

OCTOBER: SELF-AWARENESS

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.

Prior to the start of meetings (as everyone starts coming on), during activities, and at the end - play fun and appropriate background music so kids are instantly engaged. Encourage kids to get up and dance if they want to move around. However, understand every kid won't feel comfortable dancing and that's okay. ☺

Self-Awareness: Also known as Personal Insight. It's recognizing your emotions, values, strengths and limitations and realizing those affect how we feel and act.

1. **"Check in"/"Attitude of Gratitude":** How are we feeling/welcome to our time today. What are you grateful for today? Discuss, journal your thoughts, draw a quick picture to show how you feel, take a moment to contemplate – can be quick & powerful.
2. **KM365 Tool:** (approx. 3 min) Today, we'll begin by learning a breathing tool that will help us check our "internal speed" and focus on relaxing. This tool will help us become aware of how we feel in the current moment. [Self-Awareness & Self-Regulation Tool with Marianne Altschul](#)
3. **Review & Intro:** Review Optimistic Thinking (last month's topic) by asking children to name one important concept/example they remember about Optimistic Thinking. Transition to this month's topic, Self-Awareness by emphasizing our goal to **direct toward the positive**. Play this month's Powtoon (will help to act as a visual aid).
<https://kindnessmatters365.org/2020/10/16/self-awareness-introduction-2nd-3rd-grades/>
4. **Understanding/Personalization: Option 1 - Storytelling**
After watching the Powtoon and learning more about



Your Notes

Materials:

- Pencils
- Pens
- Markers
- Crayons
- Paper

self-awareness, ask kids what self-awareness means to them or to share a story about a time they used their skills to be self aware.

Option 2 - "Color Wheel: Our Feelings in Color" activity

Ask kids to draw a big circle on a piece of paper (or use a white circular paper plate) and divide it into 6 pieces. Ask them to dedicate each piece to an emotion they are feeling by picking a color (and/or design) they think best matches their emotions and "reflects" how they each feel. Then, discuss everyone's circle by asking questions such as, "What do the colors mean to you?", "What emotion do you feel most often?", "When in your life do you have these emotions?" Below is an example of colors that are often tied to different emotions. Link included below.



[Plutchik's wheel of emotion](#)

[View sample color activity](#)

- 5. Non-Profit Speaker, Video, or Discussion:** (Be Like Brit, <https://www.belikebrit.org/our-mission/who-we-are/>) Just as we have been discussing how we can promote self-awareness within our daily lives, it is important to remember we are also there to help and support others. One important group of people we can help are the children of Haiti. Sometimes, these children struggle to be happy and healthy because of the challenges they face where they live. After making your own color wheel, stop and think for a second... How do you think children living in Haiti's color wheel would look compared to your wheel that you created today? What are some similarities and differences you can imagine? *Ambassadors, please encourage kids to answer these questions as it allows them to think critically and apply this month's topic with the Non-Profit even though they are not directly related. Emphasize how children in Haiti could have similar colors on their wheel, but for different reasons.* Now, let's watch a video from the organization called, Be Like Brit. They have great ways of how we can help the

Materials:

- Pencils
- Pens
- Markers
- Crayons
- Paper or white circular paper plate

Ambassadors: create an example color wheel, so kids can start thinking of ideas for their own color wheel.

children of Haiti even though we may be far away from them right now.

Video found here:

<https://www.youtube.com/watch?v=bwZWqiCssf8&feature=youtu.be> Ambassadors, this video is about 27 minutes long. You'll 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”:** Now, we will be creating art work and/or friendship bracelets for the children of Haiti so we can spread kindness and make them smile. Kids can start their art during the meeting. They can show their artwork/bracelets to others in the club and even share ideas. Kids will need to complete their artwork/bracelets after the meeting ends. They can also invite others to make a piece of art. Anyone in your family can participate in this. Who else in your family might one to make a drawing or friendship bracelet? This might even be extended family like grandparents or cousins. This is also a great project for kids to do for people in their lives. They can make art to give family, friends, delivery people, etc. (especially people who they may not see as often). Pictures of artwork/bracelets can be sent to ambassadors. Once ambassadors have pictures of the art, they will forward them to Be Like Brit to share with the children in Haiti.

Give parents a deadline by which to send pictures of completed art/bracelets. If you prefer, they can send pictures directly to Be Like Brit by emailing them to the Florida Director, Chloe Rits at chloe@belikebrit.org

For clubs that meet in person and where allowed by the school, club members may also engage in a school-wide donation drive to benefit the children in Haiti that Be Like Brit supports.

7. **Reflection:**
 - a. I can give examples of when to use my knowledge of self-awareness throughout my daily life.
 - b. I can show how I made a difference today... (I made artwork and friendship bracelets to help kids in Haiti.)
 - c. Questions to ask: “How does having self-awareness show kindness?”, “How does being self-aware help

Materials: same as above
as well as

- string/yarn
- beads

Email pictures of the artwork, letters, and friendship bracelets to Be Like Brit's Florida Director, Chloe Rits at chloe@belikebrit.org

everyone around you?”

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. **If time permits,** apply the peace pledge to the “Kindness in Action” activity.
9. **Wrap Up:** Go over the main concepts of October’s meeting and how we not only discovered more about our feelings, but we also reflected on how we can help others who may have different feelings. Encourage kids to share their color wheels with their family and teach them how to create their own. Go over the similarities and differences between everyone’s wheel.
10. **Follow Up** Send follow up communication to parents with summary of the meeting’s events, with necessary directions to email pictures of their artwork, and complete instructions of the two activities the kids were involved in during the meeting. Submit Ambassador Report. Send the speaker a certificate of Appreciation (if applicable).

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

