OCTOBER: SELF-AWARENESS
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.

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.

Your Notes

You will need to have age-appropriate music ready to play for this. Start and stop at random intervals and give the kids a couple seconds to hold their pose in between.

1. **"Check in"/"Attitude of Gratitude"** Open the meeting with a little dance party (2 Minutes) So, we're starting with a dance party today because movement and music help us relax and give us positive energy. That's going to help us today as we learn about self-awareness and help some animal friends.

2. **KM365 Tool** Today's tool focuses on breathing and stretching. We can use our both to calm our mind and bodies. Kindness matters had a great video this summer of Georgie, she did a short video that was breathing and stretching and it was very relaxing: https://kindnessmatters365.org/2020/07/14/tool-breathing-and-movement-georgie/?tx_category=type-tool&_page=

   You can use these tools first thing in the morning to get ready for your day, at the end of the day to settle down before going to sleep, or any other time of the time you want to get rid of stress you're storing in your muscles like after a long day sitting at a desk and learning.

3. **Review & Intro** Review Optimistic Thinking (last month's topic) and introduce Self-Awareness: https://kindnessmatters365.org/2020/07/12/self-awareness-powtoon/?tx_category=type-intro-to-topic,self-awareness,format-video

Self-awareness is having a strong understanding of oneself. That includes understanding our thoughts, emotions, strengths, challenges, needs, and dreams for the future. It's how we feel about ourselves, how we treat ourselves because when we treat ourselves well we are then able to treat others well.

4. **Understanding/Personalization** - Today, let's take some time to celebrate our strengths. *Ambassadors, choose from one of the two following activities or present both and allow your club members to choose.*

My Top 10 List: For this activity, each of you will create a poster listing 10 compliments to yourself. Take time to think about your strengths. *Share sample list for reference → (from Pathways2Success)*

My Successes and Strengths: Think of something you really like to do and are good at (sports, artistic talent, video games, cooking, etc). Write or draw a picture to represent this.

Now, think about all of the skills you use to be successful doing this activity. Be specific. List or draw each of the skills on your poster. *(from Aperture Ed)*

WRAP UP **:** Does anyone want to share their poster with the group? Why do we want to take time to reflect on our strengths (helps us when we have a bad day to remember that we do have things we are good at, reminds us that we have skills we can use to be successful in other things, etc)

Close out activity by encouraging them to keep their poster where they can see it: on their wall, in their binder/folder for school for when they need a reminder of their strengths.

Materials needed:
- Paper
- crayons/markers/pencils

--BREAK TIME--
Okay, next up is our non-profit (speaker, video, etc). Let's move on into that with a quick brain break. We're going to do a little more freeze dancing right now, but with a twist. Because we're going to be helping animals today, when the music stops, do your best animal pose and talk like that animal! You can get up out of your chairs or do some chair dancing. Your choice!

You will need to have age-appropriate music ready to play for this. Start and stop at random intervals and give the kids a couple seconds to hold their animal pose in between.

5. **Non-Profit Speaker, Video, or Discussion** Today we are going to learn about animal rescues/adoption agencies. What does it mean to be an animal rescue/foster agency?

   Ambassador, you can bring a local agency representative to meet with the children (virtually or in-person) and work with that agency to design a project specific to their needs. Or you can use the video and project below. https://www.facebook.com/watch/?v=2334650093504381&extid=iRNTsWMuvWxfIiSI (You do not need to log-in to facebook to share this video)

6. **"Kindness in Action"** For our project today we are going to write persuasive letters to encourage people to adopt animals from one of the agencies we saw in the video.

   Review with the club members what sorts of things they might say in their letters. Where can letters be sent/posted? (school newsletter/announcements, neighborhood social media account, sent to a local newspaper, radio station, or news station for posting, etc) We can collect them as a group and send them together or send them individually.

   Materials needed:
   - Paper
   - pen/pencil

   Ambassador, have a list of the agencies and their websites ready to display for the club members to reference in their letters. Provide a sample letter for those who need ideas.

   Provide details to parents/caregivers about submitting letters.)

7. **Reflection** Why is it important for us to contribute kindness for animal rescues/foster agencies?

   What could be the impact on the animals if people did not help the rescues?

8. **Peace Pledge** Kids for Peace or read one your group created.

9. **Wrap Up** Encourage club members to share their strengths posters and animal rescue letters with their families, to display their posters where they can see them, and to submit their letters.

   If there was a speaker, please thank them and present them with a certificate of appreciation.

   Please remember to post, and turn in your monthly reporting!

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