

OCTOBER: SELF-AWARENESS

Sample Kindness Club Meeting, 6th - 8th 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. For virtual meetings, you may also wish to take advantage of the whiteboard feature of your meeting platform. Allow the kids to free draw or give them a prompt to use as a visual check-in. ☺

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”** 30 second check in by Marianne Altschul.
<https://kindnessmatters365.org/2020/08/04/check-in/>
2. **KM365 Tool INTERNAL SPEEDOMETER**
<https://kindnessmatters365.org/2020/08/04/tool-internal-speedometer/>
3. **Review & Intro** Review Optimistic Thinking (last month's topic) and introduce Self-Awareness (video you like, KM365 PowToon, dialogue, etc.)
<https://kindnessmatters365.org/2020/07/12/self-awareness-powtoon/>

This video illustrates the importance of identifying on our strengths: <https://youtu.be/3q7XVYcgBFk>

4. **Understanding/Personalization** For middle schoolers, self-awareness journeys into building self-image, accurately recognizing strengths/successes and areas for growth (many middle schoolers downplay strengths and overstate areas of needed growth); identifying our values, and beliefs; recognizing how these play into our decision-making. Have club members make an "I Am"



Your Notes

Have a sample poster ready to share.

Materials needed:

- Paper
- Pen/Pencil
- Crayons/Markers

poster listing 2 strengths for every area of growth or focusing only on strengths. Encourage club members who are willing to share a strength about themselves

5. **“Kindness in Action”** Journaling is a good way to build self-image, providing opportunities to reflect, dream and plan. Today we will be starting journals (show a picture of a few...a journal, pieces of paper stapled together, video journal etc.) Your journal can be really simple, or super fancy...whatever you have at home is perfect! Once you have your journal, you can write or draw in it. You can even cut pictures or words out and stick them in there.

Distribute the Journal Prompts (see Notes). Encourage club members to paste the prompts on the inside cover of their journal or post it somewhere visible in the room where they are most likely to journal. I Am posters can also be added to journals. Then they can begin their journals: creating and decorating and/or addressing this prompt:

Name 3 people/pets for whom you are grateful. Thank them for the contribution they have made in your life.

Remember, there are no right or wrong answers – this is a safe place for YOU.

This month, make a commitment to use your journal daily. Try using a different prompt each day or write/talk/create about your day.

6. **Reflection** Ask club members to explain how they think journaling will benefit them in their daily lives. (They may wish to do a quick internet search: “benefits of journaling”)
7. **Peace Pledge** Kids for Peace or read one your group created.
8. **Wrap Up** Photos, certificates of appreciation, handouts. Please remember to post, and turn in your [monthly reporting!](#)

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

Materials:

- Paper or notebook, recycled or new
- pen/pencils/crayons/markers
- glue
- Scissors
- Magazines
- Craft supplies

Upload a copy of [Journal Prompts for Teens and Young Adults](#) (for virtual meetings) or have a hard copy of the prompts for in person meetings.

Remind club members to try journaling for the next month and handout/link to the journal prompts if you did not do that earlier in the meeting.