

# SEPTEMBER: OPTIMISTIC THINKING

## Sample Kindness Club Meeting, 2nd/3rd Grades

All Activities, tools, etc. shown here are suggestions. Please feel free to substitute and/or modify as needed. Visit your [Resource Library](#) for tools, videos, speaker ideas, etc.

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

**Optimistic Thinking:** Having gratitude & feeling hopeful; even in challenging times, understanding those things we can control and confidently directing our actions toward the positive.

1. **Check-In/Gratitude:** Let's introduce ourselves by saying our name and what animal best represents us. (ex. I'm Ana and I'm a puppy b/c I'm full of energy and I love to play!!!) Explain that the club will be fun and we will learn about Gratitude Compassion and Kindness (GCK) to ourselves then to others and we will do activities that show our GCK. Check-in activity: <https://youtu.be/AnluDmyGplE>
2. **Tool:** (approx. 2 min) We'll always start by learning a tool that will help us be kind to ourselves. Today we will be doing Box Breathing w/Chase:  
[https://kindnessmatters365.org/2020/07/13/tool-box-breathing-w-chase/?tx\\_category=type-tool,prek-1](https://kindnessmatters365.org/2020/07/13/tool-box-breathing-w-chase/?tx_category=type-tool,prek-1)
3. **Intro:** (approx. 1:30 -2:30 min) This month's topic is Optimistic Thinking. Let's find out more: <https://youtu.be/EKKKuoOMnbA>
4. **Discussion:** Ambassador will share examples from own life about times when they were not happy with a situation and had to use optimistic thinking.

Move to If \_\_\_\_\_, then \_\_\_\_\_ activity:

Start with examples from the Optimistic Thinking powtoon, then move to giving kids some situations and asking them to find ways to be optimistic about them.

If it's raining and we can't go to the park, then we can \_\_\_\_\_.

If I can't go to my friend's house to play, then we can \_\_\_\_\_.

Ask kids for examples of things in their own lives that they are not happy with. What is something positive they can find? How can we look at this differently?



## Your Notes

In your contact with parents/guardians before the mtg, tell them about the intro activity and encourage kids to make a picture of the animal to bring to the mtg.

5. **Non-Profit** (Forgotten Soldiers Outreach, <https://www.forgottensoldiers.org/>) In our KM365 meetings, sometimes we're going to help others. One group of people we can help are service members. Think about that. These are people who go to faraway places for their jobs. That means they are away from their families for a time. How can we bring them happiness and show them gratitude? Let's watch a quick video from a group called Forgotten Soldiers Outreach. They have a way we can help service members who are far away. (Alternate: Invite someone from Forgotten Soldiers Outreach to join your meeting and tell you about the organization and their need for artwork/letters. Be sure to invite them to introduce themselves just like the kids did!)

*Video found here: <https://youtu.be/KZL7GKH1yRQ> Ambassadors, this video is almost six minutes long. You'll probably only want to use part of it in your meeting. Preview the video and note the time where you want to begin the video so that it is easy to use during your meeting.*

6. **"Kindness in Action"** Today, we are going to make pictures or write letters of gratitude to send to the service members to show them thanks and to make them smile. Kids can start their art during the meeting. They can show their artwork to others in the club and even share ideas.

Kids will need to complete their letters/artwork after the meeting ends. They can also invite others to make a card or piece of art:

Anyone in your family can participate in this. Who else in your family might one to make one? This might even be extended family like grandma and grandpa or cousins. This is also a great project for kids to do for people in their lives. They can write letters/make art to give family, friends, delivery people, etc.

Art/cards can be sent to Ambassadors if you feel comfortable sharing your address. If you do, please have the kids include the following information on the back of their creation:

From- child's first name only  
Ambassador's name  
KM 365 (school name) club  
Ambassador's address

*If the children include this information, there is a chance that the service member who receives their art MAY write back, time and/or specifics of their deployment permitting.*

Give parents a deadline by which to send completed art/cards if they will be sending them to you. If you prefer, they can send items directly to Forgotten Soldiers Outreach at the address in the notes.

Important details about this project can be found here:

Materials needed:

- Paper
- pencils/crayons/  
markers/pens
- Envelope
- Stamps

**Mail art/cards to:**  
**Forgotten Soldiers Outreach**  
**3550 23<sup>rd</sup> Ave South**  
**Suite 7**  
**Lake Worth, FL 33467**

<https://www.forgottensoldiers.org/wp-content/uploads/2020/06/FSO-Educators-Packet-060120.pdf>

7. **Reflection**

- a. I can give examples about how to use Optimistic Thinking in my daily life.
- b. I can show how I made a difference today. (*I made art to help service members.*)

8. **Peace Pledge** Read peace pledge to group, email/social media to parents asking them to go over the pledge with their kids and put the pledge into their own words.

9. **Wrap Up**

If you invited a speaker, have the group thank them.

Take a screenshot or group photo of kids holding up their artwork. (*Ambassadors, remember to review your photo releases. You cannot photograph or record children without parent/guardian permission.*)

Let's start our year with a list of 20 things to say more often: <https://youtu.be/m5yCOSHeYn4> and let's dance our way out of the meeting (see end of video)! Have a great month! We'll see you in October!

10. **Follow Up** Send follow up communication to parents with summary of the meeting's events and with necessary directions to send artwork. Submit [Ambassador Report](#). Send the speaker a certificate of Appreciation and a copy of the group screenshots.

Contact [AmbassadorSupport@kindnessmatters365.org](mailto:AmbassadorSupport@kindnessmatters365.org) for questions and/or comments.