

SEPTEMBER: OPTIMISTIC THINKING

Sample Kindness Club Meeting, 4th/5th 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”** Everyone introduces themselves, tells which class they are in and why they wanted to be a part of KM365. Then the Ambassador can explain why they are a part of KM365 and what it means to them.
2. **KM365 Tool** There are many tools that we can use to promote optimistic thinking. Ask the children if they use any tools to help themselves when they are feeling a little blue because we can all learn from one another. One of the tools we are going to use today is movement. When we move our bodies we create endorphins in our brain and those little things called endorphins make us feel good. We are first going to stand up and stretch, stretch up to the sky and then bend down to your toes. After a few minutes of stretching we are going to jump around. You can do jumping jacks, run in place or just jump around and dance (the instructor can put music on for this moment). I would suggest 3 minutes of jumping around with 30 second breaks in between.
3. **“Attitude of Gratitude”** is another amazing tool for optimistic thinking. Having gratitude in our lives helps us to stay optimistic. Let the children say what they are grateful today and explain to them that if they practice gratitude everyday, it leads to more happiness. Some ways of practicing gratitude are when we wake up in the morning or go to bed at night, we can say 3 things that we are grateful for. We can keep a gratitude journal. Also, remember to be grateful for yourself!
4. **Review & Intro**
<https://kindnessmatters365.org/2020/07/16/optimistic-thinking-intro-4th-5th-grades/>
5. **Discussion** Have the children create their own gratitude/affirmation journal. While they are doing their art work and filling out the pages the instructor can talk about bucket filling, how we can fill other people's buckets by doing or saying something nice. Explain to the children that in order to fill others buckets we need to fill our own first, that is how we have enough



Your Notes

Materials Required:
paper/notebook,
pencils/pens/crayons/
markers

for everyone else, that is why we are doing the gratitude journal.

OR

Speaker Have someone in the medical field come in and discuss how to be safe during these times. They can also discuss how they use optimistic thinking during times of stress.

6. **“KINDNESS in ACTION”** We will then create cards for the healthcare workers thanking them for their time, dedication, hard work and love. the ambassador can either pick them up, have a meeting place or have them mailed to their house. the ambassador can then deliver the letters to the local hospitals.
7. **Reflection**
 - a. Now that we are great optimistic thinkers the ambassador can then ask the kids to tell them about a negative situation and find a silver lining.
 - b. As kids how do you think you can help?
8. **Peace Pledge** (Kids for Peace or read one your group created).
9. **Wrap Up** Tell your favorite part of this meeting.

If you had a speaker, be sure to have the group thank them. Take a group screenshot/photograph with the speaker. *(Ambassadors, remember to review your photo releases. You cannot photograph or record children without parent/guardian permission.)*

10. **Follow Up** Send follow up communication to parents/guardians with summary of the meeting’s events and with necessary directions to send artwork. Submit [Ambassador Report](#).

Send certificate of Appreciation and copy of screenshot to the speaker.

Contact Ambassador Support at|
AmbassadorSupport@kindnessmatters365.org with questions or comments.

