**How to Set Home Intentions**

At Saint Thomas the Apostle School each homeroom had their students come together and set classroom intentions on how they wanted to be treated and to practice ***choosing love*** with one another throughout the year. Students had thoughtful discussions on how to incorporate our eight words to empower us this year at STA in ***choosing love***; *Love, Courage, Gratitude, Forgiveness, Compassion, Hope, Kindness and Patience.*

As we continue our partnership of school and home we are asking families to set their own home intentions using those same eight words. As you come together as a family, answer some of these questions; What is our families’ intent? How as a family do we intend to show love? What is my families’ significance? How do we set rules and respect one another? How do we show love? What makes us a happy loving family?

Scarlett Lewis the founder of the Choose Love Enrichment Program explains the power of intentions have in a positive change at schools when posting our intentions and implementing them. So why not create your own home intentions as a family!

Some examples could be; We plan to choose love at home by having the *courage* to complete our daily chores, Our family will choose to *forgive* by letting go of our anger, Our family will choose *gratitude* by being thankful for all of God’s gifts.

In the next few weeks take some time with your families and create Choose Love Intentions at Home. Don’t forget to have fun and be creative! Post the Intentions in your family room. Kitchen or even have each family member make one to display in their rooms!