

# SEPTEMBER: OPTIMISTIC THINKING

## Sample Kindness Club Meeting, PreK - 1st

*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:** Introductions: Have everyone say their name and make their best silly face. Talk about what they think KM365 is. 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.
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 we're going to learn about something called Optimistic Thinking. Those are big words, but we have some friends who are going to help us understand what Optimistic Thinking is all about.

Choose from one of the two videos about the Power of Yet.  
from ClassDojo: <https://youtu.be/OFKVoCuwl2s>  
from Sesame Street: <https://youtu.be/XLeUvZvuvAs>

4. **Discussion:** Ambassador will share examples from their own life about times when they were not happy with a situation and had to use Optimistic Thinking. (the Power of Yet)

Ask kids for examples of things in their own lives that they are not happy with. How can they use the Power of Yet to see the situation differently?



## Your Notes

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 could service members use Optimistic Thinking to help them when they are so far away? How do you think WE can help them? 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. 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 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 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.

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 or notebook
- pencils/crayons/  
markers/pens

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

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 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** What is one thing you are excited to tell someone about from our meeting today?

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

Take a screenshot or group photo of kids holding up their artwork. Finish with a screenshot of everyone making their best silly faces. Remember, being silly is a great way to show kindness to ourselves! (*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 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.