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/AnIuDmyGplE

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

3. **Intro**: (approx. 1:30 -2:30 min) This month's topic is Optimistic Thinking. That sounds like a big concept, but we have a way to help us understand what Optimistic Thinking is all about: https://youtu.be/FZzuwWLpjok

4. **Discussion:** Give an example of a time you used zooming and reframing to help you when you needed/wanted to improve.

   Give club members some examples of zooming in and reframing that may happen in their lives. Ask for volunteers to name a situation in real life where they could have put zooming and reframing into practice.

   If we really want to be able to use zooming in well, we need to recognize that each and everyone of us has our own strengths. Let's take a minute to each write down or draw some of our strengths. If you are having a hard time thinking of those things, ask yourself, what would my best friend, my parents, my teacher, my coach say that I am good at? In every situation, we can think of something we are good at and use that to help us make a plan to help us get better at other things. Prepare to share an example or two if kids are struggling to think of strengths.

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.

Materials Needed:

- Paper or notebook
- pencils/crayons/ markers/pens

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 and check-in 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.

Materials needed:

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

Important details about this project can be found here: 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 (zooming in/reframing) 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 for questions and/or comments.

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