NOVEMBER: SELF-NAVIGATION
Kindness Club Meeting

Check your Resource Library to find Tools, Videos, Project Ideas and a list of potential Service Organizations.

If your meetings are online, be sure to notify parents in advance about any materials needed so club members have supplies ready.

Your Notes

Self-Navigation: Being able to manage our emotions and behaviors and learning the tools to help us navigate any situation. Self-Navigation is an upgrade to what you may already know as Self-Control or Self-Regulation. Like Self-Control or Self-Regulation, Self-Navigation builds on Self-Awareness—acknowledging our feelings in a given moment. Self-Navigation is the ability to determine if our feelings match the situation AND using our feelings to guide us to take the appropriate action.

1. **"Check in"/"Attitude of Gratitude"** How are we feeling / welcome to our time today. What are you grateful for today? Discuss, journal, take a moment to contemplate – can be quick & powerful.

2. **KM365 Tool** Focus and get present with breathing/movement from the KM365 online toolbox or use your own.

3. **Review & Intro** Review Self-Awareness (last month's topic) and introduce Self-Navigation (video you like, KM365 PowToon, dialogue, etc.)

4. **Understanding/Personalization** Fun game, story, dialogue/share, drawing, journaling: what does Self-Navigation mean to ME?

5. **Non-Profit Speaker, Video, or Discussion** If you are working with a speaker from a non-profit, ask participants how being able to navigate their emotions can help them be of service.

6. **"Kindness in Action"** Project or experience -create a hands-on project/experience in support of the speaker or about Self-Navigation.

7. **Reflection** Discussion from KM365 Reflection Prompts.

8. **Peace Pledge** Kids for Peace or read one your group created.

9. **Wrap Up** Photos, certificates of appreciation, handouts. Please remember to post, and turn in your monthly reporting!

Contact Ambassador Support at AmbassadorSupport@kindnessmatters365.org for questions or comments. 😊