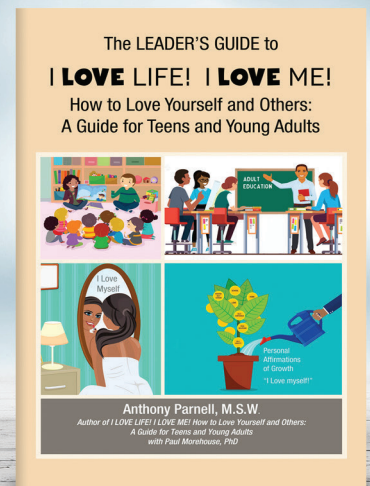
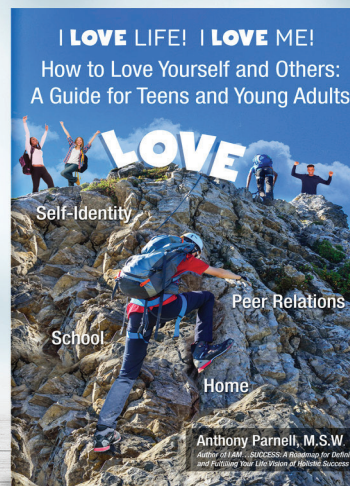
[www.LoveLifeLoveMe.com](http://www.LoveLifeLoveMe.com)

[www.LoveLifeLoveMeInstitute.com](http://www.LoveLifeLoveMeInstitute.com)

[www.LoveLifeLoveMeDay.com](http://www.LoveLifeLoveMeDay.com)

*I Love Life! I Love Me!* is an innovative Social Emotional Learning (SEL) Curriculum that was developed with the primary goal of helping teens and young adults learn how to love life, love themselves, and love others. It is a highly adaptable curriculum that can be facilitated by experienced and inexperienced staff as a **10-WEEK, ENTIRE SEMESTER** or **YEAR-LONG** program in a variety of settings (e.g. Classroom, After School Programs, Large and Small Groups, Counseling and Mental Health Centers). This curriculum is simple, easy to understand and to implement. It can effectively be used with the Teens and Young Adults you work with to:

- **Improve Academic Performance**
- **Build and Strengthen Social Skills and Peer Relations**
- **Develop Self-Esteem and Self-Confidence**
- **Identify and Utilize Strategies for Coping and becoming more Resilient**
- **Promote Greater Self-Awareness and Self-Understanding**
- **Foster Healthier Family Bonds**



### "I LOVE LIFE! I LOVE ME!" CONSISTS of:

- **WORKBOOK FOR STUDENT PARTICIPANTS** (that can independently be read by each participant)
- **200-PAGE LEADER'S GUIDE WITH HIGHLY INTERACTIVE SMALL GROUP AND LARGE GROUP LEARNING ACTIVITIES**
- **ONLINE and IN-PERSON LEADER'S CERTIFICATION TRAINING ("Train the Leader")**
- **I LOVE LIFE! I LOVE ME! DAY**
- **VIDEO SHARING WEBSITE** ([www.LoveLifeLoveMe.com](http://www.LoveLifeLoveMe.com))
- **DIGITAL RESOURCES (I Love Life! I Love Me! Institute)** ([www.LoveLifeLoveMeInstitute.com](http://www.LoveLifeLoveMeInstitute.com))

### OUR APPROACH

The key components of *I Love Life! I Love Me!* are ten life affirming principles and four life domains (Self-Identity, Peer Relations, School and Home). As part of the process of facilitating students learning and understanding of these affirming principles, the curriculum was designed to be highly interactive, engaging and participatory through a variety of individual and group activities.

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